



Items for the newsletter should be emailed to

newsletter@eastwoodu3a.org

Deadline Monday 18th October



Message from the Chairman

Dear Members,

It feels like we are having a new beginning as we tentatively emerge from lockdown, even the weather has been sunny and fairly warm. Lots of our groups are starting to meet up inside, new groups are starting and new venues explored, so lots happening. Our first monthly meeting in person, albeit limited, will be in October, it will also be available via zoom.

What changes we have seen over the last eighteen months necessitating me learning some new skills!

Take care everyone as we go onwards and upwards to our new normal.

Best wishes

Chris Niven

MONTHLY MEETING UPDATE

Our October meeting is going to be our first hybrid meeting. This means that we will be able to have some members in the church and some on Zoom. We currently have 60 places available in the church. Places will be allocated on a first come first served basis.

To reserve a place you must request an invitation **on Thursday 30th September**. Unfortunately requests before or after this date will not be counted. You can give 2 names so that if successful you can come with your partner/friend.

Please email Admin@Eastwoodu3a.org
If you don't have email telephone 07828 155 086 and leave a message.

If you are not successful you will need to let us know if you wish to attend via Zoom in order for us to send you a link.

This will obviously be our first time holding a meeting in this way, another learning curve, so do bear with us as we trial the technology.

I look forward to seeing you either in person or via Zoom at the meeting.

Chris Niven



October Monthly Meeting in St Mary's Church and on Zoom

We will be back in the church in October. The speaker and some members will be on Zoom.

Oct 6 th	Brenda Ainsley The Climate Crisis – and some solutions
Nov 3 rd	Paul Robbins – The 60's: A Decade of Change

If you want to join in on Zoom look out for the email invitation.

October Monthly Meeting in St Mary's Church, Eastwood and on Zoom

October 6th - Brenda Ainsley The Climate Crisis - and some solutions

Would you like to know more about the climate crisis? What is COP26 – and why is it important? Where do 'Third Agers' fit in?

On 6th October at 10.00am we will welcome Brenda Ainsley, a u3a member from Cotgrave in Nottinghamshire, to present 'The Climate Crisis - and some solutions'.

Brenda has trained with the Climate Reality Leadership Programme and makes presentations to members of Trust u3a and to members of other u3as in the country. Recently, she spoke at a study day of 12 u3as in Kent and delivered a National Talk to u3a members on 11th June.

The Climate Reality Project was founded by former US Vice President Al Gore; every effort has been made to ensure that all facts are verified and refer only to Peer Reviewed research. The work of institutions such as NASA and the Meteorological Office are drawn on, along with many academic institutions. The presentation is up-to-date and draws on examples from both around the world and here in the UK. It usually lasts about 40 minutes, with time for Q&A.

SAFETY INSTRUCTIONS FOR ATTENDING THE MONTHLY MEETING IN CHURCH

- ✓ Sanitise hands on entering
- ✓ Wear a mask when moving around
- ✓ Observe the socially distanced seating - no moving of chairs
- ✓ Take a COVID-19 Self-Test (Rapid Antigen Test) the day before. Only attend the meeting if you show a negative result. The test kits are available free of charge from most pharmacies.
- ✓ Stay home if the test is positive, and follow the latest Government Guidance on testing and self-isolation.
- ✓ Stay home on the day of the meeting if you have any symptoms, such as loss of sense of smell or taste, cough, sore throat, sneezing.

Membership Secretary membership@eastwoodu3a.org
Executive Committee Members:
eastwoodu3a@gmail.com
Website: www.eastwoodu3a.org

BIRD WATCHING & WILDLIFE

What a cracking month or so for bird spotting. It started with spotting a Green Sandpiper at Attenborough which has been recorded in the Nottinghamshire area for birds 2021.

The u3a Bird Watching group visited Skylarks at Holme Pierrepont where we saw several varieties of Dragonfly along with Spoonbill, Little Egret, Heron and the usual ducks/geese. One of the group saw a Kingfisher fly by. Missed that one.

With our latest visits to Filey we have popped into the local reserves. At Bempton cliffs we have been looking for the Black Browed Albatross that is present in the area. It's the only Albatross in the northern hemisphere. Finally saw it on the sea through other birders scopes. Also on the sea, below the cliffs, were several Shags.

Filey Dams is a small Yorkshire wildlife trust site. Sitting at the back of a housing estate, it is a little gem. In August we have seen Greenshank, Common Sandpiper, Green Sandpiper, Wood Sandpiper, Red Shank, Little Egret, Barn Owl, Sparrow Hawk, Black-tailed Godwit and Ruff.



Black-tailed Godwit
Paul & Chrys Millington

BACK TO BRIDGE



Our first Bridge session after lockdown was blessed with hot weather. It was lovely to be able to play outside. Thanks to Keith as always, for helping us to remember some of the rules!!!

We meet every Monday afternoon in the Horse & Groom, Moorgreen at 2.00 pm. New members welcome.

STROLLERS ARE BACK



The Strollers group met in August for the first time since lockdown. It was a lovely sunny day, they had a short walk through Moorgreen, round Colliers' Wood and coffee in the Horse & Groom afterwards (some stayed for lunch).

???

Four sprung loaded landing pins.
Bristle twitching space antennae.
So skeletally elegant.
Happy swishing rear appendage.
Scents come wafting, titbit seeker.
Plaintive vocals signal feed me.
Turn of head, attention grabbing;
Pads outstretched mean do not stop.
Loves the touch of human spoiling
Nestled comfy with the earthling.
Day time dreamer, night time hunter.
Low and crouching, lightning pouncer.
Prey despatched and brought as gift
through private entrance to the leader.
Brings us calm, it's sound, contentment.
Always there. Welcomes us home.
Stoop and make that longed for touch;
Loved and cherished, Susie's cat.

Pat Potter

The fattest knight at King Arthur's round table was Sir Cumference.

He acquired his size from too much pi.

She was only a whiskey maker, but he loved her still.

A grenade thrown into a kitchen in France would result in Linoleum Blownapart

Group Information

New Groups

If you have ideas for new groups or need further information contact:

groups.coordinator@eastwoodu3a.org

Group News

Art Appreciation: Visit to the Erewash Museum in October. Contact Helen 01773 710 743

Bird Watching & Wildlife: meeting at the site on normal date/time – see webpage. Contact Paul 07986 037 871

Book Group: Contact Sue 01773 717 676 or Pauline 01773 788 366

Bridge: meet every Monday @ 2.00 pm. Contact Maureen 07968 121 246

Canasta: now meeting in Rumbletums 2nd Thursday each month. Contact Nina 01773 717 770

Church History: Contact Marianne 01159 134 077

Coffee & Co: meeting as normal – 4th Wednesday, 11.00 am. Contact Barbara 01159 468 721

Coffee Mates: members have a choice of 2 dates each month. Contact Andrea 07927 660 408

Crafts: 2nd Wednesday 1-2.30 pm and 3rd Thursday 10.00 – 12.00 noon. Contact Jackie 07580 340 014

Creative Writing: Contact Chris 07891 032 300

Discussion Group: meeting on Zoom on agreed dates. Contact: Jayne Business.secretary@eastwoodu3a.org

Family History: meeting in the Sun Inn dining room at the usual time. Contact Diana 0115 9 169 343

French Conversation: meeting in the Sun Inn dining room at the usual time Contact Peter 01159 384 033

History of England: meeting in the Sun Inn at the usual time. Contact Janet 01773 770 183

Micro Brewery/Pub Pals: Contact Barry 07452 812 758

MOTO: Contact Jayne 07895 431 814

Pétanque: Contact Colin 01773 715 493

Psychology: meeting in the Sun Inn dining room at the usual time Contact Peter 01159 384 033

Spanish: meeting in the Sun Inn dining room at the usual time. Contact Paul 01159 133 449

Strollers: Normal day/time at various locations. Contact Val 01773 712269

Theatre Group: meeting on 2nd Tuesday 1 – 3 pm at Dora Phillips Hall, Eastwood. Contact Marianne 01773 717 500

Ukulele: See notice. Contact Judith 01773 788 047

Veg Gardening: meeting in members' gardens. Contact Ann 01773 767 686

Walks, 5 miles: meeting on 1st Tuesday. Contact Roger Reynolds for further information 01773 788169

War Babies & Boomers: Contact Ann warbabies@eastwoodu3a.org

Wine Appreciation: meeting in the Sun Inn dining room at the usual time. Contact Tom 01773 762333

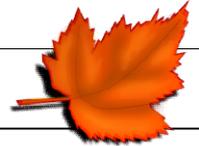
LOCKDOWN EASING

As the country cautiously moves forward and pandemic restrictions are eased, many of our groups will turn their attention to how and when our members can safely resume face-to-face meetings.

The following must be borne in mind:

Any dates for face-to-face meetings, events and trips are provisional and based on our understanding of the UK Government's plan to gradually ease pandemic restrictions. As such they are subject to change. Please ensure you have the latest information from your Group Contact.

Any member who is feeling ill, displaying COVID-19 symptoms or has received a positive test result in the past 10 days must NOT participate.



UKULELE GROUP

The Ukulele group are hoping to have their first meeting post lockdown at St Mary's Eastwood Church Lounge on 12th October

CANASTA @ RUMBLETUMS

The Canasta Group is now properly up and running on the 2nd Thursday each month in the back room at Rumbletums, Kimberley.

NEW MEMBERS WELCOME!

WALKS, 5 MILES

Tuesday 5th October

Meet 10.00 am Swingate/Kimberley Water Tower.

PSYCHOLOGY

Are you a people watcher? Do you wonder why people do the things they do? Do you sometimes wonder why you are the way you are? If so then psychology would undoubtedly interest you as this subject is all about understanding the mind and behaviour.

The Psychology Group has now recommenced face to face meetings. The next meeting is Wednesday 27th October from 1.30 to 3.00 pm. at The Sun Inn, Eastwood. The topic for this meeting will be 'Addiction'. New members are very welcome.

For further information please contact Peter on 01159 384 033.

Please remember if you're not going to attend a group meeting it is only polite to let the Group Contact know.

If you have signs of a cold, don't go - it could be COVID.

Here is the current ranking of COVID symptoms after 2 vaccinations:

1. Headache
2. Runny nose
3. Sneezing
4. Sore throat
5. Loss of smell

After one dose of the vaccination:

1. Headache
2. Runny nose
3. Sore throat
4. Sneezing
5. Persistent cough

GROUPS WITH VACANCIES

The following groups are looking for more members to join them:

Bridge



Canasta



Discussion

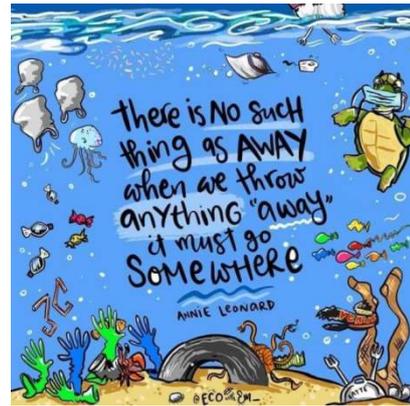


Psychology



Wine Appreciation

A NEW GROUP



ALL THINGS ENVIRONMENT

Members of the group will generate their own ideas for research and discussion. There may be 'outings' – litter picking?

Likely subjects will include topics such as transport, cleaning products, plastic waste, recycling, our own carbon footprints.

The purpose of the group will be to promote group members' own learning of and awareness about relevant issues: local and global, which could lead to individual and/or group action.

Hopefully we will find a way for us to make a difference – for the sake of our children, grandchildren and great-grandchildren.

If you're interested in this group email Admin@Eastwoodu3a.org or telephone 07828 155 086 and leave a message.

Margaret Naylor



Craft Group – Lockdown Knitting

September Monthly Meeting Report

Secrets, sex, scandal and salacious gossip of the Royal Court. 1660 – 1830.

September's monthly meeting speaker was Sarah Slater, a guide at Hampton Court Palace. Her talk gave a fascinating insight to life and happenings in the royal court of the time period 1660 –1830. Sarah began by explaining that 1660 was a notable time because it was when the royal family were reinstated after Cromwell and was known as the Restoration period. It became a very liberal period and began with all laws being repealed. There was a change in women's dress, becoming sexier, off the shoulder. A linen shift was worn as the only underwear (no knickers!) and this would show at the neck and sleeves by noble women to show they could have expensive fine linen garments. Hair was pinned up to show the neck and tendrils would frame the face, and pearls as accessories.

Sarah gave a brief resume of the line of succession for this time, through the House of Stuart and House of Hanover. She included little snippets about mistresses and same sex lovers, and illegitimate children, some of whom were recognised others not. The Monarch was usually expected to take lots of mistresses but women to remain faithful and sent to jail if found out.

Several members asked questions, one about films/TV productions about this period. Sarah recommended 'Anne of a Thousand Days' and the TV drama 'Harlots' as two good examples to see. Her presentation had been extremely detailed. Sarah certainly has a lot of knowledge about her subject which she related in an interesting and entertaining way. *Caroline Winfield*

SHARING ZOOM

We are now moving back into the church but numbers will be limited and we will still be using Zoom as a means to allow some people access to hear/see the speakers.

Now that we can welcome other people into our homes, could you share your access to Zoom with other members who haven't got internet access and haven't managed to get a seat in church?

If you haven't used Zoom and would like to try, email admin@eastwoodu3a.org

I AM A SEENAGER (SENIOR TEENAGER)

I have everything I wanted as a teenager, only 50 years later.

I don't have to go to school or work.

I get an allowance every month.

I have my own place. I don't have a curfew.

I have a driving licence and my own car.

The people I hang around with aren't scared of getting pregnant, they don't use illegal drugs ... and I don't have acne.

LIFE IS GREAT!

Source unknown

NOTE FROM THE EDITOR

Thank you to everyone who has contributed to this month's newsletter. Please send your contributions for November to: newsletter@eastwoodu3a.org