



Items for the newsletter should be emailed to

newsletter@eastwoodu3a.org

Deadline for June newsletter - Monday 16th May



Message from the Chairman

Dear all,

Well, I thought I had escaped but on Sunday I tested positive for Covid. We had just had a big family gathering of twenty two and I couldn't stop sneezing. Not hay fever but the dreaded virus. So I'm trying to catch up on emails that need replying to and other things I can do sitting down. The only problem is I keep falling asleep. I'm counting my blessings that I caught it post vaccination and hoping it doesn't last for long.

For those of you that can go out, enjoy this spring like weather and I will catch up with life when I can stay awake.....

Best wishes
Chris



Hope everyone had a Happy Easter

May Monthly Meeting

May 4th Cybercrime Unit - Cyber Awareness, Fraud and Scams

June 8th AGM + speaker tba

Our May 2022 meeting is going to be in the church and on Zoom.

The Zoom invitation will be forwarded to everyone who has an email. If you want to join via Zoom and have not received the link by Tuesday 3rd May please email admin@eastwoodu3a.org

Monthly Meeting

May 4th

Cybercrime Unit Cyber Awareness, Fraud and Scams

How members can protect themselves online, detect scams and fraud and be generally better prepared on the internet.

It is expected that the speaker will be in church.

EASTWOOD & DISTRICT U3A EXECUTIVE COMMITTEE NOMINATIONS

The following members are willing to be nominated for the coming year:

Barry Doran	Vice Chairman/ Membership Secretary
Janet Lander	Business Secretary
Keith Sherwood	Treasurer
Chrys Millington	
Marianne Sparrow	
Anne Steel	
Madeleine Fletcher	

The following officer post is currently vacant: **Chairman** plus further non-officer posts to cover: Volunteer & Welfare Coordinator, Publicity & Recruitment Coordinator, Groups Coordinator(s) Speaker Finder*, Newsletter Editor*, Webmaster*
* can be non-committee roles

We still need more people to come forward to be nominated for the committee. We can have up to 12 committee members and **must have a chairman.** The deadline for nominations is midnight Wednesday May 4th.

Nomination forms will be displayed in the Church at the Monthly Meeting. Where 2 or more members are nominated for the same officer position a ballot will be held.

NOTIFICATION OF EASTWOOD & DISTRICT U3A AGM

The 8th Annual General Meeting of Eastwood & District U3A will be held on 8th June 2022. Please consider whether you are able to put your name forward to be on the committee. This year we have had only 8 committee members which has been a difficult struggle at times.

Descriptions of all committee roles can be found on the website

<http://eastwoodu3a.org/newsite/committee/descriptions-of-committee-roles/>

If you want more information, please talk to any member of the committee.

Membership Secretary membership@eastwoodu3a.org

Executive Committee Members:

eastwoodu3a@gmail.com

Website: www.eastwoodu3a.org

CELEBRATING u3a WEEK

u3a Week will always include 21st September which is the start of the vernal equinox. This year it is celebrated between 17 – 26th September.

2022 is the 40th anniversary of the u3a movement in the UK and some events are being set up nationally:

- Picnic in the Park on Wednesday 1 June;
- reveal of the Anniversary Quilt later in June with displays in each of the devolved countries in the UK
- a meeting of the u3a science network in July which will include an eminent scientist;
- a one day conference on Research and Shared Learning will be carried out
- u3a members will also be offered the opportunity to attend an afternoon of lectures at the Royal Institution on 31 October;
- in December we'll discover how many trees have been planted in the u3a Wood.

Make sure you get involved!

PICNIC IN THE PARK LIVE COOKERY DEMONSTRATION 16TH MAY

A live online cookery demonstration will be held from 10:30am -12:00 pm to give you ideas about preparing food for the Picnic in the Park event. Chef Alex from the charity 'Vegetarian for Life' will give a live demonstration with lots of tasty, interesting ideas. These will include bruschetta with a trio of toppings, pasta salad, greek fritters with tzatziki, mushroom pate en croute and a delicious orange, lemon and pistachio cake which could be easily shared at your picnic. Bookings are now open [on Eventbrite](#). There will also be an article in TAM with recipes provided by a u3a member.

FLASH MOB

As part of the u3a's 40th anniversary celebration there are going to be a number of events happening across the county. These will culminate in a Flash Mob in Nottingham Market Square on Saturday September 24th.

The Dukeries u3a are organizing this as they have a member with dance experience. It will be a simple routine which will be recorded in order to give us a chance to practise. There will also be 'live' sessions available nearer the time.

If any members are interested in participating please contact me and I can give you the details. It should be really good fun and finish off the week with a surprise.

If you aren't sure what a Flash Mob is click on the link below. Don't be put off by the age and athleticism of the participants in this clip. Flash Mob is for everyone.

<https://youtu.be/ROPesXv2z1U>

Looking forward to hearing from those of you wanting to try something new.

Chris



April Monthly Meeting Report

This month the speaker was Hazel Griffiths who gave us a talk about Grace Kelly entitled "Perfect Princess or Amazing Actress". Hazel did the talk on zoom which could be seen equally well by those at home and those who were attending the church.

Hazel told us that Grace was born in 1929, the second child born to a gold medal Irish American rowing winner and his wife. At school she prospered on the stage and when she graduated it was predicted she would be a great star. Her father's favourite child was the eldest daughter and he disapproved of Grace's acting but thanks to her uncle she went to stage school.

Hazel went on to say that at stage school Grace's voice became an asset. In her second year she started an affair with her teacher in secret which set a precedent for her always being attracted to older men. She eventually appeared on Broadway and then had several TV appearances. Her first notable film was "High Noon" in 1952, which earned her a contract with MGM, where she had several relationships with older leading male stars. She was eventually given a contract with Alfred Hitchcock and started a relationship with actor William Holden, who was taken to meet her parents but, they disapproved because of the age difference and the relationship ended.

Furthermore, Hazel told us Grace was awarded the best actress award in 1955 at the Cannes Film festival where she met Prince Rainier of Monaco who was six years her senior. After she returned home to America, Rainier came to visit her and eventually proposed. They married in 1956. Her last film before the wedding was "High Society" with Frank Sinatra and Rainier told the press his wife wouldn't act after the wedding.

Hazel informed us that Grace's life changed on becoming a princess, and nine months after the wedding their first child Caroline was born followed by Albert and Stephanie. She eventually discovered her husband had a temper and immersed herself in charity work.

In September 1982, when Grace was out driving with Stephanie, she lost control of the car which rolled down a steep hill. Grace did not survive, and Rainier appeared to be a broken man!

Hazel's talk told us that although Grace might have been a perfect princess she was not a happy one. After her marriage her acting skills were in demand, but she was never able to accept any offers.

For further information go to the website of Hazel J. Griffiths.

Linda Rothwell

LITERACY VOLUNTEERS NEEDED!

Volunteers are needed to help primary school children with their reading and communication skills. Volunteers read and play word games with selected children on a one-to-one basis, to give them confidence and help them enjoy reading and communicating. Volunteers need to be able to commit to visiting a school on the same morning or afternoon each week (for at least a year). Training and ongoing support is provided. Volunteers should like children, enjoy reading, be patient, flexible and reliable. Volunteers will be vetted through the Disclosure and Barring Service. If you are interested, please ring 0115 876 5474 or email contact@literacyvolunteers.org.uk.

GROUP INFORMATION

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

groups.coordinator@eastwoodu3a.org

All Things Environment: meet in the Sun Inn dining room on the 3rd Wednesday, 2.00 – 3.30 pm. Contact Margaret 07828 155 086

Art Appreciation: meet at Nottingham Castle on Monday 16th May to visit the art exhibitions. Contact Helen 01773 710 743

Bird Watching & Wildlife: Contact Paul 07986 037 871

Book Group: meet 1st Monday 11.00 am at Eastwood Library. Contact Sue 01773 717 676 or Pauline 01773 788 366

Bridge: meet upstairs at the Horse & Groom every Monday @ 2.00 pm. **New members welcome!** Contact Maureen 07968 121 246

Canasta: meet 2nd Thursday 11.00 – 13.00 pm in The Sun Inn. Contact Nina 01773 717 770

Church History: Contact Marianne 01159 134 077

Coffee & Co: meets in various venues on the 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

Creative Crafts: meet in Rumbletums 2nd Wednesday 1-2.30 pm and 3rd Thursday 10.00 – 12.00 noon. **New Members Welcome!** Contact Jackie 07580 340 014

Creative Writing: New members welcome. Contact Chris 07891 032 300

Family History: meet at the Sun Inn on the 4th Monday @ 11.00 am. Contact Diana 01159 169 343

French Conversation: meet in the Sun Inn, 2nd & 4th Tuesday 11.00 – 12.30 pm. Contact Pauline 01773 788366

Gogglebox: meet in the Sun Inn on the 3rd Tuesday @ 11.00 am. Contact Janet 07889 976 342

History of England: meet in the Sun Inn lounge, 1st Thursday 11.00 – 13.00 pm. Contact Janet 01773 770 183

National Trust: meet in the Dog & Parrot on the 9th May, 9.00 – 10.30 am. Contact Yvonne 01773 712 530

Pétanque: meet at the Foresters, Newthorpe on the 2nd Thursday and 3rd Wednesday @ 2.00 pm. Contact Colin 01773 715 493

Psychology: meet in the Sun Inn third Wednesday at 1.30pm **New members Welcome!** Contact Jim 07977 415 072 or Diana 01159 169 343.

Pub Pals: See notice→. Contact Janet 07961 832 864 or Rob 07845 177500

Spanish: meet in the Sun Inn on the 2nd & 4th Wednesday 1100 - 12.30 am. Contact Paul 01159 133 449

Theatre Group: meet at Dora Phillips Hall, Eastwood on Tuesday 17th May 1.00 – 3.00 pm. Contact Marianne 01773 717 500. Ssee notice→.

Walks, 5 miles: meet Colliers Wood car park / or Engine Lane near car park on 3rd May at 10.00 am. There is now a waiting list to join the group. Contact Roger 01773 788169

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

Wine Appreciation: meet in the Sun Inn on the 1st Monday @ 7.00 pm. Contact Tom 01773 762333

**PUB PALS**

Thursday 12 May 7.00 pm The Greasley Castle Hilltop
Thursday 26 May 12.00 noon The Crown Heanor

The group decided at the meeting on February 24th, that we would re-assess the situation after 3 months to decide whether we wanted to continue the lunchtime meetings.

Jan

THEATRE GROUP

The meeting will take place on the 3rd Tuesday this month – 17th May. This is a one off change as we have an outing on our usual date of 2nd Tuesday in the month.

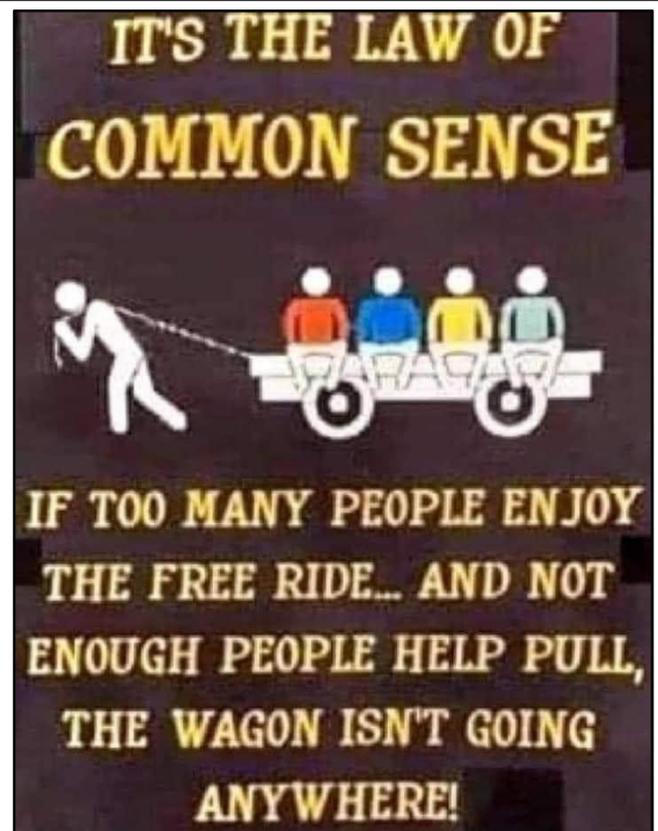
Thanks and best wishes

Marianne

NATIONAL TRUST

There are currently spaces available on the bus to Bodnant Garden on the 18th May. The cost is likely to be £17-£22 depending on numbers. If you aren't a member of the National Trust you will also need to pay the £14 entry fee to the garden.

Yvonne



MEMBERSHIP SUBSCRIPTION

Membership subscriptions were due by the 1st April 2022. At the end of May any members who haven't renewed will be lapsed automatically and will need to reapply if they want to continue their membership.

Renewal forms are available on the website
www.eastwoodu3a.org/newsite/forms

Whichever method you use to pay your subscription you MUST fill in a renewal form.

If there are no changes to your details, fill in your name, membership number and date and sign the top section of the form. You must then complete the Privacy Statement to confirm your consent to the storage and use of your data.

The current subscription is £20 for the year, £17 for Associate Members.

WAYS TO PAY

If possible please pay your subscription by Bank transfer - a one off- bank payment. You must also complete a renewal form and email the treasurer to confirm payment.

Name of payee: Eastwood & District u3a

Sort code: 60-07-28

Account no: 456 35 714

Reference: Your name & membership no (this is essential for the treasurer to pick out who has paid)

Amount: £20

You can pay by Bank transfer through your local post office if you don't bank online.

If you want to pay by cash or cheque please contact Barry Doran membership@eastwoodu3a.org

tel: 07565 928 992

JOINT GIFT AID

If you have signed a gift aid form for yourself and others in your household, the person who completed the gift aid form must pay the full joint amount and sign the renewal form.

If you haven't yet signed up for GIFT AID, please do - it adds another £5 donation to your subscription and it doesn't cost you anything. Forms available at the Monthly Meeting and on the website:

<http://eastwoodu3a.org/newsite/forms/membershiprenewal/>

A STICKY TALE

I've been lucky enough to have my autobiography published and a copy is lying here in all its glory on my desk. I may be able to spin a good yarn or two but in more practical matters I'm a very clumsy oaf. This has just proved once again to be the case as I've accidentally knocked over a bottle of glue onto the desk and in my attempt to wipe it up and move the book, my fingers and the book have been well and truly glued together.

Well that's my story and I'm sticking to it!

David Willey

GOGGLEBOX GROUP

A small group of us met at the Sun Inn, to discuss how the group will operate. Each meeting, all members will be asked to bring a couple of suggestions, from which the following month's selections can be chosen. At the next meeting on May 17th, we will be discussing all four episodes of Life after Life, which starts on April 19th on BBC at 9.00 pm, and two episodes of Inside Number 9 (April 27th and May 4th) on BBC2 at 10.00 pm. There will also be an opportunity to give recommendations for good viewing. If you are interested in joining the group, please contact Janet Lander 078899 76342.



U3A CLIMATE CHANGE: HOW TO REDUCE YOUR CARBON FOOTPRINT - AND YOUR ENERGY BILLS

On 11th May at 10.00 am, **all u3a members** have an opportunity to hear from 4 members explaining firsthand about energy and cost saving measures they have made. **This is one of the series of u3a national learning events:** [u3a - Online Learning Events](#)

After their short presentations, there will be an opportunity for participants to ask questions of the panellists who will share information about costs and about savings made to either their carbon footprint, their costs - or both.

This should be a very popular and relevant event at a time when many of us are likely to be interested to learn more about how other members have installed or bought energy and carbon saving measures such as investing in solar panels, electric vehicles, heat pumps or buying an electric bike.

Here is the booking link: [How to reduce your carbon footprint - and your energy bills Tickets, Wed, May 11, 2022 at 10:00 AM | Eventbrite](#) *Brenda Ainsley*

PROCAFFEINATING

(n.) the tendency to not start anything until you've had a cup of coffee.



NOTE FROM THE EDITOR

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