

Items for the newsletter should be emailed to

newsletter@eastwoodu3a.org

Deadline for September newsletter - Monday 15th August

THE NEW COMMITTEE

Role	Name
Chair /Membership Secretary	Barry Doran
Vice-Chair	Marianne Sparrow
Treasurer	Keith Sherwood
Business Secretary	Janet Lander
Group Coordinators (joint)	Madeleine Fletcher Marianne Sparrow Anne Steel
Speaker Finder	Linda Rothwell
Volunteer Coordinator	tba
Welfare Coordinator	Chrys Millington

JULY MONTHLY MEETING

SCAMS, FRAUD + CYBER AWARENESS INFORMATION

ICO Information Commissioners Office www.ico.org.uk to report all scams.

Action Fraud: www.actionfraud.police.uk. Telephone 0300 123 2040

www.haveibeenpwned.com – to see if there has been a data breach on your email address.

Take5: www.takefive-stopfraud.org.uk

Make sure your bank offers both two factor authentication and COP (Confirmation of Payee). Find out more about this form of payment protection and [whether your bank offers it](#).

Forward dodgy texts to 7726 (spells spam) to report them.

Forward emails to the National Cyber Security Centre: report@phishing.gov.uk.

Get decent paid for virus protection.

Have a good strong password.

Block emails

Block telephone calls

Sign up to the following newsletters:

Which – www.which.co.uk

ICO – www.ico.org.uk

Your local neighbourhood watch

Remember ABC

Accept Nothing

Believe no-one

Confirm everything

Anne Steel

NEW COMMITTEE MEMERS



Anne



Doris



Madeleine



Marianne

THIS MAY BE OF INTEREST TO SOMEONE.

A friend of mine has 2 tickets for the Euro final on Sunday. He paid £500 each but he didn't realise when he bought them months ago that it was going to be the same day as his wedding! If you are interested, he is looking for someone to take his place.

It's at Mansfield Register Office at 4.00 pm. The bride's name is Nicola – she's 5'4", about 8 stone, quite pretty, has her own income and is a really good cook.



CLIMATE CHANGE

What will it really take to deal with the climate emergency?

A talk by Mike Berners-Lee | u3a UK

https://youtu.be/lm-wT7_8HhA



Membership Secretary membership@eastwoodu3a.org

Tel 07565 928 992

Executive Committee Members:

eastwoodu3a@gmail.com

Website: www.eastwoodu3a.org

Afterwards.....

Afterwards, I wished I hadn't done it.
 Regrets remain. I've lived to rue the day.
 I should have paused, had second thoughts about it.
 Impatience won. What will the family say?
 I tried and tried. I saw a faded countenance intrude upon my undeserving eye.
 I'll give it a bit longer so to triumph before I take a knife to it, so bide.
 The year moved on and running out of chances just like a spider scuttling from the flood
 I needed more and more that it should flourish; give one last gasp before we 'shed the blood'.
 So, came the day it happened I was weary of trying, coaxing, praying. I was done.
 With one great grasp I throttled, wrenched and killed it.
 My poor clematis plant was in the bin.

Pat Potter

There will be no monthly meeting in August - we are having a summer break.



What do we learn from hippopotamuses?



That it's impossible to reduce weight by eating green grass and salads and walking.

Heatwave causes woman to leave 'Emergency Cardigan' at home for first time in 25 years

As temperatures across the UK rocketed to those that most other countries cope with just fine, Faversham resident Sandra Williams made the shocking decision to simply abandon her knitwear on one arm of her sofa.



Williams explained the move was difficult, but that ultimately, the cardigan that had accompanied her everywhere since adulthood could safely be left behind.

CELEBRATING u3a WEEK

This year u3a week is celebrated between 19 – 24th September.

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

- a one day conference on Research and Shared Learning 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!

As part of the u3a's 40th anniversary celebration there are going to be a number of events happening across Notts. These will culminate in an event at Highfields Park, from 1.00 pm on the 24th September.

13.00 Steel Band
 13.30 Beacons and banners arrive

Speeches - Lord Mayor

14.30 Steel Band
 15.30 Finish

There will be stalls too

Chris Niven



u3a day is an annual event to showcase the activity, learning and fun which takes place across the movement every day. It is a celebration of positive ageing highlighting our members' lived experience.

Across the UK, members hold events and showcase what u3a is all about. u3a day is held on the Wednesday of the third week of September every year, along with a week of celebrating what it means to age well.

GROUP INFORMATION

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

groups.coordinator@eastwoodu3a.org

All Things Environment: this group is cancelled until further notice. For more info contact Margaret 07828 155 086

Art Appreciation: meet in the coffee lounge of St Mary's Church, Eastwood at 10:30 am on the 3rd Monday. Contact Helen 01773 710 743

Bird Watching & Wildlife: meet at Dearne Valley Old Moor S73 0YF RSPB (Barnsley) on Thursday 18th August. 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: not meeting July or August. Contact Diana 0115 9 169 343

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

Gogglebox: meet in the Sun Inn on the 3rd Tuesday @ 11.00 am. **New members welcome!** 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 1st Aug, 10.00 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: not meeting July or August. Contact Jim 07977 415 072 or Diana 0115 9 169 343

Pub Pals: Contact Janet 07961 832 864 or Rob 07845 177500

Spanish: meet in The Sun Inn on the 2nd & 4th Wednesday 11.00 - 12.30 am. Contact Paul 01159 133 449

Theatre Group: meet at Dora Phillips Hall, Eastwood on 2nd Tuesday 1.00 – 3.00 pm. Contact Marianne 01773 717 500

Walks, 5 miles: meet at Colliers Wood car park, park Engine Lane if the car park is full on Tuesday 2nd August at 10.00 am. **There is now a waiting list to join the group.** Contact Roger 01773 788169 for further information

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

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

GARDENING GROUP

The Vegetable Gardening Group has been in existence for almost nine years. At the time the name distinguished it from another group that arranged visits to open gardens. It has become obvious to us that group members enjoy various gardening activities, not just growing vegetables, and some u3a members have been put off joining because of the emphasis on 'vegetables'. From now on the name of the group will be '**Gardening Group**'. As such, we look forward to welcoming new members with an interest in any form of gardening.

Several of the Gardening Group, as well as a few other u3a members, enjoyed a private visit to 334 Belper Road, Stanley Common, a local National Garden Scheme garden, prior to the official open day on 22 June. Our hosts, Gill and Colin, showed us around their amazing garden, including a lake surrounded by native orchids in wild-flower meadows. Our tour ended with refreshments - tea, and beautiful home-made cakes, and a chance to hear how the garden has developed over 40+ years. It was agreed that it was a good way to spend an afternoon on the hottest day of the year so far.

The group meets at 2.00 pm on the 1st Friday each month from April to September



Ann McGillivray

CREATIVE WRITING**Meeting dates up until Christmas**

Thursday 8th Sept 2.00 pm
Wednesday 12th October 2.00 pm
Tuesday 1st November 2.00 pm
Tuesday 6th Dec 2.00 pm

We will be covering a number of themes;
Poetry - looking at different styles and themes
Building and developing characters
Writing from visual prompts

For more information contact Chris Niven 07891032300

PUB PALS

Proposed Dates and Venues for Pub Pal Meeting until the end of the year.

July 14	7.00 pm	The Redemption Ale House, Heanor
28	noon	The Hayloft, Giltbrook
Aug 11	7.00 pm	The Bunny Hop, Langley Mill
25	noon	The Foresters Arms, Newthorpe (in garden if nice)
Sept 8	7.00 pm	The White Lion, Swingate
22	noon	The Dog and Parrot, Eastwood
Oct 13	7.00 pm	The Dog House, Kimberley
27	noon	The Three Tuns, Eastwood
Nov 10	7.00pm	The Nelson and Railway, Kimberley
24	noon	The Great Northern, Langley Mill
Dec 8	7.00 pm	The Gate, Kimberley
22	TO BE DECIDED	

Look forward to seeing you all soon

Jan

ART APPRECIATION

We met on a sunny morning at Colliers Wood, finding a spot by the Winding wheels. En route we were treated to an impromptu demonstration of chain saw sculpture by Peter Leadbetter.

We brought along art objects to show and discuss. These included small pottery jugs from Langley Mill, Chinese prints, a Mexican wall hanging and a beautiful native American necklace.

We concluded by discussing possible future visits to Patchings Arts Festival, Welbeck Arts and a return to Lakeside.

David Hale

THE NEW OLD AGE TRAVELLERS

We're a pair of old age travellers
 And quite frankly it's bloomin' marvellous.
 Some people of our generation
 live with fear and trepidation
 But what's keeping us from turning into boring old hermits
 Are our solid gold Concessionary Travel Permits.
 We jump on the bus and let someone else drive
 Sit, relax and watch the world saunter by.
 We're not totally reliant on the car anymore
 And to be honest it's becoming a bit of a chore
 In the 60s and 70s driving was enjoyable
 Those days have gone – now it's deplorable
 It's disturbing when there's no option but to drive
 Hoping you'll make it back home alive.
 Too many vehicles, too much congestion
 Too many hotheads and idiotic aggression.
 But now, there's a better way thanks to the concession.
 But before we go there are certain things we need to know.
 And this is our checklist of things to do;
 Is it far to the nearest loo?
 What about grub – is there a Wetherspoons pub?
 Have we got all our pills?
 Are there any hills?
 We can't be out late so check the bus times and check them again
 We can't possibly eat after 8.00pm.
 So we savour our days out without any fuss
 Just flash the pass and jump on the bus
 Swallow our pride and enjoy the ride.
 What makes us smugly smile with glee is that for now it's all completely free.
 (unless we're visiting Scotland or Wales and thereby hangs another tale).
David Willey

THAT'S NOT MY JOB!

This is a story about four people named: **Everybody**, **Somebody**, **Anybody** and **Nobody**. There was an important job to be done and **Everybody** was sure that **Somebody** would do it. **Anybody** could have done it, but **Nobody** did it. **Somebody** got angry about that, because it was **Everybody's** job. **Everybody** thought **Anybody** could do it, but **Nobody** realised that **Everybody** wouldn't do it. It ended up that **Everybody** blamed **Somebody** when **Nobody** did what **Anybody** could have done.

PHOTO'S NEEDED

With a few exceptions the Groups' photographs need to be updated. Look at the webpages of the groups that you attend. Do you know the people in the photo? Does the description and information reflect what is happening in the group now?

Anybody can take a photograph for inclusion on the Group webpage, write a report of a visit or meeting. This is the information that potential new members look at. This is what helps to make our u3a interesting to newcomers.

Send to: webeditor@eastwoodu3a.org

IT EXPERT NEEDED FOR THE PA TEAM

Do you have a background in IT – from work or as a hobby?

You could be an asset to the PA Team who need someone to help them to find the answers to the problems they're having with setting up the Hybrid system.

The team have knowledge of electronics and sound but are lacking the necessary IT knowledge to recognise any problems that may be IT based.

Do you think you may be able to help? If so, please email Ray@Dring.co

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