

Items for the newsletter should be emailed to  
[newsletter@eastwoodu3a.org](mailto:newsletter@eastwoodu3a.org)

**Deadline for October newsletter - Monday 19<sup>th</sup> September**



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.

### CELEBRATING u3a WEEK

#### Party in the Park to Celebrate 40 Years of the u3a

To celebrate 40 years of the organisation, twenty groups from the county are gathering at Highfields Park, by the Lakeside complex and Nottingham University, for an afternoon of music and fun on September 24 starting at 13.00.

#### Lighting the way

In the run up to the Party in the Park lots of local u3as are taking part in beacon relays. Eastwood & District u3a will be passed the beacon on Friday 23<sup>rd</sup> September and take it to Highfields Park for the celebration on the 24th.

The Lord Mayor of Nottingham will be among the guests of honour, but **everyone will be welcome to enjoy the day** and learn more about the u3a.

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

### MONTHLY MEETINGS

Sept 7<sup>th</sup> Citizens' Advice Bureau

Oct 5th Dr Ann Featherstone

*A storm in a tea cup - the waitresses strike of 1908*

If you want to join in on Zoom, please let me know before Monday 5th September 2022; I will then send the link out. If you haven't received the link by Tuesday 6th September please email.

[admin@eastwoodu3a.org](mailto:admin@eastwoodu3a.org)

### 80 !!!!!!

80 now and not so slick,  
have to use a walking stick.

Have the shakes so, big mistake  
carrying cake upon a plate.

Tote a teacup?, didn't oughter,  
all the tea spills in the saucer.

Walking brings on creaky knees;  
mine's a mobility scooter please.

Unsteady stumbling I have found  
finds your face upon the ground.

This falling down's a frequent game;  
got to get a zimmer frame.

What's his name ?? Can't get it yet.  
Let's go through the alphabet.

Try remembering things on Friday?  
The answer comes a week on Tuesday.

Street cred's going out the door.  
What else has 80 got in store ?

Whatever else I can bemoan,  
at least my teeth are all my own!

Pat Potter July '22

### 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

Membership Secretary  
[membership@eastwoodu3a.org](mailto:membership@eastwoodu3a.org)

Tel 07565 928 992

Executive Committee Members:

[eastwoodu3a@gmail.com](mailto:eastwoodu3a@gmail.com)

Website: [www.eastwoodu3a.org](http://www.eastwoodu3a.org)

### THEATRE GROUP

Since we put the restrictions of Covid behind us and returned to our much loved theatre visits we have been to see a wide variety of productions, over twenty in all, at some of our favourite venues.

It has been wonderful to see how the Playhouse bounced back from closure to continue to offer us amazing deals on their productions through their hot house scheme where we get top priced tickets for £7.50. The group have seen some first class professional productions here starting in November with a marvellous adaptation by Mark Gatiss of A Christmas Carol. December was the classic pantomime Beauty and the Beast. Several of the plays have been national premieres including the extremely poignant Private Peaceful, an adaptation of Michael Morpurgo's novel set in World War One. Red Ellen a biographical piece about a little known but extremely vocal Labour MP Ellen Wilkinson who led the Jarrow march. March brought us First Touch, a poignant personal account of a Nottingham lad trying to get into professional football. Our final instalment in August was the world premiere of Identical directed by the renowned Sir Trevor Nunn. The group widely agreed that this was the best thing we have seen at the theatre so far. It had 5\* reviews from the press and has now gone to Manchester before beginning a national tour. We are so lucky we saw it first in Nottingham!

Our visits to the Bonington Theatre have included The Lady Vanishes (remember the Hitchcock film?) and Straight Line Crazy, a National Theatre Live screening starring Ralph Fiennes. .

In January just before their recall to Moscow we saw the Russian State ballet perform the Nutcracker at the Theatre Royal. The productions there are a little more expensive though we do get a group discount and in many cases it's well worth the extra to see top class performances as was the case with Nigel Havers and Patricia Hodge in Private Lives. Not every production gets a good review however and we were disappointed with their production of Whistle and I'll come to you in May.

In March we went to Derby's lovely theatre to see Sheila's Island, a comedy drama which proved very amusing. Occasionally there is a gem of a find at a local theatre and Spring Awakening at the Duchess Theatre Long Eaton proved just that. A coming of age musical, set in Germany in the 18th century, doesn't sound so good but it took us by surprise and was excellent. For other musicals we travelled to the Palace Theatre in Mansfield and saw two excellent productions of Oklahoma and Chess. Nearer to home we are never disappointed by Nowmads. The singing, musical and drama skills of this local group are outstanding and their production of Rapunzel was 5 star. Look out for them doing Sister Act this October!

Then on a wonderfully sunny day we hopped on the tram to Lakeside Arts for a talk about DH Lawrence's plays and how he used Eastwood as inspiration for characters and plots.

Lately we have been to a favourite of ours the Lacemarket Theatre to see a very well acted production of Queen Ann. We returned there in July for People, a classic Alan Bennett and to round off our season before the summer break we went to the aforementioned Identical at the Playhouse.

Following a break in August we have treats in store as we look forward to another year of plays, premieres, musicals and all round classics of stage, dance and screen.

We are a friendly, supportive group who look after each other for lifts etc. As a couple of people have left the group due to relocating there are 1 or 2 places available if you wish to join, contact Marianne on 07799 210 132



### "I've finally reached The Wonder Years"

**Wonder** where  
I parked the car?

**Wonder** where  
I left my phone?

**Wonder** where  
my glasses are?

**Wonder** what  
day it is?

**I was at lunch with an old friend & pointed at two elderly ladies across the room and said, "That will be us in 10 years."**  
**She said,**  
**"that's the mirror".**



**GROUP INFORMATION**

**If you have ideas for new groups or need further information contact:**  
**[groups.coordinator@eastwoodu3a.org](mailto:groups.coordinator@eastwoodu3a.org)**

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

**Bird Watching & Wildlife:** meet at Langford Lowfields phase 3 NG23 7QL RSPB (Newark) on Thursday 15<sup>th</sup> Sept. Contact Paul 07986 037 871

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

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

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

**Church History:** Contact Marianne 01159 134 077

**Coffee & Co:** meets in various venues on the 4<sup>th</sup> 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 2<sup>nd</sup> Wednesday 1- 2.30 pm and 3<sup>rd</sup> 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 4<sup>th</sup> Monday @ 11.00 am. Contact Diana 0115 9 169 343

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

**Gogglebox:** meet in the Sun Inn on the 3<sup>rd</sup> Tuesday @ 11.00 am. **New members welcome!** Contact Janet 07889 976 342

**History of England:** meet in The Sun Inn lounge, 1<sup>st</sup> Thursday 11.00 – 13.00 pm. Contact Janet 01773 770 183

**National Trust:** meet in the Dog & Parrot on the 5<sup>th</sup> Sept, 9.00 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:** : meet in The Sun Inn third Wednesday at 1.30 pm. 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 2<sup>nd</sup> Tuesday 1.00 – 3.00 pm. Contact Marianne 01773 717 500

**Walks, 5 miles:** meet at Attenborough Nature Reserve Car Park adjacent to Visitors Centre on Tuesday 6th September at 10.00 am. **There is now a waiting list to join the group.** Contact Roger 01773 788169 for further information

**War Babies & Boomers:** meet 23<sup>rd</sup> September Contact Ann warbabies@eastwoodu3a.org

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

**PUB PALS - SEPTEMBER**

Sept 8 7.00 pm The White Lion Swinigate

Sept 22 noon The Dog and Parrot Eastwood  
Jan

**BRIDGE**

Members are now meeting upstairs at the Horse & Groom on agreed Mondays - depending on the availability of group members

Marureen

**u3a 40TH ANNIVERSARY QUILT**

The quilt is made up of blocks created by u3a members and is a celebration of 40 years of u3a. u3a members and groups can now see the quilt at The Witney Blanket Hall.

Find out more on our website -  
<https://www.u3a.org.uk/events/40th-anniversary>

Me: "Waiter, my wife just knocked over my glass of wine".  
 Waiter: "Don't worry sir I will get you a replacement".

Me: "That is very kind of you. Can you find one that likes football this time please?".

A synonym is a word you use when you can't spell the other one.

**PHOTO'S NEEDED**

Did you look at your groups WebPages?

Last month I asked members to look at the WebPages of the groups that they attend and to let us have updates to make them more current.

**\*To date I have received nothing!**

If you have access to the internet take a look. 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. If you don't feel you are able to do this, talk to the other members of your group. I'm sure there will be someone who can do this.

Send to: [webeditor@eastwoodu3a.org](mailto:webeditor@eastwoodu3a.org)

\*with the exception of Theatre Group – see p2

## JAMES STARLEY – INNOVATOR OR PRACTICAL JOKER?

Just in case you don't recognise the name, James Starley has the dubious honour of being regarded as the inventor of the Penny Farthing bicycle in 1871. So cast yourself back in time to that period and you are now the proud owner of the latest form of personalised transport – your very own Penny Farthing bicycle –wow!. After being awestruck by the sheer size of the front wheel the diameter of which would have measured between four and six foot depending on the model, the first challenge would have been to actually get on the contraption. Don't forget you would now be shorter than you are today which would have made the task even more daunting. Mounting a horse would have been more familiar to most people in those days. There were two metal footrests just above and either side of the farthing and the idea was to place a foot on one of the rests whilst scrambling up the back of the bike with the other and leaping onto the seat. Once you're comfortably seated aloft in your elevated position you now need to put the beast in motion which is easier said than done as a great deal of physical effort would be needed to actually start the wheel turning from a standing start. There was no 'freewheel' mechanism so the pedals would have been constantly revolving in unison with the wheel as would your legs. Once you had got the beast in motion, the hardest part would be stopping it as for some unknown reason it wasn't deemed necessary to provide any brakes. (Health and safety was not high on the list of priorities in the 1870s). Just like nowadays cycling has always attracted its fair share of idiots and hooligans but the thought of getting hit by a speeding Penny Farthing in the hands of an irresponsible rider is too much to contemplate as the resultant consequences could have been physically life changing or even fatal. Getting off would prove as tricky as getting on because as soon as the bike comes to a halt it would automatically topple over unless it was leaning against a wall or structure. Your feet would be dangling in mid air as the size of the wheel would not allow them to make contact with terra firma. So was James Starley an innovator? Yes he probably was but the basic design with the wheel of that diameter was fundamentally flawed as it would have been an accident waiting to happen of which there were probably many. A practical joker?- more than likely!. Why design and build such a totally impractical machine if it wasn't to have a good laugh at all the trendy new cyclists desperately trying to tame the beast without making a fool of themselves. Now cast yourself to the 1970's and another candidate that could be tarred with the same brush as Starley is the designer of the Raleigh Chopper with its gearstick menacingly protruding from the crossbar but that's another painful story that many a teenage boy will testify.

David Willey

Pulled out a nose hair today to see if it hurt ....

Judging by the reaction of the man asleep next to me on the train it seems pretty painful!

## 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](mailto:newsletter@eastwoodu3a.org)

## FUTURE LIVES

**One of the important questions for us as we grow older is how can we maintain our independence and quality of life for as long as possible?** This is one of the drivers behind Future Lives – a group made up of u3a members across the movement –which aims to share information and resources to inspire, influence and inform about how we can improve our future lives.

We are asking you – our friends and colleagues in the u3a newsletter community to take part in a survey on housing. **This is part of how we are using our collective voice to make a positive difference to narratives and attitudes around age.**

The Future Lives group are also launching a programme of events – starting with a talk from the highly respected Professor on cell biology, Janet Lord. You can see more below and book a place.

### INAUGURAL FUTURE LIVES EVENT - HOW TO AGE BETTER WEDNESDAY 12 OCTOBER 2022, 2-3PM

We're delighted to welcome Janet Lord to host our inaugural Future Lives event. This hybrid event will explore what happens when we age, and research which may indicate some ways in which we can all "Age Better," and stay healthier for longer.

Janet Lord is the Director of the MRC-Versus Arthritis Centre for Musculoskeletal Ageing Research and Professor of Cell Biology at the University of Birmingham. Her research focuses on the changes in immunity in old age, in particular how older people react to infection and tissue injury. She aims to understand how this works and to develop novel therapies to improve immunity in older adults.

Thank you to Lichfield u3a who are hosting this event, which you can attend in-person or online.

[Book onto the event now](#) and for more information, email [impact@u3a.org.uk](mailto:impact@u3a.org.uk)

