

Items for the newsletter should be emailed to

newsletter@eastwoodu3a.org

Deadline for October 2023 newsletter - Monday 18th September

MONTHLY MEETING

6th Sept

Elaine Clark will be speaking about the benefits of Tai Chi as well as an interesting diversion regarding Crisp packets as an innovative form of design!

VOLUNTEERS

Setting Up: tba

Refreshments: Linda Lambert, Janice Matthews, Georgia Hanson.

Signing In: Tricia Dilley, Valerie French

Meet and Greet: Barbara Moir, Pauline Daws.

Many thanks to our volunteers. It would be really helpful if you could arrive between 9.00 and 9.15 am.

Doris Fellows, Volunteer Coordinator

RESERVED SEATS AT THE MONTHLY MEETING

At the monthly meetings, there will be reserved signs on some of the front seats, so that it will be easier for any who are especially hard of hearing, or have eyesight issues, to enjoy the speaker. Please feel free to sit on one of these seats if it would be of benefit to you.

Janet Lander

u3a WEEK

In 2023, u3a week is 16 - 24 September.

u3a Week 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.

ALFRESCO IN AUTUMN

Please join our nationally coordinated event taking place in u3a week - Alfresco in Autumn on **Friday 22 September**. This event builds on the success of last year's Picnic in the Park where over 50 u3as came together in their local area.

Alfresco in Autumn could be playing football in a field, playing games in the garden or eating lunch on the lawn - anything that takes the learning and fun of your u3a outside.

Is there anything that your group could do which would advertise our u3a to the people of Eastwood & District?

BIRDWATCHING & WILDLIFE

In July we visited Rutland water nature reserve. This is looked after by Leicestershire & Rutland wildlife trust.

The day was warm with sunny periods, no rain! Walking along the grass paths lined with trees there were nettles and wild flowers in abundance, ideal for the wildlife. Numerous butterflies were spotted and we all agreed this year we hadn't seen so many or indeed variety. In total we saw 6 species, Gatekeeper, Speckled wood, Comma, Red admiral, Small white and Peacock. Various Damselflies and Skimmers were also seen.

We saw a total of 23 species of bird on our visit to the various hides overlooking Rutland water. With all the normal ducks spotted our top birds of the day have to be Osprey, Marsh Harrier, Red Kite and Common Tern. Including the Buzzard makes a total of four birds of prey spotted. This brings our total bird species seen this year to 67.

Lunch and drinks were taken at the visitors centre and a good day was had by all.

Paul Millington



Common Tern



Comma



Gatekeeper

THE BAY AT NIGHT

The bay at night. A magic place
The lamps are lit along the walks.
They string along the promenade
where after dinner strollers talk.

Some families linger on the sand
to watch the lazy splash of waves.
The early moon begins her climb.
A glistening avenue she paves.

Around the harbour, chips in bags,
Hot dogs and chocolate flaked ice cream.
The tinny clunk of slot machines.
The titbit searching sea gull's scream

A magic place, the bay at night.
In dim lit bars the singers croon.
A push-chaired child stares wonder-eyed
and trails balloons across the moon.

Pat Potter 2023

These insults are from an era before the English language
got boiled down to 4-letter words.

Insults then, had some class!

George Bernard Shaw to Winston Churchill:

"I am enclosing two tickets to the first night of my new
play; Bring a friend, if you have one."

Winston Churchill, in response.

"Cannot possibly attend first night, I will attend the
second...If there is one."

WANTED

We are looking for someone who usually uses Zoom to
attend the monthly meetings and who would be willing to
act as a Zoom Controller, admitting those who are using
the link. Training provided if necessary.

SOCIAL GROUP

BEVERLEY AND BRIDLINGTON

I'm very pleased to say we all had a very enjoyable day
on the 13th July. Apart from a brief shower when we
arrived at Beverley, the rain stayed away. The bus took us
first to Beverley, a very nice town that many of us hadn't
been to before, then after lunch we proceeded to
Bridlington. A great afternoon at the seaside, Pirate ships
fish and chips, who could want more. There will be no trip
in August, as for many of us it's a busy month. I am hoping
to arrange something mid-September. I will let everyone
who is registered on the social group know where and
when as soon as its decided. The Social Group is open to
everyone in the Eastwood u3a, if you would like to be
informed first of the planned trips please let me know and
I will add you to the list.

Sandra Burns
Mob 07930 752 808
Sandra.burns@mac.com

CREATIVE CRAFTS



The photograph above shows the items posted out by
the Knit Aid section of the Creative Craft Group in July.
Blankets, squares, hats and scarves sent to Ukraine;
hats and scarves to the Mission to Seafarers; teddies and
blankets to SIMBA (Memory box appeal).



This photograph shows the Thursday morning group,
busy working on their crafts in Rumbletums. This group is
always quite busy but we could do with more members
attending the 2nd Wednesday group each month.

Margaret Naylor

A weasel walks into a bar.

The bartender looks up and says "Wow! In all
my years tending bar, I've never had a weasel
stop by. What can I get you?"

"Pop," goes the weasel.

GROUP INFORMATION

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

groups.coordinator@eastwoodu3a.org

Art Appreciation: meet in Brinsley Parish Hall, 3rd Monday @ 10:30 am. Contact Helen 01773 710 743

Bird Watching & Wildlife: meet 3rd Thursday @ 10.30 am. Contact Paul 07986 037 871

Board Games: meet in the Hayloft, 2nd and 4th Monday @ 2.00 pm. Contact Pauline Dawkins 01159 383 530

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

Café Culture meet in various venues on the 2nd Wednesday at 10.30 a.m. **New members welcome!** Contact Margaret 07828 155 086

Canasta: meet in the Hayloft, 2nd and 4th Thursday @ 11.00 am. Contact Nina 01773 717 770

Church History: Contact Marianne 01159 134 077

Coffee & Co: meet in various venues on the 4th Wednesday @ 11.00 am. Contact Barbara 01159 468 721

Coffee Mates: members have a choice of 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 in the Hayloft on the 4th Monday, 11.00 – 12.30 pm. Contact Diana 0115 9 169 343

French Conversation: meet in the Hayloft on the 2nd and 4th Tuesday of the month at 10.00 am. **New members welcome!** Contact Pauline 01773 788 366

General Gardening Group: meet 2.00 pm at members' homes on the 1st Friday of the month from April to September. Contact Ann McGillivray 01773 767686.

Gogglebox: meet in the Hayloft on the 3rd Tuesday, 11.00 – 12.30 pm. **New members welcome!** Contact Janet 07889 976 342

GROUP INFORMATION

History of England: meet in the Hayloft, 1st Thursday @ 10.00 am. Contact Janet 01773 770 183

National Trust: meet in the Dog & Parrot on the 1st Monday each month @ 10.00 am. Contact Yvonne 01773 712 530

Pétanque: : New venue will be announced asap. Contact Colin 01773 715 493

Photography: meet in Brinsley Parish Hall on 3rd Tuesday @ 10.00 am. **New members, beginners and enthusiasts all welcome.** Contact Barbara 01773 786 004 or 07977 109 451

Psychology: meet in Rumbletums on the 4th Wednesday, 1.00 pm. Contact Jim 07977 415 072 or Diana 01159 169 343

Pub Pals: Contact Janet 07961 832 864 or Rob 07845 177 500

Social Trips: Day trips out to various locations. Contact Sandra tel. 07930 752 808

Spanish: meet on the 2nd & 4th Wednesday 11.00 - 12.30 pm @ Julie's Tea Rooms. **New members welcome!** Contact Paul 01159 133 449

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

Walks, 5 miles: meet on Tuesday 5th September at 10.00 am. Street parking at the Bottom of Newton Lane approached from Awsworth Lane (opposite, Gardeners Inn) Note: no car access from the bypass. Contact Roger Reynolds for further information 01773 788169/ 07879492779

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

Whist: meet at the Hayloft, Giltbrook on the 2nd and 4th Thursday of the month at 2.00 pm. Contact Glenis 01773 715 040

Wine Appreciation: meet in the Hayloft on the 1st Monday @ 7.00 pm. Contact Chris 07779 375865

NEWSLETTER POSTAL CHARGE

Members who are not on the internet and would like the newsletter posted to them can do this by paying £10 on top of their annual subscription. This is less than the true cost but it reflects a commitment to receiving it.

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

GROUPS COORDINATORS

Anne's Groups	Madeleine's Groups	Marianne's Groups
1.Board Games 2.Coffee Mates 3.Creative Crafts 4.History of England 5.Pub Pals 6.National Trust 7.Strollers 8.General Gardening 9.War Babies and Boomers	1.Art Appreciation 2.Cafe Culture 3.Church History 4.Coffee and Co 5.Creative Writing 6.Family History 7.French Conversation 8.Psychology 9.Radio Waves 10. Spanish	1. Bird watching 2. Book group 3. Canasta 4. Gogglebox 5. Petanque 6. Photography 7. Social Trips 8. Theatre 9. 5ml Walks 10. Wine Appreciation 11. Whist

NATIONAL TRUST

On Wednesday 12th July the U3a National Trust Group visited Charlecote Park in Warwickshire. The weather forecast for the day predicted showers but we were lucky to have a warm dry day with lots of sunshine. Charlecote House is Elizabethan but the interior is Victorian with lots of lavish Victorian furniture.

The house itself is accessed down a long drive and through the Elizabethan gatehouse. Its unbelievable that we walked through the same gatehouse that Queen Elizabeth I entered the house nearly 500 years ago.

Although part of the house was closed to visitors, the rooms that were open showed how the wealthy Victorians lived. The house was built and occupied by the Lucy family who are still in residence today.

In the afternoon the group discovered the wonderful parklands where deer and rare Jacobs sheep were either grazing or snoozing in the warm sun. Hard to imagine that a young William Shakespeare was once caught poaching in the park lands.

On our way out in the late afternoon we called at the family church which was open to visitors and had many memorials and tombs of the Lucy family. As you can see by the picture of the church interior, some of the tombs can be quite eye opening!

A wonderful day out! Thanks go to Yvonne Carey for organising and choosing a lovely venue.

Elizabethan Gatehouse

Roger Bacon



The Dining Room



Tombs in the church

GENERAL GARDENING GROUP

The gardening group had a very enjoyable meeting at the home of one of our members, who lives near the water tower at Swingate. Her garden is beautifully laid out with beds of perennial flowering shrubs and roses, a manageable lawn and vegetables. Although the weather was a bit changeable, we were able to wander around before enjoying cakes, tea and coffee.

The group is to visit **Coxbench Hall Gardens on Wednesday 13th September from 2.30 to 4.30pm**. We can take up to 15 members, so there are a few spaces available to others in the u3a. We will car share, so transport will be available.

Contact Ann McGillivray on 074 19331646 if you want to go. Places will be available on a first come first served basis after members of the gardening group have been accommodated.



CHURCH HISTORY

The group has continued to visit local churches of interest during the Summer. In June we went to Southwell Minster. Such a beautiful place to visit as per picture.



In July we visited the Church at Cromford Mill, which was built by Richard Arkwright initially as his family Church. A photograph shows some of the group members looking around the Church.



Barbara Sherwood

WINE APPRECIATION

The Wine Appreciation Group has a new home The Hayloft, meeting at 7.00 pm on the first Monday of the Month.

For the July meeting there was a change, with the meeting being held in Keith's garden, who kindly provided a barbeque, which was enjoyed by all.

The meeting marked the retirement as group contact of Tom Hickingbottom who has been the group contact from the very beginning.

As a mark of his long service he was presented with a leaving gift.



Barbara Sherwood

THE PHOTOGRAPHY GROUP

This group continues to go from strength to strength and now has 29 members of all levels of abilities. Meetings are on the 3rd Tuesday of the Month at Brinsley Parish Hall at 10.00 am. Tea/coffee and biscuits are provided. The group has outings for members - in July this was at Codnor Park Reservoir. In August it was at Butterley, unfortunately due to track maintenance work only limited time was available to photograph the station. However we did manage a lovely walk around Butterley Reservoir with lots of photographic opportunities.

Barbara Sherwood