



## Message from the Chair

I will continue to send out a Newsletter when I receive information or items. This edition follows on from the information received following the National On-Line A.G.M. and I would be grateful for any contributions or photos that bring out the sun and /or a smile.



Photo by Aubrey Bass

It is likely that I will be trying to have a form of On-Line General Meeting when I receive information from the U3A National Office so we can move forward when things eventually improve.

As a result of the changing situation, National guidelines, U3A guidelines and the capacity of facilities being the subject of change at this time the Committee has made no arrangements for meetings including any events around Christmas.

## Our Members

Regretfully since the last Newsletter two of our Founder Members have passed away.

We were sorry to learn of the passing of Pat Colgate and Peter Castle who were founder members of Great Oakley & District U3A and served on the Committee.

Pat served on the original committee, was a cheerful and friendly lady and, and in spite of her encroaching dementia which caused her to spend her last few years in a care home, was able to enjoy visits from friends as well as social outings - including occasional trips to the cinema and theatre (her great love from childhood onwards), right up until the Covid Lockdown came in. Rest in peace, Pat

Peter served on the committee and had together with Rosemary been our Secretaries for over three years. Having a friendly and efficient secretary who can be relied on to make sure that the Committee is aware of all of the information from the National Office and is able to follow up on decisions and actions is essential. During his tenure with both myself and Stella Herbert as Chair Peter executed the role in full, including the challenge of researching and advising the Committee on the changes required by the Data Protection Act which necessitated several procedural changes and the rewording of all our forms. Peter and Rosemary were frequently amongst the first to arrive at Monthly Meetings to help with setting up the room and assist with any other tasks. Peter was a keen photographer and very much an active member of the Photography group and he and Rosemary went on all of the group's weeks away. Peter was also an active member of the short mat bowls group and will be much missed by Members. The Committee is grateful to him who with Rosemary's assistance took on the task of taking minutes and for contributing to the smooth running of our U3A. This took up his precious time and energy in retirement to serve on the committee and conscientiously carry out the duties of our secretary. Without people like Peter, the U3A would not exist. We extend warm thoughts and condolences to Rosemary and the family for their sad loss.



Photo by Graham Thompson

## National U3A Information

In the last week I have received the following from the U3A network.

### Podcast Launch

The National Office has been meeting with member volunteers and has launched U3A radio with Podcasts at

<https://youtu.be/9zGNxpUSUAc>

### Find U3A on YouTube

You may not know if you put U3A into the YouTube search you will find a range of items including the Radio Podcast, Mr Motivator Fitness with U3A, Quizzes and news items.

If you use the following link

<https://www.u3a.org.uk/learning>

you can find information on U3A and ask to receive the National Newsletter.

### Missed Annual General Meeting

As we did not meet there are a number of issues that need to be resolved including terms served by Committee Members and I am awaiting advice from the National Office on any action we need to take.

### Membership Reminder

Please advise Helen Watts by E-Mail to [Membership.gou3a@gmail.com](mailto:Membership.gou3a@gmail.com) if your contact details have changed.

### History Group

The History Group has not met since 19<sup>th</sup> February.

At the end of August it looked as if there may be a chance that the Danesholme Centre would be able to host meetings, albeit on a reduced scale. The members of the Group were canvassed, by email, asking their opinion on meetings starting again in the Autumn. While only 30% of members responded, 75% of those who did respond agreed that we should not consider meeting again until the Spring of 2021.

As a result, the History Group will not meet again until the Spring of 2021, at the earliest. The reality is that we may not be able to meet in our previous format, with in excess of 40 attendees, until a vaccine is available. For those people who want to pursue their interest in history there are a number of YouTube videos that they can enjoy at their leisure. The Timeline Channel, other history videos are available, has a list of these videos which can be found at the link below:

<https://www.youtube.com/c/TimelineChannel/playlists>

In the meantime, take care and stay safe.

### Meditation Group

Throughout the past few months, the members of the meditation group have stayed in touch. The aim has been to alleviate the loneliness of social isolation and to share ways of coping with lockdown.

An email is sent out every fortnight so members can "reply all" to share their news and views.

Jane arranged a socially distanced meeting in her garden for five other members which was a great success but, unfortunately, a second meeting for the rest was rained off.

Rosemary has been recording mp3s for us to meditate at home and we now have a collection of them to choose from. Some of us are meeting on Zoom, which can be hilarious and/or stressful depending on your point of view!

Thank you to all those who have contributed so that other members in the group can benefit.

Kate Carnie

### Photography Group

The members of the Photography Group have remained active during lockdown taking photos in their gardens or whilst on walks and sharing their images via e-mail and the Group WhatsApp.



Photo by Ken Bolton

Following the easing of restrictions eight members ventured out on the 9<sup>th</sup> September to Barnwell Country Park for the Group's first field trip of 2020. Barnwell Country Park was an excellent destination with lakes, a riverside path, several hides affording the opportunity to photograph birds and a café with an outdoor lakeside seating area. There was plenty of space within the park to social distance and the Group split up into smaller groups of two or three to take photographs before meeting at the café for a socially distanced coffee and a long awaited catch-up.



Photo by Roger Pringle

Five Members of the Group managed to get away few days at Winterton-on-Sea and managed to catch some Seals at Horsey and try some challenging photos.



Seal at Horsey Gap

The Group are looking forward to a similarly 'rule of 6' socially distanced field trip in October.



Pretty Picture

The images in this Newsletter are from Barnwell Country Park and Winterton



Photo by Graham Thomson

### Walking Group News



Pre-Covid 19 photo

We have been unable to walk as a group since March 13<sup>th</sup> when 23 of us walked from Manton in Rutland. The photograph shows us dressed for the cold weather having a drink and sweet stop at Egleton. Who thought then it would be the last walk in 2020 as we do not think that we will be able to walk together for the foreseeable future.

The most important feature of our group is travelling up to 15 miles to a country pub before walking 5 to 6 miles then returning to enjoy a meal together, with the friends we have made over the last 6 years.

Government Guidelines have changed constantly and the recently implemented Rule of 6 will make things even more difficult. As over 50% of us are over 70 the risk factors to our health are still high.

We have suggested that walking with a few friends within safe limits is the way to continue enjoying our local countryside. Ernie has taken 4 friends for 2 walks and I walk with 2 or 3 friends early most mornings, with no U3A involvement. We are still seeing the countryside change with the seasons, watching wildlife and trying to identify trees and flowers. Now the autumn is here we have even been hunting for conkers, memories of childhood. No comments please!

Unfortunately, the aims of our group cannot be met in Ernie's or my back garden with 5 other people.

Pat Akroyd and Ernie Rash



Seals at Horsey Gap

## Writing Group

The writing group have continued to meet regularly using Zoom, have been busy and provided the following 2 items for this Newsletter.

### For Reflection by Colm Brooke-Gibbs

*A cautionary tale about a man unhappy with his looks - until he considers the beneficial lifestyle of his 'illusory alter ego',*

**Oh, how I'm aging badly, (looks like I'm in disguise),  
With jowls that droop too gladly,  
bags beneath both eyes;  
My ears, I've found much hairier, my neck is resting low;  
Now if I became a basset, I'd hound a wee scotch terrier, or get a best in show!**

I'm told I'm aging badly, (and mirrors don't tell lies);  
Skin folds sag so sadly, I fear the end is nigh;  
Life's game has been a prankster, from Coco Pops to gruel;  
If I became a hamster, I'd run in my new wheel, or stoke my cheeks with fuel!

**Thy's dealt a triple whammy, my beards turned wiry grey:**

**My pelt's gone like shammy; my hair's entirely stray;**

**My case is rather silly, (when bare may cause some frights);**

**If I became a Billy, I'd chase a horny nanny, or scale some record heights!**

Oh yes I've aged that badly, (but living leased its price),

I'd do it all again gladly, not given the fleas and lice;

I was bound to go that way, though not just through neglect;

Aging's what I find one pays, for the "grow like your pet" effect!



Go on Smile for me

## Intestate by Ray Smith

The platypus (duckbilled),  
He died and left no will.

**It caused quite a stir  
Midst the creatures of fur.**

"I'm sure", said the mouse,

"That I'd like his house".

**"I think", said the ferret,**

**"That I should inherit".**

"Not so", said the rabbit,"

'Tis I should inhabit".

**Thinking each claim absurd,**

**So chipped in the birds.**

"My plan", said the grouse,

"Is that I'll have his house".

**"I need", said the starling,**

**"To give to my darling".**

"There's much", said the swan,

"To ponder upon".

**"Oh no!" they all sobbed,**

**"By the magpie we're robbed!"**

Moral? Make a will!



Puzzling Monkey?

## Committee Members

On several occasions we have tried to gain volunteers to join the committee or shadow current members to ensure we can continue to function as a U3A.

At the moment several Members of the Committee have served as long as they are allowed to do so in our and the National Constitution.

We are in urgent need of Members to join us on the Committee and would be grateful for any assistance.

If you are interested in volunteering to ensure the group keep going please talk to one of us:

Chair: John Bugby

Vice Chair: Terry Arnold

Secretary: Phil Watts

Treasurers: Doreen and Damian

Tracey

Groups Co-ordinator: Jane Parker

Membership: Helen Watts

Social / Speakers: Dorothy Masters

Members Rep.: Maureen Lavin

Members Rep. Jane Parker

## Final Notes

A member has a New Samsung Tablet that they cannot use and I have been asked me to offer it Free to any Member who could make good use of it.

Please contact the Chair if you or another Member could benefit by being able to use it.

A Member has advised me that stating she was brilliant was as much an exaggeration as Trump saying Melania is a little younger than him.