



GUILDFORD AREA u3a

INTERIM NEWSLETTER 12– 1st December 2020

Dear Gu3a members,

We are now out of the second lockdown but into Tier 2 restrictions. For gu3a, that means that up to 6 people may meet out of doors maintaining social distancing. I know that some of our walking groups are planning to operate in line with these measures; I do think though that it is rather too cold to do anything out of doors without keeping moving! You may only be indoors with other members of your household or your social bubble. This means that we will continue only with our virtual meetings into the New Year.

I was so encouraged to learn that we had 100 members who signed up for the November Monthly Meeting. Those are our best figures ever; I am so happy to see so many of you taking part in Zoom meetings.

If you have not been out and about much lately you might not have used your mobile phone as much as you usually do. Especially if you are on a pay as you go plan your number might be disconnected if you have not used it for some time. To be on the safe side charge yours and check that you have not received a text telling you to use it by a certain date or your number will disappear.

You might have noticed on pages 7 and 19 in the last edition of *Third Age Matters* articles about ageism. This can range from casually referring to people our age as “old dears” to moving us down the list when availability of intensive care beds is under pressure. We are not stereotypes and we must challenge preconceptions about ageing. After all, we have contributed more to society than people younger than we are.

The government tells us that a vaccine is well on the way and that there is a light at the end of this Covid tunnel. I wish you all the strength and determination to get through these last months. Things can only get better!

So take care of yourselves.

*With very best wishes,
Julie Beattie
Chairman, Guildford Area u3a*

A poem from one of our members, Ann Boxell:

KEEPING GOING, or HOW WE BEAT THE VIRUS

We're told that we've got to look after ourself
Not only in body but our mental health.
So if we are bored and getting all ratty
Do something different to avoid going batty.
Sudoku, they say, is good for the brain,
But too much of anything can drive you insane.
Some learn to sing, make a beautiful sound,
Others do jigsaws and pass them around.
Addicts in front of the TV are seated,
"Midsomer Murders" the third time repeated;
So how to keep busy? With cleaning and knitting,
Doing the garden then quietly sitting,
Getting up early, see a new day begin,
Can't wait for the evening to start on the gin!

Ann Boxell

Here is some good news from Moira, our Director of Studies:

One of the many things that we have missed over the last nine months of this pandemic is the social chat that takes place at our group meetings. Before, in the middle of, and after the main event has been a chance to catch up with friends, meet new people, and chat about life in general. It hasn't been easy to do this with some of the more formal Zoom and online meetings that have happened.



I would like to invite you to join us for **a Zoom Coffee Morning on Monday 14th December at 11.00am**. Bring your own coffee and cake! It's the first time that I've done one of these, so please bear with me while I learn as I go along. However, hopefully, it will give us a chance to do some of the catching up with other U3A members and chat, while you enjoy your coffee and cake. If you would like to join in then please let me know, by emailing to moira.macquaide@gmail.com. I will send you an email with the Zoom link to use on the day and let you know of any other information that you'll need. If it works well, then we'll organise more of these events. I hope to see you on the 14th.

Moira MacQuaide
Director of Studies, GU3A