



GUILDFORD AREA u3a

INTERIM NEWSLETTER 14 – 31st January 2021

Dear Gu3a members,

It seems a little late to be wishing you a Happy New Year, but this is the first newsletter I have written for over a month and the festive season does seem a long time ago now. Things have been very quiet for a while. I hope you were able to enjoy it and that you have kept safe and well.

The first thing I must do is give you the final results of the voting at the AGM.

Confirmation of the minutes of the AGM of 25/11/19: votes for 137; votes against 0; votes to abstain 8.

Adoption of the Accounts: votes for 134; votes against 1; votes to abstain 10.

Agreement of the Annual Subscription: votes for 130; votes against 7; votes to abstain 7.

Adoption of the Annual Report: votes for 137; votes against 1; votes to abstain 7.

Re-election of Julie Beattie as chairman: votes for 142; votes against 0; votes to abstain 3.

Re-election of the Management Committee: votes for 143; votes against 1; votes to abstain 2.

Election of Margaret Clements as the new Prospectus Editor: votes for 139; votes against 0; votes to abstain 6.

Election of the Independent Examiner: votes for 133; votes against 1; votes to abstain 10.

We are grateful to all our members who came to the virtual AGM, who voted and contributed.

One of the first things I wrote about back in April was **the King Lear prize**; it is being awarded again this year. It is so named because Shakespeare wrote *King Lear* while locked down during the plague of (probably) 1606. The competition accepts entries in poetry, real stories (short stories from people's lives), art and musical performance, and there are over £2,000 of prizes on offer. The winners will be picked by a panel of expert judges including Gyles Brandreth and Julian Lloyd Webber. This national creative arts competition is for the over 65s and is open to entries until 19th March '21. Details can be found at

https://www.kinglearprizes.org.uk/?utm_content=poetry&fbclid=IwAR0ss806iEo7UITyDqm1assOZygmyX9f2j5FAPFTh4vbjYI4oxHRKuJj7pQ%2Baem_ARQO28di285iUWF_truXvtCvdctkoMWu24662nqf815J_cwYUSwJb0IoYVMIY_NE-UcB-kosqGQI4VW6RewjTz0eTt4uMGmxPZqjwApm7tmVQNYR1jhzLazlomjtQkua_Bo

One of our members, **John Walmsley**, could well be in the running – congratulations! He has an article and a photo in the January u3a national newsletter. If you do not already subscribe to it go to u3a.org.uk/email and it will be sent directly to your inbox every month. In the same newsletter there is news of **u3a radio** episode 4; please go to <https://www.youtube.com/watch?v=8xGi67wrGIs&t=1446s> to hear it. The u3a podcast comes out on the 17th of each month.

Also, the British Museum is offering a series of free, online presentations (with an opportunity to ask questions) hosted by Camden Council Adult Community Learning.

The presentations are available for all adult learners in England and they will need Zoom, access to the internet and email to take part.

All presentations are run as webinars which means only the British Museum and Camden presenters appear on screen with a friendly chat box available throughout the session if people want to ask questions. Sessions include a 10 minute comfort break. Full details of their excellent spring term presentations are on their website. All content is fully supported with onscreen images and is suitable for learners with some or no knowledge of the subject areas.

You can book any of the presentations online by going to www.camden.gov.uk/adultlearning or www.webenrol.com/camden or by phoning Malcolm Hay (Adult Community Learning) on 020 7974 2993.

Our **Coffee, Cake and Chat** mornings are proving popular and all our members are most welcome to join us. Get in touch with Moira on moira.macquaide@gmail.com to make sure you receive an invitation. We go into breakout rooms so you do not have to shout to make yourself heard above 25 other people. The next ones are on Friday, 12th February; Monday, 22nd February; and Tuesday, 9th March – all at 11am. See you there!



The next monthly meeting will be on 22nd February when Ian Keable, a lecturer and magician, will talk about George Cruikshank who illustrated some of the works of Charles Dickens. This will be a Zoom meeting, starting at 1.45pm with the talk at 2.00pm. Details of how to join this meeting will be sent as an email alert to members nearer the time.

Any members who don't have an email or access to the internet can listen to this talk using their phone. You will be able to hear the speaker, but not see him or any illustrations he may show. If you are interested in doing this, please phone Jackie Ring on 01483 824450 to register your interest and she will give you details.

Organised by Guildford and Waverley Boroughs, Let's Get Steady offers practical advice and guidance to help reduce the risks of falls for individuals; this is especially important at the moment as many people are not going out so much and are getting less exercise than they used to. As they are not able to run face-to-face sessions at the moment, they have produced a series of film clips. There is also information and advice on how to maintain our independence and wellbeing, eg staying fit and well, the Handyman scheme, Community Angels, Social Prescribing, etc, etc.

This link will take you to the Surrey Heartlands CCG Independence and Well-being webpage.

www.surreyheartlandscg.nhs.uk/gwindependence

They also provide a series of leaflets for anyone without the internet – for the Fall Prevention Pack, phone 0300 561 1555

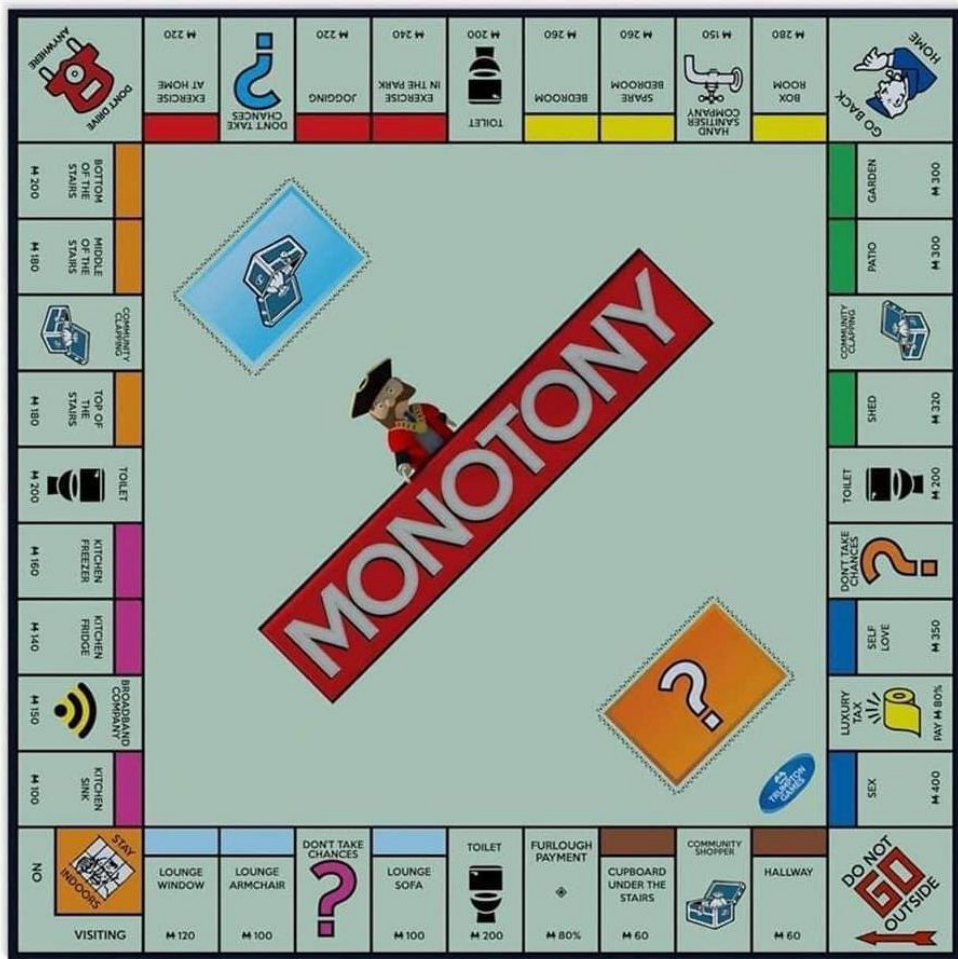
If you are missing travelling at the moment, **what about taking a Virtual Trip?** A number of tour guides (who are also missing US) have got together and are presenting a variety of tours around their local areas. You can see everything as they walk around, hear their explanation, and also ask questions, make comments and chat to the other people on the tour. The tours are based in 62 locations around the world, from Bangkok to Venice, as well as a number in the UK, with a wide variety of topics to choose from, such as Food Markets and Cooking, Jewish Quarters, Railways and Shipwrecks, Temples, etc. There is even an old tram tour of Lisbon. Of course, the streets are quite quiet at the moment, so it's interesting also to see what is going on elsewhere. The tours are free to join, although a tip is expected, just as if you were on a 'real' tour. Do check out what's on offer.

<https://www.virtualtrips.io/>

And now for a couple of giggles.

Our webmaster, Roger, has had a few requests for login details. In one case the email was from a different address from the one we have in Beacon. It was apparently sent using speech to text; why else would the subject line have contained "you three a"??

Moira sends us this wonderful (lockdown) adaptation of a Monopoly board:-



And finally – THAT picture. My son Dominic had just been elected as our Independent Examiner at the AGM so I asked him to turn on his camera so that people could see who they had voted in. Behind him on the wall was the picture below. I was mortified in case you thought it might be his choice of decoration; in fact he is serving his quarantine in a hotel and it is a reflection of their corporate taste rather than his. I was so embarrassed. I can laugh about it now. Thank goodness. She really does have jolly good legs, though.



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