



Lewes U3A Bulletin

Issue 1

September 2020

Welcome to the first U3A Lewes monthly newsletter. In this we aim to keep you informed of the activities of your committee, updates about current groups and news from the regions.



Meet our Chair Gordon Bull

One of the first responsibilities new Chair Gordon Bull will undertake is the implementation of a new Database for Lewes U3A, by the Spring or Summer next year. 'Whatever happens we are going to change' he says.

The new system will make managing our members' details easier and faster for our Convenors, and pave the way for the introduction of electronic payment facilities and the ability for members to enrol in their chosen courses online.

Furthermore, Gordon hopes to encourage the wider provision of courses. 'I always felt the programme didn't have enough. If you do a ratio of course to membership numbers we do all right, but we're not brilliant.

'It really is a function of our members'

'It really is a function of our members coming forward and saying 'I'll run something on that'.

There are a lot of people like me, ex academic, who like talking and giving courses.

'we could do more'

'What we lack is practical, fun groups. I'm not saying we haven't got any, but I think we could do with more.'

In addition, there is always the awareness of what happens if Covid-19 gets worse. Gordon is looking at the provision of courses. Zoom has been selected as the medium of choice and the delivery is being streamlined to relieve the burden on Convenors from being responsible for their own Licence.

Gordon has been living in Lewes since 1987, when he joined The University of Brighton as Professor of Information Technology and has since worked in higher education 'almost' all his working life. He has been involved in the U3A since his retirement in 2000.

Gordon has also chaired the Neighbourhood Watch in Lewes, and subsequently was invited to join the Police Authority in Sussex. He served on the Police Authority for 5 years, an experience he found 'fascinating and very very rewarding.'

Today, in addition to his role as Chair of U3A Lewes, Gordon is able to channel his other interests as convenor for Jazz Lives and the year-round Science Matters.

Course News

News of courses you may be missing

Wine Appreciation

Wine-tasting really can't be managed online. I cannot foresee the Wine-tasting group re-forming, unless and until Town Hall meetings are re-established and I would hope that we could reconvene when Covid restrictions are lifted, so long as members feel secure in so doing.

Joan Holkar, Convenor, Wine Appreciation

Science Matters

We meet monthly on Zoom for discussions about things scientific. Members send in topics and we put together an email with links to the topics, so people can read up about them before the meeting. We get around 20 people joining on Zoom including a guest from South Africa. A couple of meetings ago, we had a speaker from America on the topic of Thorium nuclear reactors. This involved holding the meeting in the afternoon rather than the morning to deal with the time difference. This was a great success and it generated a great deal of discussion and follow-up papers. You can watch the presentation at www.youtube.com/watch?v=qvVe1OW-YQg

Our membership includes some very knowledgeable scientists across a wide range of disciplines, as well as those who are just interested in things scientific. In times past we met at the Linklater Pavilion and enjoyed the social aspect, as well as the stimulation of the discussions. Zoom has taken away some of the social aspects, but the discussion side continues to thrive.

Gordon Bull, Convenor Science Matters

Please send any news or views about any Courses to Bulletin@LewesU3A.uk

Out and About

The Out and About group is suspended until Covid restrictions have eased.

The enthusiasm with which Carol and Jenny took over the O&A group was nipped in the bud after several outings were planned this summer.

We look forward to being able to meet next Spring, but there are no plans for a definite resumption. It is difficult to safely plan any outings, with social distancing making coach travel almost impossible. We would be interested to hear what members feel about going out as a group. Financially, the trips would cost almost twice as much if we have to limit numbers on coaches. The O&A membership fee paid at the end of 2019 will still be valid in 2021.

The Scrabble group cannot meet while any social distancing is in force.

Carol Morgan, Convenor, Out and About and Scrabble

If you never want to use Zoom again.....

Terry Metheringham, Convenor of Soviet Music, has taken this approach:

Basically, my U3A sessions are talks about music. To me, the most important elements are the content of the talk and the quality of the musical reproduction.

For the new world, I decided to:

- * enhance my speaking notes,
- * link the notes to YouTube, where there are excellent performances with great sound quality. This approach means that Soviet Music is about to become an asynchronous group (which is very trendy).

Participants can read the material whenever they like... any time, any day.

They can flick through it like a magazine if it doesn't fully engage.

They can fall asleep and, unlike the Zoomers, no one need ever know.

Public Lectures

Michael Austin gives an insight into how they now work

Our mission statement is to use the skills, knowledge and contacts of Lewes U3A to organise informational, entertaining or controversial speakers for the benefit of our wider community.

Using Zoom, it has been far easier to organise these and reach the wider world. Derek and my technical skills are developing and where copyright allows, the lectures will be uploaded to YouTube, as was our June one, to reach as many people as possible.

Our new Zoom licence allows up to 300 participants. Using the digital booking platform Eventbrite and our U3A's Beacon database, tickets are sold out in a matter of days. *Our talks are free and our speakers don't charge!*

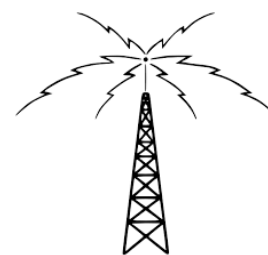
Our next Public Lecture

Our next Lewes Public Lecture will be on October 7th at 7.30 pm. Titled '**A history of paper- from its origins in Egypt to its spread throughout the Western World**', it will be given by John Gaudet, who was to have made a speaking tour of the UK. Instead it will be coming from his home in Virginia, USA. John Gaudet is author of the book "*The Pharaoh's Treasure – the Origin of Paper and the Rise of Western Civilization*" and will speak about the story of paper, from its origins in Egypt to its spread throughout the world.

The origin of ancient paper is one of the most astonishing stories in the history of the world. John will discuss how this ancient technology helped usher in a new era of human history. There will be time for questions .

From the U3A Trust

Amateur Radio Interactive Session



The Trust has started an online interest group for members interested in Amateur Radio. Amateur Radio, sometimes known as ham radio, is a worldwide communications hobby that allows individuals to learn about using transmitting equipment and make contact with other enthusiasts.

To find out more and join the group, contact Janine.aldridge@u3a.org.uk

Lewes U3A is looking for new courses, particularly for 'fun, practical courses'.

The only limit is your imagination!

Certain courses are impossible at the moment due to Covid-19, but that situation is changing. If you have an enthusiasm to share, you could be prepared and ready to go when restrictions are lifted.

Below are courses that may inspire you—or someone you know—to set up a Group. These are already up and running in other U3As in Sussex:

MahJong •Whist •Singing •Yoga •Pilates
•Cryptic Crosswords •Meditation•
Photography •Tango •Wildflower
Walks •Gardening •Table Tennis •Antiques &
Collectables • Ukulele •Flower
Arranging •TenPin Bowling •Canasta•Scottish
Country Dancing •Tai Chi •Patchwork &
Quilting •Desert Island Discs •Barn
Dancing •Handbell Ringing •Woodcarving•
Lacemaking •Pickleball



The Buddy Scheme



Some of our members do not have access to the internet and are therefore likely to miss out on some of the U3A communications, particularly in this present time. Many may be living alone.

To help these members, U3A Lewes is introducing a 'Buddy' scheme. Jill Townsend, a newcomer to both the U3A and the town, has agreed to keep the register and put people in touch with each other.

If you would like to take on the role of Buddy within the U3A, please contact Jill, her email address is jilltownsend10@hotmail.com or telephone her on 01273 471106.

Covid-19 update

Source: www.gov.uk/coronavirus

What is changing ?

The new limit of six people applies to **social gatherings**.

It will apply both indoors and outdoors, and to all ages.

Social distances are 1m plus, both indoors and outdoors, unless you are part of a bubble.

So, meeting up socially in private homes, venues like pubs and restaurants, and in outdoor spaces like parks will all be affected. Previously, the rules allowed **up to 30 people from two households**, or six from multiple households, to meet outdoors.

Current guidance says you should only socialise indoors with members of up to **two** households.

There will be a limited number of exemptions. COVID-19 Secure venues, such as places of worship, restaurants and hospitality venues, can still host larger numbers **in total**, but groups of up to 6 **must not mix or form larger groups**. This rule will not apply to individual households or support bubbles of more than 6, who will still be able to gather together.

The Foundry medical practice is now starting winter 'flu vaccines from September 19th for those over 65. An appointment can be booked on 01273 480888.



Alternatively, Boots in Lewes is also offering free winter flu vaccines. You can book online: <https://tinyurl.com/y5v6lcdo>

This is your Bulletin.....

Assistance is requested!

In future we would like to include news and views from members, plus information from the Sussex Area Networks and the U3A Trust. Items of news and illustrations, as well as feedback is encouraged: this is an evolving communication which will be shaped by the views of the readership.

Groups and courses have been affected by Covid-19 with many being temporarily suspended and we will be keeping you informed about changes to these groups and courses as they arise and information becomes available.

Please email Bulletin@LewesU3A.uk (not case sensitive).

