

**newsletter 253 of 1<sup>st</sup> April 2021**

**Happy Easter! Enjoy these Sweet Violets!**



*Viola odorata* Photo credit David Pinney



**April Open Meeting – Wednesday 21st April 2 pm using Zoom**

**The Experiences of an artist in the Arctic and Antarctic**

Printmaker Beatrice von Preussen spent two months in the high Arctic during the summer of 2017.

During an expedition on a tall ship exploring the Svalbard archipelago, Beatrice joined scientists in the northern sea ice and searched for fossilised worms' teeth to post to the Natural History Museum.

2019 saw Beatrice set sail once more, this time to a volcanic island on the Antarctic Peninsula where she was to collect data on microbial communities.

Delving into the sketch books, photo albums and diaries made during her travels, Beatrice will share with us her experiences from the extraordinary environments at the frozen ends of the Earth.

This interesting talk certainly sounds different from many that we have had!

Nearer the date, a link will be sent out.

## **Subscriptions**

A quick reminder that subscription renewals are now due.

We would like to thank those of you that have already renewed, but if you haven't, it would be appreciated if you would do so as soon as possible.

Full renewal details were sent out to everyone on 4th February, but as a reminder, it was agreed at the latest Committee meeting to keep membership fees for this year to £19, which covers the period to the end of June 2022.

**If you bank online, you can renew by bank transfer payable to LEDU3A.**

Sort Code: 40-30-20                  Account No: 81403117

You MUST use your Membership No and name as the payment reference.

It will save a great deal of our volunteer time if you renew in this way and we recommend it to you.

Otherwise, you can renew by sending a cheque for £19.00 payable to LEDU3A to: Long Eaton & District U3A Treasurer, 41 Springfield Avenue, Sandiacre, Nottingham, NG10 5NA. Please write your name and Membership number on the back of the cheque

**Enjoy these reports from our three u3a writing groups**

### **u3a Write On!**

The Write On! writing group formed in December 2019 and our first meeting was in January 2020. What timing! We managed two more sessions before the first lockdown and, apart from a couple of rather damp attempts during the summer under the Rule of 6, we have kept in touch by email and phone since then. There are only four of us, so this

has worked well. We each produce a piece of writing every month, taking it in turns to suggest a topic.

One of the most enjoyable aspects is the variety of ways we interpret the task. "In the deep mid-winter" sparked a delightfully descriptive snowy Christmas day – a cat's perspective from a freezing shed roof, a letter from a snowy England being read on an 80-degree Sri Lankan beach and a pair of blue tits itching to start preparing their nest, despite the January chill.

So far, we have rarely prescribed the genre our writing should take. It might be a short story, a memoir or poetry including odes, haikus and acrostics.

We are looking forward to meeting face-to-face once more and perhaps attracting a few new writers to our group.

Julie James ([juliejames1956@btinternet.com](mailto:juliejames1956@btinternet.com) or 07957 179 749)

### **u3a Writing for Fun**

Since lockdown last March, we have been sending our pieces to each other by email.

We have had very varied topics to write about, mostly light-hearted, to keep us cheery in these strange times. We've written about weddings, Christmas gifts, and even driving tests, which brought out some funny tales.

We did "once upon a time" where we could really explore our inner child and let our imagination run riot.

Our last topic was to imagine we were cats or dogs – what emails would we send to each other? Hilarious!

We take it in turn to come up with the next topic, so we never know what someone's going to conjure up next!

We don't critique each other's work – we just enjoy the reading of each other's pieces, and of course enjoy the writing of them.

If you fancy giving writing a go, we are always happy to welcome new members. You can find all the group's details on the website.

Jackie Tilly

## U3a Writing for Pleasure

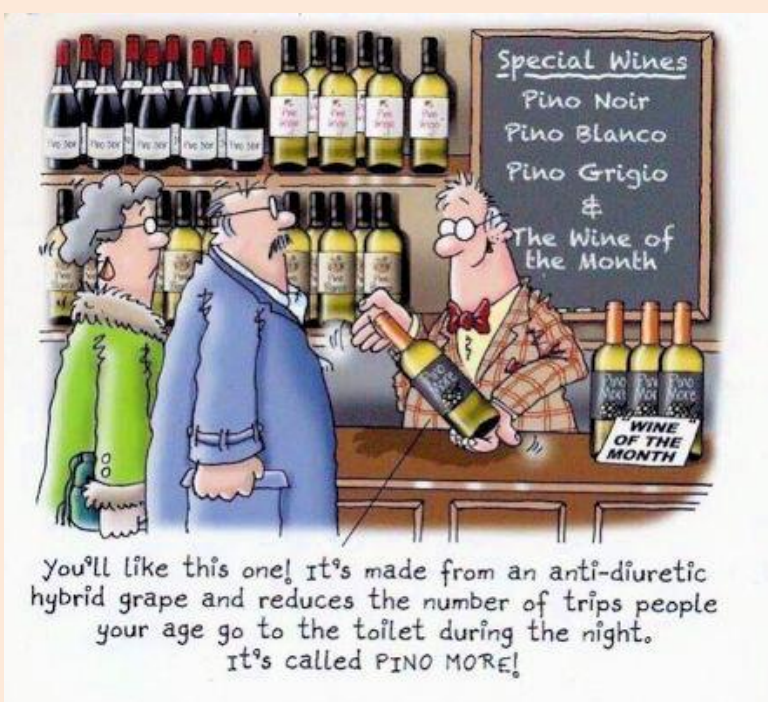
It will take more than a pandemic to prevent us from meeting!! During the past year, the Writing for Pleasure group kept in touch initially via e-mail and then, when it was permitted, by meeting in a member's garden. But now we embrace modern technology in the form of Zoom meetings. We may have been prevented from going on our usual August trips and enjoying shared lunches but, thanks to Zoom, we can still 'meet' and enjoy fun and laughter with the friends we have made, including holding an online Christmas party!

We are a small and supportive group, which started nearly ten years ago, and have retained several of our original members. We take turns to set assignments and our writing has progressed over this time as our confidence has grown. We often surprise ourselves and impress one another with the imaginative stories we produce.

We comment on each other's work in an encouraging way, sometimes adding another perspective. It seems we have a particular interest in historical backgrounds and the natural world.

Our topics are varied and have included going back in time; use of the senses; festive thoughts; stories for children and the challenge of incorporating fifteen random and obscure words into a coherent story! We are currently compiling a booklet on life during Covid, especially in relation to Christmas; something that could be of interest to future generations.

So, as you can see, plenty to keep our brains active.



We found these on the Internet; we thought they might amuse you ...

**Pino More**

## The New Alphabet:

A is for arthritis;

B is the bad back,

C is the chest pains, perhaps car-di-ac?

D is for dental decay and decline,

E is for eyesight, can't read that top line!

F for flatulence and fluid retention,

G is for gut droop, which I'd rather not mention.

H high blood pressure--I'd rather it low;

I for incisions with scars you can show.

J is for joints, out of socket, won't mend,

K is for knees that crack when they bend.

L is for libido, what happened to sex?

M is for memory, I forget what comes next.

N is neuralgia, in nerves way down low;

O is for osteo, bones that don't grow!

P is for prescriptions, I have quite a few, just give me a pill and I'll be as good as new.

Q is for queasy, is it fatal or flu?

R is for reflux; one meal turns to two.

S is for sleepless nights, counting my fears,

T is for Tinnitus, bells in my ears!

U is for urinary; troubles with flow;

V for vertigo, that's 'dizzy,' you know.

W for worry, now what's going 'round?

X is for X ray, and what might be found.

Y for another year I'm left here behind,

Z is for zest I still have -- in my mind!

**I've survived all the symptoms, my body's deployed,  
and now I am keeping the doctors employed!**

## Community News

### Save time - do it online

My Erewash provides you with a safe and convenient way to access Erewash Borough Council services. Creating an account is simple and only takes a couple of minutes. All you need to get started is an email address.

Visit: [Erewash Borough Council - Home](#)

Have you every explored the EBC website? It is highly informative.  
If you use Facebook, visit [\(1\) Erewash Borough Council | Facebook](#) .

### Want to get tested for Covid-19 even though you have no symptoms?

The community testing centre for Erewash is at West Park Leisure Centre, Wilsthorpe Road, Long Eaton. There is also a new centre in Ilkeston.

Testing will take place from 7.45am to 7pm, seven days a week but it's worth checking. One in three people who have the virus don't have symptoms and could be infecting other people without realising.

People who are mixing with colleagues or the public are encouraged to get tested regularly to stop the spread of Covid-19.

Staff are on hand to help people who test positive and need to self-isolate, including practical support with shopping and picking up prescriptions and any financial support they may be entitled to.

There's no need to book an appointment at a community testing centre – just call in.

### Getting ready to vote

More than 86,000 poll cards in total will be hand-delivered across Erewash between 26 March and 5 April to residents who are on the voting register.

Delivery of the poll cards is the first key stage in the countdown to the local elections on Thursday 6 May, when voters in the borough will elect nine councillors to represent the Erewash area on Derbyshire County Council. They will also vote for the election of a Derbyshire Police and Crime Commissioner.

The poll card gives electors their voter number and details of their polling station – or it will confirm details for those residents who have requested a postal vote.

Residents who want to check that they are registered to vote in Erewash can use the 'am I registered to vote' form: [Am I Registered to Vote?](#) . This will be responded to within one working day.

This year's elections will be held in covid-secure polling stations with a range of safety measures in place. The easiest way for people to cast their vote is to have a postal vote, with new applications needing to be made by the deadline of 5pm on Tuesday 20 April. Anyone who needs to apply should email [electreg@erewash.gov.uk](mailto:electreg@erewash.gov.uk) or call 0115 907 1190.

For any matters to do with Long Eaton and District u3a Newsletter,  
please contact David Pinney at [lead.u3a@live.co.uk](mailto:lead.u3a@live.co.uk)

Please send items for the April newsletter to David by 25<sup>th</sup> April at the latest.