

newsletter 254 of 1st May 2021



Lovely frog and lily pads from Jacqui

Art group 1

We are continuing each week with zoom art group at our normal time 1.30 p.m. on a Wednesday, if anyone would like to join us, or even just bring a cuppa for a chat as we paint along together.

This week we have started the painted ladies, which are colourful houses on the hills of San Francisco.

Julie Gilson and Barbara Young, Team Leaders



We seem to have had an animal theme this last month. **Squirrels from Barbara B**

This Month's Talk– Wednesday 19th May 2 pm using Zoom

Backpacking to Australia on a Pension Book

Following Beatrice von Preussen's fascinating talk last month about her trips to the polar regions, Pamela McLellan will be coming along to our meeting on 19th May to tell us of her exploits in a talk entitled 'Backpacking to Australia on a pension book'.

In her own words, she says:

“At 60, after a divorce, I decided to go back-packing on my own. I bought a rucksack and a return ticket and kept going ‘til the money ran out.

I got my dive certificate on the Barrier Reef, the Indigenous Australians put on a Corroboree for us, saw Ayres Rock change colour at dawn, camped across the Outback, fossicked for Sapphires and nursed an injured Wallaby”

This doesn't sound like something for the faint-hearted to try, but it should be interesting to learn of her exploits!

As usual, the meeting will begin at 2 o'clock and joining details will be circulated nearer the time. For those of you who use tablets, we have put a 'Guide to using I-pads for zoom meetings' on our web page; you might find this of interest and, if so, please click the following link

<https://u3asites.org.uk/files//long-eaton/docs/usinganipadforzoommeetings27560.pdf>

Our u3a Annual General Meeting

We will be holding our AGM on Wednesday 16th June at our Monthly Meeting and this will follow the presentation by our visiting speaker.

All members of the committee are willing to stand for re-election for the coming year, but if any other members wish to join the committee – or would like more details as to what this involves – they should contact David Barradell on d.barradell@ntlworld.com or 07913 719 362.

Full details regarding the AGM will be circulated shortly, together with all of the relevant documentation.

National u3a Day

As we mentioned last month, a national u3a Day is being held on 2nd June. Although our committee has decided that, as not all of the national lockdown restrictions will have been removed by that date, we will not be participating in this event. However, we will be holding a similar one of our own later in the year and are currently drawing up plans for that; full details will be circulated in due course.

In the meantime, though, have a look at the main u3a website, which will be regularly updated with information on the national events taking place on 2nd June.

(<https://www.u3a.org.uk/>)

Three Cheers for Our u3a Heroes

Many of you will know a member who has gone much further than the extra mile to support a u3a individual or group. These people deserve a virtual round of applause for their untiring efforts. The very least we can do is tell readers their name and how they have helped the LED u3a community during these difficult times.

Do you know a member who should be thanked in this Newsletter? We would love to hear about them. Please send us your nomination and a few words about what they've been up to. Helen Baron at publicity.ledu3a@gmail.com

Enjoy these reports

Long Eaton & District u3a Facebook page



Julie Gilson, u3a Facebook coordinator

Our Facebook page is having more views

Please add us to your groups by liking the page.

The cover photo on the left is of a lovely Easter Wreath made by Sally.

If you want to add any posts, you can add them on the Visitors page or send them to me to add on the main page.

Send to my email Juliegilson@live.co.uk

I change the cover photo each month; please let me have anything seasonal that I can share.

Thankyou!

u3a croquet on Thursday afternoons–new players are welcome

From 6 May 2021, we will be running sessions for U3A members on Thursday afternoons from 1.30 to 4.00 pm in cooperation with the Long Eaton Park Croquet Club who provide the equipment.

The lawns are in West Park behind the Long Eaton Leisure Centre.

This year because of Covid restrictions and ground conditions, we will be limited to 12 players at a time.

Only 2 Half lawns have been set out. One doubles match and one singles match can be played on each lawn and only the players on a lawn can mix. We may have to run a booking system if there is more demand than that. We will, of course, have to observe the Covid rules in operation. At the moment this includes washing the hoops and balls after use on those occasions when the LEPCCC don't play after us and playing with the same six people each session. Balls can't be handled. We will have 12 mallets provided for our use which need to be cleaned with antiseptic wipes after play. Each mallet remains with one person for the session. Guidance may change as time goes on but this is the way things are at present.

We welcome players new to the game. It is a game of tactics as well as skill and people usually find it engaging and enjoyable. You can progress rapidly from abysmal to not too bad: after that it depends on your aptitude. New players will be partnered by someone with more experience, given a short briefing on the rules and guided as they play.

The first session is free for new players and thereafter it costs £3 per session with a maximum of £36 per season. Members of the LEPCCC play in our sessions for free having paid their subs there.

We play to win but we also play to have fun and we are not too earnest. Wear sensible shoes but no special clothing is required. Play continues in light rain so a waterproof may be needed. It can be cool especially early in the season, so layers are the best idea. The season extends until the end of September, but we often play into October.

I have tried to arrange an alternative to paying in cash, but it hasn't been possible. If people are unhappy with handling cash, they must ensure they have the correct money to drop into the tin, so they don't need to get change. Another alternative is to pay £36 membership to the LEPCCC when this would entitle them to play at other sessions apart from the U3A one.

I will need some help getting equipment out at 1.15 and washing it and putting it away at 4pm when necessary so I will need a few people prepared to do this, please.

If you are interested in playing, please email me at frostytowers@hotmail.com or if that is not possible text 07873 606 414 or phone 0115 973 5061 so I can tell you of other arrangements when they become clear. Geoff Frost

U3a online events using zoom

Chair Yoga Workshop (free) Tuesday 4 May 2021 – 2 pm to 3 pm

The event is hosted by Jenny Wilson – group leader at Croydon u3a

[Chair Yoga Workshop Tickets, Tue, May 4, 2021 at 2:00 PM](#)

The Role and History of the National Trust (free) Wednesday 5 May 2021 at 10 am.

Please note this is a repeat talk from January 2021

[The Role & History of the National Trust Tickets, Wed, May 5, 2021 at 10:30 AM](#)

A Regional Look at the History of Britain 550–250 million years ago – the evolution of early life (free) Thursday 6 May 2021 at 2 pm

Join Martin Eales, Consultant Geologist & Geophysicist and member of Sutton U3A.

An online talk followed by a Q&A session.

[The Geology of Britain in the Palaeozoic, the Era of Early Life Tickets, Thu, May 6, 2021 at 2:00 pm](#)

And you may be interested in:

Virtual University of the Third Age

The Virtual U3A or vU3A is like a local U3A Group except that its activities take place on the Internet. An important target group for the vU3A is older people who are isolated through location, illness or immobility – but all are welcome. Members come from around the world. There is a membership fee to join in with the activities but you can subscribe to the Newsletter for free. Inside the newsletter you will find an item about a Virtual Open Meeting on u3a Day which takes place on Wednesday 2 June.

[April 2021 Newsletter from the vU3A](#).

From Nottingham Playhouse: The Spring Loaded Season (prices vary)

A new season of digital and live theatre which celebrates local stories and East Midlands' talent. [Spring Loaded Season](#)

Enjoy these items from our u3a Drama Workshop – April 2021

Doctor's advice for inner peace

A doctor on TV said that in order to have inner peace in our lives, we should always finish things that we start. Since we all could use more calm in our lives, I looked around my house to find things I had started and hadn't finished. I finished a bottle of Merlot, a bottle of Chardonnay, a bottle of Baileys, a bottle of wum, the remainder of Valium scriptins, and a box of choclutz. Yu has no idr how fablus I feel rite now. Sned this to all ur frenz who need inner piss. An tellum u luvvum.

Susie Mallock (Drama Workshop)

Just want to let you know

I've not been resting on my laurels with regard to Drama
I've been doing lots of practise in my theatrical arts
Singing (in the middle of West Park)
Dancing (in my bedroom - with the door shut)
Projecting my voice (in the kitchen when the washer up hasn't done his job yet)
Making entrances and exits (when above said person is watching yet another cowboy film)
Acting out emotions – frustration, anger, happiness (when the washing up is finally done)
Yes, I am fast becoming a real diva!
Hope we can meet again soon

Jackie Tilly (Drama Workshop)

What is a grandma?



Grandmas are the best at keeping secrets.
Grandmas built to cuddle into like a duvet.
Grandmas are good at sitting on the floor to play
But they are terribly difficult to get upright again.
Grandmas have bottomless handbags.
Grandmas sometimes race you to the next lamppost
But then sit on a wall and go a funny sort of yellow.
Grandmas have old feet and young hearts.
Grandmas whisk the extra green vegetables from your plate on to their own.
Grandmas come in dozens of shapes, bunches of wrinkles, skins and stages of degeneration.
But they all have exactly the same love in the middle.

Brenda King (Drama Workshop)

Community News

Our local area on Facebook – try a search for a local group

such as: Erewash Borough Council; Long Eaton, Sawley & Sandiacre The Good Old Days;

Free items Long Eaton/Sandiacre/Sawley/Stapleford/

Long Eaton: Long Eaton Community Group, Long Eaton & District u3a, Long Eaton Police SNT, Long Eaton Natural History Society, Long Eaton & Sawley Community News, Spotted Sawley

Sandiacre: Heart of Sandiacre, Spotted: Sandiacre, New Spotted: Sandiacre, Sandiacre Community Group, Sandiacre Memories, Hayworth Road Park Sandiacre

Breaston: Breaston Community Forum, Breaston Parish Council, Breaston Community Forum, Spotted Breaston

Draycott: Draycott Village Fund

Borrowash: Borrowash, Spotted: Borrowash community,

Other suggestions are welcome – please send them to David Pinney at lead.u3a@live.co.uk

Fighting crime in Derbyshire

Report all crime by phone: 101 –for non-emergencies 999 for emergencies or via the website: www.derbyshire.police.uk on Facebook: Derbyshire Constabulary

There is also **Derbyshire Alert** for keeping informed.

This is a community messaging system for the whole of Derbyshire which keeps you updated on things happening in your area. It also allows you to feedback information to policing teams which helps them to look at your neighbourhood better.

Residents can sign up to Derbyshire Alert at:

[Derbyshire Alert :: Welcome to Derbyshire Alert](#)

Several parishes have their own Neighbourhood Watch. Consider getting involved. Some are on Social Media.



Find our flock
of colourful rams on
this **FREE** family trail
27 May-22 August

Enjoy this photo of Wild Cherry blossom (*Prunus avium*) on Hayworth Park in Sandiacre!



PHOTO CREDIT: DAVID PINNEY

For any matters to do with Long Eaton and District u3a Newsletter,
please contact David Pinney at lead.u3a@live.co.uk
Please send items for the June newsletter to David
by **25th May** at the latest.