



# SHERWOOD U3A

## *Learn Laugh Live* NEWSLETTER July 2020

*Hello to all Sherwood U3A members,*

*In the newsletter this month there is U3A news, committee news, group news, sad news and personal stories and reflections of the past months. There are photos, drawings and writing that show how the membership have been passing the time and poems written at the start of it all. The owner of the baby photo is revealed and there is a quiz to keep you busy.*

*I have no idea what will be in the next issue, it's up to you to send me something, either as a group or an individual. Maybe about a hobby or interest, inside or out; photos of things you have created; how life is changing for you with the easing of lockdown or a favourite family recipe that we can try. You might even be inspired by what you see in this issue. Anything is welcome, don't leave it to others. NO CONTRIBUTIONS, NO NEWSLETTER!  
Sue Robb -Editor (contact details below) *Contributions by Monday 27<sup>th</sup> July at latest.**

If you have any questions about specific things please contact the following who will find out the answers to your concerns and try to come back to you with the answers:

Membership	Rita Foulkes
Groups and Postal Members	Terry Dillon
Welfare	Sandra Rogers
Holidays	Contact the holiday organizer whose contact details are in this newsletter.
Financial/General	Margaret Taylor
Newsletter/General	Sue Robb

### NOTICES

#### AGM

As a result of the Coronavirus pandemic and of course the regulations regarding social distancing, you will be aware of the difficulties in carrying out any of the usual U3A activities.

May should have seen our AGM, but, in common with many other U3As, Sherwood's AGM has had to be deferred.

Charity Commission rules state that an AGM has to be held within fifteen months of the previous one, which, for us, was last June, so we should hold the AGM by September 2020. This date is quite in order with National Office guidelines.

It is also in line with National guidelines for would-be retirees from the Committee, providing they are willing, to remain in post until the next AGM, should there be no people wishing to replace them. Claire Wilkie (Business Secretary)

**DO YOU have skills you aren't using?  
CAN YOU contribute in different ways?  
WOULD YOU like to make a difference?**

**IF your answer is YES to any of these questions, there are places on the SHERWOOD COMMITTEE available for you!!**

**Sit in on a Committee Meeting to get the idea.**

**YOU CAN DISCUSS THE IDEA with Claire Wilkie, or any other Committee member, by ringing Claire on 0115 962 4401.**

**YOU COULD HELP TAKE SHERWOOD INTO THE POST COVID WORLD!!**

**National Newsletter.** This is full of ideas and updates. Sign up to it at the national website.

<https://www.u3a.org.uk/newsletter>



## HOLIDAYS

### Isle of Wight Rita Foulkes

The deposits for the Isle of Wight Holiday, which has been cancelled, will either be put towards the next holiday or can be returned by Just for Groups. If you would prefer a refund you must get a copy of the receipt from me and apply to them direct. Rita Foulkes

### Kent Holiday Liz Wilson

Just For Groups have sent me the Refund Credit Note certified by ABTA but it is for the full party. They have also offered that the money, including Insurance, can be transferred to the same Holiday in 2021, 3<sup>rd</sup> May to 8<sup>th</sup> May but because of price increases it will be £10 per person extra.

I have contacted most of the participants (I thought this was lock down and yet many are out – how very dare they?) to find out if they want to transfer or get a refund. They won't get it until the end of August because staff are not yet in the office, and when they are will be systematically working through all the holidays they have had to cancel.

At first, for those who wanted a refund, I was going to photocopy the RCN and let them apply for their own but some were unsure about this procedure and Just For Groups would prefer that I applied for all, listed those who want a transfer and gave the particulars of those who want a refund. I am hoping to contact all and get this off to Just For Groups by the beginning of the 2<sup>nd</sup> week in July.

At the moment about half are daring to go for the holiday next year and half are playing safe and requesting a refund. Needless to say I WILL be going!

**A message from U3A National Office:**

# A big shout-out to all u3a volunteers in volunteers' week 2020

**When things got tough  
You stepped up and kept us in touch  
for all your efforts and  
determination to reach out to  
members during this crisis.  
for creating new ways and  
rediscovering old ways of keeping  
connected, engaged and learning.  
for sharing your ideas and  
enthusiasm all year round.**

# Thank you,

Subject Advisors    Meeting Organisers  
Trouble Shooters  
Group Leaders    Tea makers  
Joint Learning Coordinators  
Secretaries    Accessibility Contacts  
Newsletter Editors    Researchers  
Admin Supporters    Trainers  
Vice Chairs    Speaker's Secretary  
  
Treasurers    Chairs  
Phone Buddies    Admin Supporters  
Committee Members  
Web Masters    Venue Organisers

## Chairman's Report, July 2020- Liz Wilson

Well, well! We are now locked down and in Bubbles!! But I hope you are all much happier for being in your bubbles and being able to hug your nearest and dearest. I bet those first hugs were wonderful – what life's about!

Another thing that makes life special is having people who have done a brilliant job and having the pleasure of thanking them. My first THANKS go to the Editor of this Newsletter, SUE ROBB! She missed her vocation because our Sherwood Newsletter is better than the Nationals and certainly makes for a more interesting read! As well as my Rambling group I have been phoning members about the Kent holiday and several have remarked about the new style Newsletter – "A jolly good read", "Loved it", "It made me laugh and made me cry", "Sat down and read it from cover to cover", "Just re reading it and still enjoying it"! What a brilliant way, in these times when we can't meet, to bring us together, to let us share and to let us feel that we are all still members of a great U3A! So, THANK YOU SUE and look forward to the next one.

I would also like to THANK ALL GROUP LEADERS who have kept up with the members of their group. I know their phone calls and messages have been much appreciated and, again, kept their members in touch with each other, so feeling slightly less isolated!

Thanks to SANDRA ROGERS who in spite of having a painful shoulder and being isolated has continued to send cards, on behalf of our U3A, to the sick and to John Stapleton on the death of his wife Julie. Many of us knew Julie both in her own right and as Irene's helper and stand in for the National Trust visits. About thirty members and friends went to her funeral at the crematorium and made a guard of honour and respect both sides of the drive. Thank you to Marilyn and Jenny for getting us together to do this. Jenny is writing about this later in the Newsletter.

THANKS also to the following who are giving up their roles this year: -

DAVID BRADLEY who served on the Committee for many years and sorted out our finance. Several years ago he gave up the main Committee but remained as Chairman of the Finance Committee. In both these roles he enhanced the financial prosperity and legal stability of our U3A. (More in the next issue!)

GINA SMITH who, in spite of serious illness, served on our Committee and helped in the organisation of many fund raising events and our Ten Year Celebration.

IRENE BERRIDGE who shadowed Margaret as treasurer and served on the Finance Committee where her experience and knowledge in banking was extremely helpful.

In spite of lock down we did try to keep up Committee meetings! First with Zoom which to quote Jenny was like a Fawcety Towers sketch! Then we tried with email where we were all in the loop but, after not managing one discussion point in nearly an hour, I decided it wasn't doing it for me and suggested that six of us meet up, socially distanced of course, on my patio and have a REAL meeting! This we did on Tuesday, 9<sup>th</sup> June and managed to discuss lots of things such as how to hold an AGM in lock down – ummmmm interesting! What do we do about Meetings with the need for social distancing? Our first problem with this is when Turner Hall will open and be allowed to have meetings and at that point the Committee will have to do a risk assessment to see how many members we can have and still adhere to the Social Distancing Rules issued by the Government at that time. Another issue was how we return monies for the Bowling and how to deal with members who have paid for the Afternoon Tea. There are well over a hundred and some may want to transfer their money to the November date (if that goes ahead) and some may want their money back.

Many of these dilemmas are still to be discussed further because, out of all the good weather we have had, we chose a day when it was cool to say the least!! We are having a Finance Meeting at the beginning of July and a Main Committee Meeting on the 28<sup>th</sup> July --- fingers crossed for the weather. If any of you have any queries, points to be raised or useful suggestions please contact me or one of the Committee.

To commemorate the death of Vera Lynn, "We'll meet again don't know where, don't know when but I know we'll meet again some sunny day" --- though if it's not until September don't count on the sunny day!!!

## JULIE STAPLETON

A guard of honour from Sherwood U3A was formed at the crematorium in remembrance of Julie. Members and friends paid respects including Marilyn Stubbs, Helen Blythe, Wendy Sterland, Les Hobson, Lynne Clarke, Sandra Rodgers, Brenda



Pearce, Chris Wilson, Liz Wilson, Ann Madden, Val Beal, Pauline Huckerby, Jenny Weaver, Margaret Ellward, Carol Butler, Sheila Easom, Vivienne Wall, Irene Berridge, Joan M Taylor, Sue Cox, Carole Hurt, Margaret Edwards, Lyn, Elaine and Kath. Apologies for any omissions. We collected in total £50 with donations from above plus Ann Barnes, Ray Smith and Margaret Taylor. Her husband John requested that the monies go to the District Nurses for all the care they gave to Julie over the last few months.



Her close friend throughout all her life, Rosalie, was part of the main party and has supported both John and Julie through this very sad time. Julie's coffin was absolutely beautiful, a cream wicker coffin with fabulous wreath on top and a garland around the sides. Everyone thought it was fully reflective of Julie and couldn't have said more about the type of person she was. After the hearse passed a few of the group went up to Berry Hill Park and shared our memories of Julie over a glass of wine or coffee.

Julie was very kind and thoughtful and very caring of older people. Her hard work on the National Trust trips will be sorely missed, particularly by Irene. She was dedicated to the Keep Fit class and never missed a session. She was always keen to volunteer in a very unassuming manner and was an integral part of Sherwood U3A.

The last few months have been very trying but she always portrayed a brave front and tried to be thoughtful of others.

Our feelings go out to John and Rosalie particularly. Julie will be sadly missed at Sherwood U3A.

Jenny Weaver

## GROUP NEWS

### Guitar Group

#### Leader.... Derrick Hughes

Hello all U3A members out there (somewhere). I hope you are all well and surviving the many problems this pandemic is throwing at everyone. It is a time of sacrifice and perseverance for us all. Each group has their problems with being able to continue their particular activities. We must remember to stay safe at all times. I hope that you have managed to find a way to carry on with some part or all of your chosen activities. It is important we have an enjoyable distraction from all other problems.

We in the guitar group can carry on in a way that will not be too disruptive. As a prospective learner of the guitar the main thing is to practice what you have learned so far. We have to practice chords and changes from one chord to another in time with the music. There are scales that can be practiced and tunes to be played that we have been practicing in our sessions.



There is so much information on the internet about playing the guitar from tuning a guitar to playing most tunes that have been written by the worlds' musicians. It is a pastime that does not need too much input from me, it is all down to practice by ones' self. I am always available to provide input to solve any problems they are having with what has been learned so far.

When this terrible pandemic has come to an end, I hope to see all our members back in our group and much more practiced by that time. I hope, by that time, some other U3A members might consider looking into joining the group. In the meantime please follow the government guide lines. Bye for now and see you all at the next meeting in Turner Hall.

### **Pupil.... Dave Brown**

It's very easy to avoid doing fifteen minute daily guitar practice during lockdown. However, following a phone call and some useful guidance by Derek, our mentor, I have become more committed to setting aside the time and I think I'm finally improving. I look forward to enjoying the camaraderie and humour when our session begin again - perhaps we should try a zoom meeting, but I'd make sure I was on 'mute' during any practising together.

### **Creative Writing Group has been keeping "Cheerful", read their 50 word contributions on this theme:-**

Being cheerful is the only way to be, in my humble opinion. Life is too short to be grumpy and to dwell on negatives. I've always said that in life there are no problems, only solutions. So my solution, on a bad day, is cheerfulness. It could be so much worse. Eileen Price

Nowadays I don't need an alarm clock to wake up. I have a little Yorkie dog called Tiny. She is the apple of my eye, such a wonderful companion. I am welcomed with a tail wag be it 6am or 6pm. She is full of cheerfulness. Bob Bradley

Cheerfulness promotes optimism and laughter "the best remedy". It is a mood enhancer. It motivates anyone to exercise. It adds a spring in one's step. It radiates warmth, it energises, it invigorates, it stimulates. It boosts morale. It fortifies relationships. It always magnifies the "feel good factor". It dampens "NEGATIVITY". Rajnee Annla

Proper job well done: satisfaction  
Smiles, greeting, friendship, appreciation  
Warm room, comfy bed  
Mug of tea, chocolate brownie  
Good book, magazine, free time. Isabel Costigan

### **The June theme for Photography Group was "Clouds and Skies in the UK"**

**First: 18 points**

Cottam Power Station-

Trevor Hughes

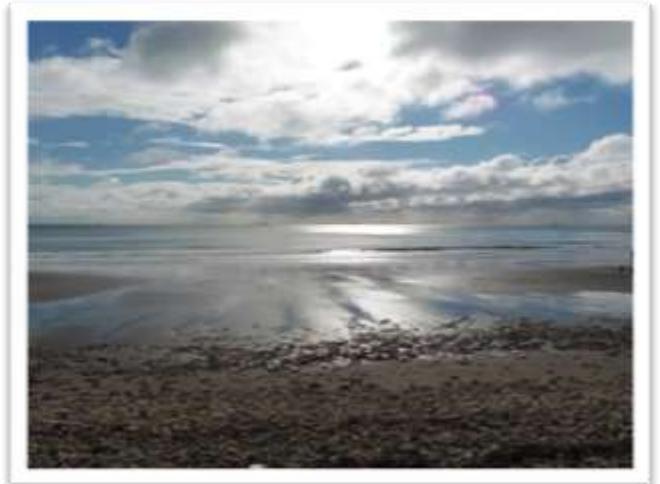


## Joint Second: 10 points each

Summer Skies – Jim Bentley



A View from my Window – Roger Wood



Each member emails a photo and everyone picks their 1st, 2nd and 3rd choices.

## Some members have chronicled their lockdown life and activities over time.

### New Life

#### MARCH

It's been a funny old game.

My wife, Sue, was due to fly out to Australia to visit our daughter and family on 18<sup>th</sup> March for 6 weeks but, due to her having to be in isolation for 2 weeks on her arrival and our daughter struggling to buy food for her own family, it was the only conclusion to cancel her flight until a later date – shortly after her due date of arrival in Australia, the Government were urging all UK citizens to return home ASAP. I forgot to mention that I was staying at home to look after our 15.5-year-old dog, Tia, who was arthritic and virtually blind. A few days later on 22<sup>nd</sup> March, Tia had multiple seizures and we had to make the decision to say goodbye to her at the Vets – glad Sue was at home.

#### APRIL and MAY *It does get better, honest!*

We always said that when Tia had gone we were having no more pets due to the limitations they imposed on our freedom – we caravan when we can, like visits to National Trust properties, places we could go for a meal, anywhere in general that was dog friendly – but, after a few weeks, my wife started searching the dogs for sale pages, mainly because she can't cope with the loss and had shingles when we lost our last dog. I said that I *definitely* wasn't travelling anywhere to buy a puppy, especially as most of the Ads were placed over 100 miles away, but she said that by looking at the Ads helped her cope and that it was something to look forward to when we could travel again. Then, after some days of trawling the Ads, she showed me an Ad for a Shi Poo puppy (Shih Tzu and Poodle cross) which was 3 miles away. Now, don't judge me too harshly, I thought that was a reasonable distance to go to protect my sanity – my wife was 'doing my head in' what with cancelling her flight and losing Tia, as well. I made a phone call to ask if puppy was still available and, when it was, how we could view whilst maintaining social distancing – the breeders were responsible people, and well prepared, so viewing went well. I managed to contact our Vet who said they were prepared to carry out vaccinations so the following week we collected puppy, now known as Kensi.

Kensi – Why? I like NCIS Los Angeles and Kensi is the fit lady Special Agent - has been at home for 3 weeks and settled in immediately. Toilet training hasn't been a problem – sleep – out – eat – out – before bedtime – out – so she quickly picked up that out is where she must go when toilet was needed and goes to the door. Basic training – sit is no problem – down, we're working on and nearly getting there – don't bite my feet, is something I hope she learns very soon, although no hope of that yet.

Kensi has filled a void, the house is no longer empty and we can cope with the lockdown because of her, and my sanity is restored. She's keeping us fit and busy – never realised a 10-week-old puppy could move so fast when we're constantly trying to stop her picking everything up in the garden.



## JUNE

Kensi is growing quickly, now aged 15 weeks, but needs constant watching in the garden - whatever we want to plant out Kensi wants to help by digging them up again and running around the garden with the plant in her mouth, and she moves so fast that it's generally beyond rescue when we finally retrieve it. We didn't realise that we had so many toxic plants in our garden so have had to remove some. We have had to stop filling the bird feeders because of the number of pigeons we attract, and Kensi likes pigeon poo - likewise we can't put food out for our visiting hedgehogs because the food attracts cats and Kensi likes cat poo - we can definitely see where her breed name fits her - Shi Poo. Would we change her? - NO! Teeth brushed and a fresh-mint and we're okay. Trevor Hughes

Photo of Kensi on her first day home aged 7 weeks

## watching

I'm becoming a twitcher? I think this is the name for a birdwatcher. I've discovered I have a nest hotel in my green wall, two sets of Robins, Blackbirds and Sparrows. I feed them so much variety I'm now a restaurant for the neighbourhood.

My Robin, Oliver, named after my dad, is one of the first visitors every morning and if I haven't put his mealworms out, he stands outside the French doors, to tell me he has arrived. He's brought one little chick, but I hope there are more to come. I love how he teaches him how to drink and then to bathe, seeing that was worth the lockdown on its own, absolutely delightful. Difficult to photograph as they are very shy.

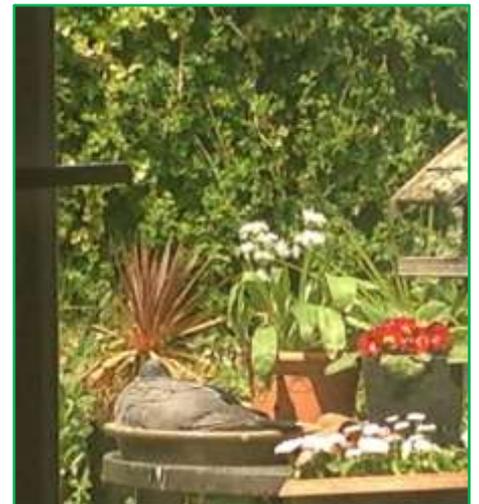
Sadly none of the birds have used the bird box this year due to Ivy forcing its way into it (plan to have it removed and cleaned). Last year it was used by the blue tits, who call on the garden for food but not living here, the great tits have also used it in the past, and they call occasionally for lunch.

My most regular visitors are the Goldfinches and they often come in a gang, I once had fifteen on the garden at one time, they are eating sunflower hearts which are their favourite, but they also drink and bath here too. Mr and Mrs Blackbird have already produced and presented one fledgling, gorgeous fluffy little chap who now feeds himself.

I have some pigeons, a pair of Collared Doves and the occasional Magpies, who are very greedy, but the most group at one time are the Starlings, beautiful as they are in the sunlight, they are the most greedy of all the birds and clear anything and everything I put on the ground and are acrobatic enough to get at the fat balls on the feeder.

Regarding the pigeons, I do have a favourite, she's called Gertrude, and for some reason she's always alone, I feel so sorry for her that she gets a special evening supper to herself. She comes to the window to thank me.

I've done quite a lot of work in the garden too, I'll tell you about that another day. Sandra Evans



## Sylvia Pearson - Creative Writing (50 words on cheerfulness)

### APRIL

Early morning, not quite light,

Dog mooches about before squatting: goes back in for medication.

Outside dog fox waits patiently, he comes for his breakfast. I'm standing a yard away- a regular visitor, not shy.

Dawn birds sing joyfully loud,

Some reasons to feel cheerful.

### MAY

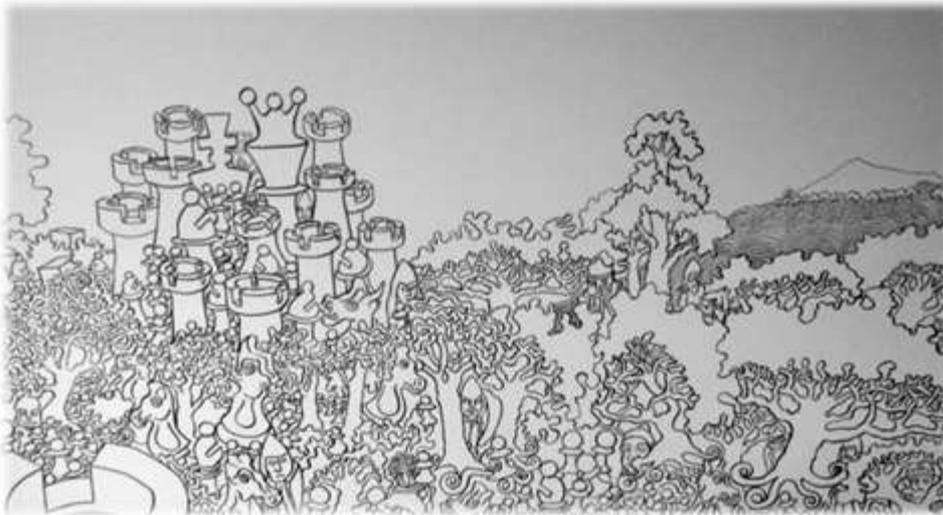
Vixen comes, she's always hungry,

Her cubs are five weeks,  
Smallest, bravest is kitten size,  
Greedy feeds from the dish  
Others wait for their mum, fighting over what she brings.  
Am I wrong feeding them?  
I'm just happy they share my garden with hedgehogs, birds, pond life, everyone is welcome here.

## Drawing

### MAY

A live broadcast of a life drawing class, allowing viewers at home to draw poses based on classical works of art, attracted my attention. It was on BBC 4 on 12<sup>th</sup> May. Along with the students in the socially distanced studio, we had a series of poses to draw of the live models, lasting from just 60 seconds to 10 minutes. I sent my drawing off to the BBC as requested in digital form and received an acknowledgment. Whether it will be shown in their online gallery remains to be seen. It was great fun and quite a challenge.



Phil Wright

### JUNE

Since the drawing event with the BBC TV show I have completed a large drawing which I've been working on for a while. I tend to work when the mood takes me. I have also started a stone carving. It's a table top piece in limestone based on some chess pieces. This is a very slow activity but quite relaxing as I work outside in the garden. Again I do a bit when the mood takes me.

## Two very different poems written by members in the early days of Lockdown:

### *COVID 19 - Pat Collins*

*Covid 19. What have you done?  
Once we were family.  
Now we're alone.  
Phone, text, video or zoom.  
None of these replace them in my room.  
But you will not win.  
You will not rule.  
We will go shopping  
And go to school.  
The time will come.*

*Do not fear.  
When we will hug each other dear.  
We will see the trees.  
And walk the sands.  
Meet friends and talk  
And hold small hands.  
We will ride the train.  
We will ride the bus.  
You may think you have won.  
But not on your life.  
You do not know anything.  
You do not know US!*

### *Lockdown Misery 2020- Unknown*

*Every day upon the news  
It's doom and gloom for us.  
Don't venture out you 'oldies'  
It will be dangerous.*

*Shopping for essentials,  
That is still allowed.  
But more than two inside the shop  
Constitutes a crowd.*

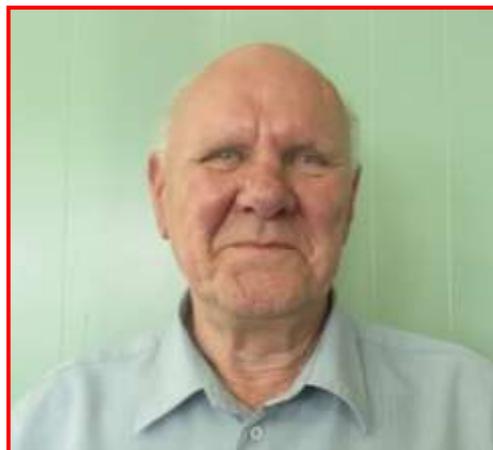
*Beware of any contact  
With any kith or kin,  
No touch, no hugs or kisses,  
Each is a deadly sin*

*Wear a mask, wash your hands  
A thousand times a day.  
If you see a neighbour,  
Keep six feet away.*

*This lockdown is like torture,  
Let's hope we soon see light,  
Just a tiny glimmer  
To show the end's in sight.*

Posted through my door in April - Editor

## **Who is the Sherwood member born one week after VE Day ?**



**David Bradley**

## **FINALLY...How can you think about chocolate without eating it? Have a go at the quiz.**

The answers are all names of chocolate confectionery.

1. English flowers
2. Mother's local
3. A group of singers
4. No shouting allowed
5. Where high class people live
6. Undies
7. Dating agency
8. The road to the dairy
9. Very valuable
10. Nuts are.....but jelly isn't
11. Cows in a container
12. Billions of stars
13. 9...10...11....12...
14. Cinderella's friend
15. It's plane to see....a quick form of transport
16. Birthday parties
17. Feline who carries your bag
18. A price on his head
19. Snow or dandruff
20. A fast spin
21. What a goal! A typical case....or "Great Expectations"
22. Talking point
23. Public transport
24. "Many a slip ....t cup and lip"
25. Where cows go for a pint

**Answers next month, so you can't cheat!**