

Welcome to the LYME REGIS U3A – the Monthly Newsflash

JULY 2020

For **Membership** matters please contact Membership Secretary Graham Pitts:
membership@lru3a.org

For **Group** matters please contact Groups' Coordinator Penny Rose
groups@lru3a.org

For **Newsletter and Newsflash** contact Sue Wilson newsletter@lru3a.org

Our new website <https://www.lymeregisu3a.org/>

Have a look at the SOS (Save Our Sanity) page with ideas of things to distract you!

Don't forget you can find all the updates and news from U3A head office and read the latest U3A Newsletter - copy and paste this link: <https://u3a.org.uk/newsletter>

Sue Wilson newsletter@lru3a.org

I have been sent several little videos items to cheer and entertain (MP4 files). Unfortunately these files do not survive going through the U3A Beacon system that we use to send these emails. Word document formatting, some links and pictures are removed. The links are lost. A shame as some are very entertaining but some I have doubts about their suitability! So sorry to those of you that have contributed.

I have attached a PDF file of the same Newsflash which some of you may be able to open – this one includes some pictures!

TALK BY JENNY SHORT - Friday 10 July 2020 at 11-00 am on Cisco Webex. Access from 10.45 am. More details and the link will be sent in a separate e-mail.

Talk : Are you sitting comfortably?

Jenny's workday week is designing gardens - all sorts, public and private. She has designed wildlife gardens for various primary schools, and adapted several gardens for clients with disabilities whose gardens need reconfiguring to meet their specific needs. She lives in Lyme Regis and works all over the West Country.

In view of the many unexpected weeks we have had at home this year those with any outdoor space have spent more time gardening than any other activity, making our gardens especially beautiful. Therefore we need to reward ourselves by spending time just sitting in them, admiring the foliage, enjoying the fragrances, and reaping the fruits of our labours. So this talk focuses on a handful of gardens that in normal times are open to the public and have lovely seats overlooking gorgeous planting and interesting features that will inspire you for years to come.

We need your help

Kate Pitts has resigned as the Speaker Finder and we need someone to replace her. Thank you Kate for all your efforts on our behalf. In this Covid era we need to find people who are happy to give talks via a digital system.

We also need someone to produce the Lyme Regis U3A Newsletter. This is currently produced twice a year.

If you are willing to consider either of these roles please contact Rachael at chair@lru3a.org Thank you.

OR Contact Sue Wilson re Newsletter to see what is involved. Sue Wilson newsletter@lru3a.org

GROUP NEWS

Penny Rose writes: I have heard recently from some Groups who are being 'active' in their own ways.

CREATIVE WRITING

Some of this group have been writing stories monthly and then sending them to each other by e-mail . It would be great if some of their stories could reach other members?

SCIENCE and TECHNOLOGY

Many members have been enjoying monthly sessions on Zoom with slide shows given by members. These have been great learning sessions in a variety of scientific fields.

CURRENT AFFAIRS 3

Some of this group have been discussing topics online. Guy Barnes hopes that more members will contact him to join as soon as we are 'allowed out'!

LITERATURE

At present members are emailing opinions of the book they are reading but this will come to an end after July for the summer. Guy Barnes is retiring as co-ordinator of this group in July after nearly 10 years of leadership, during which the group has read 65 books. We thank Guy for his commitment over all this time. Frances Barter has agreed to take it over in the Autumn and we thank her and wish her well.

Frances says "One of our members has offered the use of her garden for our next meeting on July 2nd. We are going to discuss Jude the Obscure, one of Hardy's famous novels. We will be observing the 2 metre distance and taking our own drinks. So far there are only 5 of us going, but I am hoping there will be 1 or 2 more. Barring thunder, lightning and rain we will be there! I also intend to use the session to discuss the venue for Sept and the choice of reading material. Depending on the weather, it will also be a good opportunity to chat more widely on what we've all been doing with our time during lockdown and the books that have kept us sane."

ARCHAEOLOGY

This new group was established just as we went into lock down and it has 11 members so far, They have started to communicate on online video links on the First Friday of the month at present at 3pm. Members are mainly interested in the prehistoric and Roman periods in Britain and the near continent. The group also plan to visit local sites and participate in fieldwork when the lockdown restrictions allow.

The Group Leader is Maggie Davidson - davidsonmags@yahoo.co.uk. If you are interested in joining this group, please contact Maggie, who will give you the link for the next online meeting on 3rd July.

FRENCH CONVERSATION

French Conversation goes ahead each Tuesday via Zoom. There are 12 of us and no one has yet dropped out despite the difficulties of online conversations (in French!).

FRENCH FOR FUN

We are continuing to 'meet' fortnightly on Zoom (running two sessions with a coffee break in between, to keep to the 40 minute limit on Zoom) and we're all enjoying the chance to see each other - and do some French, of course! Articles and discussions range from Winter holidays in the French Alps, 'what we will do first when the lockdown is over' to an article about a year as an international 'Erasmus' student in a French university. Particularly popular was a touching story about an English and a Belgian family who recently celebrated 100 years of friendship since a young British soldier was billeted with them at the end of the First World War !



SEAFRONT GARDENS

Merry Bolton is hoping to restart work on the garden after the 4th July. She will contact members of the group once she has the go ahead from the Council.

CURRENT AFFAIRS 1 AND 2

Several members from both current affairs groups are collaborating to hold a meeting using Zoom. This takes place on 2 July. If you are interested in joining this, please contact Iain Paterson iainpaterson@sky.com

TENNIS

This group has been in communication by email throughout the Lock down and are meeting currently – not on the Tennis court but in each others gardens socially distanced and in careful groups of six, ably arranged by Joyce Beadle, their leader. Here is one photo showing that all are behaving as they should!



SCOTTISH DANCING

During this epidemic The Royal Scottish Country Dance Society has developed. There have been lots of initiatives including music, history, technology and new dances often for a small number of people in confined spaces. However the standout events have been weekly zoom classes at 7 pm BST. Normally over a thousand dancers join the class with a teacher in their kitchen or sitting room from anywhere in the world. People on the western Pacific rim get up very early to join. This week the class came from British Columbia in Canada. It has been great to spend some time on unusual steps or sequences and many of us have had a go at Highland dancing and Highland Step dancing for the first time.

Highland dancing, includes sword dances, demonstrates stamina and is generally considered to be for men. Highland Step dancing is a delicate and nimble form of display, until recently for women. Of late men and women do both and we have had elements of both Step Dancing and Highland dancing in this summer's Online weekly classes.

All the classes have been recorded and are available to watch on YouTube. Look up 'Way tae Fife – a Scottish lady's step dance. Just clear a little space and have a go. All classes are quite progressive and start slowly. Of course we are all desperately looking forward to be able to dance together again. Lucky New Zealand are already back on the floor.

BADMINTON

The Tuesday Badminton group did a zoom together a couple of weeks ago. It was good to see everybody again and was enjoyed so much we're planning another soon!

TRIPS!!!!!!!!!!!!!!!!!!!!!!

Edinburgh Festival 2021

In recent years we have twice managed trips for 30 or so people, from the U3A's in Lyme Regis, Bridport and Crewkerne. to the Edinburgh Festival.

Basic arrangements based on likely costs:

Coach to Bristol Airport and return: £30pp

Premier Inn Edinburgh four nights: £150pp?

EasyJet: £100 return pp

Tram to city centre and return: £8pp

Dates: Monday to Friday. Could be: August 9-13; 16-20; or 23-27

Just `floating` for obvious reasons at the moment but wanting to build a list of those who might want to receive further information.

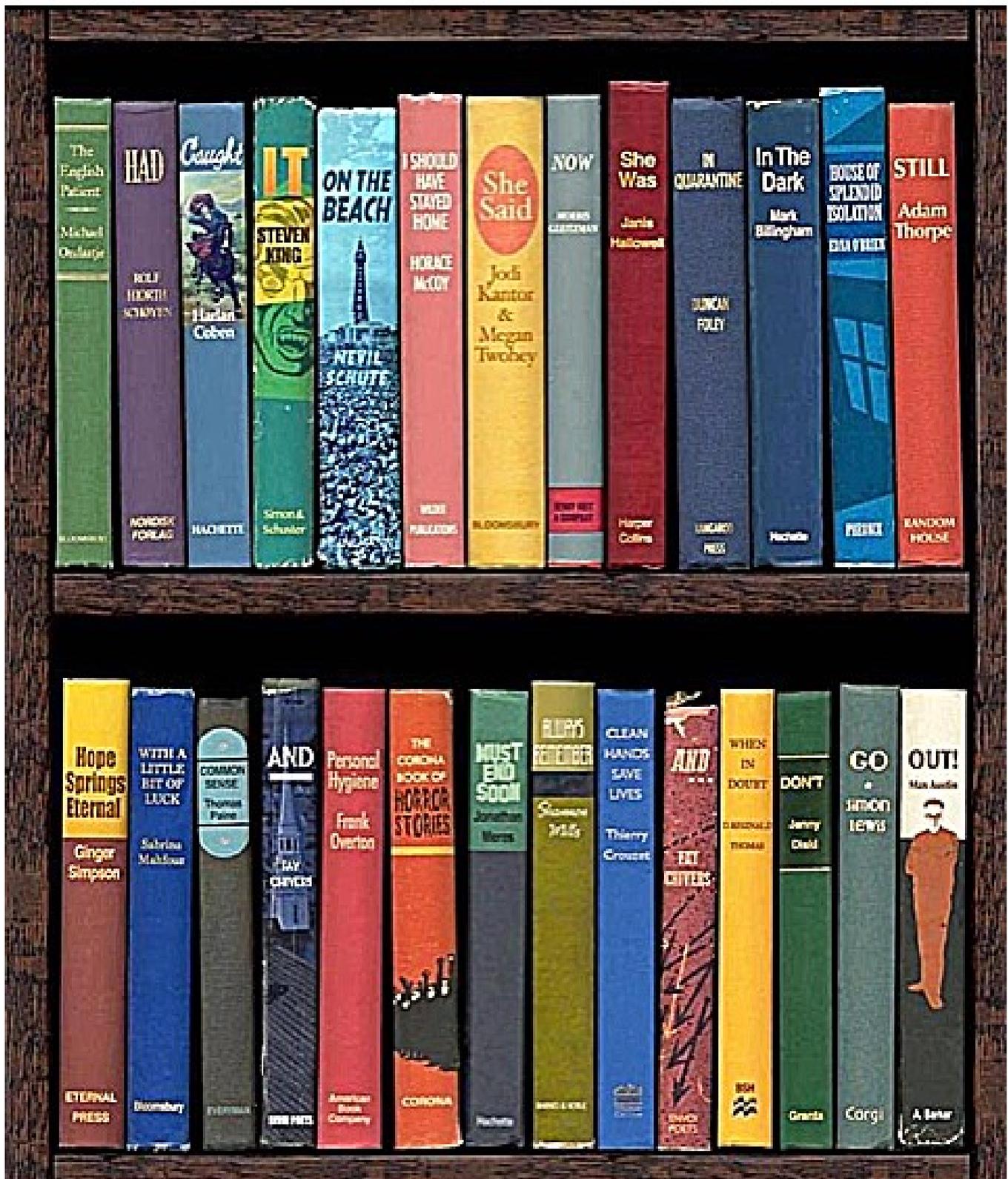
Get back to me at jdbart45@gmail.com

AND NOT U3A NEWS

SOBERING THOUGHT:

When I copied and credited author, poet & previous Children's Laureate Michael Rosen's poem to the NHS in the "May Cheers" I did not know that he was on a ventilator with the virus (47days) fighting for his life. He is back at home now after going into hospital in March with Covid 19. We wish him well.

"Shelf Isolation" by Phil Shaw - read the book spines !



A Senior's Version of FACEBOOK

For those of my generation who do not, and cannot, comprehend why Facebook exists: I am trying to make friends outside of Facebook while applying the same principles. Therefore, every day I walk down the street and tell passers-by what I have eaten, how I feel at the moment, what I have done the night before, what I will do later and with whom. I give them pictures of my family, my dog and of me gardening, taking things apart in the garage, watering the lawn, standing in front of landmarks, driving around town, having lunch, and doing what anybody and everybody does every day. I also listen to their conversations, give them "thumbs up" and tell them I "like" them. And it works just like Facebook. I already have 4 people following me: 2 police officers, a private investigator and a psychiatrist.