

## **Lyme Regis u3a Newsletter – July 2021**

### **Talks**

We are continuing to deliver presentations online until further notice due to the ongoing Covid situation.

#### **August 2021:**

Friday 13 August 11.00 am: **David Drury - Food glorious food: a UK love affair**

This will feature the history of all our British classics, from fish and chips to curry, roast dinners to cooked breakfasts and afternoon teas to comforting desserts. David also examines the complete change in dining habits within a generation and the growth of Michelin star restaurants and street food markets as well as looking at the classic pubs and traditional cafes. The presentation concludes with some of London's more unusual dining experiences, from eating in the dark to dining in the 16<sup>th</sup> century Middle Temple Hall to experiencing fine dining in a prison. David is a Yorkshireman who has lived in London for the past 30 years where he is a Blue Badge Guide. 76 of 80 reviews on his web site are 'excellent'. Definitely something to whet your appetite!

Friday -- August 10.00 am: Science & Technology – **NO MEETING**

**Links for these talks will be sent out separately. Everyone is welcome to both of these sessions.**

#### **September 2021:**

Friday 10 September 11.00 am: Brad Ashton – The job of a laughtime

Friday 17 September 10.00 am: Science & Technology – Dave Farrier - So you want to develop an onshore windfarm?

**\*\* Everyone attending the online sessions should use their full names to register instead of an alias or e.g. 'ipad 4' etc., particularly if they are not using the video setting. Thank you to all those who have already done this.**

If you are on Zoom you can change your name if you right click on your image, or click on the 3 dots, and pick Rename. On Webex you can go into Set Up on the App and then My Profile and put in your name.

### **Membership**

u3a membership is free for existing members for 2021. However, if you do not wish to remain a member please contact the Membership Secretary, Graham Pitts on 01297 561569 or [membership@lru3a.org](mailto:membership@lru3a.org) New or lapsed members will pay £12 for single membership, £22 for joint and £8.50 for associates.

### **We need your help**

If you would like to help and support this u3a in some way contact Rachael on [chair@lru3a.org](mailto:chair@lru3a.org)

### **Membership Secretary**

Graham Pitts will be leaving this position at the end of the year so we are now seeking a replacement as quickly as possible. If you would like to volunteer for this role please let Rachael know so that we can arrange a smooth transfer of duties. Alternatively, if you would like to talk to Graham first, please contact him on 01297 561569

Key Duties include:

Maintaining the U3A membership database.

Dealing with enquiries and sending out membership forms, welcome letters etc.

Ordering annual printing of membership cards and their distribution

Collection of renewal fees, cash cheques or BACs and passing details to Treasurer

Quarterly advice to U3A of Third Age Matters recipients

Attendance at Friday meetings to answer queries, collect money and record attendance.

Thank you.

### **Risk assessments**

Following the Government's relaxation of the COVID regulations on July 19th the National u3a organisation has revised its requirements for restarting face to face meetings. The requirements can be found in section 4 of

<https://www.u3a.org.uk/covid-19-advice-on-u3a-activities/897-covid-19-advice-on-u3a-activities-in-england-u3a-kms-doc-074>

Essentially a system with two layers of protection is advocated for face to face events and meetings. The first layer is the personnel risk assessment to reduce the risk of the infection being taken into the group meetings and events. The second layer is a risk assessment to reduce the transmission of the virus during meetings and events.

The aim is for each group to reduce risks to a level that is acceptable to the group leader and members and ensures that all attendees are comfortable with their participation. In this way it is hoped that many groups will return to normal activities as the pandemic finally recedes.

Group leaders will be contacted in the coming weeks by Mark Gillams the Groups' Coordinator to offer further information and advice.

If any member has any questions on the process they are welcome to contact Mark at [groups@lru3a.org](mailto:groups@lru3a.org)

### **Group News**

#### **To all Group Leaders**

If anyone wants to change anything on their section of the website, John Marriage has kindly offered to do that for you. Please contact him direct on [webmaster@lru3a.org](mailto:webmaster@lru3a.org)

If you want a contribution about your group to go into this monthly newsletter please contact Mark Gillams our Groups' Coordinator [groups@lru3a.org](mailto:groups@lru3a.org)

Please remember that you need to be happy with any contact details going public as this newsletter goes on the website

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If anyone wishes to start a new group please contact Mark [groups@lru3a.org](mailto:groups@lru3a.org) to provide advice and address any questions you may have.

### **Informal Drop-in**

#### **No August Drop-in**

At the Pilot boat in Lyme Regis on the last Thursday of the month at 10.00 am. This is an outdoor event, meeting on the terrace upstairs depending on the weather. The next one is on **Thursday 30 September 2021**.

### **Canasta**

The Canasta Group has been meeting albeit with reduced numbers to comply with Covid regulations. The group is now taking a short summer break. As meetings resume again in September the group would like to extend a warm welcome to new members. No experience of the game is necessary as individual tuition will be provided to any new member that would like to give the game a go.

Canasta is a card game that can be played by 2, 3 or 4 people so everyone gets to play at each meeting. Several games can be accommodated simultaneously in the Charmouth Library where the group meets on the 2nd and 4th Friday afternoon of each month at 14:15. For further information please contact the group leader Valerie Penn on 01297 560717.

### **Possible 2nd memoir writing group**

Autobiography? Life writing? Auto-fiction? Memoir might not be what you think it is.

There are many reasons why we decide to write an account of our life: to leave something of ourselves for future generations; to look back on earlier experiences and make sense of them; to justify our world view; to amuse – even to instruct, depending on the intended audience.

Writing about yourself and sharing the result with others may come at a price though, as accessing long buried memory can throw up subject matter that is difficult to deal with. We may avoid writing about significant matters because we are afraid of our intention being misunderstood. If that puts you off, I add that members of the current group spend much time laughing at our experiences.

Shall we always tell the truth, OR construct a narrative we can live with?

The choice is yours if you join a second memoir writing group I hope to lead starting in September, dependent on securing a suitable venue. We'll meet monthly, on a Tuesday, at a time reached by consensus.

Please indicate your interest to Jackie Lloyd at [ladyllloyd@msn.com](mailto:ladyllloyd@msn.com)

### **Dog-owners' Walking – possible new group**

A couple of members have indicated their interest in this new group. Are there any other takers? If so please contact Mark Gillams Groups' Coordinator [groups@lru3a.org](mailto:groups@lru3a.org)

### **Archaeology**

We will be continuing with monthly Zoom meetings combined with trips to sites of interest and museums for the foreseeable future. If you are interested in joining us, please contact the group co-ordinator, Maggie Davidson at [davidsonmags@yahoo.co.uk](mailto:davidsonmags@yahoo.co.uk) or 01297 598234.

### **Crewkerne, Lyme Regis and Bridport U3A's - Trip to London Southbank April 2022**

Together we have managed at least three trips to London but had to cancel a return in 2020 owing to the pandemic. There are advantages in working with three U3A's and creating economies of scale for travel, accommodation and, potentially, tickets for individual events.

I am currently suggesting the three nights of April 20, 21 and 22, staying at The Premier Inn County Hall which is very well-appointed and gives excellent access to venues on The Southbank site and 'theatreland.' Current advertised price is £285 per double, standard room with free cancellation up to 28 days before travel, though I should add that prices are determined by algorithms and subject to change on a whim! My hope would be to secure a 'party booking' at a good price.

It is too early to book shows and events but when the time is right the girls in the office are happy to co-ordinate bookings.

Just to register interest in further information, with no commitment, get back to me at: [jdbart45@gmail.com](mailto:jdbart45@gmail.com)

John Bartholomew

### **Poetry Reading**

This group needs a leader. Group members took it in turns to host the meetings so the leader role was essentially one of administration and communication. Anyone wishing to know more please contact Mark Gillams via [groups@lru3a.org](mailto:groups@lru3a.org). The previous leader Kevin Benfield has offered to provide support and advice to any incoming leader.

### **Creative Writing**

The U3A Creative Writing Group currently has vacancies. We are an informal group, we aim to enjoy our writing, to stimulate each other's ideas and creativity through writing both fiction and non-fiction and to enjoy the fellowship that the regular informal meetings present. Group leader: John McCallum [jaamcc46@gmail.com](mailto:jaamcc46@gmail.com)

### **Garden Lovers**

The Garden Lovers group hopes soon to resume activities with some socially-distanced visits to private gardens. Contact Mary Bohane on 01297 444566.

### **Seafront Gardens**

Merry Bolton has organised several weeding and planting sessions in the seafront gardens so far this year. If you would like to take part in any future sessions please contact Merry on 01297 443334.

### **History**

Second Wednesday in the month, 4.00 pm on Zoom. Group Leaders: Ed and Audrey Standhaft. The group will seek to expand their knowledge and understanding of history. This will cover world history, British, local, family, biography etc.

Please contact Audrey on [aud.standhaft@outlook.com](mailto:aud.standhaft@outlook.com)

### **German**

We have room for a few more people now and eagerly await to hear from any members with 'O' level or equivalent. We always enjoy Kaffee und Kuchen! Please contact me for more information on [aud.standhaft@outlook.com](mailto:aud.standhaft@outlook.com)

Audrey Standhaft

**Making Music**

The Making Music group are now meeting weekly in a garden. If anyone would like to join us please contact Rob Walker on 01297 444811

**Walking 1**

Sue Wilson is the new leader, and can be contacted on [sue.wilson44@outlook.com](mailto:sue.wilson44@outlook.com)

**Walking 2**

Local walks in the Uplyme area. Contact Marion Richardson on 01297 33824

**Other active groups**

Other groups have been active in lockdown to varying degrees: Book group 1; French Conversation; French for Fun; Jazz Appreciation Live!; Literature; Meditation; Plant Sharing; Play Reading

**Contacts:**

Membership: Graham Pitts - 01297 561569 [membership@lru3a.org](mailto:membership@lru3a.org)

Treasurer: Alex Ruck - [treasurer@lru3a.org](mailto:treasurer@lru3a.org)

Groups' Coordinator: Mark Gillams - [groups@lru3a.org](mailto:groups@lru3a.org)

Secretary: Yvonne Renouf – 01297 442847 - [secretary@lru3a.org](mailto:secretary@lru3a.org)

Speaker Finder: Andrew Lightfoot - [speakerfinder@lru3a.org](mailto:speakerfinder@lru3a.org)

Webmaster: John Marriage - [webmaster@lru3a.org](mailto:webmaster@lru3a.org)

Vice-Chair: Mary Bohane - 01297 444566 [vice-chair@lru3a.org](mailto:vice-chair@lru3a.org)

Chair: Rachael Pope - 01297 445575 [chair@lru3a.org](mailto:chair@lru3a.org)

**Links:**

Lyme Regis u3a website - <https://www.lymeregisu3a.org/>

National u3a website - <https://www.u3a.org.uk/>

National u3a Newsletter - <https://u3a.org.uk/newsletter>