

Latest News

Since our last newsletter in June, when lockdown regulations had just eased enabling members to meet outdoors (up to six people), a number of our groups have seized the opportunity! These include Sunday Lunches Group – now known as ‘**Sunday Picnics**’; and The Guitar Group, now known as ‘**Hats Together**’ - shown below treating Woodford Park visitors to impromptu socially-distanced concerts! (See Group News for further information)



We are also encouraging members to consider hosting a social get-together in their garden (those who have side entrances) for up to five guests. There would need to be adequate seating space to enable social distancing and members would bring their own drinks/cups and snacks. Paula has developed guidelines and checklists for outdoor meetings which would be provided to interested members (please see Group News). I will be hosting a number of ‘garden socials’ myself in the coming weeks and any members who would also be willing, from time to time, to either host their own get-together, or who would like to attend as guests, please contact Jane at socialevents@woodleyu3a.org.uk. I will add you to our Volunteers and Guests lists enabling me to match guests to hosts.

This month, on 15 July, we held the first in our series of virtual Speakers’ meetings which was conducted via Zoom. **Mary Brenchley-Hole, Acting Speakers Secretary**, reports on the event :-

“After a couple of minor hiccups with the technology at the start, fellow member and speaker, Julia Birt, gave us a talk on ‘A Medieval Woman’s Place - The Stoner Family of Stoner Park, Henley.’ Julia has a passion for Medieval history which came through in her interesting and very well researched talk. There were lots of positive comments and the talk was well “attended”. As a result, we will be having a regular monthly Virtual Speakers Meeting until such time as we can meet again at Christ Church. The next meeting will be on the 12 August (topic to be advised).”

As we book the speakers, topic details will be posted on the Diary Page and News Page. For those members who would like to take part in these meetings, our Systems Administrator, Chris Mould, has produced a helpful guide on how to access meetings on Zoom. See the ‘Zoom Meetings’ section.

We are delighted to announce that the winner of our poetry competition was Hilary Thompson, and her poem appears at the end of this newsletter. Special Congratulations to Hilary from us all. We very much enjoyed your poem!

Jane Wolsey, Webmaster & Newsletter Editor

Group News

I am delighted that new groups continue to be set up – the History Topics group was very quickly over-subscribed and the on-line Quiz group is also very popular. Both are having their initial meetings in July.

As lockdown eases some of our groups are meeting outdoors in groups of six or less – including Sunday lunches (now Sunday picnics) and Sunday rambles.

I have produced guidelines and checklists to allow group convenors/members to see whether it is viable for them to meet up outdoors. I will be updating these guidelines in-line with government and U3A trust guidance. Ask me if you want to find out more.

A new Cycling Group hopes to start up in July and would welcome a few more members.

Virtual groups are enjoying the benefits of having unlimited time on Zoom. It is easy to use for small group meetings and there are several of us who can help get you started. Offers to help support your convenor to get the group running on-line are very welcome.

Groups meeting virtually with space for new members include - Afternoon Film Group, Photography, Discovering Science and Indoor Board Games.

The next virtual visit group is going to see some wonderful American and European Art in Chicago at the end of the month. There are still a few places on this virtual outing and the instructions are very straightforward. Since the last newsletter we have viewed some great Art – Japanese and European in Tokyo. Bilbao in May with twenty people attending each one. The virtual days out group has visited Peru and Cambodia in the last few weeks and there will be another trip to somewhere interesting in August. Both groups have been very popular but we still have spaces for a few new members. Contact Paula, Groupsco@woodleyu3a.org.uk, to find out more about any of the groups listed above.

Look out for the next edition of the Arts Newsletter in a couple of weeks time. I would welcome ideas of things to include.

Paula Dove, Groups Coordinator

Group Meetings

Since the lockdown began, Woodley U3A have had to resort to different ways to keep in touch. Like many other U3As we have been using Zoom. The basic version of zoom only allows 40 minutes before it shuts down and if you want to have a longer discussion than 40 minutes, you then have to restart it. To get over this Woodley U3A has purchased a full licence for Zoom. This allows us to have longer meetings (of several hours if we want) and up to 100 people in one meeting. Several groups are already using this to meet on-line such as Spanish, Photography and Jazz Appreciation. We also used it recently for a Speaker's Meeting.

If you would like to attend a future Monthly Meeting, you will need to have Zoom installed on your Computer, laptop or tablet and register your interest in attending when the meeting is announced. Confirmation and a link to the meeting will then be sent to you with the date and time. When you enter the meeting, you will initially be held in a waiting room and once in the meeting you will get a message on screen about what will happen. To help us manage attendance at the meeting it would be helpful if you could set your zoom name to the same as your full name. If your group want to use Zoom, please contact Paula, the Groups Co-ordinator.

Chris Mould, Systems Administrator

Zoom Meetings

Website News

All the categories in the **Useful Links to Ideas for Interests and Activities** section have now been completed. As a reminder, clicking on the last link on the main menu bar (Useful Information) or the link pasted below will take you to a menu page.

https://www.woodleyu3a.org.uk/useful_info.html from where you can navigate. The 12 categories are shown below.

Woodley & District U3A Useful Links to Ideas for Interests and Activities 	Healthy Eating & Tasty Treats	Games & Puzzles
	Exercise	Learning Online
	Books & Literature	Around the World
	Music, Films & Theatre	Galleries & Museums
	Crafts	Computers & IT
	Gardening	Science & Technology

Especially topical are items included on the Science and Technology page. I would urge members to watch the You Tube videos produced by Dr John Campbell, especially in relation to research findings about Vitamin D3. Dr Campbell provides regular updates to research on Vitamin D3, and daily updates on other matters related to latest reports and research on Covid 19. I have been watching Dr Campbell's videos on a daily basis since March. They are especially useful in keeping you up to date with the latest information, and providing the ability to listen to medical professionals from all around the world. As with any information about medical issues and supplements, we recommend that members check with their GP or Consultant before taking any course of action.

Also included in the Science & Technology section is university research information about the materials found to be particularly beneficial for 'Covid' masks in terms of protection and breathability. Here you will also find links to You Tube videos about how to make masks quickly and easily for yourself and possibly family members. When I have the time, I will 'have a go' myself and post the results!

It would be extremely useful for me to have feedback about aspects within the categories that members have found particularly useful. I have already had a number of comments, for example, showing appreciation of the beautiful images of locations and natural phenomena that appear in a number of the You Tube videos featured in the Around the World Category.



As mentioned on the Latest News Section, just a reminder that Virtual Speakers' Meetings/Topics/Dates, will be added to the Diary Page of the website which we will now begin to update. They will also be 'advertised' on the News Page.

Jane Wolsey, Webmaster

Our Winning Poem

Eyes of Blue

He came to me in Springtime
The boy with eyes of blue,
We walked the greening woods, we kissed
And then we knew.

We roamed the Summer meadows sweet
He brought me cornflowers blue,
His papers came, he had to go
And then, somehow, we knew.

I walked the Autumn hilltops high
And stared into the blue
I read the paper in my hand
And then, at last, I knew.

New life came at Winters wain,
The world was made anew,
I held him to my joyful heart
The boy with eyes of blue.

Hilary Thompson

Winning Poem

Contacts

For special enquiries:

Email: Paul Atkins chairman@woodleyu3a.org.uk

For membership and speakers' meetings queries:

Email: Mary Brenchley-Hole membershipsecretary@woodleyu3a.org.uk

For queries about groups and related activities:

Email: Paula Dove groupsco@woodleyu3a.org.uk

For queries about Social Events:

Email: Jane Wolsey at socialevents@woodleyu3a.org.uk

For General Enquiries

Telephone the duty officer on **07565 585545**.