

FOR DISTRIBUTION TO ALL YOUR MEMBERS

East of England Region u3a

August 2023 Monthly Bulletin Issue 2 Page 1

This short monthly bulletin arrives on the first week of the month. Deadline for the next bulletin is the 25th August to laurenehenderson1.east.u3a@outlook.com

Please let us know of committee changes so that we have fully current contact details for our database. We only need chair, secretary and treasurer. barbara.cordina@u3a.org.uk

URGENT VACANCY FOR REGIONAL TEAM COORDINATOR

After 3 years of excellent support, our team coordinator Hilary Holt is leaving the team. She joined us at the very start when the team was first set up and she will be sorely missed. You will need a good range of IT skills including sending emails to all 140 regional u3as, setting up events, sending out invitations with Googleforms and keeping our database current. A knowledge of Zoom would also be useful as we run our own presentations. **Obviously, we will support you and arrange any training you may need.**

Interested? Please email barbara.cordina@u3a.org.uk and we can have a chat. This would be very suitable for former secretaries who I am sure would enjoy the role.

East of England Regional Project 2023: Unique and Unusual!



Please circulate to your Group Co-ordinators

What activity group in your U3A sparks curiosity, gives inspiration to others and makes us gasp in admiration? u3a Mods Vespa Group or Potholers for Humanity for example? We want to know more!

Submissions will be made into an electronic book to publish on your websites. It will also be available on the Regional U3A website and sent to Third Age Trust Head Office.

Submissions to: laurenehenderson1.east.u3a@outlook.com

Please submit your information in the following format:

- title: name of your Activity Group and U3A
- single photograph or collation of up to four images saved as one picture (jpeg);
- brief description of your U3A group, how, when, where and why it was founded, and a memorable moment (or incident) from this year - approximately 250 words, please.

Members shown in photographs MUST give their permission for publication

u3a Network News

Norfolk Network planned Zoom meeting has been postponed until Tuesday 1st August 11:00. Any enquiries to Verity Jowett secretary@hunstantonu3a.org

Network Link Next meeting the last for 2023, is on **Thursday 12 October**.

Please email u3anetworklinkmeeting@gmail.com if you have any questions.

EAST OF ENGLAND EVENTS

Date	Event	Link
Thursday 7 th Sept	POSITIVE ACTIONS IN THE CLIMATE CRISIS With Arun Aggarwal of Ramsey & District u3a A vitally important topic at the moment. What can U3A members do?	Link to be advised
Coming Soon	Electricity Generation and Distribution: The Great Grid Upgrade Regional Presentation A member of our East of England u3a Science and Technology Group hopes to contribute: history and future electricity generation.	Link to be advised

NATIONAL LEARNING EVENTS

Date	Event	Link
Thursdays 2:00pm, sign in at 1.45pm for 15 minute chat.	Maths Activities and Games Workshop u3a Maths and Stats Subject Adviser David Martin offers interactive games and puzzles. Note: repeat of the previous event and that it is maths for all levels.	https://www.eventbrite.co.uk/e/maths-activities-and-games-workshop-repeat-event-tickets-647921750397?aff=oddtcreator
9th August 13 September All Wed 10:00	Laughter Yoga! Monthly Laughter Yoga (July - December) Judith of Edinburgh U3A (future dates 11 Oct, 8 Nov, 13 Dec)	https://www.eventbrite.co.uk/e/monthly-laughter-yoga-july-december-tickets-653756582537?aff=oddtcreator
9 th August Wed 10:15 - 4:00pm	Science Network Event Join our Science Network meeting to hear talks on Quasars, CRISPR Genome Editing and how handwashing can save lives with 3 presentations followed by questions after each, with a break for refreshments and for lunch. ALL DAY EVENT	https://www.eventbrite.co.uk/e/science-network-event-tickets-664586304527?aff=oddtcreator
10 th August 2:00pm	Expedition Cruising: The Ring of Fire: The Story of the Aleutian Islands Neil Stevenson of Up Holland & District speaks about visiting this group of volcanic islands, in the far North of the Pacific Ocean. The Aleutian Islands are strung across the Bering Sea between Russia and Alaska.	https://www.eventbrite.co.uk/e/expedition-cruising-the-ring-of-fire-the-story-of-the-aleutian-islands-tickets-617086772147?aff=oddtcreator
17 August 21 September Thursday 10:00 - 11:00	Mindfulness and Meditation Continuation Sessions: June - Nov with John, Mike and Ruth (plus future dates 19 Oct & 16 November) Members of u3a who haven't participated in the series are also welcome, but we recommend that you first take a look at the materials on the series website, https://www.mindfulaging.org/	https://www.eventbrite.co.uk/e/mindfulness-and-meditation-continuation-sessions-june-nov-tickets-637429457667

August 21 Monday 10 - 11:30	Exploring World Faiths: Faith and Youth with Dr Peter Rookes How much affect does faith have on the lives of young people? World Youth Day occurs in August. Three young people from Muslim, Baha'i and Christian faiths will tell us about their lives, their aspirations, and the impact of their faith.	https://www.eventbrite.co.uk/e/exploring-world-faiths-faith-and-youth-tickets-677240674087?aff=oddtcreator
Thu, 24 Aug 2:00 - 3:00pm	The Story of Lela Black 1918-2008 An extraordinary story of Holocaust survival told by her grand-daughter, Jacqueline Luck. The presentation follows Lela through an extraordinary and heart-breaking journey before she eventually found peace. It ends with a message urging people not to stand by and allow hatred and intolerance to prevail.	https://www.eventbrite.co.uk/e/the-story-of-lela-black-1918-2008-tickets-665135467087?aff=oddtcreator
August 25 Friday 10:00-11:30	Staying Safe Online for u3a members Following a visit to Thorpe Bay U3A in 2017 by the Chief Constable, a joint seminar was put together by Barry Linton of Thorpe Bay U3A and Essex Police and has continued to be presented to U3As around the County.	https://www.eventbrite.co.uk/e/staying-safe-online-a-u3a-presentation-with-qa-tickets-677237293977?aff=oddtcreator
Six Zoom sessions, 10.00 - 11.30 Wednesdays 6 September 13 September 20 September 27 September 4 October 11 October	Cryptic Crosswords for Beginners: 6 Session Course with Henry Howarth <i>Please note registration closes on Friday 18th August. You will need the copy of the course book 'Learn How to Solve Cryptic Crosswords: A Course for Beginners' available from the Bookstore at Lulu – allow up to 12 working days for order fulfilment. You can download the first chapter in the book here: https://www.u3a.org.uk/learning/subjects/cryptic-crosswords . Scroll down to the bottom of the page and it's the last PDF.</i>	https://www.eventbrite.co.uk/e/cryptic-crosswords-for-beginners-6-session-course-tickets-677445757497?aff=oddtcreator

CALLING ALL CHAIRS...

SURVEY ON MODERNISING OUR CONSTITUTIONS

A survey on the terms of our constitutions has been sent to you as Chair, on behalf of the Trust, and your views on 3 particular issues have been requested. It is important that you participate in this survey to ensure our u3as are represented in any future decisions. If you have any problems then please contact me, otherwise I look forward to receiving your input as soon as possible.

Barbara Cordina/Regional Trustee - barbara.cordina@u3a.org.uk