

## **Annual General Meeting**

Wednesday 1<sup>st</sup> July at 2pm . The decision to hold the meeting via video conferencing was taken at the CU3A Committee meeting on 7<sup>th</sup> May 2020 in response to ongoing social distancing restrictions likely to be continued by the UK government due to the Covid 19 virus. A quorum of a minimum of 176 members taking part in the video conference is required for the AGM to proceed. If this is not reached a further date for the AGM will be scheduled.

**1** Nominations for the officers of the Committee, all of whom have indicated they are willing to continue in their positions are as follows:-

|               |             |
|---------------|-------------|
| Chairman      | Bob Borwick |
| Vice Chairman | Mike Lawson |
| Treasurer     | Peter Brady |
| Secretary     | Jane Barker |

**2.** Under the terms of the constitution two general members of the Committee have resigned this year.

Nominations for the non-officer roles for the Committee are:

Eileen Powell, Val Smith, David Morgan, John Hardwick, David Burbidge, (present members of the Committee who have indicated they are willing to stand again), Chris White and Gary Tomlin.

## **3. The following motions will be considered at the AGM**

A. The Chalfont U3A Committee recognises the significant reduction in CU3A activities from 16<sup>th</sup> March 2020, which resulted from the restrictions imposed by the UK Government to combat the Covid 19 virus. It is proposed that the CU3A Committee review in January 2021, whether there can be any reduction in the annual subscription for the 2021/22 membership year for existing CU3A members. The review will consider the length of suspension of CU3A activities and the financial impact on CU3A in reaching a decision. Any reduced subscription will not apply to new members joining from 1<sup>st</sup> April 2021.

B. Retrospective approval is sought to the reduction in annual subscription for the 2020/21 membership year to £20, following a review of the CU3A financial position in Autumn 2019.

**4.** Any other nominations for officers or non-officers of the Committee or any proposed motions should be sent to the Chairman [chairman@chalfontsu3a.org.uk](mailto:chairman@chalfontsu3a.org.uk) at least 28 days before the date of the AGM. A proposer and seconder are required for either item.

## **Important- Your support is needed**

Committee in July 2020. They have done a great job in supporting our convenors and encouraging new groups to start. The group coordinator role is key to making a success of our U3A and will be important as we restart activities once the Covid 19 threat has subsided. It is a great role to have, bringing you into contact with lots of members and helping our group convenors. If you would like an informal chat with Sue or Nigel about the role, do get in touch with either of them through email at [groupcoordinator1@chalfontsu3a.org.uk](mailto:groupcoordinator1@chalfontsu3a.org.uk) or [groupcoordinator2@chalfontsu3a.org.uk](mailto:groupcoordinator2@chalfontsu3a.org.uk)

I would be delighted to hear from anybody who would be willing to consider taking on this role and joining our Committee. Please email Bob Borwick at [chairman@chalfontsu3a.org.uk](mailto:chairman@chalfontsu3a.org.uk) **Membership 1 April 2020 – 31 March 2021** Just a reminder that if you haven't yet renewed your membership this will lapse

at the end of May. If you would like a membership renewal form this is available on the Chalfonts U3A website or please contact [membershipsecretary@chalfontsu3a.org.uk](mailto:membershipsecretary@chalfontsu3a.org.uk) or telephone Val Smith

**Editors Update** Hello everyone and welcome to the fourth edition of our Covid-19 newsletter.

We celebrated VE75 last weekend and I know there were many social distancing events that took place. I would love to hear from any of you who have either recollections of the day or stories your parents or grandparents passed on to you so that we could publish a selection in the next newsletter and put on our website. Please contact me Eileen Powell at [newsletters@chalfontsu3a.org.uk](mailto:newsletters@chalfontsu3a.org.uk)

We heard from Boris on Sunday and were updated on the lockdown measures. We will now be able to spend more time outside and country parks are now opening up so keeping our fitness at a high level! Some interesting updates for 'Members' Musings' so keep them coming in! Gary Tomlin our webmaster carried out a survey to see how many groups are using any forms of social media to keep in touch with their 'classmates'. The results are on our website, but Zoom is used most frequently. Flower arranging will be the 'new kid on the block' next week as they try out Zoom for the first time.

A reminder to those of you who haven't already done this. Covid 19 monitoring is being carried out by King's College, Guys and St Thomas 'Hospitals in partnership with ZOE Global Ltd a health science company. They are asking people to Download the Ask Zoe/Covid-19 app and report daily, any symptoms including 'none' to help them track the path of the disease particularly among the elderly. It already has 3.5 million subscribers so let's hope you are one of them.

Reminder re 'Phishing' but this is not with a rod or net! Phishing is a cybercrime in which the target or targets are contacted by email, telephone, or text message by someone posing as a legitimate institution to lure individuals into providing sensitive data such as personally identifiable information, banking and credit card details and passwords. Reminder from Mike Lawson to send phishing emails to [report@phishing.gov.uk](mailto:report@phishing.gov.uk) and the National Cyber Security Centre (part of GCHQ) analyses them and can remove the culprit sites.

**Do you need some help while self-isolating?** If you, or someone you know needs a hand with collecting shopping or prescriptions, or just wants someone to talk to, our NHS Volunteer Responders are here to help. Call 0808 196 3646 or [visit nhsvolunteerresponders.org.uk](http://visit.nhsvolunteerresponders.org.uk). Share this with anyone you think might benefit.

**Chalfonts U3A Facebook Group** . We now have 65 members keeping us posted on events in their daily lives and giving suggestions for us to consider eg cultural activities, updates on local news ,shops that are open etc. Let's see if we can make it 100 members! There is a link on the Website's home page to the following page: <https://chalfontsu3a.org.uk/cu3a-facebook-group/> There you will find a link to the PDF with instructions on how to join Facebook and the CU3A group. Gary Tomlin our webmaster can help where there are any questions or issues you may have in creating a Facebook account or joining the group. He has also set up an email address [facebook@chalfontsu3a.org.uk](mailto:facebook@chalfontsu3a.org.uk). **Computer Issue?** If you are having any problems with your computer please email [support@chalfontsu3a.org.uk](mailto:support@chalfontsu3a.org.uk) and we will try and assist you via email. You can also post your questions on the Chalfonts U3A Facebook page.

**Now over to our 'Members' Musings'**.

**Food glorious food!** There is quite a lot of food information in this newsletter, particularly about local shops/shopping in case you are not aware of them. You needn't go hungry so let's support local!!

**GXCA Volunteer Food Kitchen** A team of three volunteers are proposing to set up a food support kitchen to prepare, cook and distribute frozen cooked meals from the Colston Hall kitchen at the Community Centre in Gerrards Cross in the week commencing 18<sup>th</sup> May. The Volunteers are all food

Hygiene qualified and during food preparation and cooking they will wear masks and gloves and observe social distancing rules.

The service is targeted toward individuals and or families that are either self- isolating, recovering from the Covid 19 virus or are experiencing severe financial difficulties. The menu will offer the choice of two soups and a choice of 4(four) meal portions of which 2(two) will be vegetarian. There will be a small per portion charge of £1 for soups and £2 for meals to cover the cost of ingredients. Initially the aim is to service homes in Gerrards Cross and adjacent areas including Chalfont St Peter, Denham, Hedgerley and Stoke Poges. Distribution within Gerrards Cross will be handled through the existing Covid-19 Support Group and elsewhere via pre-arranged pick up times from the kitchen door. No one will be permitted entry into the kitchen. **If you are aware of any individuals or families, including yourselves, who are in need of the service offered and would like further details on the food menu, please contact Sue Stone on 07979 497 617 or email her at [s.j.stone@talk21.com](mailto:s.j.stone@talk21.com). Alternatively, please contact Ken Piercy, the Director of Services at GXCA - telephone numbers: 01753 883759 or mobile 07590 355470**

The following suggestions have been sent by Heather McNair which may help.

For all things frozen: **Cook!** In Gerrards Cross is open for click and collect or free deliveries over £40.

<https://www.cookfood.net/>

**Fego Gerrards Cross** are doing contactless delivery of all kinds of groceries <https://hellofego.com/shop/>

**The Black Horse pub in Fulmer** is now a village farm shop and does take-aways too.

<http://theblackhorsefulmer.co.uk/>

Jackie McCarthy has advised that **Judd the Butchers in CSP** do home deliveries.

Jane Barker updated us on **Fruits and Roots in CSG** who do a great delivery service and the delicatessen do a nice variety of ready- made meals and they deliver.

**Warners Butchers** will deliver plants and hanging baskets alongside meat apparently!

**The Co-op also do deliveries as do Iceland.**

**Birring greengrocers in CSP** opened on the 13 May and are also taking orders. Contact details are 01753 882418 or 07774922713 or email [kindabirring@hotmail.co.uk](mailto:kindabirring@hotmail.co.uk)

There are 2 farm shops we know about that do click and collect: **Peterley Manor Farm Shop** near Prestwood and **Pinewood farm Shop** in Stoke Poges. **Oakhouse foods** [www.oakhousefoods.co.uk](http://www.oakhousefoods.co.uk) will deliver every Tuesday in the Chalfont area free on orders over £30.

The following recommendation is from Debbie Jeffrey.

**Mindful chef.** They deliver bags of fresh goods for specific recipes that have been chosen by you. They have got me through, as I was self-isolating even before the lockdown, and couldn't get a supermarket delivery for love nor money. Their meals are delicious and the vast majority that I have chosen are 30 minutes cook time or less. I am eating better and more balanced meals than ever before!!!

My vegetarian meals work out to be about a fiver per meal and the majority of them give me two meals!!!

### **Update from Geoff Glover**

French Conversation Intermediate 1, convened by Sandy Oldham, has been using Zoom for its fortnightly sessions during April and will continue to do so.

Marguerite Fletcher uses Zoom professionally so we were off to a flying start. We are most fortunate in that Simone Kunzig, a retired French teacher who joined the group a couple of years ago, puts us through our paces, using her whiteboard as required. Gayhurst's loss is our gain.

A theme for each session is decided in advance and each member of the group does a verbal presentation followed by discussion. One thing is clear (and we know this from family Zoom sessions) Zoom works best when one person conducts or effectively chairs the discussion. All 9 members participated in the last session which lasted about 90 minutes. We are all looking forward to reverting to a more sociable way of conducting our sessions but Zoom has been well worthwhile and effective.

**Flower arranging Update from Angela Kemps** We will be trying Zoom out with a group of 8 members for our meeting next week to see how it works and build on our experience for subsequent meetings. Pippa our floral expert has put together some pictures and a list of requirements to get us started. Of course, this is all subject to availability. The theme for the session is to keep it light hearted,

making people in your household amused by your creation. Include something hidden for example. It could be a snail, (though watch it doesn't nibble through the leaves!) photograph, toy, anything really!

**Garden Visits update from Jane Barker** I hope you are all keeping well and safe. Vince and I are both well and have been enjoying watching our garden develop day by day, which we don't usually have the opportunity to see. We have also been walking regularly around the Chalfont St Peter area and enjoying the woods and lovely scenery. I am attempting to sew a few bits and pieces and like everyone else we are spending more time cooking. (and possibly drinking!) I am missing the freedom to go out and about and to meet up with people, but it looks as if it may be a while yet until we are able to do that. Some gardens locally are now opening up which if you can drive you may be interested in visiting. Notably Black Park, Langley Park and Denham Country Park in the south of the county are all back open for business for visitors to exercise more, take a walk, or simply enjoy a picnic in some of the most beautiful surroundings in Buckinghamshire. You may also be interested to know that The National Garden Scheme website is featuring weekly video tours of gardens sent in by the owners. This week is 'gardens and health' week and featured two of our Buckinghamshire gardens - Long Crendon Village and Horatio's Garden Stoke Mandeville Hospital, both videos are well worth watching and I do hope you enjoy them. <https://ngs.org.uk/gardens-and-health-week/> Also next week the Chelsea Flower show will be on line <https://www.rhs.org.uk/shows-events/virtual-chelsea>

**Italian beginner's group update** from member Eileen Powell. Well we are soldiering on using Zoom and can now take you to any Italian restaurant and order you food and drink. Of course it may not be what you asked for but Que sera sera! We have also been learning how to understand and give directions so at least we can find our way home and instruct someone to meet us there! We continue to go over themes which is important for our memory loss! Ciao! a presto. Thanks as always to convenor Lesley Bedford.

**Update from Nigel Trotman Walking Group convenor**

We have missed a month of wonderful walking weather, finished off with April showers on the last day. I suspect we will see more rain in May.

I have taken part in a couple of virtual U3A Zoom meetings. It is good to see and hear all the familiar faces. I hope that some of you are able to take part in virtual meetings with some of your groups. If you wish to meet with others in our Walking Group I am sure that this can be set up. The Strollers Group are meeting on Zoom. Nothing to do with walking, just a good chat. Please let me know if you wish this walking group (under 6 miles) to set up virtual meetings.

I have been busy carrying out landscaping work in my garden and have constructed brick steps and laid paving slabs. It would be good if I could complete the project which I started in 2011!!

I did complete a summerhouse at this time last year and it has proved a good change of scene from the house. I have been keeping a photographic record of the works and think that I probably took on rather a lot. The garden was designed for us by a designer at a Grand Designs exhibition.

I have watched our plum tree blossom and come into leaf, followed by the apple tree and finally the fig tree. Figs from last year looking hopeful. We have watched all the local bird life and listened to their happy songs. The frogs in our pond had a love-in on Good Friday with lots of noise and hugging. No tadpoles to date. The bats have started flying around the garden during the warm evenings. We have two flowers on our bird of paradise plant which lives in the conservatory. A dear little wren flew into our conservatory, but thankfully found its way out fairly quickly. It is so quiet with few aircraft flying over continuously.

There is a lot of building work going on all over the place in the area around us. Our neighbourhood WhatsApp group is very active in our cul-de-sac road.

We would be pleased to hear from any of you by email or phone. The details are as shown on previous walking invitations. Funny emails are welcomed and I have received several from the group over the last few weeks.