

## Dear Saffron Walden U3A Member

Welcome to this edition of our Newsletter and, on behalf of the Committee, I hope that you are keeping well and safe during this lockdown period and that you are able to keep in touch with your friends and family. We all look forward to the time that we will be able to resume our many activities. Meanwhile, here are some articles that you may find of interest.

*Jim Dwyer, Acting Chairman*

## U3A Membership

You will have all received the April 2020 edition of our Update magazine which included a membership renewal form for the coming year's subscription (August 2020 - July 2021). The membership fees were decided, and Update printed, before the lockdown was introduced. It is not feasible to reduce the membership fee for the coming year, but the Committee will review the situation for the annual subscription in 2021-2022.

Some members have already asked why there cannot be a reduction in membership fees as so many activities have been cancelled. It might help you to know that the membership fee covers the following:

Update magazine and postage	£2.40
Third Age Matters magazine	£3.10
Annual membership to Third Age Trust	£3.50
AGM, Open Meetings & Speakers (based on the current year only)	£1.75
Total per head	£10.75

This leaves only £1.75 per member to cover all other expenses: printing, postage etc. All members are still benefitting from their subscription.

As there is doubt as to whether the AGM will go ahead on 7 September, please remember to send in your membership renewal to our PO Box. If you've mislaid your form, it can be downloaded from our website.

The current membership will not expire until 31st July 2020. Please send in your fees while you remember, but cheques will not be cleared until after 1 August.

## Seated Exercises

If you need something extra, especially if you cannot get out much, please take a look at the Saffron Walden U3A website [www.saffronwaldenu3a.org.uk](http://www.saffronwaldenu3a.org.uk). You will find a list of seated exercises that have been compiled by one of our qualified Pilates instructors.

## Zoom, Zoom the virus saviour

Lots of things are no longer possible or difficult in the present circumstances. However, we have found a real boon in Zoom. Meetings from our homes, church services from our homes, even our gym sessions from our homes. The latter being arranged by Michael in order to keep us members of Saffron Walden U3A active and fit - well sort of! In fact the use of Zoom has been an inspiration to some of us, although we are all looking forward to a more normal existence in the not too distant future.

## Gym Fit

While Just Gym is closed, it is still offering classes via Zoom and online. If you haven't already registered with the gym and would like to do so, they offer a 1-2-1 assessment before you start (via a Zoom link) and you can then join an online class.

For details please contact Andy [info@just-gym.com](mailto:info@just-gym.com)

## AGM

With the continuing Government restrictions on the gathering of large groups of people resulting from the Coronavirus pandemic, it is highly unlikely that our AGM, planned for 7<sup>th</sup> September, will go ahead.

The Third Age Trust has issued clear guidance on how U3As should deal with the postponement.

A re-arranged AGM must take place within three months of the planned date. Ideally the re-arranged meeting should take place with full membership attending. However, if that proves to be impossible the meeting would be conducted, following normal AGM procedures, by the current elected Committee.

The Committee is keeping a watchful eye on the situation in line with Government advice and will inform all members of any alternative arrangements in good time.

Any queries should be directed to our Secretary, Tony Treglown.

## Recruitment of new Committee members

Despite the uncertainty over the date of our AGM, the Committee remains keen to recruit new committee members.

You are reminded that an application form is available to be downloaded from the Committee page of our website. Completed application forms must be received by the Secretary no later than 10<sup>th</sup> August 2020.

If you wish to discuss the responsibilities and requirements of a Committee member, please contact Tony Treglown, Secretary, on 01799 516707 or at [tregact@gmail.com](mailto:tregact@gmail.com), who will be pleased to help you.

## Theatre & Travel

This is one activity for which Zoom cannot help, for obvious reasons. But we hope that we can look forward to some lovely outings sometime in the future. Meanwhile, there are many happy memories of past outings to reflect on.

## Third Age Trust

If you have received this latest Newsletter then you have access to the internet. Please take a look at the main Third Age Trust website <https://www.u3a.org.uk>. There are numerous articles of interest - a weekly quiz, a maths quiz for the brainy ones, an ideas page, mindfulness, keep fit, photography etc.