



# NEWSLETTER

Issue March 2018

Web Address: [www.hucknallu3a.org.uk](http://www.hucknallu3a.org.uk)

The meeting is held on the second Wednesday of the month starting at 1.30pm at the Hucknall Leisure Centre.

## **Message from our Chair**

Welcome to the March 2018 Newsletter.

As I look through the window flurries of snow are swirling round with the wind. I do like snow especially for hill walking in. What I don't like so much are icy roads and the slush and mess that often follow it in urban areas.

Next month's Newsletter will feature my final Chairman's report for April 2017 to 2018. On becoming Chairman I soon became aware of the hard work and preparation time willingly contributed by many of our members so this month I want to take the opportunity to thank them on our behalf.

First I want to thank the members who willingly volunteer for a range of tasks often unseen working behind the scenes: Terry Hill, John Tedstone and Val Gant who set up and dismantle for the monthly meeting and to John Berril and all the regulars who sign up to assist him with the monthly refreshments.

To Sally Hill for organising the book sales which generate a welcome additional income each month and to: Judith Wilkinson, Barbara Hill, Jean Green, Jean Arrowsmith and Susan Foss who welcome and sign in attendees at the monthly meetings.

Someone who deserves a special mention is our Newsletter coordinator and electronic postman Steve Lawrence who we are pleased to report is carrying on for another term. It's not the easiest of jobs and he has to contend with the 2 yearly changes of the committee which means he has to train another Chairman. He gets us up to speed and then we change again.

Each year our accounts have to be 'scrutinised' and we are fortunate that member (and Accountant) Geoff Cree willingly continues to carry out this task.

The U3A is dependent on volunteers and a key element; the foundations in essence are the Group coordinators, our thanks to all of you both old and new.

We are fortunate to have a functioning and active social subcommittee, Rose Ridley, Terry Hill, Lynda Jackson, Val Kelly, Stephanie Haigh and the Chairman John Ellis.

It is the 2nd year of the main committee cycle and it is pleasing that in April we have a smaller turnover than last time with 3 retirees.

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Please forward articles for the next Newsletter to [hucknallu3anewsletter@live.co.uk](mailto:hucknallu3anewsletter@live.co.uk) by 30<sup>th</sup> March 2018

We started with minimal experience of U3A committee work and bearing in mind that experience is something you don't get until just after you need it we fortunately had the previous experience of Marguerite, Sue and Alan to call upon.

My personal thanks all the committee with a special thanks to the retirees Alan Sue and Marilyn.

**David Rose, Chairman**

## **OUR SPEAKER THIS MONTH**

**No Speaker as No Meeting – 10 Year Celebration at John Godber Centre for those who have booked this event.**

### *Future Speakers*

11<sup>th</sup> April - Andrew Smart - "What ruddy cucumber"

9<sup>th</sup> May – Mike Storr – "Masters of Mirth"

13<sup>th</sup> June - Dr Ann Featherstone "Fools and Horses- the Victorian circus"

## **COMMITTEE CORNER - Notes from our Committee**

The committee met on Wednesday 7th March from 10am to 12.10pm Apologies were received from Marilyn Gretton and Angela Cornish attended as a Guest.

The minutes from February previously circulated on the 18th Feb were agreed and signed.

Business Secretary Barrie Saunders reported that we have officially re-joined the North Notts Network Group of U3A's. He made reference to correspondence from the National U3A Trust mainly around the revised objective and financial procedures. There is a national training event on 30th April in Birmingham 'Keeping it Legal' that Siobhan and Marguerite have volunteered to attend and on the 26th April David and Barrie will attend the Notts Neighbourhood meeting for a session on Publicity led by an officer from the national office.

Siobhan took comments about her draft 'Handbook for Group Leaders' explaining that although a relatively long document it is a required point of reference for group leaders and Trustees (main committee) and she will include some of the suggestions and preface it with an index.

Marguerite reported on membership renewals with to date 436 renewals with 17 prospective members on the waiting list for April and pleasingly 17 members indicated on their form that they would be interested in being involved with committee work at a future date. Incoming Chairman Barrie will make contact with each of them.

Marguerite and her team of helpers were thanked for completing the annual renewal process.

The January accounts previously circulated were explained by Christine and they show that we are financially in a comfortable position and our procedures are in line with the 'new' financial guidelines which we adopted last year.

Maggie the Speaker secretary attended a recent peer group event at Southwell where ideas and speaker suggestions were shared with other U3As.

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Sue the current webmaster reported on some sessions held with Angela Cornish who will be taking over the website after April. In the interim she reported that are moving the website to a new host which provides a backup and recovery facility. It will be accessed in the same way and will probably look the same. Sue was thanked for her long tenure as webmaster and the work of her son in backing up our website has been most appreciated.

We finished with a brief outline of the timetable for the 10Year Celebration and the AGM in April and a short discussion of the recent Dispatch article.

David Rose

## **NEW GROUPS & OTHER NEWS**

### **Useful information from Age UK Scams Update**

Fraud in Nottinghamshire :(Source: Nottinghamshire Police)

Nottinghamshire Police is investigating a recent report where an elderly woman in St Ann's was targeted by fraudsters. The 80-year-old received a call from a woman claiming to be from Barclays bank who told her that her card needed to be changed and a man would come to her house and swap it for her. This was a con and since the handover, multiple transactions have taken place on the victims account.

The man who collected the card is described as: black with short curly hair. He was wearing a white t-shirt and thought to be in his late teens. Detective Sergeant Kate Savage said: "We believe fraudsters deliberately targeted this elderly lady, knowing she is vulnerable and we fear that the offenders might try to target more people possibly in the same area. Banks would never ask you to swap your card in this way so if you get a call like this, put the phone down and report it to us straight away.". If you are due a new card, your bank will normally contact you via post and ask you to destroy your old card.

Please spread the word and make sure your elderly and vulnerable loved ones are aware too. If you recognise the man in the description or have any information that could help, please contact Nottinghamshire Police on 101 quoting incident 468 of 24 January 2018. You can also call Crime stoppers anonymously on 0800 555 111.

Our top tips to avoid being scammed

- Never give your bank card or PIN to anyone
- Never send money to anyone you don't know or pay fees to claim prizes or lottery winnings
- Don't be afraid to put the phone down to cold callers or to end the call with a brief "No, thank you"
- Take your time and don't be pressured into a commitment – ask questions or seek a second opinion from someone you trust.
- Don't call unfamiliar numbers or reply to unsolicited texts as these may charge at premium rates

And the familiar, yet often ignored ....**If it seems too good to be true, it probably is.**

David Rose

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## NEWS FROM THE GROUPS

### CREATIVE WRITING GROUP

We meet at Titchfield Court from 1-3 pm on the fourth Tuesday of each month. Our Co-ordinator, Janet Gibson, gives us a title, sentence or just a word to inspire us to write a piece of around 500 words which we develop at home and then read out to fellow members at the next meeting, for constructive criticism and appraisal. After a short tea-break we then do a ten minute exercise.

Unfortunately we had to cancel our February session due to the expected bad snow storm but we hope to have a full house at our March 27th when Writing East Midlands and the Creative Writing Group & the History Group are putting on a Workshop to create poems / stories about the past, present and future of life in the Ashfield and Mansfield areas. This will be a free 1-2 hour workshop run by two local writers and will consist of doing gentle warm up writing exercises then give some writing prompts to help people write short pieces about where they have lived. The organisers are working with local groups of all ages to get inter-generational material. There will be a public celebration event in April 21st week as part of the Notts Poetry Festival and anyone who has taken part in the workshops will be able to come along to the event to read their work. The Workshop will take place on Tuesday, 27th March from 1 till 3 pm at Titchfield Court. Refreshments will be provided. Please let Sandra Green have your names please.

For more information about the Creative Writing Group please get in touch.  
(sandra.green80@ntlworld.com or tel. 0115 8408132).

### FUN WITH LANGUAGES GROUP

We had a pleasant meeting in February on booking hotel rooms, finding our way around and places in a town or city. We managed to get the laptop to finally decide to show the clips we needed and were able to enjoy the authenticity of Italian spoken first hand. Albeit fast!!!!.

We ended with a crossword which worked well most of the time!. Our next meeting on Thursday 8th March at 10.30 in JGC is the last of these sessions on Italian and is on food and drink. We shall enjoy some of this together on this occasion.

The proposed meal at Moda seems to be best for most people at lunchtime. At the moment we are hoping to arrange it for 12.30 on Thursday 12th April, as this will follow our Thursday meeting for that month. Please can you confirm to Liz or myself if that is ok for you before I book it? Thank you. Liz Attenborough & Ann Murray.

### GARDENING GROUP

Thirty-nine members enjoyed a trip out to Timmerman's Garden Centre last month where part of the Cafe was reserved just for us! After refreshments, a look around and some purchasing we then travelled on to the Welbeck Garden Centre in the Dukeries. This was in place of the proposed trip to see the Snowdrops at The Beeches in Milton – they were hiding under the snow! We hope to arrange another trip to The Beeches as it is such a beautiful garden and well worth seeing. This month's meeting is on Tuesday 20th March when we welcome Janette Merillion who will be speaking on "A calendar of colour." This will be at the John Godber Centre at 2-00pm. On April 17th we will be having another speaker, Helen Sills, who will be talking about garden design from the "Garden of Eden to Ground Force".

All are welcome. Anne Wilkinson 0115 9641346.

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## GRUMPY OLD MEN GROUP

A joint venture of Hucknall and Ashfield "Grumpy Old Men" enjoyed a day out on Saturday 10th February. Starting from Alfreton station at 9.44 the illustrious nine set off, destination Chinley. The first stop was Sheffield, where we were worryingly met by hordes of police patrolling the station, did they know we were coming? had our reputations preceded us? Thankfully we were safe - the boys in blue were on duty for a local needle football match. So, drinks and a bite to eat at the station and then the train sped onwards through our well-loved walking villages; Hathersage, Grindleford, Hope and Edale, with misty views and snow on the far tops. Arrived at the Old Hall Inn Chinley where we all had a lovely meal with drinks, our dear leader struggling with the biggest burger in the world! Also accosted by two Danish ladies who had never heard of the U3A, imagine ! We had to put them straight in proper "Grumpy" style. Always conscious of train times we were back on the train to Edale amongst muddy walkers and bikes and dogs, from there to Hathersage where we snatched a look at the rugby and then on to Sheffield for our " final" drink before the last leg returning to Alfreton, careful not to be reconnected to Norwich ! We were greeted at Alfreton with taxis and loved ones, success and a cracking day.

The next Grumpies event is lunch at the Bold Forrester followed by 10 pin Bowling in Mansfield on 16th March.

## KURLING GROUP

We might not have been competing in the recent PyeongChang Olympic Curling Competition, but it was no less thrilling for our players on Sunday 11th February.

As the competition progressed and the winning desire kicked in, a steady hand was needed to determine the winning stone. Both teams happy for Rob who 'measured' up to the task to clarify which stone was nearest the bullseye. Once again great fun, friendly banter and feisty competition.

Just a reminder that the group is now full but please add your name and contact details to the waiting list in the board room at our next monthly meeting. You will be contacted at soon as a place becomes available.

Next meeting Sunday 11th March 3-5 pm Hucknall Leisure Centre. Looking forward to our next game. Anne and Jean



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## **LUNCH GROUP**

The Lunch Group meets on the fourth Wednesday of each month at 12 noon (unless otherwise stated) at a different restaurant each month. The menus vary in price and content but hopefully average out over the year at a reasonable cost. It is an opportunity for members to meet together socially and try out different restaurants which, as individuals, they may not have had the chance to try before. We always have a quiz which is usually related to the venue or its theme. We hope you will find something of interest to your "taste" and look forward to meeting up with you each month. I am always happy to hear about your recommendations for reasonably priced venues.

We are always grateful when members can offer lifts to non-drivers but could members contact the drivers directly please where possible, as it is getting to be a big job phoning round! Of course, I should be happy to find lifts for new Lunch Group members and I would also be grateful if drivers could indicate to me that they are willing to offer lifts. And please offer a contribution towards the cost of petrol if possible. When putting your name down, if the menu is available, could you please indicate your menu choices at that time.

February's lunch was on 28th at Santini at Ravenshead in thick snow and freezing temperature both outside and inside the restaurant. I imagine this place would be lovely and cool in high summer but in the middle of the Beast from the East it was not so good. The food quiz was won by Peter Hindle and Rosemary Taylor. On March 28th we go to Porterhouse by Barlows at Annesley.

For any information about the Lunch Group, please contact Sandra Green  
(sandra.green80@ntlworld.com or tel. 0115 8408132)

## **MUSIC FOR PLEASURE GROUP**

The first Music for Pleasure meeting for 2018 was held on Tuesday 20th February at the home of our host, John Peters. This first meeting of the year provided a musical treat for our members in the form of live music from violinist Jen Beaumont and pianist Sally Watson, two of the founding members of the Torkard Ensemble, the Hucknall-based vocal and instrumental group. The group was formed over 7 years ago and continues to grow in both strength and popularity.

Whilst awaiting the arrival of our musicians, we had fun watching a special Valentine's Day programme consisting of love songs from the pop archives of the seventies. The music, the hair styles and fashions provided us all with some giggles and reminiscences of our 'younger days', including Hot Chocolate, 10cc, the Stylistics, Bonny Tyler and Lionel Ritchie.

Jen and Sally's varied programme began with some classical items, including Bach's Air on the G String, Faure's Dolly Suite and Debussy's Clare de Lune. They followed this with film music, John Williams' theme from Schindler's list and other popular and well-known music from film and stage musicals.

Jen and Sally also gave us several vocal duets (accompanied by Sally on keyboard) such as May it Be from Lord of the Rings and Dream a Little Dream, and, by special request, All I ask of You from Phantom of the Opera.

Although some of the group members were absent due to illness, the members who were present thoroughly enjoyed the evening, and we will all look forward to a return visit from Jen and Sally in the coming months.

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## NOT SO GRUMPY OLD MEN GROUP (NSGOM)

Veolia Visit In February - The Not So Grumpies visited Veolia's Materials Recovery Facility at Mansfield and were treated to a fascinating insight into the world of recycling. On arrival at the MRF we were welcomed by Lesley Taylor of Veolia, who provided us with refreshments and then gave us an overview of the materials recovery process and explained what could and could not be recycled. Following an induction and Health and Safety briefing, during which members eventually worked out which way round a hard hat was meant to be worn, we were taken on a tour of the Facility, where she pointed out and explained the processes and stages of recovery, which eventually resulted in the various materials being baled up ready for collection. The attached photos show various old and used objects being lined up for sorting. Much better informed, and having significantly reduced Veolia's stocks of tea and biscuits, we then made our way to Larch Farm to discuss what we had learned and to see what else we could recycle.



## PUB QUIZ & LUNCH GROUP

The Pub Quiz & Lunch is held on the second Monday of each month at 12 noon at The Nabb Inn. The subscription is £1 per person which covers each team's Quiz sheet and a raffle ticket for each member. There is a cash prize for the first and second team, with a £5 pub voucher for the raffle, along with a Bumper Bag containing donated items, for which our thanks are given to those who donated. Could I remind you to please check sell by dates on food items for the bumper bag. Please note the maximum number of members per team is five – if there are six of you, could you please divide into two teams of three!

Donations of raffle prizes or items for the Bumper Bag are gratefully accepted. Just pay the subscription on arrival, then order your lunch at the bar and put your thinking caps on. There is a

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small table quiz just for fun, followed by the Quiz itself and then lunch, followed by the answers and the raffle. We are limited to 36 seats so please come early as it's first come, first served for seats in the alcove area.

Winning teams at the Pub Quiz & Lunch on Monday, 12th February were "Full House" and "Whatever!". We had a good turnout with 35 members present.

The next Pub Quiz will be on Monday, 12th March.

For any information about the Pub Quiz & Lunch, please contact Sandra Green (sandra.green80@ntlworld.com or tel. 0115 8408132)

## SCIENCE GROUP 1

This month was about how to decode a weather forecast, so once again using the facilities at the John Godber centre; Jim Spray produced an excellent presentation of Two YouTube videos to the group. After that we had a good discussion on the matter, the weather seasons in the UK are split between Meteorological and astronomical each season starts at a different time.



Next the favourite Snippets Corner, first subject was on Vertigo and the second was about a Tumour destroying injection which will be tested on Humans after the Laboratory results. Terry Hill gave a short talk on a scientist Mr George Washington Carver a black American botanist outlining his achievements.

## SCIENCE GROUP 2

At our February meeting we began with John Tedstone checking up on the 'homework' from last month. This was based on part of the research paper about the glacial melt project in Greenland. Jean Arrowsmith was judged to have made the best attempt and received a virtual gold star. The main topic was 'Body Systems' initially looking at the different types of cell which are the basic building blocks of tissues and organs. In small groups the members completed an activity to identify each system and to recognise its main role in the body. To follow up some members were kind enough to share their personal experiences of medical interventions. We ended with 2 rounds of 'Pointless Science' the winning team receiving a much sought after U3A Diary. The photographs show the members carrying out the small group work.



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Next meeting on MARCH 16<sup>th</sup>, the theme is 'Pathogens, disease and the development of Public Health'. The focus will be on how the advance of scientific knowledge and understanding of the real causes of disease coupled with improvements in public health improved the quality of life and life expectancy of people. To complement this there will be short presentations from: Sue Tedstone 'Blood Cells' Helen Rose 'Low Blood Pressure' Carol and David Insley 'John Snow' and an activity based on the 'detective work' of John Snow. David Rose

## **SEATED EXERCISE GROUP**

So glad that the recent taster session was a success and this group is now up and running.

We meet on the 4th Monday of the month, 2 till 3pm at Hucknall Leisure Centre.

It was great to see our ladies having a good workout and still smiling as they worked through some quite challenging routines. There is still room for more participants and our male members would be made very welcome just don't forget your water bottles and lycra is optional!!!!

Next meetings 26nd March and 23rd April .There will be no May meeting as it lands on a bank holiday. Anne McDowall.



## **THEATRE GROUP**

War Horse - Concert Hall -21<sup>st</sup> March 2018 at 2pm. Tickets £52.50  
 Fat Friends - Theatre Royal (Upper Circle only) - 31<sup>st</sup> March 2018 at 2pm - Tickets £39.50  
 Cilla the Musical - Theatre Royal -4<sup>th</sup> April 2018 at 2pm. Tickets £34.00  
 Summer Holiday - Derby Guildhall Theatre - 14<sup>th</sup> April at 2.30pm - Tickets £12.00  
 Jersey Boys - Concert Hall -10<sup>th</sup> May 2018 at 2pm. Tickets £39.00  
 Top Hat - Theatre Royal -30<sup>th</sup> May 2018 at 2.30pm Tickets £23.00  
 An Officer & a Gentleman - Theatre Royal -25<sup>th</sup> July 2018 at 2pm. Tickets £37.00

## **WALKING GROUP (LONG WALKS)**

Seventeen hardy souls braved a weather forecast of freezing temperatures and snow for February's long walk and were rewarded with a very pleasant day.

Starting from Brierly Forest country park and keeping to the old railway line trails the route was mostly mud free. Up to the top of Silverhill to the miners statue and the splendid views of the surrounding countryside and Hardwick Hall, then along the Teversal and Skegby trails back to the start point and a welcome cup of tea in the visitors centre. Just 8 miles and only one stile. Some of our members, suffering from withdrawal symptoms, went over it twice.

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## **WALKING GROUP (MID LENGTH)**

Our February walk was from The Ex-Servicemen's Club in Warsop.

We arrived to find that the approach road to the club was closed but several texts later everyone had arrived at the new parking place and on time! The walk was a pleasant, relatively easy-going 6.5 mile walk over reclaimed pit sites, woods, dismantled railway track and quiet lanes. We were treated to some fine views.

Thank you to Greg Umney for taking us on a walk that no one had done before.

Our next walk will be on: Monday March 19th from Kelstedge, Derbyshire.

## **WEEKENDERS' GROUP**

The events organised by either the Lunch Group or the Weekenders Group are open to all U3A members, regardless of whether they are regulars or not. Obviously places are sometimes limited so it's first come, first served; I should be grateful if you could let me know if you are interested in these events as soon as possible so that I can let other members know if I have places left.

We had an excellent Sunday lunch at Ciao Bella, Mansfield on 4th February followed by a Games Night at Pam Farrell's on 10th February and our Coffee Club on 24th February when we exchanged our Valentine's stories. Unfortunately we had to cancel our lunch at the Horse & Groom, Moorgreen due to the snow. We have also cancelled The Countryman lunch due to lack of transport.

We are having a St. Patrick's Day themed Social Evening on 17th March and an outing to Bakewell on the 19th March.

Our March Coffee Club will be on the 31st when our topic of conversation will be our Travelling Tales.

For any information about the Weekenders Group, please contact Sandra Green (sandra.green80@ntlworld.com or tel. 0115 8408132)

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## **HUCKNALL & DISTRICT U3A INTEREST GROUPS**

### **March 2018**

For further details contact Siobhan Lee, 0115-9550119 or check the website at [www.hucknallu3a.org.uk](http://www.hucknallu3a.org.uk) from there you can email the respective Group Leader

#### **ARTS**

CHOIR                      1<sup>st</sup>Wednesday 13:30  
                                  3<sup>rd</sup>Wednesday 11:30

CREATIVE WRITING    4<sup>th</sup>Tuesday 13:00

DISCUSSION            1<sup>st</sup>Monday 13:45

DRAMA                    4<sup>th</sup>Friday 10:00

FILM CLUB            Thursday 10:30 & 13:00  
Friday 19:15

HISTORY                 3<sup>rd</sup>Wednesday 14:00

MUSIC FOR PLEASURE 4<sup>th</sup>Tuesday 19:00

NATIONAL TRUST      Various dates & times

READING (BOOKS)\*   1<sup>st</sup>Wednesday 14:00

SINGALONGA            3<sup>rd</sup> Tuesday 10:30

THEATRE                various dates

UKULELE                2<sup>nd</sup> & 4<sup>th</sup>Monday 10:00

#### **ACTIVE WELLBEING**

ADVENTURE BEFORE DEMENTIA - Various

CYCLING                Every Wednesday 9:00

GROWING OLD DISGRACEFULLY\*   Various

GRUMPY OLD MEN    Various

NOT SO GRUMPY OLD MEN   Various

KURLING                2<sup>nd</sup>Sunday 3-5pm

WALKING (LONG)      1<sup>st</sup>Tuesday 10:00

WALKING (MID)\*      3<sup>rd</sup>Monday 10:00

WALKING (SHORT)    3<sup>rd</sup>Thursday 10:00

#### **FOOD & DRINK**

DINING IN              1<sup>st</sup>Tuesday

INTERNATIONAL DINING   As Arranged

LATE BREAKFAST      1<sup>st</sup>Friday 09:15

**\*Indicates group full. If you are interested then contact Siobhan who will be happy to help you set up a further group. Please be aware that some Interest Groups have a limited number of places due to activity, venue etc.**

Group Leaders are normally available in the Board Room at the monthly U3A meetings to answer any questions that you may have about their group. Their contact details are displayed on the Interest Group Information Board

LUNCH GROUP            4<sup>th</sup>Wednesday 12:00

PUB QUIZ & LUNCH    2<sup>nd</sup>Monday 12:00

WINE APPRECIATION\*   3<sup>rd</sup> Monday 19:30

WINE TASTING \*        3<sup>rd</sup>Wednesday 19:30

#### **HOBBIES & PASTIMES**

CANASTA                1<sup>st</sup> & 4<sup>th</sup>Friday 19:00

CRAFT 1 \*                3<sup>rd</sup> Monday 13.45

CRAFT 2                2<sup>nd</sup>Tuesday 14:00

GARDENING             3<sup>rd</sup> Tuesday 14:00

HOLIDAYS                various dates

KNITTING & CROCHET 4<sup>th</sup>Tuesday 14:00

MAH JONG              2<sup>nd</sup>Friday 19:00

POT LUCK \*             1<sup>st</sup>Wednesday 19:30

RUMMIKUB              1<sup>st</sup>Monday 2:00pm

SCRABBLE               4<sup>th</sup>Thursday 14:00

TABLE GAMES          3<sup>rd</sup>Friday 19:00

WATER COLOUR        1<sup>st</sup>Monday 14:00

WEEKENDERS            various Sat & Sun.

#### **LANGUAGES**

FRENCH CONVERSATION\* 3<sup>rd</sup>Tuesday 10:00

FUN WITH LANGUAGES 2<sup>nd</sup> Thursday 10:30

#### **SCIENCE AND THE ENVIRONMENT**

BIRD WATCHING        2<sup>nd</sup>Tuesday 10:30

SCIENCE 1              4<sup>th</sup>Thursday 10:00

SCIENCE 2              3<sup>rd</sup>Friday 10:00

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