



NEWSLETTER

Issue June 2018

Web Address: 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

This month has seen us blessed with the sunniest and warmest May for many years. It has been a wonderful time to be out and about although it may even have been too warm for some of our walkers and cyclists!!!

The month has seen major changes to Privacy and Data Protection Laws and the U3A Committee have been busy making sure that we are complying with all the new requirements. Our new Privacy and Data Protection is now on the website but a paper copy will be on show at the next monthly meeting. I will also outline some of the changes at the June monthly meeting, especially in relation to your personal data and how it is used and stored.

In addition to the many emails that we have all received from numerous companies and organisations relating to Data Protection, there seems to be various scams still doing the rounds. The most popular one being a telephone call from people claiming to be from The Telephone Preference Service or Management. David Rose has kept you very well informed about various scams in the past and what actions to take to deal with them. Please continue to be careful and wary in this area. Sadly, many people continue to be duped up and down the country.

The National U3A have devised an electronic system named Beacon which is designed for use by individual U3A's. The system is designed to cover all aspects of the work of the local U3A, including Membership records, Calendars, emails and many other aspects of the work of the local U3A. Several of your Committee will be visiting Carlton U3A late in June to learn more about this system.

Barrie Saunders, Chairman

Please forward articles for the next Newsletter to hucknallu3anewsletter@live.co.uk by 29th June 2018

OUR SPEAKER THIS MONTH

Dr Ann Featherstone "Fools and Horses – the Victorian Circus"

The history of the Victorian circus, one of success and dreadful failure, of fires, falls and fabulous feats.

This talk provides a fascinating insight into this little known aspect of Victorian entertainment

Future Speakers

11th July - Jo Colby "Between Stairs"

8th August – Pat Hall – "Quick Change & Comedy"

12th September – Graham Keal – "50 Shades of Graham"

COMMITTEE CORNER - Notes from our Committee

Notes from the Committee June 6th 2018. Apologies from: Barrie Saunders Mark Jackson and Angela Cornish. Siobhan Lee chaired the meeting.

The minutes of the May meeting were agreed and signed. Matters arising

(a) The National U3A questionnaire has been completed by Barrie Saunders

(b) The laptop used by Marilyn Gretton for the committee minutes has been passed on to the current committee.

A dedicated first aid kit to be available at the monthly meeting. The format of the monthly meeting is under review, more details soon.

The adoption of drinking cups made from recyclable material is also an objective.

It was reported that the Hog Roast is sold out with only possible returns being available.

The 'Header' photograph (of some old non lycra cyclists) on the website home page is to be changed.

The April financial summary was scrutinised and Christine explained that after a prolonged process she has now opened a Hucknall U3A online secure bank account.

Upcoming short courses discussed e.g. scam protection and First Aid

The revised Privacy and Data Protection Policy researched and written by Mark Jackson was formally adopted

Membership Application forms previously circulated were discussed and some minor modifications made. Marguerite explained the logic behind the changes which are due to the recent changes in Data Protection law. New members are now receiving additional information and early support from Alan Snape who is thanked for being so proactive

Adoption of the National U3A GDPR/Beacon scheme (see U3A Trust website) is being considered and several committee members are attending some introductory training with Carlton and Gedling U3A who are one of several U3A's using the system.

The meeting closed at 11.50am

David Rose

NEW GROUPS & OTHER NEWS

Workshops

Friday 22nd June 1.15 pm to 3.15pm The Studio John Godber Centre - Food and nutrition: dispelling the myths about dieting

This will be a fun, interactive presentation with Steve Whittle from 'Better Your Fitness' who has 15 years' experience working in health and fitness. Steve's primary focus in wellness is around nutrition and activity for weight loss and performance at any age.

August 17th 10.30am to 12 am Main Hall John Godber Centre - The work of the East Midlands Immediate Care Team

What do we do?. East Midlands Immediate Care Scheme covers the whole of the East Midlands. Our volunteer doctors turn out at all hours, in all weather, 365 days a year, and respond to an average of 4 life-threatening emergencies a day. Our intervention saves lives, and that's why we do what we do. Presented by: Dr Tim Gray MBE EMICS Chairman Please sign up at the June monthly meeting or email me at: davidrose98835@gmail.com

There will be a nominal cost of £1.00 to cover room hire. This will be collected at the workshop.

Recent local 'Spam' incidents from callers claiming to be from TPS

Telephone Preference Service (TPS) is a free service for consumers wanting to register and we would never contact you in order to obtain payment. Please be aware of companies calling claiming to be TPS or BT asking for a fee to register/renew an expired or soon to expire TPS registration.

There are various companies offering services that they claim will stop unsolicited calls. TPS is not associated to any of these companies. They may be commercial companies offering services for which they charge a fee and some may be fraudulent.

TPS is concerned about such outfits misrepresenting our organisation and will collate and report misrepresentation to the appropriate regulatory bodies and will cooperate with Trading Standards and/or other agencies to investigate cases where such calls are fraudulent.

If you continue to receive these types of calls, then I would encourage you to report such calls to Citizens Advice Consumer Service (CACS) and/or Action Fraud on 0300 123 2040 or visit their website.

For further information on 'TPS bogus calls' we have a section alerting consumers on our website. <http://www.tpsonline.org.uk/tps/news1.html>

World U3A

Are you aware that there are 30 U3A groups in Notts and that our organisation spreads throughout the U.K. plus over 40 other countries. The Newsletter you are now reading represents the U3A in Hucknall but there is also a Newsletter for the World U3A which can be found in English by visiting www.worldu3a.org/signpost

In the May edition there are articles about U3A activities in China, Australia, Kazakhstan, Korea, Singapore and India plus intro's to Current Affairs Groups, Computer Groups, and an article about The Victoria and Albert Museum and also British Art.

By clicking on MYU3A on the opening page you may be surprised to find a profile of Hucknall U3A.

Further information on this subject can be obtained by contacting Alan Snape

Please forward articles for the next Newsletter to hucknallu3anewsletter@live.co.uk by 29th June 2018

NEWS FROM THE GROUPS

ARTS INFORMATION GROUP

The adventure continued in May as the Not So Grumpy Old Men travelled to Hinckley to fly hovercraft. After receiving a safety briefing the group were given instructions as to how to fly the hovercraft. These were generally studiously ignored as we all endeavoured to develop our own technique. After a couple of hours, it was all coming together so, not wanting to embarrass the experts with our newly developed skills, we retired to a local hostelry for refreshments.

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 writing exercise.

At our April meeting Chris Vincent provided us with three pieces of atmospheric music for us to write down our immediate thoughts on hearing it. Very interesting, with different interpretations! The last Creative Writing Group was on Tuesday, 22nd May when we read our pieces which started with the line "It was a coincidence.....". The June meeting will be on Tuesday, 26th June from 1-3 pm at Titchfield Court, Orchard Street when we will be reading our "homework" entitled "It was the nickname that made me smile". Please note that as from September we shall be meeting at the same time but different venue – the Liberal Club on West Street. New members are very welcome to join us, just bring pen and paper!

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

CYCLING GROUP

Cycle Live will take place on Sunday 24 June 2018 at Victoria Embankment Nottingham and is an event that several Hucknall U3A cyclists have entered for the 4th consecutive year.

Also known as the Great Notts Bike Ride we have members entered for both the

The Friar Tuck (50 miles) and The Maid Marian (75 miles)

Many of the 4000+ riders as well as riding for the challenge also raise money through sponsorship for a charity. Irene Astill our joint group leader is hoping to raise some for The British Heart Foundation. We will report back at the July 11th monthly meeting.

Here is a reminder of the team approaching the finishing line in 2017.



FUN WITH LANGUAGES GROUP

The group met on 10th May for a revision session in French. This passed happily and ended with a quiz, when surprisingly many people remembered more than they thought they would! All very encouraging. Our next meeting on 14th June will be in the Byron Suite at JGC at 10.30 till 12 noon when we shall be furthering our French vocabulary on Directions and other topics.

The Summer Social will be at the Tedstone's at 7.0pm on Tuesday 10th July when we shall have a BBQ. The cost is £3-00 each and please bring a bottle. Money for this will be collected at the meeting in June. We hope to see you then!. Ann and Liz.

GARDENING GROUP

Members enjoyed a glorious day out last month at the beautiful Dorothy Clive Garden in Shropshire. The weather was perfect for exploring the many different parts of the garden full of lots of unusual shrubs and flowers. A variety of areas included the woodland garden, the Quarry garden, herbaceous borders, glasshouses, an Azalea walk, bluebells, waterfalls and of course the important refreshment area! It is well worth a visit if you ever get the chance.

This month, the group are going to the Norwell Nurseries for a talk, guided walk around the gardens, and opportunity to buy some very unusual plants. The coach leaves Ogle Street at 10-30am and the cost is £12-50. There are still places on the coach.

Next month we will be going to Castle Ashby on July 17th, leaving at 10-00am. Again there are places available on the coach.

In August we will visit Doddington Hall in Lincolnshire, on 21st, leaving at 10-00am. All are welcome, please see the sign-up sheet at the Garden Group table at the back of the hall in the meeting or phone either Anne on 9641346 or Geraldine on 9550274.

HISTORY GROUP

May 16th The History Groups visit to Blists Hill Museum turned out to be an amazing day. Lots of us bought an enormous packet of fish and chips for our dinner cooked in proper dipping; I think we had forgotten what it tasted like but we hadn't forgotten shops as they used to be when we went with our mums and grandmas. When banks, chemists, drapers, grocers, etc. used Stirling (real money); made their own pills and medicines, packed sugar, sliced bacon, cut butter, and measured us for clothes. Just a few of us made it to the iron bridge before the workmen closed it for the day which was upsetting after articles in the English Heritage magazine and checks by telephone both of which said it would be open for us to view the ironwork.

June 20th Visit for a tour of Nottingham Caves from the Broadmarsh Centre. Would members who would like to come on this visit pay for the tour on June 13th. Meet at the bottom of Broadmarsh steps or escalator at 1.45pm. Please note that sensible shoes should be worn due to uneven ground.

After this visit the group will have the usual summer break meeting again for the new season at Central Methodist Church on Wednesday 19th September at 2pm for a talk about Nottingham Cheese Riots.

Please don't forget you can contact me if you need help with your family history at any time. Maureen Newton.

KURLING GROUP

At our last monthly get together held on the 9th May, we were so pleased to witness our first ever PERFECT BULLSEYE. Jean Carrington, a consistently good player, achieved this accolade to a round of applause from the rest of us mere mortals. Well done Jean.

Anne and Jean would like to welcome Rob Cook to the fold as a helpful leader to the team. He's very handy with a screwdriver when our pushers need fixing and has a good eye for measuring up close calls. A proper gentleman even if we do have to put up with his bad jokes ha ha! Welcome Rob.

Next meeting Sunday 8th July, Hucknall Leisure Centre 3pm -5pm. Anne and Jean.



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.

On April 25th we went to Ego @ The Ashfields when John Orosz and Peter Hindle won the General Knowledge quiz. Then on May 23rd we tried something different and went to Yamas Tapas at Thurland Street, Nottingham when June Williamson and Doreen Werle won the Greece Quiz.

On June 27th we are trying yet another new (to us) venue at The Duke of Wellington, Kirkby in Ashfield but on July 25th we are returning to Ciao Bella at Mansfield. The menus are on the U3A website so please let me have your menu choices as soon as possible.

The lunches organised by the Lunch Group are open to all U3A members, regardless of whether they are regulars or not but of course subject to restaurant seating restrictions so it's first come, first served; I should be grateful if you could let me know if you are interested as soon as possible so that I can let other members know if I have places left. For any information about the Lunch Group, please contact Sandra Green (sandra.green80@ntlworld.com or tel. 0115 8408132)

NOT SO GRUMPY OLD MEN GROUP (NSGOM)

The adventure continued in May as the Not So Grumpy Old Men travelled to Hinckley to fly hovercraft. After receiving a safety briefing the group were given instructions as to how to fly the hovercraft. These were generally studiously ignored as we all endeavoured to develop our own technique. After a couple of hours, it was all coming together so, not wanting to embarrass the experts with our newly developed skills, we retired to a local hostelry for refreshments.



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, 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 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, 14th May were "Full House" and "Lost Cause". We had another good turnout with 33 members present.

The next Pub Quiz will be on Monday, 11th June.

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

SCIENCE GROUP 2

In May we looked at the work of the polymath Jared Diamond.

He is a physiologist, geographer, research scientist, a renowned expert on the birds of the Pacific Islands and a gifted linguist. He has a theory that 'Germs, Guns and Steel' shaped the development of civilisations across the globe. After our short interval there were interesting contributions from John Tedstone, Sue Tedstone, David Wormald and Pat Rose.

Next month we will consider the germs element of Jared Diamond's theory followed by further contributions from group members. There will also be a short introduction to Nottinghamshire's water supply in preparation for our July visit to Papplewick Pumping Station.

The June meeting is your last opportunity to sign up and pay the £6.00 for this visit. David Rose

SEATED EXERCISE GROUP

Just a reminder that our next meeting will be on Monday 25th June.

There is still room available for new movers and a little standing routine to improve balance and strength will be included, something we all need to consider to avoid possible falls as we age.

So come along and enjoy exercising, to Elvis, Dusty, Sinatra, Buble and Tina Turner.

See you on the 4th Monday of the month, Hucknall Leisure Centre, 2pm- 3pm. Anne McDowall.



SINGALONG GROUP

The singalong group enjoyed songs from musicals, films and TV even though numbers were slightly down. We made up for it with enthusiastic singing. The next session will be on the 19th of June with a numerical theme. Pen and paper would be useful to keep a running total. Keep singing. Liz and Philip

THEATRE GROUP

Titanic the Musical – 7th July 2018 at 2:30pm Tickets £35.00

An Officer & a Gentleman - Theatre Royal – 25th July 2018 at 2pm. Tickets £37.00

The Three Musketeers – 4th October 2018 Tickets £45.00

Guys and Dolls – 10th November 2018, Derby Theatre, 2:30pm, Tickets £19.00

MB Swan Lake – 15th November 2018 Tickets £36.00

WALKING GROUP (MID LENGTH)

With the sun shining and the prospect of temperatures of 20+, spirits were high and the legs were out! **Question** 'Where are the nettles on the walk?' **Answer** 'at the beginning, in the middle and at the end!' And so our group of 28 set off from The Magna Charta Pub in Lowdham - the 'h' was debated!

After a steady climb along an overgrown path we emerged to views of the Trent valley on our right. Undeterred by stampeding cows, we descended to Cliff Mill, a late C18 cotton water mill, the first of three mills to be seen along the Dover Beck, on the walk. (In 1799, 7 year old Robert Blincoe along with 80 other waifs from a London workhouse was promised 'roast beef, plum pudding, silver watches and plenty of cash in their pockets to come and work in the mill'. What they actually experienced was 15 hour days, thrashings, unguarded machinery and starvation for the next 14 years.

On from the mill we crossed fields of inquisitive cows and nonchalant sheep before arriving at Hoveringham Mill (a corn mill). After circling the fishing lake we crossed the railway line, progress halted only by the passing of an East Midlands train and a disgruntled cyclist. The coffee stop was at the C13 St Laurence church in the tranquil village of Gonalston. Next, the busy A612 before returning to arable land and a steady climb up towards the highest point of the walk, affording views of Thurgarton and the surrounding countryside. The lunch stop (well earned) was at Hagg Cottage. Then it was all downhill, with views of Epperstone to our right, finally arriving at Lowdham Mill (corn again), and the Main Street with its' Gold postbox and plaque to Harold Cottham

7.8 miles, a little over 4 hours, and no mud! Our reward - a cold drink in the pub and the knowledge of having experienced the, 'English countryside at its best'. The Gonalston circular aka 'The nettles walk!'

This was a great walk - thank you to Dave Kay and Ian Raynor.

Our next walk will be to: Kelstedge in Derbyshire on Monday 18th June.

And our Treasure Hunt Walk and BBQ: Thursday 21st June at 5 pm (37 people are booked in).

WEEKENDERS' GROUP

Unfortunately I have had to limit membership of the Weekenders Group due to seating restrictions at events such as Social Evenings and Outings but we could welcome new members to the Coffee Club and to our Lunches where space is not so restricted. I would be happy to help start a Weekenders Two Group; if you are interested please meet me at Hucknall Library on Monday, 25th June at 10.30 am in the downstairs area.

We had a lovely trip to Dobbies and MacArthur Glen on Saturday, 14th April when for a change the weather was good. Our April Coffee Club & Programme Planning met on 28th April when the plans were made for May to August. The programme is posted on the U3A website so please contact me if you are interested in our events.

JUNE Mon 4 Outing to Boundary Mills Summer Sale & Fish & Chips Lunch
Sat.16 Lunch - Arunothai
Sat. 23 Social Evening – Venue yet to be decided – Any volunteers please?
Sat.30 Coffee Club - Holiday Hell!
JULY Sat 7 Lunch – Venue to be decided
Mon.16 Outing – Bakewell & Peak Village

Sat.21 Social Evening – at Lindsay Smith's
Sat. 28 Coffee Club - Strange Holiday souvenir
AUG.Sat 4 Social Afternoon Tea – Venue – any volunteers please?
Sun 12 Lunch – Ciao Bella Mansfield
Sat 18 Outing – Derbyshire Bus Tour with Lunch
Sat 25 Coffee Club & Programme Planning

For our May lunch we went to Porterhouse by Barlows at Annesley and followed this up with a visit to Katwalk Kouture a few doors down to grab a fashionable bargain or two. We got into the swing of the Royal Wedding by having a Wedding Social Evening on 19th May when we wore our best wedding outfits, tried to guess whose wedding photos we were looking at and attempted a Weddings Quiz. And at our Coffee Club on 26th May we tried to guess who was who from our teenage photos and reminisced about our teenage years.

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

HUCKNALL & DISTRICT U3A INTEREST GROUPS

June 2018

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

ARTS

CHOIR 1stWednesday 13:30
 3rdWednesday 11:30

CREATIVE WRITING 4thTuesday 13:00

DISCUSSION 1stMonday 13:45

DRAMA 4thFriday 10:00

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

HISTORY 3rdWednesday 14:00

MUSIC FOR PLEASURE 4thTuesday 19:00

NATIONAL TRUST Various dates & times

READING (BOOKS)* 1stWednesday 14:00

SINGALONGA 3rd Tuesday 10:30

THEATRE various dates

UKULELE 2nd & 4th 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 2nd Sunday 3-5pm

MOVEMENT TO MUSIC Thursday 10:00

SEATED EXERCISE 4th Monday 10:00

WALKING (LONG) 1st Tuesday 10:00

WALKING (MID)* 3rd Monday 10:00

WALKING (SHORT) 3rd Thursday 10:00

FOOD & DRINK

DINING IN 1st Tuesday

INTERNATIONAL DINING As Arranged

LATE BREAKFAST 1st Friday 09:15

LUNCH GROUP 4th Wednesday 12:00

PUB QUIZ & LUNCH 2nd Monday 12:00

WINE APPRECIATION* 3rd Monday 19:30

WINE TASTING * 3rd Wednesday 19:30

HOBBIES & PASTIMES

CANASTA 1st & 4th Friday 19:00

CRAFT 1 * 3rd Monday 13.45

CRAFT 2 2nd Tuesday 14:00

GARDENING 3rd Tuesday 14:00

HOLIDAYS various dates

KNITTING & CROCHET 4th Tuesday 14:00

MAH JONG 2nd Friday 19:00

POT LUCK * 1st Wednesday 19:30

RUMMIKUB 1st Monday 2:00pm

SCRABBLE 4th Thursday 14:00

TABLE GAMES 3rd Friday 19:00

WATER COLOUR 1st Monday 14:00

WEEKENDERS various Sat & Sun.

LANGUAGES

FRENCH CONVERSATION* 3rd Tuesday 10:00

FUN WITH LANGUAGES 2nd Thursday 10:30

SCIENCE AND THE ENVIRONMENT

BIRD WATCHING 2nd Tuesday 10:30

SCIENCE 1 4th Thursday 10:00

SCIENCE 2 3rd Friday 10:00

***Indicates group full. If you are interested then contact Siobhan who will 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

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