



NEWSLETTER

Issue July 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

It has been a very active month for many members, with some Interest Groups making the most of the long hours of daylight and the lovely weather to organise extra events.

The Mid-Length Walking group, for example, enjoyed their planned walk in Derbyshire followed, on the longest day, by a Treasure Hunt around the villages of Linby and Papplewick.

It is credit to our Interest Group Leaders supported by Siobhan that we successfully run almost fifty groups.

David Rose continues to organise some informative Workshops and details can be found on the website and in this Newsletter.

The past few months have seen more new members join us and our Membership Secretary and her team continue to do an excellent job in making them welcome. Alan Snape is now also following up new members to ensure that they feel at home in the Hucknall U3A.

As you will be able to read in the "Committee Corner", your Committee Continue to work hard to improve every aspect of our U3A. Recently, six of us travelled across to Carlton to meet with one of their Committee to look at the Beacon Administration System, which is used by many U3A's for most aspects of their Administration.

The month will finish off with the Hog Roast, which of course is organised by our Social Committee.

Finally, we will continue to use the first part of our monthly meetings to make new or changed arrangements known, introduce you to groups and hopefully send you off to tea and coffee with "And Finally" from Sandra Green.

Barrie Saunders, Chairman

Please forward articles for the next Newsletter to hucknallu3anewsletter@live.co.uk by 27th July 2018

OUR SPEAKER THIS MONTH

Jo Carter – “Between Stairs – Life as a Ladies Maid”

Future Speakers

8th August – Pat Hall – “Quick Change & Comedy”
12th September – Graham Keal – “50 Shades of Graham”
10th October – Christine Robinson – “Christmas at Chatsworth”

COMMITTEE CORNER - Notes from our Committee

At the Committee meeting held on Wednesday 4th of July the following issues were discussed.

The laptop formerly used by the Secretary would now be passed on to the Treasurer. This would prove invaluable as we move towards doing more banking online.

The Committee discussed the National U3A Administration System called Beacon and it was agreed that we would adopt this system. Mark Jackson would lead this move supported by other members who would supply information necessary for the setting up procedures.

A request for microphones and other equipment for use by several different groups including the Drama Group and the Ukeleke group was considered. Phillip Attenborough agreed to speak about the Committee views with Brian Stanley who submitted the list of equipment and costings.

Members expressed disappointment with the last speaker at the monthly meetings. It was felt that she was not up to the usual very high standard.

The Committee spent some time discussing our Policy Documents, Guidelines etc. It was felt that we had all the necessary policies in place.

The Committee thanked the Social Committee for yet another successful event with the recent Hog Roast.

The Treasurer presented Financial Reports for May and June. It is planned to do more banking in the future via a newly available online service.

Marguerite Hodgkinson, the Membership Secretary reported that we recently recruited our 700th member since the U3A was founded.

Angela Cornish, our Webmaster, asked if items submitted to the Newsletter could also be sent to her for inclusion on the website

Barrie Saunders

NEW GROUPS, WORKSHOPS & OTHER NEWS

Workshops

1. Report

Food and nutrition: dispelling the myths about dieting

This took place on Friday 22nd June attended by 20 members.

The presenter Steve Whittle promised a 'fun, interactive presentation' and it was certainly that. With our help he laid bare some myths and misinformation about food and diet and emphasised the benefits of exercise throughout all the phases of our life well into the '3rd Age'.



The photograph shows Steve with some of the participants.

2. Our August event

The work of the East Midlands Immediate Care (Medical Emergency) Team

August 17th 10.30am to 12 am Main Hall John Godber Centre

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 just turn up on the day. There will be a nominal cost of £1.00 to cover room hire. This will be collected at the workshop

3. And coming soon

on Thursday October 4th a 2 hour **First Aid** course led by The British Red Cross

More details in the August newsletter and on the website in July

David Rose

NEWS FROM THE GROUPS

ARTS INFORMATION GROUP

To join the Arts Information Group and receive a weekly updated calendar of what's available in our local area ask Alan Snape to include your e mail address in the circulation list.

Contact Alan on 07940146542 or alansnape@hotmail.co.uk

The calendar usually includes events at the Royal Concert Hall, The Broadway Cinema, The Bonington Theatre/Cinema in Arnold plus news of International live transmissions of Opera, Ballet and Theatre. Also if you have news of local entertainment events and would like it including in the calendar please pass on the information to Alan.

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 or something similar.

Our June meeting was on Tuesday, 26th June when we read our "homework" entitled "It was the nickname that made me smile". The next meeting will be on Tuesday, 24th July when the "homework" we will be reading out will be related to one of the two following subjects: "Someone who is an expert at playing cards, e.g. "poker" or "Mermaids". 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

Following some weeks of extra training under the watchful eye of route master John Saunders the day finally arrived 24th June 2018 for the annual event the 'Easy Wheelers' had been waiting for : the 50-mile bike ride for Nottingham Cycle Live.

Making our way to Trent Embankment for 9am start, we set off in groups but I could not start with the main group so I left in the next starting batch. However the others waited for me on the embankment and we all set off together.

It was like that all the we all looked out for each other so that no one was left (too far) behind.

There were 3 feeding stations, facilities for a rest and something to eat. The last station was at Langer and we all knew meant only 15 miles to go, reaching Radcliffe on Trent only another 4 miles left, we stayed together near the finishing line so that we all of finished at the same time. We did extremely well surviving the heat and no punctures, broken bones, or incidents.

I must congratulate David Rose who completed the 75 miles route even though he had a knee injury (and he is hoping that others may join him next year)

Well done to my fellow bike riders.

I was sponsored for The British Heart Foundation and take this opportunity to thank everyone who donated

£61.00 from the U3A and £227.50 in total

Irene Astill



DISCUSSION GROUP

At our last meeting on Monday June 4th the discussion covered several interesting topics. The session opened with a good lengthy discussion about banks, the lack of small branches and the ineffectiveness of main branches which have now become necessary to use. It was felt by the majority that the present generation of young people have and indeed future generation will have very little use for any type of branch and possibly any form of coinage due to use of internet banking and the use of contactless cards.

Other items brought into discussion were 'Policing in relationship to violent crime', 'the Legalisation of cannabis' and 'the Rise of Micro Pubs'.

We are refreshed at half time with a cup of tea or coffee and biscuits which are provided by a very kind member.

It is always a most enjoyable and satisfying afternoon giving all an opportunity to air our views and consider those of others. Chris Beer. Coordinator.

FUN WITH LANGUAGES GROUP

Our June meeting was enjoyed by a good number in attendance and we concentrated on direction finding and places of interest when visiting a town or city. There was great hilarity designing maps of city centres and route finding. We also looked briefly at telling the time.

Our next meeting will be on 12th July in JGC at 10.30 in the Byron Suite. We shall revise Time and go into more depth on transport and buying tickets etc.

Our Summer BBQ is on 10th July at Sue & John Tedstone's (thank you both for having us all) and most people have paid for this. If you haven't, can you please give £3-00 to Sue and may I remind everyone to bring a drink contribution please. Thank you.

We shall not have a meeting in August so we will resume on 13th September (usual time and place) and we will still be concentrating on French. Have a great summer and practise your languages on holiday!! Ann Murray & Liz Attenborough.

GARDENING GROUP

Another sunny day meant another enjoyable garden trip. This time the group went to the Norwell Nursery and gardens, near Newark, set in a 1 acre plot. It is in a frost pocket, (which they didn't know when they bought the land!) but it means that all the plants they grow are very hardy. They have the UK's largest collection of Hardy Chrysanthemums and the National Collection of Astrantias. There is also a Grassoretum – like an arboretum but for grasses instead! We were welcomed with a cup of tea/coffee and cake so we just knew we were going to enjoy the day! And many bought plants to add to already-full gardens, so we were obviously inspired by the educational talk and the guided tour round the borders, shady areas, woodland and pond area. It is a place worth a visit, if you get the chance.

July's trip is to Castle Ashby, on Tuesday 17th, leaving Ogle Street at 10.00am. The August meeting is a trip on the 21st, to Doddington Hall in Lincolnshire. The cost is £13 and the coach will leave Hucknall at 10.00am.



KURLING GROUP

Our kurling group continues to be well supported and the standard of play continues to improve every month. Most players now reaching the target most of the time.

As mentioned last month, we were fortunate to witness our first bullseye and in recognition of this, we decided to honour this achievement by presenting Jean Carrington with a rosette and a box of Scottish shortbread.

No other box of biscuits could mark this occasion, as evidence of the first ever curling stone existed in Scotland in the early 16th century when an old pond was drained in Dunblane and the date, 1511 was found inscribed on the stone that was uncovered.

So let's hope Jean enjoyed her biscuits dated October 2018.

Let's hope she has paved the way for many more bullseyes. Watch this space!. Anne, Jean and Rob.



LUNCH GROUP

Can I remind you that July is the renewal date for the Lunch Group Admin fee of £1 to be paid; this covers the cost of printing, telephone calls and quiz prizes etc. Would you please pay this at the July U3A Meeting. Thanks.

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 June 27th we tried yet another new (to us) venue at The Duke of Wellington, Kirkby in Ashfield but due to confusion on their part, it's probably not a venue we will be returning to. On July 25th we are returning to Ciao Bella at Mansfield. In August we are returning to an old favourite – Arunothai in Hucknall. 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.

MUSIC FOR PLEASURE GROUP

The Music for Pleasure Group met with a full complement of members on Tuesday 29th May at the home of our host John Peters.

John had once again compiled a selection of music from the 50's and 60's to provide us with another evening of nostalgia. After all, we are now of an age to appreciate the stirring of memories from the days of our youth!

Once again, there was a selection of artists from the days when popular music (and mostly rock'n'roll) was changing from an American focus to performers from Britain, largely due to the influence of the Beatles. There was a selection of hits from the Everly Brothers, Elvis, Jerry Lee Lewis, Fats Domino, Danny & the Juniors (remember them? One-hit wonders), then on to the British artists, beginning with the Beatles and on to the other groups who followed on from their success, such as Gerry and the Pacemakers and the Searchers.

We had our usual break for refreshments, which has now become such a highlight of our meetings, with various home-baked goodies and other treats.

We decided not to arrange a meeting in June, due to members' holidays, but will meet again in July when we are hoping for a sunny evening so that we can hold our evening of music in John's newly refurbished garden.

PICKLEBALL GROUP



The paddles and balls

are purchased . Two badminton courts are booked for 2 hours from 2 to 4pm

on July 12th , 19th, 26th. They are in use during August for their activity clubs but we will start again in September.

If you are signed up already or have not signed up and wish to give it a try please meet at the Leisure Centre between 1.45 and 1.55pm on Thursday July 12th.

Please note:

Players need wear loose clothing to allow for freedom of movement and none marking soles on their trainers.

The first session will be an introduction and coaching session led by Chris Garner.

David Rose and Chris Garner

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, 11th June were "Newbies" and "Whatever". We had a turnout of 21 members, depleted because of holidays etc.

The next Pub Quiz will be on Monday, 9th July.

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

READING GROUP

Seating space limits our group to ten members; this number also allows everyone enough time to participate in giving their opinions on books we have read. We meet on the first Wednesday of each month. We choose one set book for us all to read each month and discuss. We then tell everyone what else we have read over the month and which books we can recommend. We hope to be discussing Daphne Du Maurier's "My Cousin Rachel" at the August meeting but July's will be a "love" story of our own choice.

We also attend talks put on by Hucknall Library with guest authors, which can be very enlightening. The Library also has a "Crime Café" on the second Tuesday of each month, with guest speakers as well as discussions.

SCIENCE GROUP 1

14 members of Science Group One visited the headquarters of the Nottingham Tram on Thursday, 28th June. It was a hot day but the members were delighted to visit the HQ. We arrived on time to be greeted by a member of the Tram staff who was extremely friendly, which turned out to be the order of the day. We were shown into what can only be described as a quite large Board Room where we were given a presentation about the tram network, the internal management structure, the interview process to become a driver (which was very intense and sounded quite complicated) and the monitoring and safety arrangements for passengers. Our members were then allowed to ask questions to glean more information. This proved to be quite an informative session. Apparently there are 37 drivers in total and only two spare trams at any one time. There is no statutory limit as to how many passengers can travel on one tram at a time, unlike other modes of transport. If you are involved in an emergency and you are near a tram station you can use the emergency facilities at the station to request assistance even if you are not using the tram.

After the group session we were split into several smaller groups to tour the building and use the tram simulators. Each simulator monitored the performance of a trainee, which was an interesting exercise for the members. It showed how new drivers were trained to operate the trams. We were then each given a printout of our own performance.



The visit to the main control room was fascinating. It was very reassuring that each tram station was monitored at all times of the day and night. It was very reminiscent of a NASA launch control room with large TV screens covering one wall.

Jim Spray, Science Group One Co-ordinator

SCIENCE GROUP 2

On Friday 15th June we looked at the positive and negative effects of three different types of microorganisms: bacteria, virus and fungi.

We then considered the theory that Europeans conquered and built empires in less developed countries through the use of steel weapons and the effects of introducing local populations to killer infectious diseases spread by microorganisms for which they had little or no immunity.

After the break Maggie Huckerby gave an interesting and illustrated presentation on 'what can go wrong with your heart and circulatory system', Christine Berrill then raised our understanding of Cholesterol and John Tedstone added some points about statins.

Thanks to them all. If anyone has a talk prepared and would like to present it at the September meeting please let me know.

July 20th Meeting - This will be at the Papplewick Pumping Station for a 10.30am tour. The plan is to meet at their car park between 10am and 10.15am. Some shared lifts have been arranged but if you need transport please contact me or John Berrill.



As part of our recovery after the visit we are having lunch at The Burntstump Inn. David Rose.

THEATRE GROUP

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

The Full Monty - Theatre Royal, 6th February 2019 - 2pm, Tickets £28.00

Dr Dolittle - Theatre Royal, 11th April 2019, 2pm, Tickets £39.50

Kinky Boots - Theatre Royal, 1st June 2019, 2:30pm, Tickets £57.50 (Cheaper if >10 people)

Avenue Q - Theatre Royal, 20th July 2019, 4pm, Tickets £38.00

WALKING GROUP (MID LENGTH)

On 18th June 19 walkers gathered at Kelstedge in Derbyshire for a second attempt to do the walk planned by Steve and Anne for March and cancelled due to bad weather. No weather issues this time, in fact the weather was glorious. The group set off on a climb uphill, which guaranteed everyone felt warm, despite a stiff wind! Views over the Amber Valley from the top were worth the climb and we then progressed through the forest to reach the coffee stop.

We then walked through several fields before arriving at the area where a warning had been given prior to the walk of potential nettles. They were there, as were head high ferns and lots of flying

biting insects. Certainly the talking point of this walk! We then walked through more fields, one with cows who chose to run between the fields and with calves in tow, they watched the walkers very carefully!

A final climb before lunch, a walk through more fields with sheep this time and then back to the start and a well-earned visit to the Greyhound pub. Drinks outdoors in the sunny weather were very welcome. This was a lovely walk, with great company.

On MONDAY 16th JULY our walk will be from the village of PILSLEY in the Chatsworth Estate. To be led by Sue and John Tedstone.

EXTRA – TREASURE HUNT

36 of our members walked around Linby & Papplewick in a 4.5 mile loop, searching for answers to clues set out in rhyme by Mark and Lynda. This was on the 21st June, which is the longest day. Our first Summer Treasure Hunt was a huge success.



Whilst the sun shone down and the sky was blue
 Team "4 Stooges" were the team that won the day
 They were just that much better, what more can I say?
 Like the tortoise winning against the hare in the story
 Mandy, Irene, Teresa and John took the glory
 A barbecue followed, which was hosted by Steph & Paul
 And a thoroughly good time was had by us all!!

WEEKENDERS' GROUP

Unfortunately we 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 have been happy to help start a Weekenders Two Group but unfortunately only one person turned up for the meeting at Hucknall Library on Monday, 25th June.

The programme is posted on the U3A website so please contact me if you are interested in our events.

Our June outing was to Boundary Mills, Rotherham, followed by a lovely fish & chips lunch at Whitby's. On 16th June we returned to an old favourite for lunch – Arunothai - and our Social Evening on 23rd June had a Fruit & Flowers theme courtesy of Joyce Crane; thanks for the lovely flower arranging demonstrations, Joyce. Finally for June our Coffee Club was on the 30th when we discussed "Holidays from Hell".

In July we hope to lunch out again but no venue has yet been agreed. However our outing to Bakewell & Peak Village on Monday 16th July is now full. Lindsay Smith will be hosting our July Social Evening with a "Schools Out For Summer" theme and our Coffee Club will be talking about our strangest holiday souvenir. Just for July this will be held at the Nabb Inn at 2 pm.

HUCKNALL & DISTRICT U3A INTEREST GROUPS

July 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 14:00

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

Please forward articles for the next Newsletter to hucknallu3anewsletter@live.co.uk by 27th July 2018