



Issue October 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

As I write this message for the October Newsletter Goose Fair is only a week away and for Hucknall U3A members our thoughts turn to autumn and Goose Fair weather. Having spent nearly all my life in the area, I am still not sure exactly what that means but it is certainly not the wonderful sunshine that we are experiencing at the moment!!.

I hope by the time that you have read this message you will have celebrated The International Day for the Elderly which fell on October 1st.

September traditionally sees many members enjoy a well-earned holiday and this year appears to be no different which means that many Interest groups will get back up and running fully in October.

I would encourage members to take advantage of the new Interest groups which are planned. Certainly, the Pickleball is proving popular and I hope that the proposed new groups can do the same

The National U3A is working hard to find ways to include people with disabilities and some of your Committee will be attending a Conference to share ideas on how to do so. Personally, I believe we are already a very Inclusive U3A but we can always do better.

May I just take time to thank all of your Main Committee, Social Committee and Interest group leaders for all their hard work on behalf of the membership.

I look forward to seeing as many members as possible at the monthly meeting. Our talk this month is entitled "Christmas at Chatsworth". We all have our favourite places to visit at Christmas and Chatsworth is certainly my personal favourite. The market, the wonderfully decorated Chatsworth House and the grounds combine to make a great day out.

Finally, the National U3A is looking for volunteers to undertake some cognitive tests, the results of which will be used for medical research in relation to brain activity in older people. If you are interested in helping out with this research please contact myself at chairman@hucknallu3a.org.uk and I will pass your details on to Lucy Devine who is doing the work in this area.

Barrie Saunders, Chairman

Please forward articles for the next Newsletter to hucknallu3anewsletter@live.co.uk by 2nd November 2018 Please also send a copy of your article to webmaster@hucknallu3a.org,uk for inclusion on our website.

OUR SPEAKER THIS MONTH

NEW - Christine Robinson - "Christmas at Chatsworth"

An illustrated PowerPoint talk about how the house is dressed for Christmas opening, the estate children's Tea party and some of the events that take place within the house during closed season.

Future Speakers

14th November - Foolsgold acoustic - "Mix of Songs, stories & Beat Drum shows"

12th December - Christmas Meeting

9th January - William French "The Butler"

COMMITTEE CORNER - Notes from our Committee

A long discussion was held regarding Membership Renewal forms and membership cards.

Our Group Co-ordinator spoke about having to disband the "Slimmer's Club" due to a lack of response from the membership.

We also discussed the Christmas Showcase, and developments which were taking place to set up several new groups.

Several Committee members are attending a meeting at Ollerton at the end of the month to discuss ways to include more people with disabilities.

The accounts were examined for August and formally approved.

Several short courses including First Aid and Driving in the Third Age were discussed.

Progress on the Beacon Administration scheme was discussed with several members having attended some internal training on its use.

Barrie

CHAIRMANS LUNCH

It is the Annual Chairmen's Lunch on Sunday 24th February at Portland College at 12:00 for 12:30.

The cost will be £20 pp including a small tip & will be the usual 3 course lunch plus coffee.

There is some entertainment being planned.

Payment will be need by no later than the February meeting but please book in early and also let me know of any seating requests.

Geoff Cree



NEW GROUPS, WORKSHOPS & OTHER NEWS

NEW GROUPS

GILBERT & SULLIVAN APPRECIATION GROUP

If you, like me, really enjoy the works of G & S and would like to meet up monthly with others to explore maximising our knowledge and appreciation in various ways including a production sometime in the future then make yourself known by contacting our Interest Group leader Siobhan Lee on 0115 9550119 or through the website or writer Alan Snape 07940146542. If there are at least 6 members interested then we will meet up for a feasibility meeting to discuss content etc.

BEGINNERS FRENCH GROUP

Our U3A started a French Conversation Group some 8 years ago and obviously this group has now reached a fluent stage. We also have a Fun with Languages Group which primarily deals with holiday needs. Should you be interested in joining a new French for Beginners Group then please contact our Interest Group Leader Siobhan 0115 9550119 or through her contact on our website or writer Alan Snape 07940146542. If there are at least 6 members interested then we will meet up to discuss further details.

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NEWS FROM THE GROUPS

ARTS & FILMS INFORMATION GROUP

To receive a regular update of the Arts Information Calendar showing upcoming events in the Nottingham area contact Alan Snape on 07940146542 or alansnape@hotmail.co.uk

The calendar 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. If you have news of local entertainment events and would like them included in the calendar please pass on the details to Alan.

CREATIVE WRITING GROUP

We meet from 1-3 pm on the fourth Tuesday of each month. Our venue is the Liberal Club on West Street. Unfortunately our Co-ordinator, Janet Gibson, wishes to take a well-earned break and we take the opportunity to thank her for all her patience with us and for opening up new ideas on Creative Writing. We hope to continue with a programme she has suggested for us for the foreseeable future. Members are given 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 "homework" which we discussed at the September meeting was related to one of the following subjects: "All that glisters is not gold", "Youth is wasted on the young" or "The customer is always right". Our "homework" for discussion in October is "pick a proverb of your own choice and write about it".

New members are very welcome to join us on Group sessions, just bring pen and paper!

CYCLING GROUP

In June - 10 Easy Wheelers took part in the Great Nottingham Bike Ride (now called Cycle Live). 9 of those riders completed the 50 mile course. We had a great day and felt pride in our achievement.

The 10th rider went the extra mile; in fact he went an extra 25 miles completing the 75 mile course in approximately 7 hours. No mean feat when he fell off his bike two weeks before the event and injured his leg. It was doubtful whether he would make the start line never mind the finish line. But he did it.

75 miles is the equivalent of cycling to Peterborough, Skegness or York

The Easy Wheelers felt that the dedication and determination shown by David Rose should not go unrecognised and he was presented with a Certificate of Achievement and a Trophy by our Coordinator Irene, for not only completing the 75 mile course but for inspiring the rest of the team to continue cycling.



David receiving his Certificate from Irene (Easy Wheelers Co-ordinator).

DISCUSSION GROUP

At our September meeting the topics for discussion were 'Home Insurance' and 'The bias of the BBC with particular attention to its pay structure.'

We came to the conclusion with regard to 'Home Insurance' that we should check that all that is needed to be should be covered and it is important to have contents insurance in addition. One of our members who has recently been through making a claim gave what we all considered good advice which was to keep all receipts of purchases.

With regard to the BBC's pay structure we concluded that as any business how much an individual is paid is dependent on at what point on the pay scale a person is taken into employment and the range of scales according to rank. Promotion would put an employee on a differently graded scale.

Taking all of these points into consideration we felt it was difficult to perceive any bias. Part of that discussion took into consideration the bias of how the News is reported on different channels and stations of the BBC and it was felt by the group that there was sufficient coverage to be able to choose which presentation one favours most.

We are a friendly group and our discussions are very informal. We all take an interest in hearing each other's points of view.

FUN WITH LANGUAGES GROUP

At our September meeting we discussed "Les Problemes" in a hotel, airport and garage setting. We divided into groups for a short role play followed by a guiz devised by Ann.

Our next meeting is the 11th October , 10.30 at the John Godber Centre.

New members welcome!.

GARDENING GROUP

The final trip on this year's calendar was a visit to Grimsthorpe Castle and Gardens in Bourne, Lincolnshire. We have enjoyed good weather for every trip this year, keeping up Alan's past record, and we managed to miss storm ALI which hit the day after our visit!

Some of the group managed a walk around the lake, stated as being about 3 and a half miles, so well done to them. Others enjoyed the walled kitchen garden, which included lots of apple trees, the formal garden, the topiary garden, the rose garden as well as a wander in the park which occupies around 3,000 acres. Of course the tearoom was tested and not found wanting!

This month we welcome Steve from Floral Media and all are welcome at the John Godber Centre at 2.00pm on October 16th.

HISTORY GROUP

After hearing complaints about members not hearing very well I discovered there was a sound system for the hall where we meet. Last time I tried it out and was told it worked well although I wasn't properly used to the job! I need a volunteer from the members who will help setting this up as I am busy sorting out other things for the meeting at the time. Please contact me in the 'Board Room' or by email or 'phone.

Our October 17th meeting is to have a speaker as well. John Ellis will tell us all about 'Then and Now' – should be fun!

November 21st is listed as a members afternoon for 'Show & Tell'. Bring something from the past, maybe connected with your own family and tell us all about what it means to you.

There is no meeting in December – too near Christmas.

Please don't forget we need to organise meetings and visits for next year. Keep thinking about what we can do and where you fancy for time out. Maureen Newton.

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 would love to hear about your recommendations for reasonably priced venues as we have been going for nearly ten years and are running out of new venues!

When putting your name down, if the menu is available, either at the meeting or on the website, could you please indicate your menu choices <u>at that time</u>.



On September 26th we went to the refurbished Thorn Tree at Woodlinkin which is famous for its great fish and chips and we weren't disappointed. The Sharer dessert was a sight to behold!

Please remember to bring your £9 balance to the October meeting for the Christmas Lunch on Wednesday, 19th December at the Albert Hall. Cheques to be made payable to Hucknall & District U3A.

We are trying something different on October 24th – Beauvale Priory at Watnall. Menu on the website.

Then on November 28th we go to Holly Tree Farm just off the Strelley Bypass. A £5 deposit is required and again the menu is on the U3A website.

NATIONAL TRUST GROUP

On Friday 30 November, 2018 we will be visiting Hardwick Hall for their Hardwick at Christmas exhibit. Six rooms and parts of the gardens are decorated.

The coach fare is £7.00 and we will be leaving Hucknall Leisure Centre at 9.30 pm. If you aren't in the National Trust and would like to join us there will be an additional £11.80 entrance cost. Quite a few people have expressed interest in this visit which I hope will be just the thing to get us in the Christmas spirit.

NOT SO GRUMPY OLD MEN GROUP

In September the Not So Grumpies visited Carsington Water to build and race their own rafts. The visit began in true Grumpy style with a visit to the cafe for pre-event refreshments, following which our carer/instructor issued us with wetsuits, and retired whilst we attempted to squeeze into them. Looking like overfed seals we were then ready to start!

Split into 3 teams, each team was resposible for designing and building their own rafts, then launching them into the water. Captain 'Thor Heyerdahl' Attenborough and the crew of the Kontiki then floated around waiting for the other 2 vessels to undergo necessary adjustments to design/construction to make them seaworthy, during which time one crew member of the Titanic appeared to have fallen/been thrown overboard.

With all rafts finally afloat, the race began in earnest, and the true piratical nature of the participants became apparent! Despite the superior build quality of the Kontiki and strong backs of her crew, the Titanic nosed in front. It was only later discovered that Captain 'Pugwash' Saunders and the crew of the Black Pig had surreptitiously attached the Kontiki's mooring rope to the Black Pig and were being towed by the Kontiki! With the Kontiki crew thus fatigued, the Black pig finally got her oars wet and pulled ahead.

By the end of the second leg, the Titanic was structurally compromised and had to be dry-docked, and her crew was divided between the remaining two rafts for the final leg. Aboard the Kontiki, it

appeared that there was a grudge between the two new crew members and one tried to cast the other adrift by undoing the ropes securing his berth to the Kontiki, which resulted in an impressive display of solo barrel-riding by seaman Rose.

Captain Pugwash and the crew of the Black Pig won the day. Our instructor thanked us all for our participation, saying he had genuinely not seen anything like it before, and all crews retired for a debrief (literally) before heading home.





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 and invite a new member to join you!

Donations of raffle prizes or items for the Bumper Bag are gratefully accepted. Just pay the subscription on arrival, then, if you wish to eat, 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, 10th September were "Full House" and "Famous Five". We had a good turnout of 31 members which included some new faces. The next Pub Quiz will be on Monday, 8th October.

READING GROUP

We had free range for our book choice in October but hope to have a non-fiction set book in November. Because the group is full we have started a waiting list for a second group. Please put your name on the noticeboard at the monthly meeting. 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

On return after our August break Chris Garner gave a verbal presentation about the benefits and side effects of Cannabis Oil.



The oil has been thought to have some medical properties, including relieving inflammation, pain relief and reducing anxiety, although there have not been conclusive scientific studies on this.

From our in-depth research, what we found suggests that the side effects of <u>CBD oil</u> are usually minor, and, for most people, the benefits far outweigh the rare reports of discomfort.

After the presentation a lengthy discussion followed by all on the subject.

The favourite snippets corner by a number of our members gave insight into various and unusual subjects.

SCIENCE GROUP 2

After our September recess we meet on Friday October 19^{th} at the usual time of 10am to 12 pm in the Studio at the John Godber Centre.

Alan Ratcliffe has kindly offered to will lead a presentation on: 'Navigating by Stars'



This will be followed by 'The Astronaut Test' and finally a visual presentation of some of our activities since September 2017.

There will also be an opportunity to share ideas for topics to explore in future meetings.

We have 2 further meetings in 2018

November 16th and December 21st: Guest Speaker Janet Archer from Specsavers

Janet will be accompanied by an audiologist and an optician. We will be looking at the science behind common eye and hearing defects and at ways some of them can be alleviated. She has promised an early Christmas present of 'goodie bags' for attendees .

Seasonal refreshments will also be available. David Rose

THEATRE GROUP

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

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WALKING GROUP (MID LENGTH)

September's Walk After receiving a briefing on the history of the village of Heage, including tales of murder and ghosts, the 21 strong group set off on a "gently undulating" walk which circled the village, taking in the unique and picturesque Heage windmill. One of the group had a close encounter with a tree but she survived! The weather held out and we enjoyed some super views. Thanks go to Mark and Lynda Jackson.

October's Walk is a canal walk, starting from Langley Mill (6.5 miles).

WEEKENDERS' GROUP

The September to December Weekenders programme has been posted on the U3A website so please contact me if you are interested in our events. We like to organise a Lunch, a Social Evening, an Outing and a Coffee Club get together each month, plus any other events we might be interested in.

In September we had a Fish & Chip Supper at Sandra's, followed by a Bus Pass Day Out to Newark and then lunch at the Flaming Grill Hucknall. Sandra Green also held a Macmillan Coffee Morning instead of the usual Coffee Club on 29th September. Ruth Houldsworth is kindly hosting a Cheese & Wine evening on 6th October and on 13th October we have lunch booked at Encounters in Nottingham – another favourite venue for us.

We plan an outing to Dobbies at Barlborough on 26^{th} October, a Book/CD/DVD swap at Coffee Club on 27^{th} October, a late night shopping event at Crabtree & Evelyn on 1^{st} November. Then our November Social Evening will be a Winter Warmer at the home of Joyce Crane on the 10^{th} and hopefully our November lunch will be at The Broomhill on 18^{th} November. We shall be attempting to make a Christmas craft item at our 24^{th} November Coffee Club session.

Our programme is on the U3A website for further information.

U3A HOLIDAYS

I've had a cancellation for New Year. Its 30th December 2018 to 2nd January 2019.

Bed breakfast evening meal, full entertainment programme. Plus excursion. Eliot Hotel Newquay, all rooms heated , private and tea and coffee making facilities. Bar and entertainment, games room, lift. Only few yards from sea front. Coach pick up local Hucknall. Mansfield. £279. Pp. Twin room. Contact Caroline, 01623 721987

HUCKNALL & DISTRICT U3A INTEREST GROUPS October 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

CHOIR 1stWednesday 13:30

3rdWednesday 11:30

CREATIVE WRITING 4thTuesday13.00

DISCUSSION 1stMonday 13:45

DRAMA 4thFriday 10:00

FILM CLUB Thursday 10:30& 13:00

Friday 19:15

ARTS

HISTORY 3rdWednesday 14:00

MUSIC FOR PLEASURE 4th Tuesday 19:00

NATIONAL TRUST Various dates ×
READING (BOOKS)* 1stWednesday 14:00
SINGALONGA 3rd Tuesday 10:30

THEATRE various dates
UKULELE 2nd& 4thMonday 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 2ndSunday3-5pm
MOVEMENT TO MUSIC Thursday 10:00
SEATED EXERCISE 4th Monday 14:00
WALKING (LONG) 1stTuesday 10:00
WALKING (MID)* 3rdMonday 10:00
WALKING (SHORT) 3rdThursday 10:00

FOOD & DRINK

DINING IN 1stTuesday

INTERNATIONAL DINING As Arranged

LATE BREAKFAST 1stFriday 09:15

LUNCH GROUP 4thWednesday 12:00

PUB QUIZ & LUNCH 2ndMonday 12:00 WINE APPRECIATION* 3rd Monday 19:30

WINE TASTING * 3rdWednesday 19:30

HOBBIES & PASTIMES

CANASTA 1st& 4thFriday 19:00

CRAFT 1 * 3^{rd} Monday 13.45 CRAFT 2 2^{nd} Tuesday 14:00 GARDENING 3^{rd} Tuesday 14:00

HOLIDAYS various dates

KNITTING & CROCHET 4thTuesday 14:00

MAH JONG 2ndFriday 19:00

POT LUCK * 1stWednesday 19:30

RUMMIKUB 1stMonday 2:00pm

4thThursday 14:00

TABLE GAMES 3rdFriday 19:00

WATER COLOUR 1stMonday 14:00

WEEKENDERS various Sat & Sun.

LANGUAGES

SCRABBLE

FRENCH CONVERSATION* 3rdTuesday 10:00

FUN WITH LANGUAGES 2nd Thursday 10:30

SCIENCE AND THE ENVIRONMENT

BIRD WATCHING 2ndTuesday 10:30

SCIENCE 1 4thThursday 10:00

SCIENCE 2 3rdFriday 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
