



NEWSLETTER

Issue June 2019

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

Sadly, I have had a disappointing response to my appeal in the recent Newsletter and also at the Monthly Meetings for people to help set up some new groups within the Hucknall and District U3A. However, may I remind members that we now have an arrangement with some other U3A'S who belong to the North Notts Neighbourhood group whereby if they have vacancies in groups that we do not do ourselves, then you are most welcome to join any of these groups. Please ask Siobhan or myself if you are interested in this opportunity.

You have all received an email about the Ageing Well Conference to be held later in the year and if you are interested in attending please book early, as it is expected to be very popular and tickets are limited.

The various groups seem to be doing well with many taking the opportunity to organise trips at this time of the year. The Not So Grumpy Old Men boosted by several members of the Actual Grumpy Old Men, for example, enjoyed a great day at the Morgan Car Factory in Worcestershire.

I hope that you continue to enjoy the long days and good weather and hope that you are able to make the next Monthly meeting where the Committee look forward to seeing you.

Barrie Saunders, Chairman

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Please also send a copy of your article to webmaster@hucknallu3a.org.uk for inclusion on our website.

OUR SPEAKER THIS MONTH

Martin Perry – The Magic of the Guitar

Future Speakers

10th July – Katherine Booth "The Work of the Macmillan Nurses"

14th August – Philip Caine "Author"

11th September – Elizabeth Gowing - "From our own correspondent"

COMMITTEE CORNER - Notes from our Committee

Committee Meeting

Two members reported back from a recent course that they had attended on Recruitment and Volunteering, which was held in Lincoln.

The Groups' Co-ordinator reported on the possibility of starting up two new groups.

The Finance Report for May was approved following a detailed examination of the accounts.

It was reported that the National U3A, AGM and Conference would again take place in Nottingham in late August

The purchase of new equipment for the kitchen ,including a new urn was discussed.

It is planned to hold a one off Short Course on " Falls Prevention" later in the year.

It is hoped that several Interest Groups would perform at an Open Day at the new Care Home, Beaumont House on the last Friday in June.

Minutes were received from the Social Sub-committee.

Barrie Saunders

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NEW GROUPS, WORKSHOPS & OTHER NEWS

NEW GROUPS & SHORT COURSES ETC.

SHORT COURSES – FALLS PREVENTION



Falls Prevention Services with Everyone Health - an invitation to a one session event

As one of the largest causes of serious injuries among the older population of the UK, helping to prevent falls is one of Everyone Health's primary concerns. Not only do falls cause a large number of injuries to older people, but they also act as a barrier, stopping people from maintaining their independence.

We know from the experience of some of our members that falls can have uncomfortable medium to long term effects on our health and activity.

As we get older our bone structure and density weakens – we don't 'bounce back' like younger people do!

Ben Middleton the Programme Leader (Falls and PAS) is offering a talk about Falls Prevention together with a short practical demonstration of some strength and balance exercises that can help

Date: To be confirmed late July. Register Interest by signing up at the June 12th monthly meeting, or email :davidrose98835@gmail.com

Rumbletums Cafe Kimberley Recycling Project

Crisp packet recycling has definitely arrived!. Rumbletums can earn money by sending collected crisp packets of any brand to a recycling company called Terracycle. The photograph shows empty crisp packets ready to send to Terracycle.

This collection includes some donated by our members. Your response has been fantastic and we will welcome further donations at the June monthly meeting.



Cycle Group

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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.

The Film Club - A number of members attend Silver Screen showings on a Thursday each week to watch new releases that are proving popular, Generally speaking these are shown at 10.30 and 13.30 (occasionally they start at 10.15 for longer films). Normally the same films are shown at the following cinemas in our area, The Broadway, Cinecentre, The Showcase Lenton, Savoy Derby Road and the Odeon Mansfield. At The Broadway there is a cafe on the premises where many U3A members meet up to enjoy their free tea/coffee and biscuits before or after the screening. The U3A have agreed a 50p discount for all U3A members. Just mention or show your U3A membership card. Admission prices can vary at different cinemas but normally about £5,

I am sure that many of our members by now are aware of the live transmissions of London productions at a fraction of the price that it would cost to attend in the West End. Often these transmissions are of Operas being screened live from the New York Met and Ballets from Moscow. Most of these live transmissions are repeated, usually on the following Sunday afternoon. They are shown at the cinemas listed in my previous paragraph plus the Bonington in Arnold, Prices tend to be around £12 - fantastic value compared to what it would cost to see the ballet or opera performed live and on your doorstep too. I try to keep our members that are interested, up to date with whats coming and it is normally necessary to book early as often they sell out. Send me your e mail address (alan.hucknallu3a@hotmail.com) to be included on my ongoing calendar of Arts Information to be kept up to date.

CYCLING GROUP

On 24th May, a group of 17 adventurous Easy Wheelers set out, in glorious weather, on a cycle ride to Grantham.

For safety reasons, we formed 2 pelotons, one lead by Route Master, John Saunders and one by Group Leader, David Rose, ably supported by Back Markers Trevor Onions and John Gibson.

Group 1 had to wait for Group 2 who went on an unplanned tour of the industrial estate at Dunkirk before we reached our refreshment stop at Holme Pierpoint. We were covering the distance so quickly that we had time for another stop before pressing on to complete the 37 miles target for the day.

Team Beadle guided us through the rush-hour congestion in Grantham and it became clear that the Route Master hadn't added VAT to the distance calculation as, after 45 miles, we finally arrived at the hotel, to be met by our support driver, Pam Spray.

After a shower, where the hotel plumbing had mixed reviews, we proceeded to a local Italian restaurant. Our 'blue-badge' guides negotiated a good deal and a most enjoyable evening ensued as we replenished food and fluids lost during the day.

After a refreshing sleep, we met up for what proved to be an entertaining breakfast, unaware that the hotel must have been the inspiration for Fawlty Towers. The staff visited the local Aldi to replenish some items and had clearly bulk bought the entire stock of Rice Krispies.

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Once again, the sun was kind to us and we rapidly clocked up the first 12 miles before stopping for refreshments at Long Bennington. Re-joining the route we headed for home and pressed on to Lowdham where some more refuelling took place.

The last push was easy. After all, we only had to cycle up Gravely Hollow!.

Puncture number 2 at Burnstump Park and a dash for home finished the 39 mile distance in good time to enjoy the last of the sunshine.



Lynda Jackson Cycle Group

(This was part of our training for the Great Notts Cycle 50/75 mile ride on Sunday June 23rd)

FRENCH BEGINNERS GROUP

The class for new learners meets on the 2nd and 4th Friday of each month within the John Godber Centre. Should you wish to enquire about membership please contact Alan Snape on 07940146542 or via e mail alansnape@hotmail.co.uk.

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FUN WITH LANGUAGES GROUP

We began this group of Italian sessions with some revision from our last Italian class, which all of us needed and appreciated!! We welcomed a new member and we are always happy to do so. We listened to some basic phrases on CD to help us to get into the Italian feel of words and then had a quiz to test our knowledge. Some did better than others!

We practised small group conversations to build confidence. Our next meeting on Thursday 13th June will feature clothes and market shopping, always a must on holiday! (at least for the ladies; the gents probably hold onto their wallets!) We also plan to arrange our ideas for a meal etc together. The meeting as usual will be 10.30 till 12 noon in the Byron Suite at JGC. Hope to see you there!. Ann & Liz.

GARDENING GROUP

In May the group enjoyed a visit to Hodnet Hall and all were impressed with the beauty of the gardens – lots of Rhododendrons , Azaleas and Lilacs in full bloom as well as spring bulbs. We hope to go again at a different time of year to see other plants and shrubs. We also had a meeting with a DVD by Alan Titchmarsh and a very successful plant swap. A big thank you to all those who shared the work of their green fingers and to David who worked the technical equipment for us.

There are still places available on the trip this month to Arley Arboretum and seats can be booked at the June main meeting. We will also be taking bookings for July's trip to Middleton Hall, Tamworth. All are welcome. Anne.



GROWING OLD DISGRACEFULLY GROUP

A small group of ladies attended Ladies Day at Nottingham Race Course on May 11th. We were dressed up in our finery and tiffers. It was an educational visit. We learned mathematics by trying to understand how you actually place a bet. Some were much better than others and actually won some bets. Personally I still don't understand it. We learned weather watching and temperature forecasting as the day started off sunny and bright with a slight breeze. This gradually disappeared and a brisk cold wind brought in dark clouds and showers. This did not detract from a really enjoyable day.

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HISTORY GROUP

Beautiful weather had been requested again for the second visit of the year to Bakewell. Members had chance of a look round the historic town and see the fish in the river Wye. Both Bakewell Museum and Church were so good perhaps deserving another visit.

The visit to Grimsthorpe Castle on June 19th leaves Hucknall Market at 9am – returning 6pm (ish). On arrival refreshments will be served followed by a tour of the building. Lunch is either your own picnic or in the tearooms/café. At 3pm we board the coach again for a tour of the grounds which is followed by a quick comfort break; then back to Hucknall.

The first indoor meeting of the next season in September is at Central Methodist Church at 2pm. Andy Mckinnon will be telling us about The Great War with a focus on Hucknall.

At this meeting names and payment will be taken for a visit to The Royal Armouries in Leeds where we will have a guided tour of the Tournament Gallery and a handling session. The coach will leave Hucknall at 10am – returning 6.30pm (ish) Total cost is £15 per person.

KURLING GROUP

At our last meeting in May, the temperature inside the leisure centre was as hot as the temperature outside, as 5 teams competed for best team award. Only one point separated the top 3 teams and Mavis, Gary, Jean and Pat were delighted to cross pushers and as they posed for their victory photo shoot.

Well done to all for another fun filled afternoon. Next meeting is on the Sunday 9th June when Peter Hindley and John Orosz will be taking over the reins for this session.



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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 would love to hear about your recommendations for reasonably priced venues as we have been going for nearly eleven 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 at that time.

In May it was The Old Ship Inn, Lowdham when the "ships" quiz was won by Siobhan Lee and Doreen Werle. In June we go to The Lion at Brinsley, for which a £5 deposit is needed. The menus will be on the U3A website so please make your choices and let me have your names and deposits (where applicable). Hopefully in July it will be a visit to a Chinese restaurant (not yet booked).

NOT SO GRUMPY OLD MEN GROUP

Twenty two Not So Grumpy Old Men and including several of the Real Grumpy Old Men left The Leisure Centre on May 16th to spend an enjoyable day at the only Handmade Car Works in the country which produces Morgan Cars

On arrival, our organiser ,Terry Moulton got everyone to pay their entrance fees before we were then shown around the factory by our tour guide. The skills on show were wonderful to see and with not a robot in sight EVERYTHING was completed by hand.

It was suggested that we had a collection to buy a car to share between us but this made several members really grumpy so the idea was dropped!!!!!!!!!!!!.

The visit was followed by a lovely lunch where the Chairman had the pleasure of in being put in the Stocks and found himself getting wetter by the minute!!!!

A pleasant journey home saw us arrive back in Hucknall for 6.30pm after what had been a great day out. Barrie.



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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. The next Pub Quiz will be on Monday, 10th June.

READING GROUP

In May we attempted to read the History of the Romanovs but this proved quite difficult due to the actual size and weight of the book plus the very small print! For June we have asked the Library to recommend our set book. The Reading Group is full at the moment. 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.

SINGALONG GROUP

Our singalong group continues to be proving popular, averaging 25 people at each session.

Our May meeting included Eurovision songs over the years and places. We recorded a couple of songs which have been sent to BBC Radio Nottingham for the Big Sing. Watch this space !. More Singers Welcome. Keep Singing. Liz and Philip.

SCIENCE GROUP 2

1. We welcomed Bob McEwen to our May 17th meeting as guest presenter.

The theme of Bob's talk was 'Satellites' (Do satellites rule the world?)

It was obvious that he had sussed out his audience who immediately recognised the theme from Telstar and all remembered Sputnik from 1957.

He explained that in the context of spaceflight, a satellite is an object that has been intentionally placed into orbit. These objects are called artificial satellites to distinguish them from natural satellites such as Earth's Moon.

Bob also included some 'hard maths in his talk in order that we better understood some of the high speeds and vast distances involved when a communication satellite orbits the world in 90minutes.

He concluded that we have come a long way in 60 years, especially so in the last 20 with the technology associated with mobile phone and sat nav's.

2. Our link to Nottingham University 'Creative Reactions' and 'A Pint of Science'

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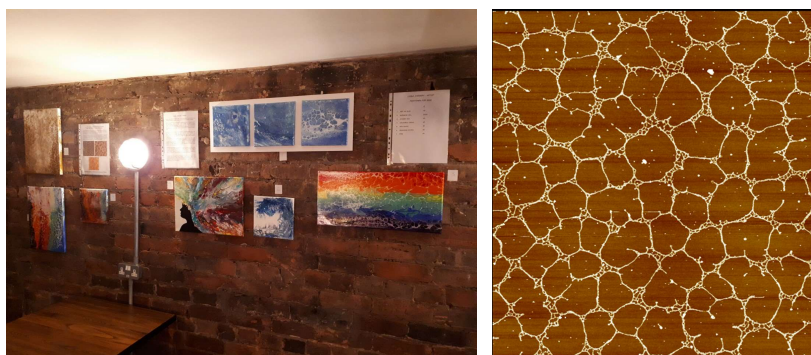
Through attending some science based events led by post graduate students from Nottingham University we have built a working relationship with them.

Creative Reactions or Art meets Science is where an artist works with a scientist to produce art work relating to the scientists field of expertise.

In the group we have a talented artist Lynda Jackson who has been working with the Professor of Physics whose field of research is 'Nanoparticles'.

Lynda explained how she approached the subject in a style far removed from her usual approach to art. Her work has been on display in Nottingham and is shown in the photographs.

Well done Lynda for building this link and for producing the paintings.



THEATRE GROUP

Calendar Girls, Theatre Royal, 26th June 2019, Tickets £48.00
Avenue Q – Theatre Royal, 20th July 2019, 4pm, Tickets £38.00
Cabaret, Theatre Royal, 12th September 2019, Tickets £35.00
Sound of Music, Theatre Royal, 30th October 2019, Tickets £20.50
We Will Rock You, Royal Concert Hall, 27th November 2019, Tickets £44.50

Riverdance 25th Anniversary Show at the Royal Concert Hall, Wednesday 18th March 2020 at 2.30pm. Tickets are £50.00 each and I have to pay for them in May this year. Hope to see you there. Regards Barbara.

What a fabulous day we ladies had at the theatre. We all agreed Kinky boots was funny heart-warming & a joy to watch. Thanks Barbara what a good show, with a few of us also being " ladies that lunch" lol. Pamela West

WALKING GROUP (MID LENGTH)

May's walk was attended by 22 people. We started from The Dog public house in Pentrich, just inside Derbyshire. This village has history right from Roman times and through the middle ages, with the black plague. In June 1817 some of the residents started an uprising against their poor circumstances, caused by the industrial revolution. This ended in disaster, with the 3 ringleaders hanged, several deported to Australia and the rest imprisoned.

The walk was from the village, along the old Roman track, into a dell, through a wood, into South Wingfield, passing the river Amber. Having walked through the village we joined a track with a super view of Wingfield Manor, where Mary Queen of Scots was imprisoned. We continued on this track

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passing a 17th century water mill, still in working condition. A steep hill and difficult styles brought us back to the Roman track returning us to Pentrich and refreshments at The Dog.

Thank you to Paul Haigh for planning and leading this lovely walk.

On Thursday 20th June we are holding an evening 'Observational Walk' and BBQ. This is now fully booked, with 37 taking part. Sue Tedstone.

WEEKENDERS' GROUP

The Weekenders programme for May to August is posted on the U3A website so please contact me if you are interested in our events or if you have new suggestions for events etc. 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.

So far in May we have had two Bus Pass Days Out – to Bardill's Garden Centre at Toton (courtesy of the tram) and to Ripley (on the "Rapid" bus) plus lunch at our regular "birthday venue" – The Broomhill. Our Coffee Club session saw us making hand-crafted cards, plus discussion on health and other relevant subjects! We are planning lunches at the Tee House, Hucknall and Morton's Farm Tearooms.

Places are limited at all events so please contact Sandra Green if you wish to have your names put down for events.

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HUCKNALL & DISTRICT U3A INTEREST GROUPS

June 2019

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

DISCUSSION 1stMonday 13:45

DRAMA 4thFriday 10:00

FILM CLUB Thursday 12:30

HISTORY 3rdWednesday 14:00

MUSIC FOR PLEASURE 4thTuesday 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 2ndSunday 3-5pm

MOVEMENT TO MUSIC Thursday 10:00

PICKLEBALL Thursday 14:00

SEATED EXERCISE 4th Monday 14:00

WALKING (LONG) 1stTuesday 10:00

WALKING (MID)* 3rdMonday 10:00

WALKING (SHORT) 3rdThursday 10:00

FOOD & DRINK

BREWERY SCIENCE & HISTORY Various

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 * 3rd Monday 13.45

CRAFT 2 2ndTuesday 14:00

GARDENING 3rd Tuesday 14:00

HOLIDAYS various dates

KNITTING & CROCHET 4thTuesday 14:00

MAH JONG 2ndFriday 19:00

POT LUCK * 1stWednesday 19:30

RUMMIKUB1 1stMonday 14:00

RUMMIKUB2 Thursday 13.00

SCRABBLE 4thThursday 14:00

TABLE GAMES 3rdFriday 19:00

WATER COLOUR 1stMonday 14:00

WEEKENDERS various Sat & Sun.

LANGUAGES

FRENCH CONVERSATION* 3rdTuesday 10:00

FRENCH BEGINNERS 2nd & 4th Friday 10:30

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

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