



NEWSLETTER

Issue August 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

Writing these notes it is raining outside yet only a few days ago we were basking in record breaking high temperatures. Just what would we start our conversations with if not for the weather!!!!!!

My apologies for missing the last Members meeting but illness got the better of me. A big thank you for your generous donations for the Charity Speaker, which was much appreciated.

All the Interest groups seem to be running well although a couple have had some problems regarding leadership of the group. The new groups are progressing well and the Acoustic Guitar group ,for example, is busy sorting out its equipment already.

David Rose and the cycling group had a successful and enjoyable time on their Notts Bike ride, David will fill you in with more details at the August meeting.

I am away on holiday in August so I will leave the meeting to our Vice-Chairs, Margaret Huckerby and Siobhan Lee and I will resume the Chair at Septembers meeting.

Barrie Saunders, Chairman

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OUR SPEAKER THIS MONTH

Philip Caine – “Barrow to Baghdad and Back”

Philip's work has taken him to many countries around the world, the last 10 years of which were spent in the Middle East. Since retiring in 2015, he has become an author and guest speaker and will now tell us how a career that began in Barrow in Furness ended in Baghdad.

MacMillan Nurse (July Speaker)

Following the talk from Katherine Booth of Macmillan nurses in July the collection amounted to a wonderful £133.31.

Future Speakers

11th September – Elizabeth Gowing - “Rubbish Pickers Wife”

9th October – Martin Wood – “Town Crier from Shrewsbury”

13th November – Jack Perks – “Wildlife Photographer”

COMMITTEE CORNER - Notes from our Committee


Committee Meeting

The Committee meets the week before the monthly meeting and we are pleased to report a Kurling Group 2 will start on 27th October at the Hucknall Leisure Centre, 3-5 pm and the re-scheduled Falls Prevention talk will now take place on 27th September. Further plans are in hand for another First Aid Course, a “Scams” talk, and a further Films Workshop in the near future.

A new U3A will be starting in Bulwell on 2nd October and we wish them well for the future.

A copy of the Committee minutes is available on the noticeboard at the monthly meeting.

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HUCKNALL & DISTRICT U3A
invites you to an evening of



Featuring the **NORTHERN LINE SOUL BAND**

On Saturday 28th September 2019

at the John Godber Centre, Ogle Street, Hucknall

from 7.30pm until 10.30pm

Doors will open at 7.00pm

Tickets will on sale for £6 each at the August & September U3A Monthly Meetings

There will be no catering at this event
but you are welcome to bring your own food



NEW GROUPS, WORKSHOPS & OTHER NEWS

NEW GROUPS & SHORT COURSES ETC.

NEW GROUPS

GINOLOGY GROUP

The group will learn about the history and impact of gin on past society and its resurgence in present day society.

Meeting time 3rd Thursday of the month 7pm -9pm at Siobhan's house.

As spaces are limited to 10 please ring Siobhan on 0115 9550119 to book a place and get the address - first come first served.

The first gin we will be trialling is an Edinburgh gin - Pomegranate and Rose. Tonics provided are Fever Few or Schweppes. If you prefer any other mixers please bring your own.

EASIER CYCLING GROUP

Easier Cycling will hold an inaugural meeting at the sweet cafe to discuss the cycling programme. 27th August at 12 noon. The first ride will then commence on the 10th September start and finish time to be discussed. Irene Astill.

KURLING 2 GROUP

Commencing 27th October, New group for Kurling enthusiasts to commence at Hucknall Leisure Centre, 4th Sunday of the month 3pm - 5pm. Contact via Kurling 2 on Website, or put name down on poster in board room, or contact Sue Foss who's number is on the poster in the board room.

MUSIC FOR PLEASURE GROUP

Sadly Music Appreciation will not be meeting regularly at the moment. The decision has been taken by the small number of people who attend to meet occasionally on a social footing.

If anyone is interested in restarting the group in the future please contact Siobhan Groups Coordinator.

HEALTHY AGEING

An Invitation for women aged 70+ to take part in a research project about healthy ageing

Dr Ellie Lunt, at the School of Medicine is looking to recruit healthy women aged 70 years and over to take part in her study. She is exploring how our muscles change as we age.

It's a one-off visit which should last no more than an hour and you can claim back parking and transport costs.

Please see details on the poster and the additional information below

Background and aim

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We know that as we age, muscle shrink and weaken. This also occurs when we are unable to walk or move normally (known as immobility). If we are immobile and older it can take our muscle much longer to get back to normal when we are active again than it does in younger people.

This study is part of a bigger study looking at muscle loss and weakness in older people with frailty when they are immobile following a broken bone and how they recover. The aim of this part of the study is to find out how muscles are affected by ageing when people are in good health and able to walk independently or using a stick. We are measuring muscle size and strength in healthy older and younger people to compare differences seen as we age. We will compare these to our patient group to find out more about frailty, falls and muscle loss with ageing.

The information will be used to plan interventions for our patient group.

What does the study involve?. Attend the laboratory for 1 visit.

Liz Attenborough/ David Rose can supply more details if required.



Healthy Ageing study

We need volunteers to take part in a research study on how our muscles change during ageing. We are comparing muscle size and strength in women different age groups (18-35 and 70-100).



We are asking for 1 hour of your time so we can:

- Assess your muscle strength
- Measure how much muscle you have using ultrasound

We will provide a £30 inconvenience allowance and can arrange transport if needed.

If interested please contact

Dr Eleanor Lunt

At eleanor.lunt@nottingham.ac.uk or 0115 823 0271 or 07717 810793

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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 Cinema and Theatre in Arnold, plus news of local entertainment events and would like them included in the calendar please pass the details on to Alan.

The Silver Screen showings are every Thursday at 10.30 and repeated at 1.30.

The films are shown at the following cinemas in our area. The Broadway, The Showcase, The Cinecentre, Savoy Derby Road and the Odeon Mansfield. Tea or coffee and biscuits are provided free also a discount is given to all U3A members (just ask).

Silver Screen Films coming up are as follows:-

Thursday Aug 8th - Photograph (Indian family Storyline)

Thursday Aug 15th - Notorious - Hitchcock film starring Cary Grant and Ingrid Bergman

Thursday Aug 22nd - Blinded by The Light - Pakistani Film with Gurinder Chadha

Thursday Aug 29th - Neither Wolf Nor Dog

CHOIR GROUP

I hope members are enjoying their Summer break. We next meet at 1.30 on 4th September, when, as a reminder or for the benefit of members who missed the last two meetings, £5 subs. will be required from all members.

From September we shall be adopting the funding system that has proved successful with other groups, where there is a requirement that all members pay into a 'kitty' from which expenses are taken, until the funds are depleted and members make a further contribution. With our current membership, subs. of £5 should cover approximately four meetings, which will be the next four consecutive choir meetings.

Unfortunately there cannot be any credit for absences, but the system does reduce the cost of meetings yet again. **New members only** may opt to pay either the £5, or the current £2 per meeting, until the next subs. are due from all members.

See you on 4th September, Christine.

COFFEE MORNING GROUP

The coffee morning will continue to meet on the third Thursday of each month at Costa in Hucknall.

The next meeting will therefore be at 10.30 on 15th August. Everyone is welcome. Ann

FRENCH BEGINNERS GROUP

The class for new learners meets on the 2nd and 4th Friday of each month within the John Godber Centre . There is room for a couple of new members should you wish to join us. To do so please contact Alan Snape on 07940146542 or alansnape@hotmail.co.uk. Our meetings in September are on the 13th and 27th.

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FUN WITH LANGUAGES GROUP

At our July meeting we learnt about Regular verbs and the irregular forms of To be and To have. After much thinking we then tackled a revision wordsearch which was easier on the brain!

Our next meeting will be on Thursday 8th of August when we hope to look at leisure and some songs in Italian on You tube , computer willing! This will be the last Italian session in this series. We have NO meeting in September but will be going to Moda for a meal together before that. Then we will resume on Thursday 10th October at 10.30 in JGC when we shall begin our next 4 sessions on French. Happy holidays everyone! New members are always welcome!. Liz and Ann.

GARDENING GROUP

Another sunny Tuesday and another successful trip, this time to Middleton Hall near Tamworth. It is well worth a visit, with its historical hall and beautiful gardens. The walled garden dates back to 1717 and has one of the earliest examples of heated walls in the country, not that it is needed this summer! The courtyard behind the Tudor barn had small retail outlets but (sadly) most are closed Monday and Tuesday so no retail therapy! However the teasop was open and they did a magnificent job serving thirsty and hungry visitors. (The mosquitoes were also friendly – too friendly!) There was also a man-made lake and a nature trail to enjoy along with all the beautiful borders full of flowers.

The next trip on August 20th will be to Cascade Gardens followed by a visit to the Hollies Farm Plant Centre, in Derbyshire, cost £11-50.

Our September visit on the 17th, will be to Newby Hall, in Ripon and we will be taking monies and names at the August main meeting. All are welcome.

HISTORY GROUP

No History Group meeting in August.

Calling History Group members. At the main meeting at the Leisure Centre on 14th August - myself, Kath and Kathy will be taking names and payment for a visit to The Royal Armouries in Leeds on Wednesday October 16th. The coach will leave Hucknall Market at 10am – returning 6.30pm (ish). Total cost is £15 per person. As a special remembrance of the day I have booked a guided tour of the Tournament Gallery and a handling session.

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. Andy first gave this talk to Hucknall Heritage Soc. members and I was impressed.

Question. A few newer members have asked about a visit to see the Richard III museum in Leicester. Would you like to go? Yes. I know we have been before but it is a few years ago. If there is enough interest we can go again. Please let me know if you are interested. Maureen

KURLING GROUP

We had a great session scores are definitely getting better and nearer the bull. It is great to see the concentration and expression on our faces. Plenty laughs and chat. Unfortunately no outright winners.

Thank you for your support see you all on the 14th August. Have a great week.

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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.

On July 24th it was the day before the highest summer temperature for our visit to May Sum Chinese Buffet in Nottingham. We can recommend this restaurant, not only for the wide variety of Chinese dishes on offer but also for the pensioner discount for what is a very reasonably priced menu.

We will be interested to see what they have done to the old Seven Mile House on August 28th when we will be visiting Miller & Carter.

September 25th will be to Oliver's Pub & Kitchen at Eastwood, although they have not yet let me have their Autumn menu. Please could you bring a £5 deposit for this event to the next U3A meeting.

On October 23rd we will see what they have done to the Old Spot at Daybrook which is now called The Cooper's Brook.

Then on November 27th we shall try George's on Queen Street, Nottingham.

Our Christmas lunch will be at our usual venue, The Albert Hall on 19th December and I shall be taking £10 deposits at the September meeting. Please also note that the annual £1 administration fee is now due.

MOVEMENT TO MUSIC GROUP

The Movement group will be resuming in September with a new format:

We will now be meeting on the FIRST Thursday of the month (in the Main Hall at the John Godber Centre from 10.00 to 11.00) and the following dates have been booked accordingly;
05/09 03/10 07/11 05/12.

There will be the usual blend of exercise, movement and dance sequences to a range of mainly contemporary music, but the presentation will change in that EACH session will be based on a different theme or objective. New members are welcome to join us at any time.

I am unable to attend the members' meeting on 14th August, but further details will be available on our web-page. Sue Saunders.

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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, 12th August.

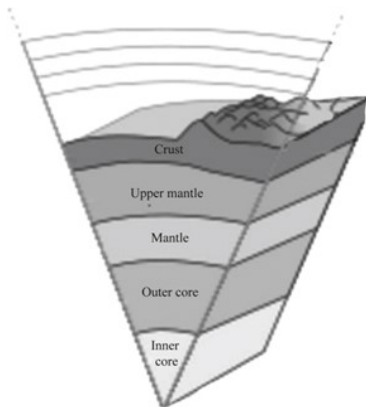
READING GROUP

In July we read "Together" by Julie Cohen which follows the fifty-year relationship between Emily and Robbie Brandon, in reverse, cleverly eking out their love story. And their secrets.

There are enough names to start a second Reading Group and these members have been contacted. Those interested should contact Siobhan Lee, the Groups' Co-ordinator if they still wish to join a second Reading Group.

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 1 GROUP



At our meeting this month a presentation was provided by one of our new members, Duncan Short, subject was on the Anatomy of the Earth. Each layer of the earth has different properties, such as physical, thermal, and magnetic. The layers of earth are divided on the basis of mechanical and chemical properties.

Outer core: The part of core just below the mantle which is in liquid form is known as outer core of earth. Duncan also brought in some samples of stones for the members to browse over.

SCIENCE 1&2 GROUP

Science Visit to the Centre for Sustainable Chemistry Nottingham University July 19th 2019. 31 members from Science 1 and 2 had a most interesting visit to a unique building and research centre at the Triumph Road site (more familiar to most as the old Raleigh factory)

It is a leading centre for research into Sustainable or Green Chemistry.

Our visit started with an introduction by Dr Nick Bennett the Senior Project Manager followed by a guided tour of the building and laboratories.

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The building is a unique zero carbon emission building primarily the structure is fire resistant treated wood, solar energy supplies most of the power and the insulation includes a living grass covered roof.

The concept of sustainable chemistry was explained as an area of chemistry and chemical engineering focused on the designing of products and processes that minimise or eliminate the use and generation of hazardous substances. The other focuses being technological approaches to preventing pollution and reducing consumption of non-renewable resources.

A presentation followed by Professor Steve Howdle (Head of School of Chemistry) where he cited examples of some current research that include using plant material and waste products from some industrial processes instead of oil and rare resources.

Finally there was time to ask questions together with light refreshments and a last look round.



THEATRE GROUP

Cabaret, Theatre Royal, 12th September 2019, 2pm, Tickets £35.00

Sound of Music, Theatre Royal, 30th October 2019, 2:30pm, Tickets £30.50

Wedding Singer, Derby Theatre, 9th November 2019 2:30pm, Tickets £19.00

Northern Ballets Cinderella, Theatre Royal, 23rd November 2019, 2:30pm, Tickets £32.50

We Will Rock You, Royal Concert Hall, 27th November 2019, 2pm, Tickets £44.50

Some Mothers do have em, Theatre Royal, 12th March 2020, 2pm, Tickets £36.50

Riverdance, Royal Concert Hall, 18th March 2020, 2:30pm, Tickets £50.00

WALKING GROUP (MID LENGTH)

Our July walk started from the peaceful village of Gunthorpe, leading to the tiny village of Caythorpe, walking on field paths through the picturesque countryside, crossing wooden footbridges and over a couple of stiles. Then it was on to Hoveringham to join the relaxing riverside path with superb views of the River Trent. We followed the riverside path (Trent Valley Way), with one more stile and three more gates to reach Gunthorpe Lock and finally back to the Unicorn Pub.

Thank you to John Saunders and Angela Cornish for planning this lovely relaxing walk.

Our next walk will be on: Monday August 19th, starting from The Plough Inn in Farnsfield.

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WEEKENDERS' GROUP

The Weekenders programme for 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.

Recently we dined at Morton's Farm Tearooms, had coffee at Reuben Shaw's Garden Centre, held a Fish & Chip social evening, a Coffee Club Book Swap and an outing to Boundary Mills, Rotherham for the summer sales! We plan to lunch at The Riverside Farm on August 3rd, go on an outing to Stamford on August 9th, and a coach trip to good old Skeggie on 22nd August. We will be meeting for an "un-birthday" Broomhill lunch on Friday, 30th. Unfortunately all our August activities are now full. Our Coffee Club meeting on 31st will be our Programme Planning session for September to December so let me have any suggestions for events please. The new programme will be on the website at the beginning of September.

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

WINE APPRECIATION GROUP

Following on from last year's exploration of French wines at Chateaux Geer, 8 members of the Wine Appreciation Group travelled to Casa Haigh in Spain. Our hosts, guided us through the various Spanish grape varieties and arranged for a visit to vineyard at Bodega Xalo where a tour of the winemaking activities of the local farmers' co-operative was followed by a wine tasting. Tapas, paella and wall to wall sunshine ensured the Group had most enjoyable week whilst continuing their research into wine related matters. Muchas gracias to Paul and Steph.



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HUCKNALL & DISTRICT U3A INTEREST GROUPS

August 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 13:20
3rdWednesday 11:20

DISCUSSION 1stMonday 13:45

DRAMA 4thFriday 10:00

FILM CLUB Thursday 12:30

HISTORY 3rdWednesday 14:00

NATIONAL TRUST Various dates & times

READING (BOOKS)* 1stWednesday 14:00

SINGALONGA 3rd Tuesday 10:30

THEATRE various dates

UKULELE 2nd & 4thMonday 10:00

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

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

COFFEE MORNING 3rd Thursday 10:30

INTERNATIONAL DINING As Arranged

LATE BREAKFAST 1stFriday 09:15

SCIENCE AND THE ENVIRONMENT

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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