



NEWSLETTER

Issue November 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

October has been a long month with the changing of the clocks and the resultant long dark nights now with us. Halloween has come and gone and by the time you read this Bonfire night will also have come and gone.

Over the month some of our members including myself spent a Saturday at Nottingham University attending a Conference called "Ageing Well". It proved to be an excellent day organised by the University and the Nottinghamshire U3A. We attended two lectures over the day and also two workshops of our choice on topics such as Sleeping Well, Dementia Friendly Homes and Memory. The day finishing with a Leisure Activity of our choice. It was excellent to see so many members from Hucknall attending, as there were only a hundred places for all thirty three U3A's in the County. A special thank you should go to Siobhan Lee who played a major part in organising the day.

I also attended a meeting of the Nottinghamshire U3A's held in Ravenshead. The major topic discussed here was the plan for each GP surgery to have a person trained to liaise with local organisations like the U3A to help support patients where appropriate.

Finally, may I thank the Interest Group leaders and members who have volunteered to perform at the Showcase in December.

Enjoy this month's activities

Barrie Saunders, Chairman

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OUR SPEAKER THIS MONTH

Jack Perks – “Wildlife Photographer”

Jack is a natural history photographer and wildlife has always been his passion. Jack currently features on “Notts TV” as a wildlife expert.

Future Speakers

11th December – No Speaker

8th January – Bob Massey – “Arnold Underground”

12th February – Paula Cornwall – “The Hon Mrs Victor Bruce”

COMMITTEE CORNER - Notes from our Committee

Committee Meeting

The Membership Secretary took the Committee through the membership renewal forms for 2020. The possible use of Pay Pal to pay for membership was discussed.

The Short Course organiser outlined future films and short courses which had been planned.

The accounts for October were examined and approved.

The 2019 budget was discussed and the proposed 2020 budget was also discussed and approved.

Details of next month’s Speaker were given.

The Equipment Manager gave information regarding P.A.T. Testing of U3A electrical equipment.

The Groups' Coordinator reported that someone had now come forward to take over the National Trust group.

Details were given about next month’s Showcase.

Barrie

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NEW GROUPS, WORKSHOPS & OTHER NEWS

Interest Groups in Other Local U3A's

A reminder that there is a list of interest groups offered by other U3A's that you can attend without paying the affiliation fees. The list is on a board in the board room.

Mansfield Woodhouse U3A

A new gentle keep fit group has started via the Mansfield Woodhouse U3A. They are inviting members from other U3A's to join. You do not have to pay associate member fees.

It is held in the big room at Sherwood Welfare every Wednesday from 2.00-3.00pm. It costs £5 per session and is geared to our age group. There is no need to book, just turn up in casual wear. There is no pre-payment, you pay on the day and no commitment to come every week, come when you can.

Hopefully we will see people from other U3As there.

Sherwood Welfare is on Dunsil Rd, Mansfield Woodhouse, Mansfield, NG19 7GD behind the Rebecca Addlington Swimming pool.

Short Course 'Classic Films' November and December 2019

Venue: The Main Hall John Godber Centre

'The One That Got Away' Tuesday 12th Nov 10am to 12 noon

'Billy Liar' Thursday 21st November 10 am to 12 noon

For the above its pay on the day - £1.00 towards room and equipment hire

The Christmas Special Film on Tuesday December 3rd 10am to 1pm is the acknowledged Christmas classic:

'This Wonderful Life'

on the big screen with a drink and festive pie/cake included.

Tickets £2.50 on sale at the November meeting

Workshops and Short Courses

Sue Bailey an experienced Speaker scheme volunteer is to give a talk and presentation on behalf of Diabetes UK to raise awareness of diabetes and the work of Diabetes UK on:

Tuesday 21st January 2020 in the Main Hall JGC 10.30am to 11.30 am

Sue gave a presentation to Science 2 at the October meeting and it is highly recommended to a wider audience. Please come along to find out more about diabetes in all its forms.

About Diabetes UK

As the UK's leading diabetes charity, our mission is that by bringing people together to work in partnership, we will support those living with diabetes, prevent Type 2 diabetes, make research breakthroughs, and ultimately find a cure.

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It may cover.....

- What is Diabetes, the differences between the various types
- What to expect from your GP in terms of support.
- What to expect from a wider support community such as podiatry or dieticians.
- What individuals can do to ensure a happy relationship with their diabetes
- Answer general queries and direct any medical or other specific questions to Diabetes UK or to healthcare professionals.
- Handouts are usually available
- Questions are invited and welcome

Just turn up on the day and it is just £1.00 towards the room hire.

David Rose

Group Leaders Lunch 29th October 2019

Many of our volunteer Group Leaders and their helpers attended a lovely buffet lunch at the John Godber Centre, in recognition of the hard work and enthusiasm they put in each year in keeping our groups running.

We have quite a variety of Interest Groups, but there is always room for more. This can only happen if members come forward with ideas and the willingness to volunteer to run groups. Our U3A is very dynamic and we want to keep it that way. I am sure there are plenty of members who could set up new groups. Help is always available. Don't let us become stale.



Siobhan, Groups Coordinator

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NEWS FROM THE GROUPS

ADVENTURE BEFORE DEMENTIA GROUP

Quasar - The six Marvel troupers were given the task of entering the dark smoky atmosphere of the dungeon, armed with only their laser's as they went into battle eager to take on the enemy. There was a lot of ducking and diving going on and at the same time trying to shoot the enemy, there were no casualties.

Seriously we had a good time, very exhilarating and great fun.



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 e-mail alansnape@hotmail.co.uk

The calendar includes events at the Royal Centre, The Broadway Cinema, The Bonington Cinema and Theatre Arnold. Opera & Ballet transmissions and recordings as well as the usual films coming our way.

The Film Club attendance at The Broadway Silver Screen on Thursdays is growing with films showing at 10.30 and 13.30. Silver Screen includes free tea/coffee and biscuits and a U3A discount reducing admission charge to £4.50. Silver Screen films at reduced prices are also shown at most other cinemas in the area also each Thursday.

Please pass on any information on local cultural activities that you would like included.

Silver Screen for the coming weeks are as follows:-

Thur Nov 7th - "Sorry we missed you" Ken Loach film

Thur Nov 14th - "Guys and Dolls" Frank Sinatra & Marlon Brando

Thur Nov 21st - "The Aeronauts" Eddie Redmayne & Tom Courtenay

Thur Nov 28th - "Harriet"

CRAFT GROUP 2

10th December, Flower Arranging session at Titchfield Court 2pm - 4pm. Admission £4.00 Bring own flowers, foliage and baubles. Dishes, oasis and refreshments will be provided. Places limited so first come first served. Contact Janet via website or phone 0115 9632430.

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FUN WITH LANGUAGES GROUP

Our October meeting went with a zing. We had a French revision session. Firstly we enjoyed a quiz and this was followed by group role plays on given scenarios. Our next meeting will be on Thursday 14th November at JGC.

We hope that all the members who were feeling unwell will soon be much better. We were pleased to have another new member join us in October and new members are always welcome to our group.

We decided to postpone our Christmas meal until January, as everyone is very booked up in December and also we will have something to look forward to amongst the dark winter evenings after Christmas. Ann Murray and Liz Attenbotough.

GARDENING GROUP

The next meeting will be a talk from Linda Heywood entitled "In the Land of Giants". If you want the "wow" factor for your garden, you need to look at Echiums. Don't know what they look like? Then come and find out on Tuesday November 19th at the John Godber Centre, from 2.00 -4.00 pm. All are welcome.

We are having a meeting in January 2020, and it will be a slide show based on the trips we have enjoyed this year. I have quite a few photos but if anyone would like to email copies of theirs to share at this meeting, please send them to my email address. Thank you.

GINOLOGY GROUP

This group is on hold until lighter nights are back with us.

GROWING OLD DISGRACEFULLY GROUP

Growing Old Disgracefully has been really busy this month with 2 outings. The first was to 'The Place' in Sherwood where a group of us learned how to do coil pottery. The concentration could be felt in the atmosphere. We have to wait a month before we can bring our creations home as they have to go through various processes before they are ready for exhibiting at the Tate Modern.



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A further trip to the Tram Depot was organised by Liz Attenborough

We could not believe that the Tram had been going for 15 years, how time flies. The visit was fascinating. The next time you go for the Tram and it pulls off just as you get to the doors it is not the drivers fault, they get penalised by the council if they are late no matter what the cause. The older trams are having a refurb to make them look more like the new ones. Our guide explained how the Trams get their names and that a few of them change their names each year to commemorate our local hero's such as Nurse of the Year. The visit to control room was fascinating. One thing that did come out of the visit is that if you are at all worried press the help button, this is either on the platform or on the tram. The control room can see you on the camera's and get help to you really quickly.



HISTORY GROUP

Wow !. What a day we had at Royal Armouries. Everything seemed to work out perfectly.

The re-enactments / talks were great and very well done and the handling sessions were just amazing. Café / snack bars were good, lifts to what seemed like many floors were brilliant, there was even an indoor picnic area and plenty of loos. Even the views outside of the Leeds and Liverpool canal were great. It was so good, with so much to see, that I would like to go again to catch all I missed on one marvellous day.



On Wednesday November 20th Stephen Walker is coming to talk to us on "From Gedling to Ashfield". He will explain the structure of his recent book about Gedling Borough, looking at the evidence, history and heritage of the area then suggest how we can apply that to Hucknall and Hucknall Heritage Societies idea for an exciting new project. The meeting is at Central Methodist Church commencing with the presentation at 2pm sharp.

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No meeting in December – too near Xmas.

Stephen Flinders will be coming in January with his box of curiosities. Starting again with the presentation at 2pm sharp. More details later. I will need a few early helpers for this meeting on January 15th as Stephen would like the room set out differently. 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 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 October 23rd we visited the Old Spot at Daybrook which is now called The Cooper's Brook. This is a Greene King pub and has been refurbished to a very high standard – and the food was OK too. On November 27th we go to George's on Queen Street, Nottingham. Our Christmas lunch will be at our usual venue, The Albert Hall on Wednesday, 18th December. This year has just flown by! Please note that at our lunch group visits members should purchase their own drinks at the bar as adding everyone's drinks to the food menu causes a lot of administration problems for me. Many thanks.

Please also note that the annual £1 administration fee was due in July.

NOT SO GRUMPY OLD MEN GROUP

October saw 14 very competitive budding Lewis Hamilton's descend on the Indoor Go Karting track in Netherfield. A safety briefing began our session with the group learning the meaning of the various flags i.e. Red meaning stop and a Black for any individual, meaning a temporary return to the pits to be reminded of the rules!!!!!!!!!!!!.

The first of our two sessions saw us ranked by our fastest laps while the second session saw us lined up in a grid following our lap times.

Competition was fierce from the start and some over-zealous tactics by certain members soon led to the raising of the yellow flag, leaving us to go at walking pace. As the dubious tactics continued, then our leader for the day received a Black flag and was sent to the sin bin, better known as the pits. It should be said that he was unlucky as worse offenders somehow went undetected!!!!!!!!.

Eventually, our reigning champion John Saunders finished first, Paul Haigh second and Mark Jackson third.

After thanking our hosts for an excellent session, the group retired to the nearby Ferry Boat at Stoke Bardolph for lunch.

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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 winners of the September quiz were "Minus Two" and "Five Go Quizzing". The next Pub Quiz will be on Monday, 11th November.

READING GROUP

In October we read "Transcription" an offering from bestselling author Kate Atkinson which is a work of complete duality. For a novel that is concerned with spies and espionage, with hidden identities and masked lives, this is perhaps not entirely surprising.

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 on October 24th, Jim Spray gave a very interesting presentation on five amazing different methods of how renewable energy can work.

Below is a list from naturally-occurring sources, including:

Wind: using wind motion to generate electricity.

Solar: tapping heat from the sun to generate electricity.

Hydropower: uses the energy from moving water to produce electricity.

Biomass: uses organic matter to produce electricity, chemicals or biofuels to power vehicles.

Geothermal: uses the natural heat from deep underground to generate electricity.

The primary advantage of renewable energy is that fewer potentially harmful emissions are released into the atmosphere.

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Following on from the debate on this subject of renewable energy, a member of the group did some research about an engineer and scientist called Nikola Tesla and gave a speech of what his work involved. Tesla was known for designing the alternating-current (AC) electric system, which is the predominant electrical system used across the world today. He also created the "Tesla coil," which is still used in radio technology.

Tesla Coil



THEATRE GROUP

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

Cabaret

One of the joys of going to the theatre is the unexpected; this was the case for Bill Kenwright's production of Cabaret. An electronic display gave the mostly familiar warning, 'This performance contains - smoke, flashing lights, loud noises, nudity.' In the auditorium the fire curtain displays the word WILLKOMMEN; the show begins when the letter 'O' opens like a camera shutter to reveal the Master of Ceremonies who in song bids us welcome to the Kabarett. The curtain goes up, the scene is set in Berlin, the year 1931, the location the licentious Kit Kat club. We are treated to suspenders, garters, leather shorts and burlesque dress for all performers who entertain us with song accompanied by sensuous gymnastical dance. In contrast there are episodes depicting the lives of ordinary Berliners. The effervescent Emcee remained a colourful and energetic character throughout the first act as the 'liberty' of the club unfolds. Act one closed and there was a noticeable silence within our group as we all assimilate what we had seen. In act 2 the story becomes clearer as songs and narrative allude to the rise of the Nazi party. The songs and dances are no less powerful, but more restrained. Life for all Berliners was changing; the once enigmatic MC who had at one time parodied Hitler could only watch as the Kit Kat club is closed down.

Outstanding voices, remember some of the songs, Willkommen, Mein Herr, Money; fantastic choreography, brilliant acting, and nudity. Amazing production.

What a lovely afternoon we all had at the theatre. Sound of music was fabulous. Thanks to Barbara, nine of us thoroughly enjoyed the meal beforehand. Pam West

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WALKING GROUP (MID LENGTH)

Our October walk, led by Dave and Carol Insley, started from The Newdigate Pub in West Hallam. This was a 7 mile walk, which provided us with a good variety of scenery and paths, including wooded areas, Mapperley village, parts of The Nutbrook Trail and Shipley Country Park. Twenty Five walkers enjoyed being out in the fresh air with this lovely group of people. And of course we ended the walk with a drink in the Newdigate Arms!! Thanks go to Dave and Carol.

Our next walk – Monday November 18th - Around Attenborough Nature Reserve

WALKING GROUP (SHORT LENGTH)

Thursday November 21st : Short Walk details as follows, meeting at Cotgrave Country Park car park on Hollygate Lane at 9.45 am for a 10am start.

Turning off the A46 Cotgrave on to Stragglethorpe Road then left onto Hollygate Lane. The car park is on the right after the mini- roundabout for the new housing estate. The walk is 4 miles along the Grantham Canal then across fields and through Cotgrave all flat in general. Afterwards just down the road is the Rose and Crown in Cotgrave for drinks and / or food.

This is a relatively new country park and a new area for us.

Walk Leader: Greg Umney

(Car share recommended: please contact me or Greg if a lift is required). David Rose.

WEEKENDERS' GROUP

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.

This group is now full but if anyone is interested in a Weekenders Too! Group, please let the Groups' Co-ordinator, Siobhan Lee, know when between us we could start a second group.

We had a nice Broomhill Birthday lunch for Anita Lingard on the 18th October followed next day with a Social Evening at Lindsay Smith's with a "Musical" theme. After a tasty buffet, we had an hilarious game of Musical Bingo with clues about songs from the Fifties to the Eighties. We had an outing to Welbeck Abbey on 4th October and a lovely lunch at Yamas in Nottingham on 12th October. October ended with a Coffee Club session on 26th October with a "Winter Memories" theme and another Broomhill Birthday for Lindsay Smith.

November starts off with a Bus Pass Day Out to Southwell Minster Craft Fayre on the 2nd and an "Our Bus" outing to Derby Craft Market at The Roundhouse on the 9th.

Places are limited for all events; in fact, many are full already, so group members please contact Sandra Green if you wish to have your names put down for events in October to December. Please note that places for outings must be paid for before the event. Many thanks.

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HUCKNALL & DISTRICT U3A INTEREST GROUPS

November 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

ACOUSTIC GUITAR 1st&3rd Thursday 10:00
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 ×
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
EASIER CYCLE Every Friday 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
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
GINOLOGY 3rd Thursday 19:00
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

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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