



NEWSLETTER

Issue February 2020

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

Entering a new decade and with our Interest Groups back up and running then it seems a good time to look forward and mention some events which will be coming up over the future months.

Firstly, please remember Membership renewals are due soon and you should have received the necessary paperwork in the last few weeks. Many people renew at the February monthly meeting so please remember to have everything completed clearly with your details. Don't forget, if you want to avoid the rush, you can now renew on-line following the link on the Membership page on the web-site.

February 23rd marks the Chairman's lunch at Portland College where you are all welcome to attend. Geoff Cree has already notified you of details at the Monthly Meeting and in a recent Newsletter.

June sees a National U3A day taking place and if any Interest Group would like to contribute please let me know.

In August Nottinghamshire U3A's will be holding an Arts Day which again if any group wishes to support please let me know, more details ie Date and Venue to follow.

There will also be a full range of social activities arranged over the year and we already have one group offering to produce a Christmas tree for the annual competition at the Parish Church.

I hope everyone enjoys the year with our U3A.

Barrie Saunders on Behalf of everyone at Hucknall & District U3A

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Committee Nominations 2020 to 2022

There are some vacancies arising on the committee from April 2020 to April 2022.

Members of the committee generally take responsibility for a role.

If you are interested and wish to have more information please contact Barrie our current Chairman or any other member of the committee.

Nominees require a Proposer and a Secunder.

An application form is at the end of this Newsletter and they are also available on the website.

An interest in the posts of Membership Secretary and Groups Coordinator would be especially welcome.

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Come Along and Celebrate Hucknall & District U3A's

BURN'S NIGHT - REVISITED

On Saturday 28th March 2020

At the John Godber Centre, Ogle Street, Hucknall

from 6.30pm until 10.30pm

featuring entertainment

by the Vocalist

RICHARD COMFORT



The meal will be the traditional fayre of
Haggis, Neeps & Tatties & a wee dram
(Vegetarian Haggis available)
following the



ADDRESS TO A HAGGIS & PARADE at 7pm

Doors will open at 6.30pm, Meal served at 7.30pm

Tickets will be on sale at the February & March U3A monthly meetings
for £12.50 each with an additional charge of £1 for non-members

TARTAN DRESS IS OPTIONAL

THE SOCIAL SUB COMMITTEE CALENDAR OF EVENTS - 2020

28th March 2020 - Saturday

BURNS NIGHT - REVISITED

Tickets: £12.50 Time: 6.30pm - 10.30pm
 Doors Open: 6.30pm - Meal at 7.30pm
 Entertainment: Richard Comfort
 Catering: Haggis, Neeps & Tatties included

26th June 2020- Friday

JAZZ NIGHT

Tickets: £7.00 Time: 8.00pm - 10.30pm
 Doors Open: 7.00pm
 Entertainment: Richard Leach & the Seven Stars
 of Jazz
 Catering: Bring You Own Food

26th September - Saturday

HOG ROAST NIGHT / MUSICAL NIGHT

Tickets: £12.50 Time: 7.00 - 10.30pm
 Doors Open: 6.30pm
 Entertainment: Chequers
 Catering: Hog Roast included

7th December - Monday

THE CHRISTMAS LUNCH & SOCIAL

Tickets: £12.50 Time: 12.15 - 4.00pm
 Doors Open: 11.30am
 Entertainment: TBA
 Catering: 2 Course Christmas Meal included

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OUR SPEAKER THIS MONTH

PAULA CORNWALL – “The Hon Mrs Victor Bruce”

Join Paula in bringing history to life with her historical costumed talks.

Future Speakers

11th March – Richard Booth – “Riding Route 66”

8th April – Maureen Newton – “Stories from In & Around Hucknall”

13th May – Mark Walsh – “Music Hall Experiences”

COMMITTEE CORNER - Notes from our Committee

Committee Meeting

The main Committee met on Wednesday 5th of February

The Groups' Coordinator spoke about possible ways in which our U3A could contribute to National U3A day on June 3rd

The Speakers' Secretary gave details of next week's speaker, Paula Cornwall who is talking about “The Hon Mrs Victor Bruce”. She takes on the character of Mrs Bruce.

The previous months Accounts were examined and approved.

The Short Course Coordinator reported back on two recent courses.

The Membership Secretary updated members on next year's renewals.

The Business Secretary reported on preparations for the AGM in April

A planned Nottinghamshire U3A Arts Festival to be held at The Henry Mellish site on August 17th was discussed.

Barrie Saunders

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NEW GROUPS, WORKSHOPS & OTHER NEWS

BOOK SALES

Thanks for all your donations to our 'bargain books' stall at the monthly meeting.

Stocks are running low on the type of books our lady members seem to enjoy (and some gentlemen too). All donations are gratefully received and if you have read, enjoyed and finished with a book please bring it along to the monthly meeting.

CHAIRMAN'S LUNCH 2020

The Chairman's Lunch is on Sunday 23rd February 12 for 12:30 at the usual venue of Portland College. This time it's our chance thank Barrie for his 2 years as our Chairman as well as having a very pleasant Sunday lunch with friends.

I hope there will be some entertainment as usual but anyone can volunteer to entertain us if they wish!.

The price has gone up a bit and is £21 pp including a small tip for the staff. It will be a traditional Sunday lunch of soup, a roast, crumble or pie plus coffee. It will be the 9th lunch we've held and it might be the last so please come along and join in a usually very enjoyable afternoon.

Please let me know asap either at the meeting or by email if you are attending, who you might like to sit with and let me have a cheque payable to Hucknall U3A (Cheques will not be presented until after the February meeting)

The deadline for booking in is the February U3A but any bookings can be made by Email to geoffcree@btinternet.com

SHORT COURSES AND WORKSHOPS

Diabetes Talk:

17 members turned up but the arranged presenter didn't due to her being misled over the time (not by us). She was most upset and wishes to pass on her apologies to you all.

Cybercrime and Fraud

110 members were whizzed through 2 presentations by Notts Police Cybercrime and Fraud team.

There was a lot of information to process and there will be some hand outs and explanatory literature available near the signing in desk at the February monthly meeting for members to pick up.

David Rose

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NEWS FROM THE GROUPS

ARTS & FILMS INFORMATION GROUP

If you wish to be included with the 150 other members in the circulation of the ongoing Arts Information Calendar each month, please drop an e-mail to alansnape@Hotmail.co.uk or ring me on 07940146542.

Silver Screen showings every Thursday morning at The Broadway – These films are also being shown on the same dates at all other Nottingham cinemas i.e. Cinecentre, Showcase, Savoy, Odeon Mansfield

Thursday 13th Feb: 'Outside The City' - a film about a Trappist Brewery 10.30 – 13.30

Thursday 20th Feb : ' Mr Jones' - a film about famine and genocide in the Ukraine created by the Russians taking all their crops. Part of the film is subtitled 10.30 & 13.30

Thursday 27th Feb -: ' Emma' - Jane Austen's beloved comedy 10.15 and 13.30

Give yourselves plenty of time by arriving early to get your free Biscuits and drink and in time to get a good seat. Don't forget to ask for your U3A discount. Members to meet up at midday in first floor café

CHOIR GROUP

Our apologies for our absence from the Showcase. We missed it and regretted being unable to participate in the event which we usually enjoy, and where we hope to entertain members. Unfortunately, our Musical Director had been absent since September, and we only learned in November that she would not be returning before Christmas. We had been treading water, anticipating her return at every meeting, until we learned she would not be returning before at least January. Sadly, Christine has since resigned, her injury is improving only very slowly and she cannot see the possibility of returning in the near future.

Many thanks to the two wonderful people who responded to our request for an accompanist, had we been able to sing at the Showcase. Thank you both, it was an amazing response to a request at one meeting. Ultimately, we weren't ready to perform satisfactorily, so were unable to take up either offer, but we do appreciate their willing generosity (and I'm holding on to their contact details!).

Thankfully, Margaret, our accompanist, is willing to carry on with both roles for the time being, she is already looking toward this year's Showcase, so hopefully we can now progress. Our apologies and thanks again.

FRENCH FOR BEGINNERS GROUP

Meets every 2nd and 4th Friday of each month in The John Godber Centre We have room for new members - please contact Alan Snape on 0115 9273524 or alansnape@hotmail.co.uk.

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FUN WITH LANGUAGES GROUP

It was great to meet up again after Christmas. We are looking forward to our meal out at French Living on 7th February and Liz has all the arrangements.

Our January meeting continued with French and our course Ma France. We watched and discussed two videos on shopping in the market and the supermarket and talked about the advantages and disadvantages with these two types of places. We completed some games and began to write short role plays on shopping.

The role plays will be completed and performed at the next meeting on Thursday 13th February at JGC at 10.30. This will be our last French session for a few months and March we shall pick up the sessions on Spanish.

New members are welcome and help provided. To anyone who has been ill or who still is I hope you have a speedy recovery and we look forward to seeing you next session. Ann Murray & Liz Attenborough

GARDENING GROUP

The first meeting of the year was a trip down memory lane with a pictorial review of last year's trips. Members noticed that each trip was held on a sunny day that enhanced the beautiful gardens and nurseries we visited. It was interesting also to see the varieties and colours available today. We are hoping for the same weather for this year's outings!

A garden group calendar for this year will be available when all trip venues have been confirmed.

The next meeting will be on February 18th when we go to Hopton Hall to see the snowdrops and then on to Carsington Water. There are still places available on this trip and they can be booked at the February main U3A meeting

GRUMPY OLD MEN GROUP

We visited the Museum of Timekeeping at Upton for our latest monthly outing, and fittingly for the U3A, we were all early as usual. We had a very interesting guided tour from the manager of the museum, hearing about some of the rare and unusual clocks on display, as well as the history of the building. The oldest clock pre-dated 'railway time' and was adjustable to give longer or shorter hours, very useful if you were an unscrupulous employer!

The Museum closes for the winter period, apart from pre-booked tours, and we were shown an area where the displays are in the process of being updated, with less text explanations and more 'hands-on' exhibits. The building also houses the British Horological Institute, where courses are run for all aspects of clock and watch repairs.

We rounded off the morning with lunch at the Bridge Inn at Oxton, and no causes for grumpiness, remembering our founding Grumpy, John Ellis.

If you are a sufficiently Grumpy Old Man, and would like to join us, just use the email contact box on the website. We take it in turns to organize monthly visits and other activities – coming up in the next few months are visits to Nottingham Council House, an Amazon fulfilment centre near

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Doncaster and the Nottingham Tram control centre at Wilkinson Street. We usually retire for lunch after each activity at a nearby pub or similar.

John Tedstone.

HISTORY GROUP

For the benefit of new members all meeting are on 3rd Wednesday of the month except July, August & December. Indoor meetings are held at Central Methodist Church at 2pm prompt.

Our January meeting was with Stephen Flinders and his Old Curiosity Box. It started a bit chaotic since Stephen lost his way round the new road system and we waited to see how he wanted the room setting out – however it was a great meeting with us trying to guess what his artefacts were. There was lots of pondering, talking and laughter – a super afternoon.

The next meeting on February 19th 2020 is a Members Meeting. 'History Books'. Tell other members about a 'history' book you have read be it fiction or non-fiction; why it captured your imagination and why you think they should enjoy the read.

March 18th 2020 is the visit to Richard III Centre & Leicester Cathedral. Leave Hucknall 10.30am; Leave Leices. 4pm. Return Hucknall 5.30 (ish) Cost £18. The coach is fully booked and we have a reserve list. If it happens that you are unable to make it please let myself, Kath or Kathy know as soon as possible. Thank you. 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. 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. Many thanks.

On January 22nd we made a return visit to our old favourite, Arunothai, in Hucknall; the "Sun" quiz was won by Doreen Werle and Steph Ferrington.

The February lunch will be on the 26th at Mr. Man's Chinese Restaurant, Wollaton. The March lunch will be on the 25th and we are travelling a little further afield to the Black Bull at Denby.

Places are limited for all events so group members please contact Sandra Green if you wish to have your names put down for events in January to April. Please note that places for outings must be paid for before the event. Many thanks. Sandra Green

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NATIONAL TRUST GROUP

Visit to Fountains Abbey. Thursday 19th March.

Due to an overwhelming response at the January Members' meeting, all the places for this trip have already been reserved - so we will be accepting these payments at the next meeting on 12th February. (But no later)! The cost is £10 and payment is by CHEQUE only, made payable to Hucknall U3A. Could anyone whose name is on the list but finds that they are unable to go for any reason, please let us know as soon as possible so that their place(s) can be offered to members on the waiting list.

The coach will depart from Hucknall Leisure Centre car park at 9am and leave Fountains Abbey at 4pm.

Also at the February meeting, we will be taking further bookings (but no payments) for the visit to Nostell Priory on Thursday 30th April.

If there are any group members who would be interested in a visit/ re-visit to a particular location* we would like to hear from you.

*(Other than Calke Abbey in Derbyshire and Tattershall Castle in Lincolnshire which have already been mentioned, and Belton House near Grantham which we are planning for November).

Barrie & Sue (Saunders),

barriensaunders@yahoo.com Tel: 0115 9559842.

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 £1 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 February.

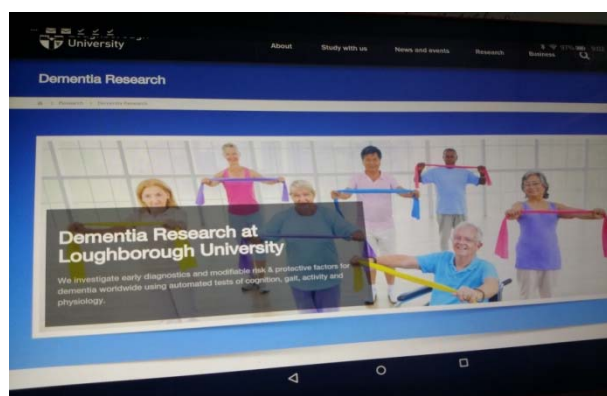
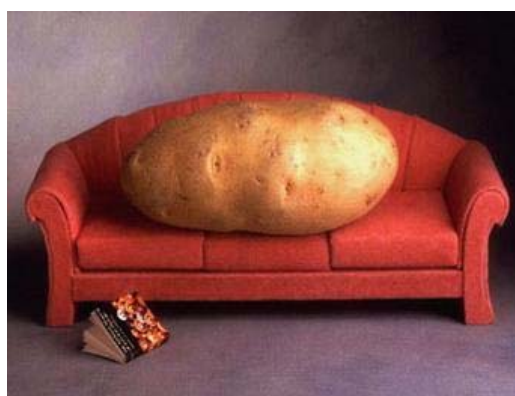
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READING GROUP

In January/February we read "Three Sisters, Three Queens" by Philippa Gregory and in March we will be discussing David Attenborough's "Life on Air".

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.

SEATED EXERCISE GROUP



"Couch Potatoes for Cognition"

We all know that regular activity is just one of the components for improving our health and well-being. Our U3A are really on the ball (excuse the pun pickleballers) and offer lots of activities for us to enjoy and get us moving.

However, some of us just don't enjoy any activities on offer. Right? But did you know that 1 in 14 people over 65, will develop Dementia and two-thirds will be women. This number is increasing as we are living longer and it is estimated that there will be 1 million sufferers by 2025-a scary number.

However, you can do something to help yourself and reduce your risk.

Recent research at Loughborough University has looked at the Risks and Protective factors for Dementia and found that engaging in physical activity, specifically strength training using resistance bands, is beneficial in protecting us against the disease and can also half the rate of decline for those who have already developed it. Great News

So be a couch potato and join in our seated exercise class where resistance bands are used for 15 - 20 mins together with exercises to improve core strength. We always finish the session off with fun routines which help develop cognitive as well as physical well-being. Lots of fun and laughter while sitting on our buttocks!!!

Resistance bands are provided and also available to buy as many members continue to practice at home.

We meet on the 4th Monday of the month at the Leisure Centre from 2-3pm.

Give it a go, first session free. Anne McDowall

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SCIENCE 1 GROUP

OPTICAL and audiology directors from Specsavers on Hucknall High Street talked eyes and ears at the last meeting of Science Group One. Store director, Janet Archer, and future optometrist business partner, Priyen Kotecha, spoke about eye health, the legal driving standard, and how different eye conditions can affect your driving.

They were joined by Specsavers audiologist, Emma Coveney, who explained hearing loss and developments in hearing aid technology.

It was explained to the Group that eyesight is so important for road safety and particularly the value of regular eye tests, even if your vision seems fine.

Specsavers were now able to identify some treatable conditions even earlier than before, with their new recent investment in an OCT (optical coherence tomography) scanner to help people keep useful sight for longer



James Spray – Group Leader

SCIENCE 2 GROUP

In January we followed up our July visit to the Centre for Sustainable Chemistry at Nottingham University by considering some wider aspects of sustainability.

We considered are we good at recycling, replacing, re growing and reusing raw materials and why do some local authorities recycle some plastics and materials yet others don't?

Feb 14th: Visit to the Horological Museum at Upton. Meet there at 10.15 /10.20am if travelling

Including a drink and biscuits the cost is £12 payable on the day. Optional meal stop at the Burntstump on the way back.

March 20th: As part of International Women's day in March we are celebrating the work of women scientists, technologists and engineers so please remember homework piece for your feedback.

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THEATRE GROUP

Some Mothers do have em, Theatre Royal	12 th March 2020, 2pm, Tickets £36.50
Riverdance, Royal Concert Hall	18 th March 2020, 2:30pm, Tickets £50.00
Matthews Bournes The Red shoes	16 th April 2020, 2pm, Tickets £40.50
Strictly Come Dancing The Professionals, RCH	13 th May 2020, 2.30pm, Tickets £52.00

WALKING GROUP (MID LENGTH)

Twenty people came along on Sunday 12th January for our 6 mile walk along the canal. We had a lovely day, which included a coffee/tea in the Heritage Centre cafe at Beeston Lock and then a meal in Wetherspoons at the end!

Our next walk will be on Monday 17th February. We'll be getting the first tram after 9:30, so that we are ready for a 10:15 start. This is a Nottingham City/Quiz walk and we'll be working in teams for this.

WALKING GROUP (SHORT LENGTH)

On January 16th led by Greg Umney we had a pleasant 4.6 miles walk from near Thoresby Hall. The ford across the River Meden was well flooded so a detour was made to the village of Perlethorpe. Afterwards we had a well deserved coffee/lunch stop at Thoresby Courtyard.

February 20th: A local walk from the Nabb Inn Nabbs Lane. Meet in the car park at 9.45am for a 10.00am start. The walk Leaders are Irene and Teresa

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.

There were two birthday Broomhill lunches for Sandra Green and Doreen Newton on 3rd January. Our first Social Evening was a Cheese & Wine Evening at the home of Ruth Houldsworth on 18th January when we sampled a wide variety of cheeses from the Cheese Shop in the Flying Horse Arcade (I can recommend a visit there if only for the coffee). We plan to lunch at Arunothai on 1st February and our next Broomhill Birthday lunch will be on Friday, 14th February for Christine Wheatley's birthday.

Places are limited for all events so group members please contact Sandra Green if you wish to have your names put down for events in January to April. Please note that places for outings must be paid for before the event. Many thanks Sandra Green

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HUCKNALL & DISTRICT U3A INTEREST GROUPS

February 2020

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	1 st &3 rd Thursday 10:00
CHOIR	1 st Wednesday 13:20 3 rd Wednesday 11:20
DISCUSSION	1 st Monday 13:45
DRAMA	4 th Friday 10:00
FILM CLUB	Thursday 12:30
HISTORY	3 rd Wednesday 14:00
NATIONAL TRUST	Various dates ×
READING (BOOKS) *	1 st Wednesday 14:00
SINGALONGA	3 rd Tuesday 10:30
THEATRE	various dates
UKULELE	2 nd &4 th Monday 10:00

ACTIVE WELLBEING

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	2 nd Sunday 3-5pm
MOVEMENT TO MUSIC	Thursday 10:00
PICKLEBALL	Thursday 14:00
SEATED EXERCISE	4 th Monday 14:00
WALKING (LONG)	1 st Tuesday 10:00
WALKING (MID)*	3 rd Monday 10:00
WALKING (SHORT)	3 rd Thursday 10:00

FOOD & DRINK

BREWERY SCIENCE & HISTORY	Various
GINOLOGY	3 rd Thursday 19:00
INTERNATIONAL DINING	As Arranged
LATE BREAKFAST	1 st Friday 09:15
LUNCH GROUP	4 th Wednesday 12:00
PUB QUIZ & LUNCH	2 nd Monday 12:00
WINE APPRECIATION*	3 rd Monday 19:30
WINE TASTING *	3 rd Wednesday 19:30

HOBBIES & PASTIMES

CANASTA	1 st & 4 th Friday 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	4 th Tuesday 14:00
MAH JONG	2 nd Friday 19:00
POT LUCK *	1 st Wednesday 19:30
RUMMIKUB1	1 st Monday 14:00
RUMMIKUB2	Thursday 13.00
SCRABBLE	4 th Thursday 14:00
TABLE GAMES	3 rd Friday 19:00
WATER COLOUR	1 st Monday 14:00

WEEKENDERS various Sat & Sun.

LANGUAGES

FRENCH CONVERSATION*	3 rd Tuesday 10:00
FRENCH BEGINNERS	2 nd & 4 th Friday 10:30
FUN WITH LANGUAGES	2 nd Thursday 10:30

SCIENCE AND THE ENVIRONMENT

SCIENCE 1	4 th Thursday 10:00
SCIENCE 2	3 rd Friday 10:00

*Indicates group full. If you are interested then contact Siobhan who will happy to help you set up a further group. Please be aware that some Interest Groups have a limited number of places due to activity, venue etc.

Group Leaders are normally available in the Board Room at the monthly U3A meetings to answer any questions that you may have about their group. Their contact details are displayed on the Interest Group Information Board

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Hucknall & District U3A

Committee Nomination Form 2020

If you would like to be nominated for election to the Committee at the AGM to be held on 8th April 2020, please complete the details below.

Nominees should indicate which role they would like to be nominated for and should get their nomination signed by a proposer and seconder, who cannot be members of the current Committee.

Completed nominations should be with the Business Secretary by 3rd March 2020.

I wish to be nominated for election to the Committee of Hucknall & District U3A in the role of: <i>(Tick one box only per nomination)</i>	Chair	
	Vice-Chair	
	Business Secretary	
	Treasurer	
	Committee Member	
I understand that, should I be elected, I will become a trustee of the charity, under charity law and declare that I am not aware of any matters that would prevent me from doing so.		
Nominee		
Name		
Membership Number		
Signature		
Date		
Proposer		
Name		
Membership Number		
Signature		
Date		
Seconder		
Name		
Membership Number		
Signature		
Date		