



# NEWSLETTER

Issue April 2020

Web Address: [www.hucknallu3a.org.uk](http://www.hucknallu3a.org.uk)

## **Message from our Chair**

In the present unprecedented situation, I do not want to dwell too much on the virus itself, you are being updated by the hour but I would like to make two important points.

Firstly, please do not fall for one of the many scams going round on this issue. Later in the Newsletter you will find a list of these that we know about.

Secondly, do not be taken in by some of the foolhardy tips appearing on Social Media which claim to cure the virus. One of these tips is to eat plenty of garlic!!!! Clearly, there is NO known cure. Later in the Newsletter, David Rose, has written an article on this based on the Science and official Government advice.

Moving on to more positive things, it is a wonderful tribute to the people of Hucknall that volunteers have posted a leaflet through every door in Hucknall with a local contact's name and phone number should you need any help.

Speaking to many members over the past week or so I know how much everyone will miss their U3A Groups and the Monthly Meetings.

We will continue to produce the Monthly Newsletter to try and keep some contact with everyone. We intend to hand deliver these to those of you who are not on email. Boris permitting!!!!.

Please look after yourself and your Family and friends at this difficult time.

**Barrie Saunders, Chairman**

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## QUIZ TIME

See the end of the newsletter for some quiz entertainment.....

## NEW GROUPS, WORKSHOPS & OTHER NEWS

### **WARNING Some coronavirus misinformation recently found on social media**

Currently there is no known cure. Unfortunately that hasn't stopped a slew of health advice, ranging from useless but relatively harmless, to downright dangerous.

We've been looking at some of the most widespread claims being shared online, and what the science really says.

1. Garlic : Lots of posts that recommend eating garlic to prevent infection are being shared on Facebook.

The WHO (World Health Organization) says that while it is "a healthy food that may have some antimicrobial properties", there's no evidence that eating garlic can protect people from the new coronavirus.

2. 'Miracle minerals': You Tuber Jordan Sather, who has many thousands of followers across different platforms, has been claiming that a "miracle mineral supplement", called MMS, can "wipe out" coronavirus. It contains chlorine dioxide - a bleaching agent.

In January he tweeted that, "not only is chlorine dioxide (aka MMS) an effective cancer cell killer, it can wipe out coronavirus too".

The US Food and Drug Administration (FDA) says it "is not aware of any research showing that these products are safe or effective for treating any illness". It warns that drinking them can cause nausea, vomiting, diarrhoea and symptoms of severe dehydration.

3. Home-made hand sanitiser There have been many reports of shortages of hand sanitiser gel, as washing your hands is one key way to prevent spread of the virus

Alcohol-based hand gels usually also contain emollients, which make them gentler on skin, on top of their 60-70% alcohol content.

Professor Sally Bloomfield, at the London School of Hygiene and Tropical Medicine, says she does not believe you could make an effective product for sanitising hands at home - even vodka only contains 40% alcohol. For cleaning surfaces, scientists agree that most common household disinfectants should be effective.

4. Drinkable silver

The idea that it could be an effective treatment for coronavirus has been widely shared on Facebook, particularly by "medical freedom" groups which are deeply suspicious of mainstream medical advice.

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There's clear advice from health authorities that there's no evidence this type of silver solution is effective for any health condition. More importantly, it could cause serious side effects including kidney damage, seizures and argyria - a condition that makes your skin turn blue.

They say that, unlike iron or zinc, silver is not a metal that has any function in the human body.

#### 5. Drinking water every 15 minutes

One post, copied and pasted by multiple Facebook accounts, quotes a "Japanese doctor" who recommends drinking water every 15 minutes to flush out any virus that might have entered the mouth. A version in Arabic has been shared more than 250,000 times.

Professor Trudie Lang at the University of Oxford says there is "no biological mechanism" that would support the idea that you can just wash a respiratory virus down into your stomach and kill it.

#### 6. Heat and avoiding ice cream

There are lots of variations of the advice suggesting heat kills the virus, from recommending drinking hot water to taking hot baths, or using hairdryers.

One post, copied and pasted by dozens of social media users in different countries - and falsely attributed to Unicef - claims that drinking hot water and exposure to the sun will kill the virus, and says ice cream is to be avoided.

Charlotte Gornitzka, who works for Unicef on coronavirus misinformation, says: "A recent erroneous online message...purporting to be a Unicef communication appears to indicate that avoiding ice cream and other cold foods can help prevent the onset of the disease. This is, of course untrue.

#### 7. Holding your breath

If you can do it for 10 seconds it shows that you have no infection. Patently untrue

And finally my current favourite

#### 8. Cow urine and dung

There is a long tradition in India of promoting cow urine and dung as traditional remedies for various diseases. But Dr Shailendra Saxena, of the Indian Virological Society, told BBC News: "There is no medical evidence to show that cow urine has anti-viral characteristics.

"Moreover, using cow-dung could prove counter-productive as bovine faecal matter could contain a coronavirus which might replicate in humans."

(Unfortunately already sold out in all our local shops and supermarkets...)

More by clicking on this link:

<https://www.bbc.co.uk/news/av/51979410/coronavirus-more-myths-to-ignore>

David Rose

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## How to spot and avoid coronavirus scams

Scams are among the most prevalent types of crime in the UK, and coronavirus is creating a perfect environment for fraudsters to thrive using a range of loathsome tactics

What can you do to protect yourself against scams and misinformation?

### Malicious email,

The things to watch out in emails and other messages are: Unsolicited emails and texts: be careful of anything you weren't expecting that claims to be from an organisation such as a bank, BT, Sky, PayPal, Microsoft, the BBC and other large, trusted organisations.

And at the moment, particularly watch out for unsolicited emails claiming to come from health bodies such as the NHS, the WHO and the CDC.

An urgent tone: phishing and smishing messages are designed to scare you into clicking on their links. Grammar and spelling: the phishing email claiming to come from the WHO is clumsily written and has typos such no spaces after commas. No name: legitimate emails from services you have accounts with will always address you by name.

Phishing emails and smishing texts usually start with 'Dear Sir' or 'Dear Customer'. Fake domains: scammers often set up website addresses that look legitimate in order to trick you. Security researchers Digital Shadows says that more than 1,400 domains linked to the Covid-19 disease caused by the coronavirus have been registered in the past three months.

While many of those may well be legitimate, others will almost certainly be used to trick anxious consumers into thinking they're genuine.

When it comes to claims circulating via social media, there are a couple of things you can check.

Snopes is the original fact-checking website: if it's **not true**, Snopes has probably written it up. Other fact-checking websites are also worth keeping an eye on: Full Fact is a British website that can be trusted, while Channel 4 News has its own FactCheck website.

Above all, make sure your computers, mobile phones and tablets are up to date, and for Windows, Macs and Android devices, you should install antivirus software and keep that up to date, too. Antivirus will protect you from threats such as the banking Trojan contained in the Italian emails, and can also warn you if you're visiting a website that's been reported for phishing or that contain malware.

If you've been scammed, report what's happened to Action Fraud, the UK's national centre for reporting fraud and cybercrime. Categories: Computing, Technology Tagged as: coronavirus phishing Scams

<https://www.actionfraud.police.uk/>

**Phishing** is the fraudulent attempt to obtain sensitive information such as usernames, passwords and credit card details by disguising oneself as a trustworthy entity in an electronic communication. Typically carried out by email spoofing or instant messaging, it often directs users to enter personal information at a fake website which matches the look and feel of the legitimate site.

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A form of phishing, **smishing** is when someone tries to trick you into giving them your private information via a text or SMS message. Smishing is becoming an emerging and growing threat in the world of online security.

### **Telephone and doorstep scams**

Be wary of calls, and even visitors to your home. People are being warned as there has been an increase in scam calls.

These could follow typical patterns of callers claiming to be authority figures, which may include the police, HMRC or your bank, and involve requests to transfer money or hand over sensitive account login information, or your Pin code.

We are seeing an increase in scams involving subscription accounts – such as Amazon Prime, claiming that an account has been hacked and requesting that you enter your details to address the issue.

We've also seen reports of particularly nasty scams where criminals are taking advantage of older people by knocking on their doors. One scam has the criminals offering to take their temperature – thus allowing them into the house, where residents can be robbed or worse. Police in Cheshire warned via Twitter that they had had reports of people knocking on doors and telling elderly residents that they are from the Red Cross and offering to test them for the coronavirus – and charging them for doing so.

Scams selling face masks and hand sanitiser

Other potential scams include criminals claiming to sell you things like protective clothing.

And remember the callers in person or on the phone will sound genuine, friendly and helpful – but they are not, they are out to scam you.

David Rose

## **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](mailto:alansnape@Hotmail.co.uk) or ring me on 07940146542.

### **CHOIR GROUP**

In the absence of meetings, and the subsequent loss of social contact, I thought the choir may like an incentive to continue to connect with our music. Music is usually cheering, ours mostly is anyway, and we could all use some good cheer. Not all of our choir members read music, it isn't necessary, but it helps, so I have suggested a little homework to fill our missed choir meeting times, and enhance our knowledge. I have attempted to explain a few very basic things about reading sheet music (it's difficult explaining in writing, especially when your own music knowledge is fairly limited!) and I posed a question regarding one of the songs from our repertoire, for which that information would be needed. I'm hoping it creates a reason to bring out our otherwise currently discarded music, and to get in touch with me or other choir members. I had to search out my music to decide on a suitable question, and I ended up singing along, and felt much better, so it worked

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well for me at least! I'll continue if members like the idea, and if anyone else wants to join in you're welcome, without the music you won't be able to answer the question, but you may learn a bit about reading music. Absolutely no prior knowledge necessary. The homework won't be graded, and I shan't be revealing any secrets, but I shall provide the answer if anyone's stuck or wants to confirm they got it right! Stay safe, and cheerful. Christine.

## **FUN WITH LANGUAGES GROUP**

Our meeting in March went well and we revisited Spanish pronunciation by following a YouTube link which was fun and informative. We continued with looking at the basic vocabulary and grammar for the first two episodes in a new drama we are undertaking, based in Madrid. This proved a popular choice so we shall press on with Mi Vida Loca and see what happens next!!

Please do not attend group if you have travelled abroad at all and the U3A directive is that groups must close if that includes anyone. If people self-isolate and inform us, we may still be able to continue, depending on numbers and how things proceed with the Coronavirus. It is a daily changing scenario and we must do all we can to stay safe, well and look after each other through this difficult and challenging time.

### **NOTE**

**Our meeting on April 9th will be a 30-40 minute virtual one for as many as possible on zoom.**

Ann Murray & Liz Attenborough.

## **GARDENING GROUP**

We may be forced to abandon our usual activities because of Covid 19, but there is still a lot to enjoy outside now that Spring is here. And we have no excuse for not getting on with all those little jobs in the garden and on our plots! So here are some tips that I had got ready for our March meeting that had to be cancelled.

If you haven't already done it now is a good time to clean the greenhouse inside and out ready for the new season.

Pots can be top-dressed with fresh compost and slow-release fertiliser, to encourage new growth. Now that the water has subsided you can reseed any bare patches in your lawns. It is a good idea to get stakes in place now for those plants that you know will need them later. As they grow they will hide the supports. Be alert for slug and snail activity – did they ever stop being active? Start sowing perennials in pots in the greenhouse or in light, frost-free spots in the garden. Early rhubarb can be harvested now, especially as you have time to bake pies and crumbles! If your soil is workable, dig in a layer of compost or manure and slow-release fertiliser, such as chicken manure, comfrey pellets or blood/fish/bone. Plant summer-flowering bulbs, such as lilies, gladioli, freesia, and crocosmia. Divide clumps of snowdrops and aconites now, while the leaves are still green, and replant to make more clumps next year. Continue to deadhead flowers of spring bulbs but leave the foliage on to die back. Sow vegetable seeds under cover – tomato, cucumber, courgettes, leeks, peas, beetroot.

Finally, here are some flowers and plants that can be seen and enjoyed at the moment- magnolia, anemone blanda, primulas, early tulips, bellis daisies, heathers, cowslips, camellias, skimmia, crocus, cherry tree blossom, hellebores, grape hyacinths, aconites, daphne, daffodils, cyclamen, chionodoxa, periwinkle, epimedium, fritillaries, aubrieta, viola, scilla, and erithronium.

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Enjoy your garden now you have the time and keep healthy!.



## GROWING OLD DISGRACEFULLY GROUP

A group of G.O.D. Ladies attended and Elvis tribute night at Ramsdale Golf club during early March. The Elvis impersonator was very enthusiastic. the food was in Elvis proportions which many of us had to admit defeat and were unable to finish. ~Thank you to Liz for organising it.



## HISTORY GROUP

The History Group always welcomes all U3A members. Our indoor meetings are held at Central Methodist Church on the 3<sup>rd</sup> Wednesday of the month commencing at 2pm. Money paid for the trip to Richard III will be safe in the U3A bank until we can re-arrange later on. We are starting fresh in September (X fingers) Watch this space!

### SHAWLS & FALLS

I think most of you know that I was invited to speak to you after the April AGM when the title given was 'Stories from in and around Hucknall'. I did ask if some of you would think of questions to help me decide what to talk about. Now - let me ask you a question- do you think Hucknall had a connection with Siberia – if so what?

A member did ask why orenburg shawls were made in Hucknall. Is orenburg a place I wondered?. Checking the internet I discover that Orenburg is a Russian city, on the river Ural, on the boundary between Europe and Asia with a bridge connecting the two sides. It is close to the border

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with Kazakhstan in the south Siberian forest steppe. The city is famous for its Orenburg shawls of the thinnest lacy design knitted by hand and cobweb-like kerchiefs called pautinkas. Interesting facts - Yuri Gagarin – Cosmonaut was born there and it is twined with Orlando United States.

In the 1850s a hand knitted fall was brought to Hucknall from Shetland and the local framework knitters were asked if they could make something similar. Of course these skilful artisans were able to adapt their machines to this new type of work and Shetland shawls continued to be made here for 150 years. Then about 1884 Henry Rhodes introduced the manufacture of Orenburg Shawls imitating the knitting of the peasant women in Western Russia. (Had he been to Russia?) "So fine is this work that a shawl measuring 2 yards square can be pulled through a finger ring". Again Hucknall workpeople took up the challenge and altered machinery to create inimitable new textile designs.

Note:- In the Shetland Islands a 'fall' (see above) was a lacy veil to keep flies off babies faces.

SOURCES:- Internet for Orenburg; History of Hucknall Torkard by Beardsmore; Factories & Fabrics (Hucknall Textiles) by M. Newton

If you would like me to continue with similar short articles ask me a question please.

Maureen Newton 0115 9631705 m.newton2000@btinternet.com

## **LUNCH GROUP**

Believe it or not, the Lunch Group has been meeting for over eleven years as it was one of the first groups started when Hucknall & District U3A was first set up and in that time, we have visited well over one hundred different pubs and restaurants for lunch. The number of diners varies each month but in the beginning there were as many as 40 members attending. The average these days is around 30. There have been one or two more favourite venues repeated, two of which have been the Christmas lunch at the Albert Hall in Nottingham and our own Arunothai in Hucknall.

Fortunately there have only been a couple of places that have disappointed us as the majority have been excellent. I won't name them in case I get sued for discrimination but we know who they are, don't we? We even included a lunch on the Nottingham Princess Riverboat, and one or two excellent fish & chip restaurants.

I decided to include a small paper quiz at our lunches so that instead of people getting up and leaving immediately after the meal, they stayed a little later to get the answers to the quiz and to socialise a little more.

We always meet 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 hope members will find something of interest to their "tastes" and I always look forward to meeting up each month.

I would love to hear about your recommendations for reasonably priced venues within a ten mile radius of Hucknall as we have been going for nearly twelve years and are running out of new venues! However, people are very reluctant to go south of the River Trent as this means driving through Nottingham.

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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.

Obviously at this time of social distancing and self-isolating there are no lunches planned for the near future but watch this space! Keep safe everyone!. Sandra Green

## MOVEMENT TO MUSIC GROUP

Now that our leisure activities have regrettably had to be curtailed, it may be useful to consider different ways in which we can continue to 'Keep Moving' - within the comfort of our homes and/or gardens.

One option that may interest you could be a **home workout**, provided of course that you have an appropriate safe area in which to move and you don't have any major health concerns. ( Please check our website for guidelines on 'Safe Movement in the Home' ).

I have selected some low- impact aerobic clips on YouTube, which use steps and moves that will be familiar- to and suitable for -our group members. These are:

- BeFit Jane Fonda's Fat- Burning Cardio Dance Workout. Doo-Wop, which features some catchy music played by a live musicians.
- BeFit Jane Fonda's Fat- Burning Latin Workout.
- BeFit Jane Fonda's Walking Cardio Workout. Level 2.

Also on YouTube, **for entertainment purposes only!** there are a couple of clips from the annual Dance event which is held at Bakewell in June, and which I've attended for several years. The highlight of last year's programme was an enthusiastic performance by a female/mixed-age group called 'Feel it and Dance', who despite the temperature hitting 30 degrees, danced their way through a medley of songs from the film Grease - led by a super-fit instructor called Carlos posing as a young John Travolta in sunglasses!

They can be found under: a) International Day of Dance 2019 and b) 'Feel it and Dance Group' Part 2, but I'm inclined to add a subtitle;

### Don't try this at home!!

Keep Moving, but more importantly Keep Safe. Sue Saunders, (Group Leader).

## NATIONAL TRUST GROUP

May we just pass on our thanks to all of the group who were booked on the visit to Fountains Abbey for your understanding over the postponement. A special thank you to those of you who allowed us to retain your coach payments. This will save us a great deal of time and work when we eventually get up to Yorkshire and has also allowed us to pay the bus company (something that they really appreciated as they are only a small family- based company and are understandably in need of some cash flow).

It is very unlikely that we will be able to go on our April visit to Nostell Priory, but for those who have paid for this visit we have not cashed the cheques but will retain them safely.

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If anyone was in doubt about the visit to Fountains being postponed, you will now be aware that - with the health situation reaching a critical point - U3A activities had to be suspended at short notice.

For those of you who are regular National Trust visitors, please check their website because, as you may already be aware, this closure has now been extended to all their grounds.

We will give you regular updates each month. Stay Safe, Barrie and Sue Saunders.

## **NOT SO GRUMPY OLD MEN GROUP**

The Group has now been going for four years and presently has twenty four members. As the name implies we are slightly less grumpy than our friends in the Grumpy Old Men Group!!!!

We organise an activity or event every month. We usually meet up in January at the Spot On Club to play Snooker and also to plan the events for the rest of the year.

We have grown in numbers over the years and shared many excellent visits and events.

We take it in turns to organise each month's activities so that the work of organising our activities is shared.

In the past we have visited such places as The Toyota Factory. The Morgan Car Factory and the Mining Museum near Wakefield, where we set the record for the longest tour that they had ever conducted. Members had so many questions that the staff had to radio our guide to make sure that we were ok!!!

In the way of activities we have been Go Karting, Model Car Racing. played Coquet and been Raft Building at Carsington Water. Every visit sees us visit a restaurant for lunch!!!

Before the present virus struck we had plans to go Gliding and visit the Sherwood Observatory amongst other things.

We also have an Annual Christmas Dinner at the Ramsdale Golf Club where we join our members in The Grumpy Old Men Group. Barrie Saunders

## **PUB QUIZ & LUNCH GROUP**

The U3A Pub Quiz Group was started approximately four years ago by John Peters, a U3A member and regular at the Nabb Inn pub. He produced the quizzes and also the idea of a raffle which included a "bumper bag" which was a carrier bag full of grocery items donated by the members. He also negotiated a free bottle of wine from the bar but unfortunately, we don't now get this but we do get some lovely raffle prize donations from our members instead. There is a £1 charge for the raffle ticket. We always meet in the alcove area of the pub lounge.

Sadly John passed away and I took over the running of the group. We meet at 12 noon and those who wish to dine, order their lunches on arrival. A small "speciality" puzzle is placed on each table for the teams to solve during lunch but the main quiz consists of 25 questions of varying difficulty and ending with two tie-breakers if required. I read out the questions and then lunch is served and the answer sheets are handed in to me. I don't knock off marks for bad spelling, by the way!

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On average there are up to eight teams competing, each team made up of between three to five members. After lunch I then read out the answers to both puzzle and quiz and there are two prizes of cash (from the raffle) for the first and second winning teams. The fun is not in the winning but the taking part! Then the raffle is drawn and eventually we all go home! Let's hope we can soon get back to our normal routine but in the meantime why not have a go at the following Dingbat puzzle? (Answers next month). Sandra Green

## READING GROUP

The Reading Group is made up of a maximum of ten members. This enables time for every single person to tell us what books have been read that month. I liaise with the Hucknall Library staff to get ten copies of a set book each month for everyone to take away to read and then discuss at the following month's meeting. After that we take turns to say what other books have been read that month. It amazes me how many books some members can read in one month! Our most recent book was "Life on Air" written by David Attenborough which was a great tome of a book, quite heavy to hold and with small print, but the majority of the group thought it was "brilliant" and thoroughly enjoyed it. One member has the CD version of the book and it must have been lovely to have David Attenborough read to her!

We also occasionally 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. Quite often we take their choice of set book the following month and it's amazing how much we all love a juicy murder!

At this time of self-isolation members are reading their books then emailing their reviews to me and I will then send out the Monthly Reviews. Unfortunately we cannot do our usual "swaps" of books but I'm sure we all still have a pile of books by our bedsides waiting for us to read. The time has come folks! Get reading. Sandra Green

## SCIENCE GROUP

International Women's Day was in March and Science 2 members were asked to research the work of some well-known and some lesser known women scientists. Below is a small taster. Can you find out more information about any of them?

Dorothy Crowfoot Hodgkin 1910 - 1994

She is best known for her work in developing x-ray crystallography of biochemical compounds and was awarded the Nobel Prize for Chemistry in 1964 for determining the complicated structure of vitamin B12. Dorothy was considered to be a woman of great intellect with an immense passion for science

As a science, crystallography has produced 28 Nobel Prizes, more than any other scientific field.  
Mark Jackson

May-Britt Moser (born 4 January 1963) May is a Norwegian psychologist and neuroscientist, who is a Professor of Psychology and Neuroscience at the Norwegian University of Science and Technology (NTNU). She and her then-husband, Edvard Moser, shared half of the 2014 Nobel Prize in Physiology or Medicine, awarded for work concerning the grid cells in the entorhinal cortex, as well as several additional space-representing cell types in the same circuit that make up the positioning system in

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the brain. Together with Edvard Moser she established the Moser research environment at NTNU, which they lead. Since 2012 she heads the Centre for Neural Computation. Sue Knight

Sylvia Earle Sylvia Alice Earle (née Reade; born August 30, 1935) is an American marine biologist, explorer, aquanaut, author, and lecturer who has led over 100 expeditions logging more than 7000 hours underwater and received many international honours for her work. Sylvia has been a National Geographic explorer-in-residence since 1998 and was the first female chief scientist of the U.S. National Oceanic and Atmospheric Administration. Named by Time Magazine as its first Hero for the Planet in 1998 and is also part of the group Ocean Elders, which is dedicated to protecting the ocean and its wildlife. David Jackson

Rosalind Franklin

Rosalind Elsie Franklin (25 July 1920 – 16 April 1958) was an English chemist and X-ray crystallographer whose work was central to the understanding of the molecular structures of DNA (deoxyribonucleic acid), RNA (ribonucleic acid), viruses, coal, and graphite.

Although her works on coal and viruses were appreciated in her lifetime, her contributions to the discovery of the structure of DNA were largely recognised posthumously. Alan Ratcliffe

David Rose

## **SEATED EXERCISE GROUP**

Hi Movers

Hope you are all well and coming to terms with our restricted socialising, hard as it is, we are all doing the right thing for ourselves and others. It won't last forever and when it's over, let's party, party, party.

So until then, here are a few websites to help keep you moving and stop you seizing up in your armchairs while devouring those box sets you haven't got round to watching.

REMEMBER TO WORK AT YOUR OWN PACE, LISTEN TO YOUR BODY, AND ONLY DO ENOUGH THAT SUITS YOU.

This is really important as you select your workout. Hopefully you can do at least 30 mins, 3 times a week or more if you want. There are numerous websites to choose from but be very selective as some are a bit naff. Just put in ....Senior chair based exercise and senior chair based exercise using therabands.

Here are my favourite , just put into Google :

1. Improve your balance in 5 minutes
2. Senior fitness with Meredith, resistance bands
3. Chair Yoga Class Recital

This last one I think is really good, it's by Sherry Zak Morris. She has a number of routines that are fun to do and don't look like any yoga I have ever done. It's quite similar to our work. So maybe I'll

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pinch some of them or maybe even some of you could teach the rest of us, that would be fun. Anyway, see how you go and get in touch with some feedback or some sites you have found beneficial.

Remember be safe, heed the government guidelines and we'll all come through this. Love to all, Anne.

## **THEATRE GROUP**

Before the present madness set in. twelve members went to see "Some Mothers Do Have Em" at the Theatre Royal I did wonder why I had booked this show as we were going to the theatre again only a week later to see Riverdance.

My doubts were laughed away within minutes of the start of the show. Joe Pasquale as Frank Spencer was brilliant. It was the funniest show I have seen for a very long time. The actors all 6 of them were brilliant. The scene involving the banisters and the staircase was priceless. A real feel good performance. So much so that I booked two tickets to see it again on Saturday and took my husband. We both agreed it was brilliant.

Any Money paid for Riverdance and Annie will be refunded.

The following is a list of future events but any may be cancelled so they are for information only.

Strictly Come Dancing The Professionals, Royal Concert Hall, 13<sup>th</sup> May 2020, 2:30pm, Tickets £52.00

Beautiful The Carole King Musical, Concert Hall, 3<sup>rd</sup> June, 2pm, Tickets £49.00.

9 to 5, Theatre Royal, 17<sup>th</sup> June, 2pm, Tickets £48.50.

The Book of Mormon Musical, Theatre Royal, 15<sup>th</sup> August, 2:30pm, Tickets £65.00.

The Great Gatsby Ballet, Theatre Royal, 19<sup>th</sup> September, 2:30pm, Tickets £48.50.

The Adams Family, Theatre Royal, 17<sup>th</sup> October, 2:30pm, Tickets £43.00.

The Commitments Musical, Theatre Royal, 14<sup>th</sup> November, 2:30pm, Tickets £46.50.

Sister Act, Theatre Royal, 25<sup>th</sup> November, 2pm, Tickets £42.00.

## **WALKING GROUP (MID LENGTH)**

Twenty Five walkers came along for our March walk. We set off in brilliant sunshine from The Dog and Duck pub in King's Clipstone and had a very pleasant 6.5 mile walk.

The walk took us through to Vicar Water Park via the Clipstone Colliery headstocks, before leaving the park and making our way to Sherwood Pines. After our lunch stop there, we headed back to The Dog and Duck pub for a well-earned drink.

It makes me very sad to know that it was our last walk together for a few months but at least we can remember this one. Thank you to Steve and Anne Lawrence for leading it.

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## WEEKENDERS' GROUP

I decided to set up a "Weekenders" group for those ladies amongst us who were not doing anything at weekends because relatives perhaps had other family commitments or who despite being busy during the week, members had no events planned for the weekend.

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. We have a programme planning meeting once a quarter to plan our next four months' activities. When it's a member's birthday we usually meet up at The Broomhill pub for a lunch (we also go to other lunches occasionally at different venues); we then hold small social evenings, usually with a theme at members' homes (in the past we have had our version of "Would I Lie To You?", tales about Family Heirlooms, Disastrous Holidays and Our Marriage Proposals; we also have outings to nearby towns, parks, garden centres etc once a month and perhaps a "Bus Pass Day Out" which hopefully costs us nothing. On the last Saturday of the month I host a Coffee Club at my house (strangely though we mostly drink tea!). We sometimes have a theme for discussion – and believe me, the discussions are very wide ranging and mostly hilarious! Due to space this group is now limited to sixteen members.

Personally I feel our Weekenders Group very much fulfils a need for companionship and a wider social life. At this particular time we are keeping in touch via email, Facebook and phone, checking up on each other that we are all well and happy and a chance to have a good moan. It's nice just to hear another voice! Looking forward to planning events for later in the year. Keep in touch everyone!

And finally (!) - thought I would just tell you about a very well-spoken retired headmistress I know who, when standing in a queue at Birds bakery which had stretched out of the door, a man walked up and stood in front of her. In her best headmistress voice, she said "Do you mind, young man, I am social distancing! Get to the back of the queue!". Of course, he sheepishly apologised and moved to the back of the queue as ordered! More power to old ladies' elbows (and yes, she is now self-isolating; she's also a U3A member from another town!. Sandra Green

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## **HUCKNALL & DISTRICT U3A INTEREST GROUPS**

**April 2020**

For further details contact check the website at [www.hucknallu3a.org.uk](http://www.hucknallu3a.org.uk) from there you can email the respective Group Leader

### **ARTS**

ACOUSTIC GUITAR	1 <sup>st</sup> &3 <sup>rd</sup> Thursday 10:00
CHOIR	1 <sup>st</sup> Wednesday 13:20
	3 <sup>rd</sup> Wednesday 11:20
DISCUSSION	1 <sup>st</sup> Monday 13:45
DRAMA	4 <sup>th</sup> Friday 10:00
FILM CLUB	Thursday 12:30
HISTORY	3 <sup>rd</sup> Wednesday 14:00
NATIONAL TRUST	Various dates & times
READING (BOOKS)*	1 <sup>st</sup> Wednesday 14:00
SINGALONGA	3 <sup>rd</sup> Tuesday 10:30
THEATRE	various dates
UKULELE	2 <sup>nd</sup> &4 <sup>th</sup> 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 <sup>nd</sup> Sunday 3-5pm
MOVEMENT TO MUSIC	Thursday 10:00
PICKLEBALL	Thursday 14.00
SEATED EXERCISE	4 <sup>th</sup> Monday 14:00
WALKING (LONG)	1 <sup>st</sup> Tuesday 10:00
WALKING (MID)*	3 <sup>rd</sup> Monday 10:00
WALKING (SHORT)	3 <sup>rd</sup> Thursday 10:00

### **FOOD & DRINK**

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

### **HOBBIES & PASTIMES**

CANASTA	1 <sup>st</sup> & 4 <sup>th</sup> Friday 19:00
CRAFT 1 *	3 <sup>rd</sup> Monday 13.45
CRAFT 2	2 <sup>nd</sup> Tuesday 14:00
GARDENING	3 <sup>rd</sup> Tuesday 14:00
HOLIDAYS	various dates
KNITTING & CROCHET	4 <sup>th</sup> Tuesday 14:00
MAH JONG	2 <sup>nd</sup> Friday 19:00
POT LUCK *	1 <sup>st</sup> Wednesday 19:30
RUMMIKUB1	1 <sup>st</sup> Monday 14:00
RUMMIKUB2	Thursday 13.00
SCRABBLE	4 <sup>th</sup> Thursday 14:00
TABLE GAMES	3 <sup>rd</sup> Friday 19:00
WATER COLOUR	1 <sup>st</sup> Monday 14:00
WEEKENDERS	various Sat & Sun.

### **LANGUAGES**

FRENCH CONVERSATION*	3 <sup>rd</sup> Tuesday 10:00
FUN WITH LANGUAGES	2 <sup>nd</sup> Thursday 10:30

### **SCIENCE AND THE ENVIRONMENT**

SCIENCE 1	4 <sup>th</sup> Thursday 10:00
SCIENCE 2	3 <sup>rd</sup> 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.

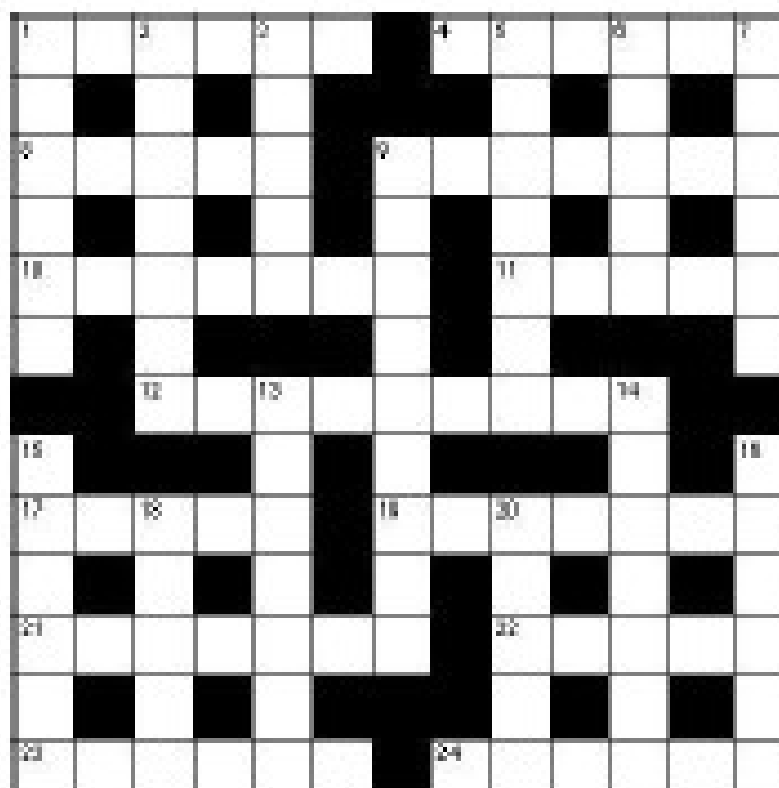
Group Leaders are normally available in the Board Room at the monthly U3A meetings to answer any questions that you may have about their group. Their contact details are displayed on the Interest Group Information Board.

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## CROSSWORD



### Across

- 1 Chinese martial art (4,2)
- 4 Fencers' weapons (6)
- 8 Rail transport (5)
- 9 Antarctic bird (7)
- 10 Euphoria (7)
- 11 Upright (5)
- 12 Evaluated (9)
- 17 More mature (5)
- 19 Wretched (7)
- 21 Squirm (7)
- 22 Tendon (5)
- 23 Mourn (6)
- 24 Crunchy salad vegetable (6)

### Down

- 1 Young cat (6)
- 2 North American falls (7)
- 3 Mushrooms and toadstools (5)
- 5 Marvels (7)
- 6 Itinerary (5)
- 7 Soundness of mind (6)
- 9 Large fleshy fruit (9)
- 13 Model of perfection (7)
- 14 Protection (7)
- 15 Gardener's tool (6)
- 16 At a leisurely pace (6)
- 18 King of Troy (5)
- 20 Savour (5)

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## SUDOKU

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**Answers to these will be printed next month.**

And Finally.....

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Some really good advice



### Hoppy Quick

My advice for people as the world begins to shut down around us

Look for those things at home you wanted to do but didn't have the time  
Start your seeds  
Think ahead to your garden or creating one  
If you don't have a yard get pots or anything you can hold dirt...grow food  
It will make you feel better  
Fishing season is coming  
Avoid people but don't avoid water or the woods  
Nature is good medicine  
Optimism is your friend  
Always be optimistic  
Money will be tight but it doesn't mean you can't do things  
A good time of year to clean your house and property  
If the world is forcing you into isolation  
Embrace it  
Quarantine doesn't have to be scary

There will always be that pessimist  
You know the one  
When you say its a beautiful day  
They say "but its gonna rain later"  
we are all dealing with the same pandemic  
Let your positive outlook help get you through  
And others  
Don't get caught in panic  
Just breathe  
By no means does my optimism mean I don't care  
I just believe in the magic of good intention  
Support each other with positive vibes  
I wish you all good health

Hoppy

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