



NEWSLETTER

Issue December 2020

Web Address: www.hucknallu3a.org.uk

Message from our Chair

Welcome to the December Newsletter

We now know that Nottinghamshire in common with large areas of the country is in Tier 3. The danger posed by the Covid-19 virus will be here for some time yet.

Much is being made of a Vaccine coming to the rescue. We have many vaccines that prevent diseases such as polio, mumps, rabies, cholera, typhoid, tetanus and many others.

The fact that smallpox is the only infectious disease that has been eliminated shows how hard it is to defeat microbes but vaccines have prolonged the lives of millions of people.

The signs that safe and effective vaccines for Sars-Cov-2 may soon be with us is good news. However there is some way to go yet as full data sets, independent verification and further trials have still to be completed. Still we look to 2021 with a degree of optimism.

It is apparent that older people are more seriously affected by Covid and member Alan Ratcliffe writes later in this newsletter about how his recent experience of becoming infected was dealt with by the NHS. Please read it and we thank Alan for sharing his experience.

Now for something completely different:

Christmas Spectacular Party

All members are invited to the Hucknall and District u3a Christmas Spectacular Party on Zoom at 2.00pm on Wednesday 9th December 2020. See the poster in this newsletter.

You will be able to join the party by clicking on the email link to be sent out to all members on Monday 7th with a reminder on the day. – Just click on the link between 1.50pm and 2:00pm on Wednesday 9th.

Audience participation is not required and you will not be called upon to perform.

We have our host with the biggest Bumper Book of Jokes: Mr Terry Hill and at no great expense, in fact no expense, the Rockin Rev with a comical tale and the Rockin Rev duo with a finale seasonal song.

There will be a Christmas themed fun quiz with a 1st prize of a virtual weekend in Paris....

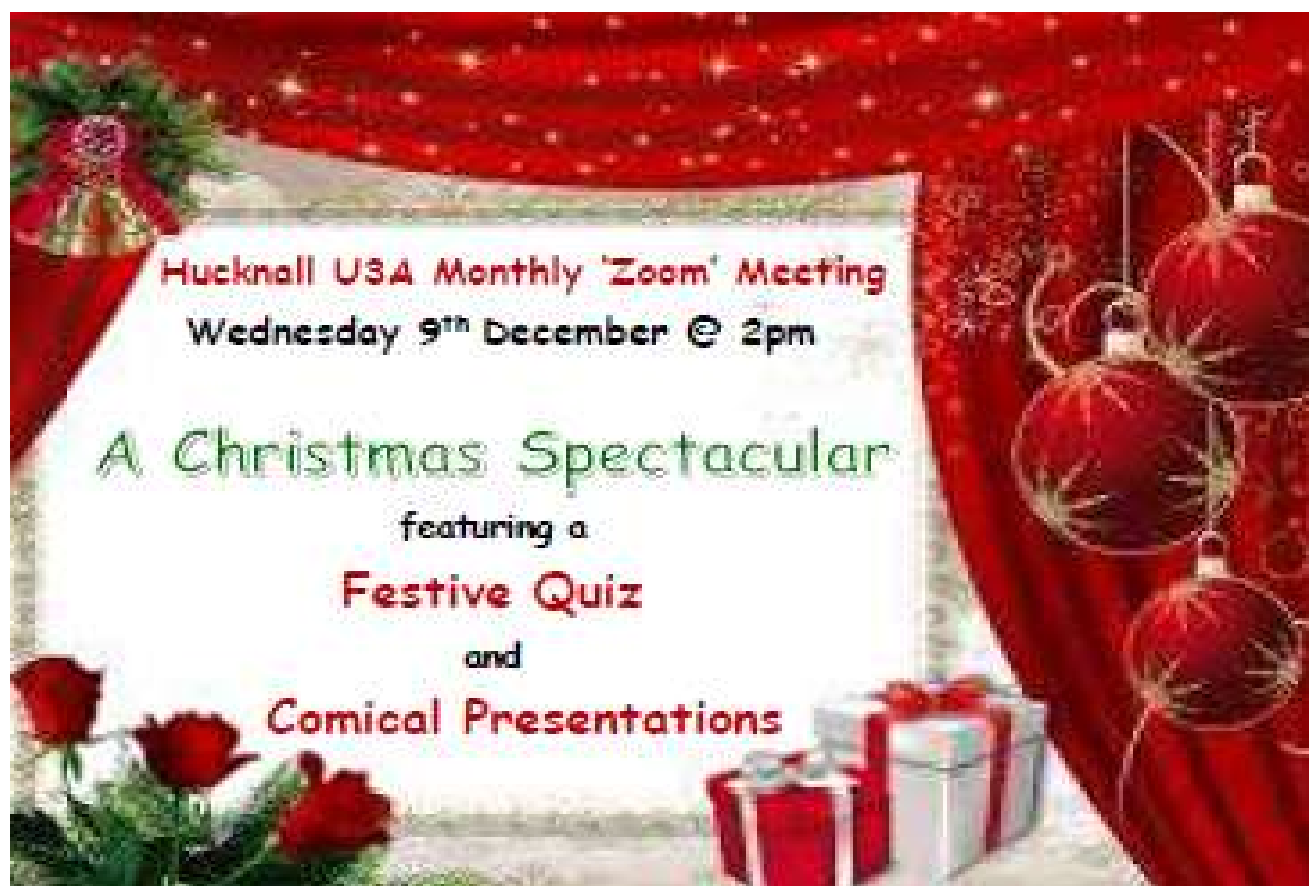
So get out your Santa hat, Christmas socks and jumper and feel free to get into the party spirit with whatever drinks or snacks you fancy.

The Social Subcommittee look forward to seeing you there.

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David Rose, Chairman



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COMMITTEE MEETING

Notes from the Zoom Committee meeting December 2nd 2020

Apologies were received from Sandra Green and Dianne White

With a minor modification the minutes from the November meeting were agreed.

Siobhan the Groups Coordinator reported that several interest groups are continuing to meet via zoom. Others are keeping in touch with members by other means.

On behalf of the group Siobhan has made a Christmas wreath as part of the amended Hucknall Christmas tree festival, this will hang with the other wreaths on the church railings on the market place from Sat 12th to Sat 19th. Please take a look.

There are plans to book speakers for the February and March monthly meeting via zoom.

The social subcommittee has organised a themed Christmas meeting on Wed December 9th at 2pm

Angela gave feedback on a recent meeting with other website managers in Notts u3as.

We agreed that she sets up a Hucknall u3a Face book page which will give information about us .Its purpose is to link users to our website. It will not be an interactive page but just for information.

The treasurer submitted the monthly accounts which show little change from November.

Melvyn the Vice Chair gave details of the First Aid course for all which will be part of the January monthly meeting.

Greg the membership secretary explained some of his preparations for membership renewal and reports that he will be contacting 11 prospective members later this week.

Mark Jackson our Business Secretary advised that 56.2% of our membership voted in the recent poll to change the membership fee for 2021 to 2022. 99.3% voting in favour of the change. He thanks everyone for taking part.

I shared some details of a recent meeting of Notts u3as Chairs which reflected some of the difficulties of the 'lockdowns' situation together with some things groups are doing to try to keep members engaged.

Next Meeting is at 10am on Wednesday 6th 2021

David Rose

Minutes of a Special General Meeting - November 2020 (in lock-down)

With a backdrop of a reduced level of activity this year, the Committee recommended that, for 2021 only, the membership subscription be reduced to £8 plus an optional £3 for those wishing to receive the Third Age Matters magazine.

It was agreed that this recommendation would be put to members by way of a special general meeting, which, by virtue of the fact that we were unable to meet in person, was conducted by using an online voting form. Members who had not provided an email address were provided with voting papers.

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The Committee considered the results of the vote at the meeting of 3rd December and, as the quorum requirement of 20% was passed, the results were accepted as if they had been cast at a general meeting.

275 votes were received (56.2%) of which 273 were in favour, with one against and one abstention.

Accordingly, for 2021 only the subscription will be reduced to £8 plus an optional £3 for those wishing to receive the Third Age Matters magazine.

Accessing Zoom Events

The Zoom app is required on Android and Apple devices (though it is not necessary to create an account).

It is possible to join a meeting on a pc/ laptop without installing the app by using the browser.

In summary a Zoom account is not required however the Zoom app may need to be installed, at least on some devices e.g. Android and Apple phones and some tablets.

It is a free app from Google Play.

You can also access with your sound only rather than sound and vision but you still see all the activities of the meeting .

Mark is offering assistance to any member who would like guidance and advice

Email : Mark Jackson at <hucknallu3abusiness@gmail.com

ACCESSING THE MEETING WITHOUT THE INTERNET or ZOOM

This is a Zoom event however if you do not have Zoom, do not like Zoom or have Zoom fatigue then the meeting can be accessed by phone.

It is your normal call rate (they are not premium numbers)

It allows you to join in and listen to the meeting.

How to access : If you do not have an internet connection you can join the meeting by telephone. Dial any one of the standard rate numbers below:

0203 901 7895

0131 460 1196

0203 051 2874

0203 481 5237

0203 481 5240

When prompted enter the meeting ID, which is 718 4497 8566, followed by #

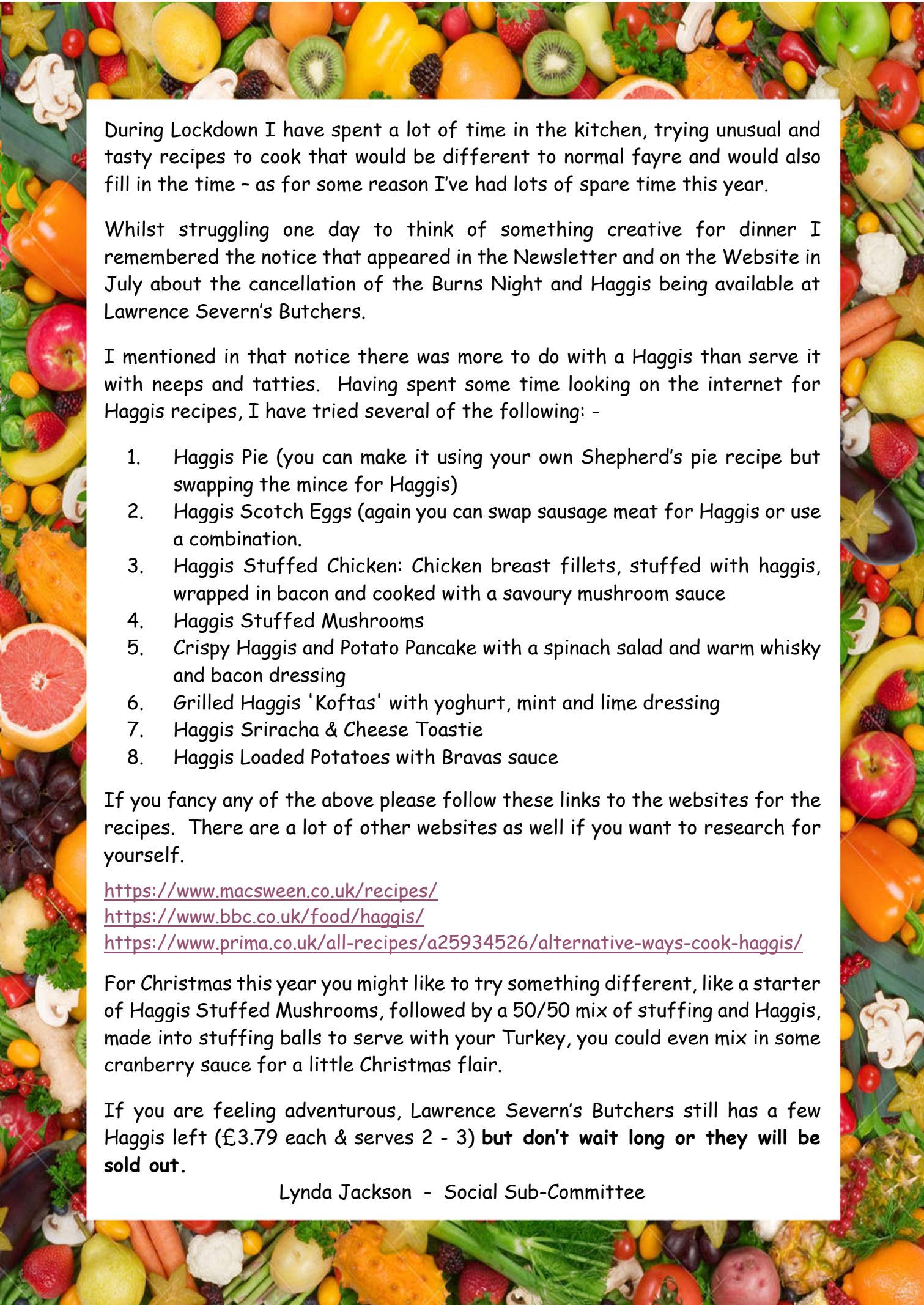
When prompted for Participant ID, press #

When prompted for the meeting password, enter 136162, followed by #.

You will then be in the meeting.

To mute / unmute yourself during the meeting press *6

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During Lockdown I have spent a lot of time in the kitchen, trying unusual and tasty recipes to cook that would be different to normal fayre and would also fill in the time - as for some reason I've had lots of spare time this year.

Whilst struggling one day to think of something creative for dinner I remembered the notice that appeared in the Newsletter and on the Website in July about the cancellation of the Burns Night and Haggis being available at Lawrence Severn's Butchers.

I mentioned in that notice there was more to do with a Haggis than serve it with neeps and tatties. Having spent some time looking on the internet for Haggis recipes, I have tried several of the following: -

1. Haggis Pie (you can make it using your own Shepherd's pie recipe but swapping the mince for Haggis)
2. Haggis Scotch Eggs (again you can swap sausage meat for Haggis or use a combination.
3. Haggis Stuffed Chicken: Chicken breast fillets, stuffed with haggis, wrapped in bacon and cooked with a savoury mushroom sauce
4. Haggis Stuffed Mushrooms
5. Crispy Haggis and Potato Pancake with a spinach salad and warm whisky and bacon dressing
6. Grilled Haggis 'Koftas' with yoghurt, mint and lime dressing
7. Haggis Sriracha & Cheese Toastie
8. Haggis Loaded Potatoes with Bravas sauce

If you fancy any of the above please follow these links to the websites for the recipes. There are a lot of other websites as well if you want to research for yourself.

<https://www.macswheen.co.uk/recipes/>

<https://www.bbc.co.uk/food/haggis/>

<https://www.prima.co.uk/all-recipes/a25934526/alternative-ways-cook-haggis/>

For Christmas this year you might like to try something different, like a starter of Haggis Stuffed Mushrooms, followed by a 50/50 mix of stuffing and Haggis, made into stuffing balls to serve with your Turkey, you could even mix in some cranberry sauce for a little Christmas flair.

If you are feeling adventurous, Lawrence Severn's Butchers still has a few Haggis left (£3.79 each & serves 2 - 3) **but don't wait long or they will be sold out.**

Lynda Jackson - Social Sub-Committee

NEW GROUPS, GROUP NEWS, WORKSHOPS & OTHER NEWS

Jingle Bells

Dashing through the snow in a one horse open sleigh

O'er the fields we go, laughing all the way

Bells on bob tails ring making spirits bright

Oh what fun it is to laugh and sing a sleighing song tonight

Oh, jingle bells, jingle bells jingle all the way

Oh, what fun it is to ride in a one horse open sleigh

A Risk Assessment must be submitted before an open sleigh is considered safe for members of the public to engage in recreational trips including the strict application of seat belts and wearing of appropriate protective headgear. The Risk Assessment should also consider whether the use of only one horse is appropriate, particularly if some passengers may be of larger proportions. Permission from landowners must also be gained before entering any fields and extreme care should be observed to ensure that no livestock may be discomfited or otherwise affected and that all gates are closed so that livestock cannot escape. To avoid offending those not participating in the venture, it is required that only 'moderate' laughter, light jingling of bells and quiet singing takes place and not at a noise level that may cause offence to others.

Santa

High Streets Project

The monthly U3A National newsletters have loads of information about projects which are in progress either locally or across the country, and in fact I find that it can be difficult to see the wood for the trees at the moment. However, a few months ago I spotted the national 'High Streets' project, right at the end of a very long newsletter.

This is a project which aims to look at High Streets before and after Covid-19. The project was proposed before the first lockdown by a member of the U3A National Research Network, whose former career was in retail. The basic plan is to compare today's, and tomorrow's High Streets with those of the past.

I expect that a lot of Hucknall U3A members will remember how our High Street used to look. My recollections go back 40 years, and no doubt many members can go back well before that. How the High Street will look in the future is probably anyone's guess, but we can be certain that 2020 will cause many changes – will Amazon take over completely, or will local shops (especially food-related) prosper? Will all the estate agents disappear online, and will we still drink as much coffee? Will lots of shop units have been converted to housing?

In the temporary absence of our Easy Wheelers and Pickleball groups, I've been trying to keep up the exercise, so this looked like an opportunity to at least do some walking. I volunteered to survey Hucknall High Street pedestrianized section, and the end of September found me walking up and down photographing and taking notes of all the shops and offices.

Nationally, 533 U3A members took part, and a total of almost 9,500 premises have been surveyed, out of around 20,000 nationally. The next job is to compile a massive combined database (any volunteers?) and preliminary findings will go to the Third Age Trust December board meeting. The plan is to develop local projects during 2021, Covid permitting, then revisit all the individual High Streets in 18 months' time to see how things have changed.

John Tedstone

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SCAM NEWS UPDATE

Action Fraud is warning people selling items online to be on the lookout for criminals sending fake PayPal emails.

- Between January 2020 and September 2020, **21,349 crime reports** were made to Action Fraud about fake PayPal emails.
- Victims reported losing a total of **£7,891,077.44** during this time.
- Those targeted included people selling jewellery, furniture and electronics via online marketplaces.
- Reports of fake PayPal emails to Action Fraud made up a third of all reports of online shopping and auction fraud during this period.

How does it happen?

Criminals have been targeting people selling items online, by sending them emails purporting to be from PayPal. The emails trick victims into believing they have received payment for the items they're selling on the platform.

Typically, after receiving these emails, victims will ship the item to the criminal. This leaves them at a further disadvantage having not received any payment for the item and also no longer being in possession of it.

How can you protect yourself?

- **Sellers beware:** If you're selling items on an online marketplace, be aware of the warning signs that your buyer is a scammer. Scammers may have negative feedback history, or may have recently set up a new account to avoid getting poor feedback. Don't be persuaded into sending anything until you can verify you've received the payment.
- **Scam messages:** Don't click on the links or attachments in suspicious emails, and never respond to messages that ask for your personal or financial details.
- **How to spot the difference:** A PayPal email will address you by your first and last name, or your business name, and will never ask you for your full password, bank account, or credit card details in a message.

If you think you've been a victim of fraud, report it to Action Fraud online at www.actionfraud.police.uk or by calling 0300 123 2040.

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SHORT TALKS & ONE-OFF ACTIVITIES

Thurs 10th Dec at 2pm. A talk by Professor Nicola Pitchford of Nottingham University on 'Global Learning'. Looks like a really interesting talk.

Using educational technology to address the global learning crisis: a scalable and sustainable solution?



University of
Nottingham
UK | CHINA | MALAYSIA

Professor Nicola Pitchford, University of Nottingham

Despite global efforts to increase access to primary education, where basic literacy and numeracy skills are typically accomplished, currently 330 million children leave primary education unable to read and perform basic maths (UNESCO, 2017). Traditional methods of education have failed to solve this global learning crisis, so innovative, alternative, approaches are required.

Since 2013, I have been working with the Unlocking Talent alliance which is capitalising on the advantages of EdTech, to deliver a new and innovative app-based intervention – onecourse – developed by the UK not-for-profit – onebillion, winners of the 2018 Tech4Good Africa award and joint winners of the 2019 Global Learning XPRIZE.

I will present the body of scientific evidence my team has accrued to demonstrate the effectiveness of this intervention at raising basic literacy and numeracy skills in different countries, with different groups of children, and through different modes of implementation. I will then consider if EdTech interventions are a scalable and sustainable solution to the global learning crisis.



Thurs 17th Dec at 1.30pm. Our classic Christmas films 'Miracle on 34th Street' followed by a short Dad's Army Christmas special.



Miracle on 34th Street, American comedy film, released in 1947, that has become a perennial family favourite at Christmastime. Natalie Wood portrayed Susan Walker, a precocious little girl whose well-meaning mother (played by Maureen O'Hara) has raised her not to believe in Santa Claus. When their lives intersect with that of Kris Kringle (Edmund Gwenn), an elderly man hired to play Santa at New York City's famous Macy's department store, Susan begins to suspect he may be the real St. Nick. After a jealous fellow employee frames him for an assault, Kringle is placed in a mental hospital. At the ensuing sanity hearing, Kringle and his attorney attempt to prove that he is indeed Santa Claus.

Although the movie was released in the summer, it became a box-office hit and ran in theatres through the holiday season. Its legacy is such that it is regularly aired on television right after Macy's annual Thanksgiving Day Parade in New York City, and the store has frequently decorated its windows during the Christmas season with displays based on the film. The popularity of Miracle on 34th Street is due in part to the performances of Gwenn, who won an Academy Award, and Wood.

Weds 13th Jan at 2.15pm, as part of our monthly U3A zoom meeting. A talk with demonstrations on '**First Aid**', covering **Primary Survey** - danger, response, airway, breathing, circulation. **Unresponsive** - not breathing, CPR, **Choking**, **Age Related** - strokes & heart attacks. The talk is by a professional 1st Aid Instructor Maria Matthews.

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If you have any specific 1st Aid questions that you would like addressing please send to me and I will forward to Maria.

Best Wishes Melvyn Francis , Vice Chairman

A recent Covid-19 Experience of a Hucknall and District u3a member

Member Alan Ratcliffe writes about his recent diagnosis and hospital treatment for Covid -19

If you read this you will have little doubt about the need for social distancing, hand washing and varying degrees of lockdown.

It was written for close friends and family and I wish to thank Alan on our behalf for agreeing to share it with us.

David

Alan writes:

Thursday: today was a good day for a stroll in the garden. Yesterday I returned home after spending seven days in the Covid Unit of Kingsmill Hospital, having tested positive for Covid the previous Tuesday. Neither my wife Una nor my daughter Fionnuala was keen on me dying alone in hospital. However, we took the decision that my chances of surviving would be increased if I went into hospital. As the tailgate of the ambulance was raised I couldn't help thinking I was taking my last look at them. I could see the anxiety in their faces and I'm sure they could see the anxiety in mine.

On arrival at hospital, I was wheeled in bed to see the doctor. He explained in very clear terms what were my chances of survival and what course of action he recommended. The bed was then wheeled around a labyrinth of corridors and I ended up in a very palatial room on my own. I thought that it would be a very comfortable room in which to die.

However, after a short while, the bed was on the move again and I ended up in a ward of about fifty feet square with three other men, the four beds being in the corners. The next day I was connected for most of the time to an infusion where liquids meant to kill the virus were pumped into my body.

The next day with the infusion now removed, I became more aware of the schedule of activities that would aid my recovery. Food would be served at specific times of the day but before that we were given menus from which to choose our meal. The menus had a really wide selection to choose from and when the food arrived, it was absolutely delicious

Doctors appeared every day to inform each of us how we were doing. At regular intervals, nurses would appear to check blood pressure and oxygen concentration in my blood. This was a vital factor in monitoring our progress. The oxygen level had to attain a certain level before we would be considered sufficiently healthy for us to be sent home.

Days were not so bad. There was always a flurry of activities and it did take a lot longer for normal activities, such as washing, toilet activities and even eating. We were allowed to choose our own techniques, whether that be bedpans, basins of water in bed or a shower. I was able to hobble over to the toilet and have a shower and a shave but at the start it took me an hour to complete the process.

The nights were rather different. We were allowed to make our own decisions as to when our individual bed lights were turned off, but the nights seemed interminably long, particularly if you cannot sleep. During the night, the nurses would appear at specific intervals to take the readings of blood pressure and oxygen levels. They didn't rouse us and I had no difficulty in getting off to sleep

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when they had carried out their checks. Their smiling faces appearing in the middle of the night were a source of immense comfort. I felt I was being watched over by angels as I slept.

Finally the day came when the numbers came out right. I could not have been happier if I had won the lottery.

During my time in the ward, there were a few comings and goings. Some left the ward and were allowed to go home to their families. Sadly, some left the ward but didn't make it home. Of the ones who were happily returned to their families, to my knowledge, none were as old as I am.

On the day I was released, I believe there were almost five hundred deaths from Covid nationally in hospitals in the country.

Finally, I have to say that for their professional competence and their duty of care, whether they were cleaners, porters, food preparation people, nurses or doctors, this is the most dedicated and inspiring group of people I have ever met and they work at Kingsmill Hospital, Mansfield.

Alan Ratcliffe

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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.

CHOIR GROUP

Sadly, for the second consecutive year the choir won't be performing for the u3a at Christmas. From last Summer our poor musical director suffered a string of accidents and ill health which eventually forced her to resign, we didn't have time to practise and reach an appropriate standard in time for the u3a Christmas celebrations. It was a source of regret to us all. As well as the pleasure of feeling we were able to make a contribution, we enjoy performing, it gives us something to work toward, and the satisfaction of achieving something together.

We looked forward to this year, and at the time no-one could have suspected, or believed, that we would now be in the current situation! However, the news is good, there appears to be light at the end of the tunnel. We have hope that we'll make it next year, when this year may just be a distant memory of a horrid experience we coped with, and survived. In the meantime, stay safe. Happy Christmas everyone, and all good wishes for a peaceful and happy new year. 'Have yourself a merry little Christmas, let your heart be light....'

FUN WITH LANGUAGES GROUP

Our meeting in November went well and we continued with the Ma France course revising Directions and places in France; also completing a crossword on French place names. It is great to see many of you zooming but there is always room for more!

Our next meeting of Zoom will be on Thursday 10th December at 10.30 when we shall continue with Ma France and also play the guess what? Xmas items the group are preparing to share. On the 10th December also at 7.00 we are having a Zoom drinks and nibbles session for an hour with a game so we can wish each other a happy Christmas. Sadly, you will have to provide your own drinks etc on this occasion!

If you are not into Zooming or are unable to join us, we still wish you and yours a happy and safe Christmastime. We hope we can meet some time during 2021, but we shall have to see how things work out. - Liz and Ann

GARDENING GROUP

First of all apologies to those who didn't receive last month's article – I wrote it but forgot to send it in!

Now we are in the final month of the year and the beginning of winter you would be forgiven for thinking you can forget about the garden but there is still lots to enjoy and do! A lot of it involves tidying up, clearing away the dead bits and adding to your compost heap if you have one, or the garden bin if you don't.

Scented shrubs can be planted now, for you to enjoy during the coming months. Plants such as witch hazel (*Hamamelis*), winter honeysuckle (*Lonicera purpusii*), and my favourite - Christmas box (*Sarcococca confusa*). One of mine has had bright red berries that will change to black, while the new flower buds are forming. (See the picture at the end of this article.)

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While you continue to plan for next year here are some ideas, beginning with a D for December! *Dahlia*- a variety of types and forms from bedding dahlias grown from seed each year, to cactus types, pompom types and decorative flowering types. *Day lily*- or *Hemerocallis*, an easy to grow robust plant with a large variety to choose from, colours of red, yellow, orange and pink. *Delphinium* – a perennial in shades of blue, or white or pink. Established clumps benefit from splitting every 3 to 5 years. *Dianthus*-these are easily looked after and will flower well if dead-headed regularly. There is a large variety to be grown, in different colours, scents and heights. *Dicentra*- known as Bleeding Heart, these perennials can flower from late spring to early summer, in white, pink, bright red and purple-pink. *Dog's Tooth Violet*- or *Erythronium*, is useful in a container or in a rock garden, in light shade. The corms need to be planted in early autumn and they are normally hardy but do not like very wet soils.

Finally, did you know that soil contains the harmless bacterium *Mycobacterium vaccae* (no, me neither till I read it!) that releases serotonin and dopamine, our brain's natural anti-depressants, so gardening throughout winter can be beneficial to our well-being. So now we know why! Enjoy!

Anne



HISTORY GROUP

The History Group always welcomes all U3A members. Our indoor meetings are held at Central Methodist Church on the 3rd Wednesday of the month commencing at 2pm. At present I am not sure when indoor meetings will restart – but - watch this space! I decided to re- schedule the visits due in 2020 to 2021 which means Richard III is set for March 17th 2021 - and remember money already paid for the trip is safe in the U3A bank. Please cross fingers, toes and anything else you can - that the visits will go ahead. Doddington Hall will be on 16th June. I am still waiting for Sharpes Pottery to reply. I look forward to seeing everyone but in the meantime please take care and stay safe.

No-one came back to me objecting or otherwise when I mentioned re-booking the speakers from this year for 2021 which means I will go ahead. However at present I feel booking for January and February is a bit iffy so if we can meet I will think of something history based we can do to entertain ourselves. I have heard nothing about the idea for a book – Hucknall A – Z either and there have been no comments from anyone who has; or is; considering writing about their own history. I have nudged my brother to make an effort so it will be interesting to compare his memories with my own.

A while ago I wrote about some bottles which had been found. Brenda Morris contacted me recently telling me what she knew about them. Brenda used to live on Albert Street and remembered the Walters dairymen bringing milk; she thinks at first with a horse and cart. Later they used a motorbike, with not a sidecar, but a box on wheels attached, containing churns of milk. Customers went from their homes with a jug or container to the vehicle where long handled measures were used to dip into the churn and pour into the receptacle. *This reminded me of Buckleys ice cream van coming round on Sunday afternoon and rushing out with a basin to be filled with ice cream to go with the tinned fruit for Sunday tea.* Brenda also remembered playing with friends on Co-op Avenue. If they felt thirsty

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they knocked on the door of Mrs. Whyatt for a bottle of pop and she went to the 'factory' to fetch a bottle for the children. Would you like to bring any bottles you have to our first indoor meeting and I will bring mine? (Empty would be best? – or perhaps not!)

A member of the Catchpole family who lives away has contacted me asking for information. Catchpoles were in business as butchers on Annesley Road. One on the corner of Brook Street as a pork butcher and another general butchers shop. Can anyone remember them?

I have just realised that we will not have another U3A Newsletter before Christmas so I would like to wish every U3A member a happy, healthy and safe festive season hoping Santa brings us all a vaccine jab soon.

T.T.F.N. & God bless from Maureen

LUNCH GROUP

Well, let's hope we can all have a lovely Christmas lunch at home with friends and family instead of going out for lunch this year. But after eleven years of the Lunch Group visiting a new restaurant nearly every month, then the 2021 alternative might be the new restaurant on the moon. I've heard it has great food but no atmosphere! Happy eating!.

PUB QUIZ & LUNCH GROUP

Thanks again to David Rose who keeps us supplied with an excellent quiz on line each month. The answers to last month's puzzle (in red) was as follows

FAMOUS NAMES OF THE PAST ANAGRAMS

- | | |
|--|--------------------------------|
| 1. MARRY NO OILMEN (7,6) (actress) | MARILYN MONROE |
| 2. HOMBURG THERAPY (8,6) (actor) | HUMPHREY BOGART |
| 3. TEN ELITE BRAINS (6,8) (physicist) | ALBERT EINSTEIN |
| 4. A COOL ROMP (5,4) (explorer) | MARCO POLO |
| 5. ADMONISH TOES (6,6) (inventor) | THOMAS EDISON |
| 6. SILVERY SLEEP (5,7) (singer/actor) | ELVIS PRESLEY |
| 7. ART CHEF HID CLOCK (6,9) (director) | ALFRED HITCHCOCK |
| 8. A WALTZ OR FUN GAMES GO MAD (8,7,6)(composer) | WOLFGANG AMADEUS MOZART |
| 9. EXTERNAL HATE RAGED (9,3,5) (conqueror) | ALEXANDER THE GREAT |
| 10. CASUAL JURIES (6,6) (emperor) | JULIUS CAESAR |
| 11. PUBLIC SO MUCH SHORTER (11,8) (explorer) | CHRISTOPHER COLUMBUS |
| 12. PEARL COAT (9) (queen) | CLEOPATRA |
| 13. LOCATED MENU (6,5) (painter) | CLAUD MONET |
| 14. ERA LOST IT (9) (Greek philosopher) | ARISTOTLE |
| 15. HERO GETS IN WAGGON (6,10) (former US president) | GEORGE WASHINGTON |
| 16. LIKE A WEE SHRIMP ALAS (7,11) (playwright) | WILLIAM SHAKESPEARE |

And now try this Christmas quiz – most questions will not tax your brain!

1. Which Rat Pack member died on Christmas Day, 1995 aged 78?
2. What were the names of the three wise men?
3. Which Dr Seuss character lives near Whoville and tries to steal Christmas?
4. Father Christmas, Santa Claus, there are many names for the jolly fellow all over the world, but what is he called in Germany?
5. Who was King of Judaea at the time of Jesus' birth?
6. Who directed 'It's a Wonderful Life' starring Jimmy Stewart?
7. What is the surname of the family in Charles Dickens' A Christmas Carol?
8. Who invented the Christmas cracker and when?
9. On what date does the Feast of Stephen fall?

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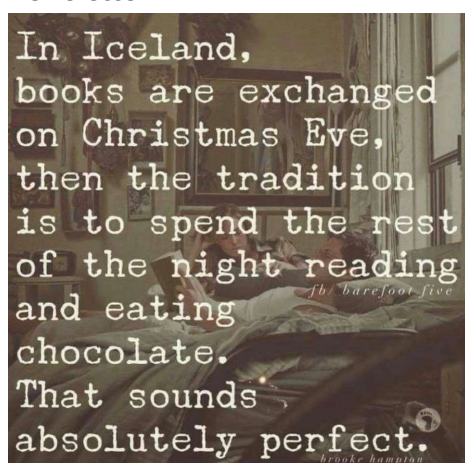
10. Which country's parliament abolished Christmas in 1640 and only re-instated it as a public holiday in 1958?
11. Which Bruce Willis film is based around a Christmas Eve office party that it is hijacked by terrorists?
12. What is the name of the traditional Italian Christmas cake?
13. By the end of which date should all Christmas decorations be removed so as to not bring bad luck?
14. What is the star sign of a person born on 25th December?
15. 26th December is known as Boxing Day and which saint's day?
16. True or False – if you add together all the gifts in the song The Twelve Days of Christmas you get 363 gifts.
17. The German song, 'Oh Tannenbaum' is about what object?
18. In which Christmas song do 'Treetops glisten and children listen to hear sleigh bells in the snow'?
19. What number of pipers piping are there in the 12 days of Christmas?
20. What instrument do Greek children play when singing the traditional Kalanda songs?
21. Clement Moore wrote the poem 'A Visit From St Nicholas', but it is better known by its first line. What is it?
22. The song Mary's Boy Child reached No. 1 twice in the UK charts – name both acts who performed it?
23. What is the greatest selling Christmas single of all time?
24. Who wrote the book "The Snowman"?

READING GROUP

Our set book for October was **"Commonwealth" by Ann Pratchett**. **Commonwealth** is the seventh novel by American author [Ann Patchett](#), published in 2016. The novel begins with an illicit kiss that leads to an affair that destroys two marriages and creates a reluctantly blended family. In a series of vignettes spanning fifty years, it tells the story of the six children whose lives were disrupted and how they intertwined. It was not to everyone's taste; some enjoyed it, others did not.

Our set book for November was **The Little Paris Bookshop by Nina George** which tells the story of a heart-broken bookseller who makes a journey in his bookshop-barge all the way from Paris to Provence. The protagonist in *The Little Paris Bookshop*, Jean Perdu, runs a 'literary apothecary', where books are prescribed for their medicinal properties. No matter the ailment, Perdu can find a novel to ease the pain of his customers and provide them some much-needed perspective. Who doesn't want to read about a benevolent bookseller with a book-cure for every malady?

The December set book is **Becoming by Michelle Obama** which we will review in the January newsletter



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SCIENCE GROUP 2

Science 2 Zoom Friday 20th November : Thirty three members tuned in for this Zoom meeting. John Tedstone began our session with a presentation titled 'Energy and how it relates to transport' He explained that we get our electricity from a mix of a fossil fuels, nuclear and renewable – the balance is changing all the time, with the renewable (mainly wind and solar) now increasing share each year.

John then moved on to look at how rail transport has evolved from the early days of the Industrial Revolution.

The final question posed was what have we learnt. The answer probably is that if we're going to move to a low / zero carbon economy, we need to plan much better, and for the longer term. Railways illustrate that if we don't, we end up with less than ideal solutions. Mark Jackson followed with a talk based on one of the Pint of Science meeting he attended in 2019 (those were the days...)

The topic was an interesting one: Chrono-nutrition. It is widely known that:

If Calorie Intake is less than Calories Burned = Weight Gain

When it comes to eating healthy, we talk about what's on our plate, but not what's on the clock (Chrono-nutrition). Our bodies are affected by our individual body clocks. That's because our metabolism actually changes throughout the day because of our **circadian rhythm**. - The body's clock, which tells the body to do the right thing at the right time. Basically it recommends not eating after dark or late in the evening. Colleagues who have experienced shift work shared their experiences which indicate that it is probably not as simple as that.

Finally Alan Ratcliffe spoke with great candour about his recent close encounter with Covid-19. Read more about this elsewhere in the Newsletter.

Date of next SCIENCE 2 Zoom Meeting: Thursday December 10th 2pm

This will be open to all u3a members for a presentation by : Professor Nicola Pitchford, University of Nottingham - 'Using educational technology to address the global learning crises'

Again more details in this newsletter.
David Rose

THEATRE GROUP

Sister Act is Definitely on for Wednesday 20th March 2022.

News flash for Theatre goers : Theatre Royal are putting on Sleeping Beauty starring Paul Chuckle, Ben Nickless, Flawless and David Robbins, Kimberly Blake, Hannah Grace Lawson and Jack McNeill. The pantomime will be performed in one act to minimise the need for audiences to move around the building but will still be packed full of comedy routines, audience safe participation and all the unmissable magic that Nottingham audiences have come to expect from our annual festive pantomime

12th December 2020 to 3rd January 2021. Relaxed performance with SLIP/CAP/AD 2.30pm
Wednesday 30th December 2020.

On general sale from Tuesday 17th November 2020. Tickets £19.50 - £31.00. Please book your tickets directly with Theatre Royal on 0115 9895555.

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Safety remains our number one priority. We are adhering to all current government guidance and local restrictions including socially distance, seating, electronic ticketing and flexible returns policy, one-way systems, temperature-checking and enhanced cleaning procedures.

When you arrive at your allotted time you will be greeted by a member of staff and asked to check in with the NHS test and trace app if you have a smartphone. You will have your temperature taken and asked to put on your face covering unless exempt, which you will need to keep on at all times once inside the venue. We will remind you to regularly wash and sanitise your hands, and to follow the signage for maintaining social distancing. If you need anything at all, just ask a member of our Front of House team who will be happy to help.

Happy Christmas everyone and a healthy New Year.

Kind regards Barbara

WALKING GROUP (MID LENGTH)

Throughout the pandemic we've been having monthly Zoom Meetings. It's always great to 'see' everyone's faces. We cannot wait to see people in real life again though, but for now, this is the best we can do!

We tend to have a general chat and then a quiz.

It's good to hear where people have been walking and then, before you know it, the 40 minutes have gone. We don't normally walk as a group in December but those present in November wanted to meet on Zoom again on December 21st.

We will restart group walking as soon as we can, hopefully in the Spring.

WEEKENDERS GROUP

Once again we had a November Newsletter where we caught up with what members had been up to last month, with lots of walking taking place and lots of bulb planting for 2021. The December Newsletter will be sent out around the 4th December. Once again, many thanks to Margaret Wilde for printing off copies for those members not on email and for delivering them on her morning walk. Activities have been varied, from hectic (those members with lots of hobbies and activities) to static (those members who are not able to get out and about as much and who also seem to have lost all motivation (yes, that's right – me!). But lockdown does give us the chance to have long phone calls and to sort out the Christmas cards mailing list even if we're not doing things like sorting wardrobes, sheds, etc.



Weekenders will certainly miss the annual trip out to the Blue Diamond Garden Centre at East Bridgford, especially the Singing Penguins, along with our Christmas Lunch, our Christmas Coffee Club session and our Christmas Social Evening. Let us hope that the new vaccines will do all that it is hoped they can do, so that hopefully by Easter we may be able to meet up again. In the meantime, I hope everyone has as good a Christmas as we are able to have and let's keep our fingers crossed for a better 2021.

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AND FINALLY.....

And People Stayed Home by Catherine M. O'Meara

And the people stayed home.
And read books,
and listened,
and rested,
and exercised,
and made art,
and played games,
and learned new ways of being,
and were still.
And listened more deeply. Some meditated,
some prayed,
some danced.
Some met their shadows.
And the people began to think differently.
And the people healed. And, in the absence
of people living in ignorant, dangerous,
mindless, and heartless ways,
the earth began to heal.
And when the danger passed,
and the people joined together again,
they grieved their losses, and made
new choices, and dreamed new images,
and created new ways to live and heal
the earth fully, as they had been healed.

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HUCKNALL & DISTRICT U3A INTEREST GROUPS

December 2020

For further details contact 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 & times
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
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
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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