



NEWSLETTER

Issue August 2021

Web Address: www.hucknallu3a.org.uk

Message from our Chair

Hello to all members and welcome to the August Newsletter

In what seems like no time at all we have reached August. The school holidays are in full swing and for many of us it means spending time with and entertaining our grandchildren.

Many of you will be experts on White Post Farm, Wheelgate, Rufford and other country parks, Crich Tramway Museum and many more places where youngsters can run free. Little wonder that by September we are ready for a holiday.

I recently read a book called 'Tales of Old Nottinghamshire'

One of the chapters is about Sir Thomas Parkyns who lived in Bunny Hall. He was born in 1663, and educated at Westminster School and Trinity College, Cambridge. He studied law at Gray's Inn, was a lover of Latin, and had knowledge of mechanics, mathematics, and architecture. A fine athlete, he never had a day's illness until he was 78, and even in middle life he was a good runner.

But his fame lay in his love of wrestling. He is remembered as the Wrestling Baronet; he called himself Sir Thomas Luctorator. He established an annual wrestling match in the village for which the prize was a gold-laced hat, and the practice was kept up for nearly a hundred years after his death. The last competition took place in 1811 - and this is what caught my eye. A man named Butler from Hucknall Torkard was the last winner of the prize.

u3a Monthly Meetings

Many of you will be aware that we can no longer meet at the leisure centre.

September 8th will be our first live meeting since March 2020 and it will be at the John Godber Centre (JGC)

The committee are meeting there on Wed 1st September and one of our objectives is to finalise the meeting arrangements. Full details will be in the September Newsletter.

It will be an opportunity to mingle socially whilst maintaining some level of social distancing, ventilation and hand hygiene.

Maureen Newton has kindly agreed to do an interactive presentation with a local flavour where your questions and contributions will be most welcome.

Finally - there is no formal meeting in August but do zoom in to Melvyn's arranged talk on Wed 11th August 'What's the problem with sugar'

David Rose, Chairman

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COMMITTEE MEETING

The committee held its first face to face meeting since March 2020 at the John Godber Centre 10am to 12.30pm

All committee members were present.
The minutes of the July meeting were accepted.

Siobhan initiated a discussion about Interest Group Boards and the outcome is that if Group Leaders still want them they can collect from Siobhan.

Sadly the Guitar group has closed but a new Litter Picking Volunteer Group is starting soon.

Plans were discussed for our contribution to the JGC Open Day on 22nd August.

Diane has booked speakers for the October and November meetings – details in the September Newsletter

The social committee are organising a Quiz Night on Friday October 1st and a new style of Christmas Social on Monday December 6th. There is no monthly meeting in December.

Angela is keeping the website (www.Hucknall&Districtu3a.org.uk) up to date and together with Diane Heenan is maintaining content on our Hucknall u3a Facebook page (www.facebook.com/hucknallu3a) please have a look and it helps if you 'like ' the facebook page.

Treasurer Christine had previously circulated the monthly accounts which showed little change from last month.

Philip was able to check with JGC the location for our metal storage cabinet which will be moved before the end of August.

Melvyn had recently attended a seminar on a national u3a 'click and save' scheme. After some discussion it was deemed to be rather complex to set up and administer for little reward.

He reminded us of the talk next week on 'the problems with sugar'

Greg reported 17 prospective members and he is to arrange an induction day for them soon.

Mark is making an application for an Open Day Grant currently available from the u3a and he agreed to set up a communication for members to respond to, this will indicate if they intend coming to the September monthly meeting on the 8th and the Quiz night on October 1st.

We then had a look around the facilities which will be available to us when we hold the monthly meetings. Manager Kim was kindly available to answer questions and to listen to our suggestions.

It was agreed that this month would be the final month for hand delivery and postage of printed newsletters for non-email members and the articles for the newsletter from September should conform to the norm of 250 words and one guaranteed photograph or more at the discretion of the newsletter editor.

The next committee meeting is on September 1st in the Coates room at JGC 10am to 12noon.

David Rose

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From the 3rd Age: Trust Push Back Ageism Campaign

Have you or any of your friends and family had to use a walking frame?, If so you may have some observations to share about their design and use.

How to do that is explained in the following article.

One of the aspects of the Trust's Push Back Ageism Campaign, working in partnership with the Design Age Institute, is to challenge the designers of products and services which will make life easier for older adults to design products which are appealing and attractive to use, rather than just being based on need.

One initiative within the Design Age Institute is 'This Age Thing', which was set up to bring together a community of designers, businesses, service-providers, researchers, policy makers and older adults to celebrate ageing and amplify positive stories about getting older, but also to challenge designers. They are currently gathering information about the design of walking frames and being able to quote from peoples lived experience and real-life situations adds strength to the challenge. Also, as part of that, the Helen Hamlyn Trust has issued a challenge to young designers at the Royal College of Art to design a walking frame that will look good, but also be fit for purpose. Apparently, 87% of falls in the USA are caused by people falling over with their walking frames, which are very similar in design to those, available in the UK.

Do you have a story to tell about walking frames, either their use or their design?

Would you be happy for us to use your story?

We will, of course, ensure that you remain anonymous; we will never reveal your name or any contact details.

If you have a story that you would be willing to share, please send it to me by

20th August: sandi.rickerby@u3a.org.uk

Thank you.

Sandi

Sandi Rickerby, Trustee for the North East, Chair of the Push Back Ageism Working Group,
07792199417

Social Sub Committee Planned Events

Two dates for your diary.

It's been a long time coming but we have 2 events planned for 2021:

On Friday October 1st we have a Quiz Night



Team size: a minimum of 2 people and a maximum of 6 people.

You may pre-plan your team and we can also place individuals into teams on the night.

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Entry fee £2.50 per person – pay on the door.

More details will be in the September Newsletter.

Christmas Event

On Monday December 6th instead of the traditional Christmas Lunch there will be a Christmas themed Tea, Cake and Savoury event.

There will be 2 sessions, morning and afternoon, for about 100 members at each session.

More details nearer the time.

From your

Social Sub Committee

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NEW GROUPS, GROUP NEWS, WORKSHOPS & OTHER NEWS

One Off Talk Weds 11th August - "What's the problem with sugar"

Although there is no formal monthly u3a meeting in August, we thought that it would be a good idea to put on a 'one off talk' to encourage those that wished to join together through zoom and listen to an interesting and topical subject.

This talk is by a lady named Coral Sirett, who is from an organisation called Zest Health which gives talks on stress, mental health, physical health and general well-being, all especially important during the past 15 months of the covid pandemic.

The talk will be about the very common challenge which is 'sugar cravings' and of course consuming too much, often unknowingly.

In "What's the problem with sugar" Coral looks at what sugar is, why it's an issue to have too much, how to reduce consumption, the main sources of sugar and how to read food labels.

We all know about the often-hidden amount of sugar there is in today's processed food. Coral comes with excellent reviews and I would encourage you to join us for this talk.

As always, a reminder with a zoom link will be sent out to everyone a couple of days before.

Melvyn Francis
Vice Chair/ Short courses/One off talks

AUGUST SCAMS UPDATE

How do we know if something is a scam?

One of the most important things to remember is that if something seems too good to be true, then it probably is.

Other warning signs are:

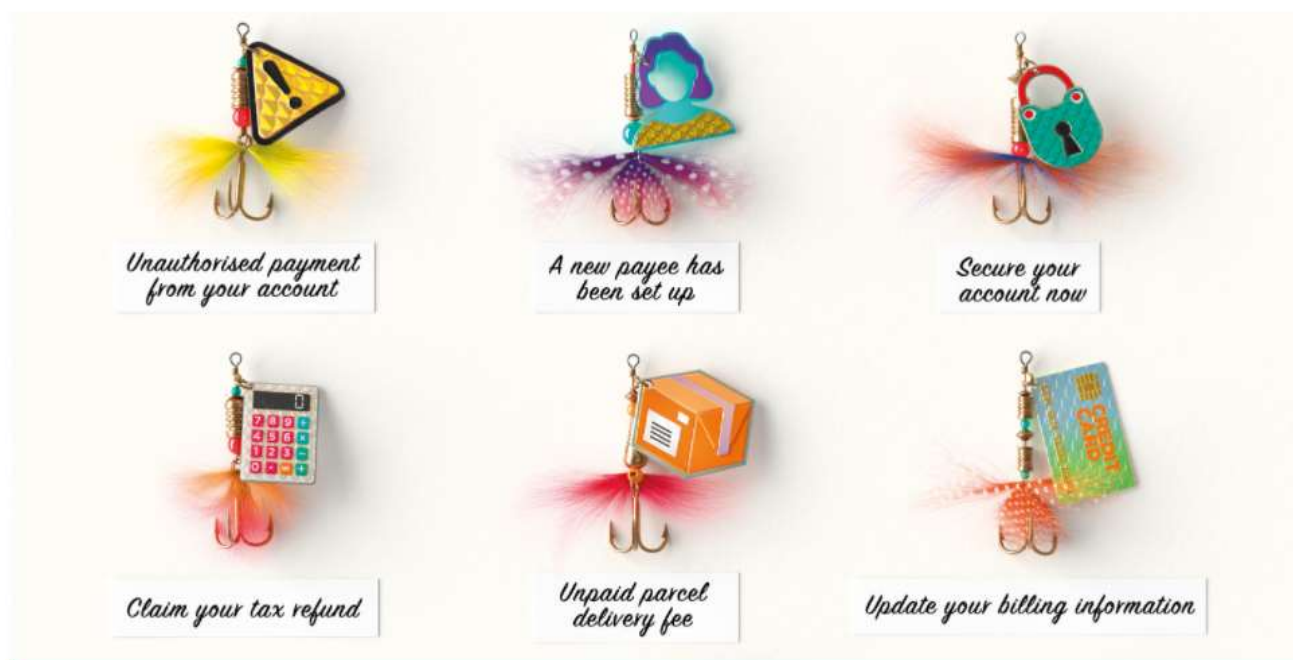
- Someone you don't know contacts you out of the blue
- You're asked to give away personal information like passwords or your PIN
- You've been asked to transfer money quickly, often to solve a problem you didn't know you had
- Someone refuses to confirm the company or organisation they are contacting you from
- Email addresses or links within an email don't look right

How do scammers dangle bait to fish (phish) for information?

Phishing – a term coined in the mid-1990s to describe how scammers dangle bait to 'fish' for passwords and other sensitive data – is still the most effective line of attack. Fake emails, text messages (referred to as **smishing**) and phone calls (**vishing**) aim to trick you into thinking you're dealing with a genuine company.

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Examples:



David Rose

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NEWS FROM THE GROUPS

ARTS & FILMS INFORMATION GROUP

Although there is insufficient reliable information on concerts and such to warrant a bulletin of planned program's; film information is a much more positive situation. All cinemas in our area are now showing films all being that they are being to restricted audiences with a heavy emphasis on protection. Our two local venues of The Arc and The Bonington are both issuing program's and in the past month Colleen and I have enjoyed 4 showings sitting safely spaced out over 25% of the theatres.

Please contact me if you would like to be included in the circulation of the calendar each month at alansnape@hotmail.co.uk or 07940146542. This year I plan to separate off the cinema section into The Film Club and I will attempt to include a description of what each film is about and who is in each film.

When booking seats at The Bonington on line you are asked to select your seats from a seating plan which only offers safe seats. The bar is open and drinks both alcoholic or coffee are available to take into the film with you.

Alan Snape

CHOIR GROUP

On behalf of our choir members I send many thanks and all good wishes to our accompanist and musical director, who has decided now is a suitable time to retire from her much-appreciated roles with us. Most choir members will be aware that Margaret Craig has been our excellent accompanist since the choir's inception, and following our MDs retirement also recently took on that additional role. All of our members will want to express their thanks, Margaret will be sorely missed, but has earned her retirement, and she leaves with all our good wishes for her future adventures.

This creates, of course, a super opportunity for anyone with musical experience interested in becoming involved with a small but enthusiastic harmonic choir. We need an accompanist, and a musical director, with sufficient musical knowledge, willing to give us four hours per month (two x two-hourly meetings). Do you think you may have the skills required, and could enjoy extending your interest in music, perhaps in a new direction? Margaret has indicated a willingness to continue to help, including giving guidance if required, perhaps for someone considering taking on one of the roles for the first time. Unless you prefer it, you will not be left to cope alone. We need you, so that we can resume our happy meetings, so please consider it if you would like to have a go, think you could do it, or know someone else who may be suitable. Thank you.

CYCLING GROUP

Many of the group have been suffering from withdrawal symptoms and as the annual 'Great Notts Cycle Ride' was cancelled in 2020 and 2021 we decided to plan our own 50 mile route.

John Saunders and Terry Hill both veterans of many cycle tours mulled over various options and came up with the suggestion to ride to Alvaston Park which is just outside Derby. The outward route via Eastwood followed the Erewash canal towards Trent Lock and then onto Alvaston. The return route was via national cycle route 6 which runs from London to the Lake District. Locally the route passes through Clumber Park, Sherwood Forest, Sherwood Pines, Old Clipstone, Mansfield, Rainworth, Blidworth, Ravenshead, Newstead Abbey Hucknall, Bulwell and Nottingham. In total we covered 52 miles in humid conditions.

One of our popular local refreshment stops is **Rumbletums Café** in Kimberley.

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This is both a Community Café and a supported training project for young people with a learning disability, some of whom may also have an additional physical disability.

The u3a crisp packet collection is for Rumbletums and for this ride we agreed to donate a minimum of £5 each to help to support their projects. (To date £135 with more to come)

We were joined on the ride by some family and friends and at the end of the day after hours in the saddle we really did appreciate why cowboys walk this way....



Half way there at the lunch stop in Alvaston Park

David Rose and John Saunders

FUN WITH LANGUAGES GROUP

After meeting on Zoom for many months now, we managed a face to face meeting in a garden! And it was dry! Many were unable to come due to holidays and appointments and we missed seeing you. We shared ideas about the future of the group and hope to meet at JGC if permitted in September. We also did a jumbled words game in Spanish.

A social has been planned for 10th August chez Ann Murray and those in the group need to contact Liz to say if you can come and bring a drink/nibbles to share please.

After many months on Zoom it will be great to move on to proper meetings, if we are able to, obviously in a safe as possible way. I would also like to know if any existing members of the group want to opt out of it, and if anyone new wants to come and join us, you are welcome.

Ann and Liz.

GARDENING GROUP

Plant Hunter's Fairs are still continuing during August and September. There is one on Saturday 21 August at Middleton Hall, Tamworth, B78 2AE, 9am-5pm; on Sunday 22 August at Carsington Water, Ashbourne, DE6 1ST, 10am-4pm; free entry after P&D parking; on Sunday-Monday 29-30 August at Dorothy Clive Garden, Newcastle Under Lyme, TF9 4EU 10am-5pm, advance ticket only; on Saturday 4 September at Bodenham Arboretum, Kidderminster, DY11 5TB, 10am-4pm, free

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entry; on Sunday 5 September at Ness Botanic Gardens, Wirral, CH64 4AY, 10am-4pm; and on Sunday 12 September at Weston Park, Sdhifnall, TF11 8LE 10am-4pm.

One of my favourite summer flowers is the Phlox, both for colour and for fragrance. There is a vast range of colours available today, as well as newer dwarf varieties that can be grown at the front of borders or even in pots. They grow best in well dug soil, preferring clay to light sandy soil which dries out quickly. They like sun or shade but do best where they get sun for most of the day. They do not need to be divided every year, simply cut back in Autumn, with a mulch and general fertiliser in Spring. They are hardy plants with only two serious pests and diseases. The most common is powdery mildew, which shows as white spots and patches on the leaves. It happens when the plant is dry at the roots and suffering from drought. Some varieties are resistant but keeping on top of watering and mulching well will help to avoid the problem. Eelworm is less common but more serious. It is caused by microscopic worms that live in the stems and leaves, and they cause twisted foliage and dry brown lower leaves which fall off prematurely. It is best to dig up affected plants and dispose of them and do not plant more phlox in the same soil.

Phlox benefit from pinching out the growing tips in mid-May, which delays flowering but makes the plants more compact and extends the flowering period. Each flower head blooms for several weeks, the old flowers dropping to allow new buds to unfurl. If the old flower heads are removed then new stems are produced with a second flush of small heads which continue flowering into September. Pollinating insects love the open flower heads and there are colours to complement every garden colour scheme- pinks, whites, reds, blues, purples, oranges and a variety of different coloured foliage. They have a place in modern gardens as well as cottage-type borders. So enjoy!



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.

No members of the history group came forward with idea for meetings next year which means I have booked already (to ensure the group have dates, coaches, etc.) what I thought you might be interested in and enjoy. See the list for the remainder of this year and next year on the website. It will be photocopied for those without internet. I am also beginning to book speakers. Have you heard any talks which might be suitable?

The 100th special issue of H.T.Times costing £1 will be in the shops when you read this newsletter

Catherine Mumford (her maiden name) is a woman I greatly admire. She was born on 17th January 1829 in Ashbourne, the only daughter of five children of a coachbuilder and sometime Wesleyan preacher. In 1841 the family moved to London where she joined the Wesleyan church at Brixton but a group from the church eventually established a congregation as Methodist Reformers. Catherine met a young reformer in 1851 called William Booth; the couple were engaged in 1852 and married in 1855. Together they joined the Methodist New Connexion. William became a minister moving round the country and in 1856 Catherine gave birth to William Bramwell Booth, the first of three sons and

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five daughters. Then having recently spoken from her husband's pulpit for the first time she wrote a pamphlet supporting the right of women to preach. By 1861 the Booths had broken with Methodism and eventually established a mission named the Christian Revival Association holding services in a tent. This movement was generally held to be the beginning of the Salvation Army although that name was not adopted until 1878. Catherine was an influence on thousands of people, bringing practical help, especially to women and children in the overcrowded slums. She made a significant contribution historically in that she originated rolls for women in religious movements. Catherine's health deteriorated under her arduous workload being later diagnosed with cancer and she died in 1899. Her funeral at Olympia was attended by an estimated 36,000 people. A statue of Catherine Mumford Booth is in the gardens of the recreation ground at Ashbourne.

For the record: Hucknall Salvation Army began in November 1879 being registered as Corps No. 132 in January 1880 with Captain Dexter, a woman, as the first minister. The arrival of this young woman caused a bit of a stir in the town.

Bye for now, Maureen

LUNCH GROUP

Unfortunately we have still not been able to book large groups in for lunch anywhere so let's keep our fingers crossed for the end of summer. I will be ringing round suitable venues this month.

NATIONAL TRUST GROUP

After sixteen long months "Freedom Day" gave us the opportunity to re-book our visit to Fountains Abbey, and we will now be going on Thursday 26th of August. The bus is booked and the Abbey booked too. All that is needed now is for me to complete a comprehensive Risk Assessment.

The coach will leave from Hucknall Market, near to the bus stop at 8.30am and we will be returning from Fountains at 4.00pm. The coach is provided by JB Tours.

We are booked in for a self-guided tour of the Abbey at 12.15 pm.

The grounds cover an extensive area of land/ water, but there is a complimentary minibus operating around the grounds for those who wish to use it.

After this visit I would like to arrange another trip in late September (Covid permitting), and details will follow. I would also like to organise a visit to Belton House in November to see their "Light Trail"

I would finally like to thank all the members for their patience and understanding over the past year or so. This has made my role so much easier.

If anyone would like to join the group please contact me by email at barriensaunders@yahoo.co.uk or by phone on 0115 9559842.

Barrie Saunders. (Group Leader).

PUB QUIZ & LUNCH GROUP

Unfortunately due to group size restrictions we are still not able to re-start the Pub Quiz at the Nabb Inn but hopefully who knows, by autumn we may be able to do it.

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Here are the answers to the General Knowledge quiz from last month.

1. If you are in the capital city of Port au Prince, in which country are you? **Haiti**
2. Which train service connects London to Paris? **Eurostar**
3. What colour is the Northern Line on the London Underground? **Black**
4. In which city is 101 Dalmations set? **London**
5. What is the most common metal found in the Earth's crust? **Aluminium** (IN the Earth's crust, Iron is the most abundant ON the Earth)
6. Where would you be if you were walking along latitude 66 degrees 32 minutes North? **Arctic Circle**
7. In which park would you find London zoo? **Regent's Park**
8. Which battle took place on October 21st 1805? **Trafalgar**
9. Who was the first man to fly solo across the Atlantic? **Lindbergh**
10. Which 1984 film tells the story of Cambodian journalist, Dith Pran? **The Killing Fields**
11. When was Nelson Mandela released from prison after 27 years of incarceration? **1990**
12. Which of the Kray brothers died in prison? **Ronnie**
13. In which year did Queen Victoria die? **1901**
14. What is the medical term for the study of the brain and nervous system? **Neurology**
15. Where in the body would you find 'The Bowman's Capsule'? **Kidney**
16. Linseed oil comes from which plant? **Flax**
17. Red Iron Oxide is more commonly known as what? **Rust**
18. What is the main metallic element in bronze? **Copper**
19. Which gas makes fizzy drinks fizzy? **Carbon Dioxide CO2**
20. On which day of the year does the oyster season officially start in the UK? **1st September**
21. What is a sad anagram of GYRATED? **Tragedy**
22. What is the name of the website where you can buy and sell ONLY handmade or vintage craft items? **ETSY**
23. How would you write the number 7 in binary code? **111**
24. What is the 6th planet in our Solar System? **Saturn**
25. Who wrote "The Horse-dealer's Daughter"? **D,H.Lawrence**

And for August here's another quiz to keep you going.

1. Outside which New York building was John Lennon killed?
2. Which character does Morgan Freeman play in Bruce Almighty?
3. Complete the advertising slogan for FedEx: 'When there is no..'
4. Wellington is the capital city of which country?
5. What letter is located between letters X and V on a standard keyboard?
6. Which famous astronaut once said, "That's one small step for man, one giant leap for mankind!"?
7. In the opening lyrics to Queen's 'Killer Queen', what does she keep in her pretty cabinet?
8. During which decade did Elvis Presley die?
9. How many of Snow White's seven dwarfs have names ending in the letter Y?
10. As of 2018, which athlete had won the most Olympic medals?
11. 'I Know Why the Caged Bird Sings' is the autobiography about the early years of what inspirational African-American writer and poet?
12. Who is lead singer of the Foo Fighters?
13. What are the two main ingredients of a 'screwdriver' cocktail?
14. What is the tallest breed of dog in the world?
15. Who is the author of 'The Hunger Games' trilogy?
16. Unscramble the following word to reveal a type of cloud: ARSTSUT?
17. Which actor starred in: What Lies Beneath, Six Days and Seven Nights, and Air Force One?
18. What does the Olympic motto 'Citius, Altius, Fortius' mean?
19. When placed in alphabetical order, which country appears first under the letter C?
20. What is the 1st UK supermarket to sell edible bugs?

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READING GROUP

At long last the Library has re-opened – recently I've had to re-read my old books – not much fun when you remember whodunit from the first time you read it! We had a garden meet up in June but we did not meet up in July but compared notes about what we had read via our newsletter. We plan to meet indoors in August. Once again Lowdham Bookshop have been in touch to kindly offer the Group free copies of books which we hope to have in time for the August meeting.

SCIENCE GROUP 2

On July 16th we had our first non-virtual meeting since February 2020.

We met at Bestwood Country Park near the Winding Engine House which is the last remaining part of Bestwood Colliery – once one of the busiest coal mines in Nottinghamshire.

The winding engine lowered colliers, pit ponies and equipment into the mine shaft, and winched mined coal up to the surface. The tall brick building houses a huge winding engine. Originally it was powered by steam, the only vertical winding engine left in England still in its original location. Today the massive engine is moved by an electrical motor which we were able to see in action. The engine dates back to 1876, the heyday of Victorian industrial engineering.

For the explanatory tour we split into two groups and had the expertise of Bob Gow and his colleague Malcolm to show us round the impressive building and to provide a potted history of its history and development.

Following the tour we enjoyed refreshments on the lawn outside the Dynamo House which houses a community cafe run by 'Friends of Bestwood Country Park' which is open at the same time as the winding house both open to the public on Saturday mornings between 10am and 12noon all year. If you have never been a visit is recommended.



Volunteer Malcolm and part of the vertical steam engine

Thanks to Bob for arranging the visit and to Bob and Malcolm for being our knowledgeable guides. Next Meeting: At the John Godber Centre Friday 17th September 10am to 11.45am

David Rose

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THEATRE GROUP

Please note that Chicago has been cancelled as I have had no takers. Riverdance is still on for the 28th August don't forget. Lunch at 12 noon.

SINGING IN THE RAIN Wednesday 6th July 2022 at 2pm. in Royal Concert Hall
Tickets £44.50.

SISTER ACT Wednesday 10th May 2023 at 2pm. in Theatre Royal. Tickets £42.00.

Barbara Ives.

UKULELE GROUP

The weather again won and the group meeting on 12 July had to be cancelled. You can't play when your song sheet is soggy and no one wants to get their wooden ukulele wet.

Plans are under way to reconvene on Monday 13 September 10.00am at the John Godber Centre.

If you haven't played a Uke and think you would like to have a go or if you enjoy singing, particularly the songs of the 40's 50's 60's and more recent popular songs in an informal way, but don't want to play a Uke, contact me via the H&D U3A website.

Vivian, Group Coordinator.

WALKING GROUP (SHORT WALKS)

Our 15th July walk was a 4.6 miles predominantly riverside route initially along the River Trent from Ferry Farm before following the Dover Beck to Hoveringham Mill. This dates from 1778 and was a corn mill driven by the flow of the Dover Beck. We then followed footpaths looping back towards Hoveringham village via the cricket pitch which made a convenient drinks stop.



The July Walkers

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Top walker Ken Carlin still leading the way at 90 plus

Our next Walk is on Thursday August 19th which is our annual summer walk in the Peak District 4.6 miles starting from Whatstandswell, details tbc

David Rose

WALKING GROUP (LONG WALKS)

Looking forward to August and the groups third walk.

In June, 16 members enjoyed a 7 1/2 mile circular, local walk taking in several sites of interest. Starting at Greasley Bogend, it included the old Watnall brick yard (sadly the 2 chimneys are long gone), Rolls Royce air strip (most of it now gone), the Great Northern railway cutting into Kimberley (now a very picturesque pedestrian path) and the old Kimberley brewery site (rapidly being redeveloped). The walk completed through Watnall Woods

In July, 15 members did a 7 3/4 mile walk around Morning Springs and the Misk hills. The view from the southern end of the Misk is tremendous. Stretching from Newstead Abbey grounds, across Bestwood country park and round to the water tower at Swingate, Kimberley.

August's walk is a 7 1/2 mile walk from Epperstone village.

Terry Hill

WEEKENDERS GROUP

The August Newsletter will be sent out after 1st August. Once again, many thanks to Margaret Wilde & Lindsay Smith for printing off copies for those members not on email and for delivering them on their morning walks. We again had two garden meet ups, at the end of June and July on the same day but different venues, so that in spirit we were all together and also our birthday lunch for Ann Burton took place on July 23rd at The Broomhill. We met up for lunch at Arunothai which was excellently organised also. We are planning to lunch at The Nabb Inn in August. We had our first outing in 22 months to Dobbies at Barlborough & McArthur Glen on 12th July and have made plans for more outings, lunches and hopefully social evenings up until Christmas so watch this space. Due to bus size restrictions for our outings, the Weekenders Group is limited to 16 members and is full at the moment.

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HUCKNALL & DISTRICT U3A INTEREST GROUPS

August 2021

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 14:00
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.

Please forward articles for the next Newsletter to hucknallu3newsletter@live.co.uk by 27th August 2021
Please also send a copy of your article to webmaster@hucknallu3a.org.uk for inclusion on our website.