



NEWSLETTER

Issue February 2021

Web Address: www.hucknallu3a.org.uk

Message from our Chair

As we approach almost a year of varying levels of lockdown it prompted me to think about how that time has passed by.

In some ways my perception is that it has passed quite quickly contrary to the often used expression 'time flies when we are having fun'.

If so then it may be because it seems faster compared to when we are bored and thus paying a lot of attention to the passage of time (remember 'clockwatching at work?').

It is possible that our change of lifestyle to conform to the restrictions mean that to some extent we found 'fun' in some of the new things we have done?.

I've certainly enjoyed discovering some interesting local walks, cycle routes and increased reading time.

One theory contends that time speeds up as we get older if we consider the proportionality of time perception related to age. The older you get, the smaller one year is, as a percentage of your total life. So the years go by faster and faster.

For young children Christmas and birthdays seem to take ages to come round again, not so for us older folk.

What has been missing is the mingling and social interaction with families, friends and in our u3a.

Time will tell but optimistically once we get through the next few months things we have missed will start to return into everyday life.

Our February monthly meeting is a talk about 'Poisons for Medicines'

I have seen it, found it very interesting and I do recommend it to you.

There are more details later in this newsletter

David Rose, Chairman

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COMMITTEE MEETING

Notes from the Zoom Committee meeting

The meeting was held via Zoom on Wednesday 3rd February 2021 at 10am

1. Apologies were received from Sandra Green and Philip Attenborough
2. The minutes from the January meeting were agreed
- 3 Groups coordinator Siobhan reported a new approach for Craft Group 1 who now have a dedicated Face book page which they use to share ideas.
4. Feedback from members after the January monthly meeting First Aid talk was very positive and the committee were pleased with both the attendance and the quality of the practical presentation.

Speaker secretaries Dianne and Diane have planned for the February, March and May meetings with April still to be confirmed
- 5 The Social Sub Committee have 3 events planned for 2022 in April, June and September .They meet again on the 4th February to consider ideas for later this year.
- 6 Webmaster Angela welcomes article for the website which had 3000 'hits' in January She also reminded us of the Hucknall u3a Facebook page which directs viewers to our website. Please look and like.
- 7 Christine's treasurer's accounts for this month show very little change in our finances and currently with the demise of a Barclays branch in Hucknall she is able to use their arrangement with the Post Office to carryout transactions.
8. Melvyn (Vice Chair) reports a new monthly film series starting on the 23rd February
9. Greg gave an update on membership renewals currently standing at 305 but increasing daily.A reminder will be sent later this week.
10. Mark as Business Secretary summarised the recent Notts Network meeting and that (in common with most charitable organisations) our proposed constitution change to formally allow electronic meetings will be an item at the AGM

The meeting closed at 11.15am Next Meeting Wednesday 3rd March at 10am

SHORT TALKS

ON Wednesday 13th January as part of our normal monthly zoom meeting we had a really interesting talk and demonstration on the initial principles of First Aid, targeted for the older person.

The talk was led by Maria Matthews, who is a professional First Aid Instructor covering the Nottingham and Chesterfield area.

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The itinerary of the talk was:-

1. Principles of First Aid
2. Unconscious, breathing casualty
3. Unconscious, not breathing casualty (including CPR and defibrillation)
4. Chest pain: Angina and Heart attacks
5. Stroke
6. Choking
7. Burns
8. Falls (prevention, steps to take, injuries)

Maria then answered questions from the members ranging from the recovery position to blood thinner medication.

The day was very well attended with about 80 people logged into the meeting and talk, which was well worthwhile and very instructive. Several members commented afterwards that it was an excellent talk, one experience 1st Aider saying the best 1st Aid course they had experienced, very trainee friendly.

Many thanks to Maria for leading and to all those who took part.

Best Wishes , Melvyn Francis

Monthly Meeting Wednesday February 10th 2pm

The meeting will be in 2 parts

Part 1

A talk provided the company Mirthy

This is an online platform for professional public speakers, often retirees themselves, to provide online talks to u3a's and similar organisations.

All members will be sent a link to register for this talk. To join the talk click onto the link that will be sent to you from Mirthy after registration.

Join the talk from 1.50 to 2pm ready for the 2pm start

The theme of the talk is: Poisons for Medicine

A darkly humorous look at medicine in the 19th Century The reign of Victoria saw the development of chemical medicine from medieval-style alchemy to modern pharmacy. Chemists such as Jesse Boot lent their ingenuity to attempt to provide any cure their customers wanted. Some made fortunes, some made disastrous mistakes. As the speaker points out, our recent forebears must have had incredibly strong constitutions to have survived the lethal doses of over-the-counter poisons blatantly advertised as cure-alls. Talk length - 41 minutes.

Part 2

After the talk click onto the u3a Zoom link for a follow on meeting starting at 2.50pm

David Rose

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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

NEW GROUPS, GROUP NEWS, WORKSHOPS & OTHER NEWS

SCAM NEWS UPDATE

'Nottingham Knockers '

There have been reported incidents of doorstep callers often referred to as 'Nottingham Knockers'.

These individuals will offer household goods for sale, at inflated prices, but often this sale is a ruse for checking out a person's home. They may claim to be on a rehabilitation scheme trying to find work and may have a false trading permit or some other kind of official-looking identification.

However, they are not part of any legitimate rehabilitation scheme. There is a Government-backed 'Community Payback' scheme for offenders who have been sentenced to carry out community work, but this does not involve door-to-door sales.

Please be vigilant when answering your door and do not feel compelled to enter into any conversation with them, if you do not wish to. If you have elderly friends, relatives or neighbours, it's important to keep a lookout for them too and report any suspicious activity to police.

If you are concerned and wish to report any instances of this behaviour call 101.

As always, if it is an emergency please call 999.

David Rose

Short Course Zoom Films

Our next feature is actually in colour!

On Tuesday 23rd February 1.30pm to 3.45pm



The Quiet Man is a 1952 American romantic comedy-drama film directed by John Ford

John Ford directed John Wayne and Maureen O'Hara in a number of classic unforgettable Westerns with a familiar supporting cast including Ward Bond, Victor McLaughlin, Mildred Natwick and other pros. "The Quiet Man" moves these familiar icons from the post Civil War American West to the post World War II rural Ireland.

Few movies can boast such a stunning range of locations as "The Quiet Man," which was filmed largely in Ireland, in picturesque rural Galway and south County Mayo. It was one of the first colour

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films ever shot outside of North America and many members of the crew fell in love with their surroundings and brought their families back.

It is a simple story but it's amusing, very easy to watch and leaves you with a warm glow and a smile. Also the building of the "diddly diddly music" approaching the fight sequence is a delight.

A joining link will be sent out 2/3 days before the 23rd

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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

January isn't usually a cheerful, sunny month, and the one just past was no exception, although it was brightened in our home by tuneful and kind choir members.

David celebrated a birthday, and I had arranged a Ring and Sing call for him, so on the day left him to answer the phone when it rang. On being told it was someone from the choir he began to call for me, then stopped. I saw him begin to smile, as presumably they began to sing the greeting, and by the end of the call he was beaming. He was full of praise for the singer, and I was pleased that he had enjoyed it, if a little surprised at the extent of his pleasure. However, I appreciated how he felt a few days later, when my own birthday occurred. I organize the Ring and Sing requests, so a surprise call couldn't be arranged for me, instead, I explained my predicament in one of my regular emails to choir members, and invited calls from anyone who would like to Ring and Sing on the day. What a great group our choir is, several members responded, and it was super. Family singalongs always occur and are appreciated, but I couldn't tell you quite how nice it was to pick up the 'phone and be surprised by cheerfully sung birthday wishes instead of someone trying to sell me something. One of the singers gave me her details and a request, so I shall arrange a happy call for her too. I recommend it, I can't recommend it enough, it is surprisingly cheering and pleasing, and had me smiling all day. Feel free to request a call for someone, or treat yourself. (You would need to know that the recipient wouldn't mind you divulging their telephone number or birthday) The request form is on the website under 'Choir'.

Just February to get through now, then it's Spring! Spring! Spring! (Oh, the barnyard is busy ...)The bulbs are shooting and growing fast, it won't be long before we can sing all the lovely Spring songs.

Continue to take care everyone, the vaccine doesn't provide immunity, it only gives us some protection from Covid, stay in good health, then hopefully we'll see each other at our u3a meetings at some time in the future. Cheers.

CRAFT GROUP 1

Another year has begun but it doesn't look like we will be able to meet up in person anytime soon, so we need a new way of keeping in touch and doing some crafting together.

I'm well aware that a few of our members don't use a computer and are not very technology friendly but we've got to take a leap into the future and use what we can to our advantage. There was a limited response to our Zoom chat, so I don't think that's the way forward so I've decided to give Facebook a go. Most of our group, or maybe all, have a mobile phone and can therefore easily join Facebook. Advice is readily available either from your grandchildren or experts within U3A with help in accessing this on your phone.

I have set up a private group called 'Jo's Crafty Ladies' on Facebook and some of you have already joined the group. If I don't have your details then please search for the group and ask to join or message me. No-one else but our regular group members will be invited so there is no need to worry about privacy, and of course make your personal Facebook account totally private too. I've already started to share some tips and some members are already commenting. Please encourage

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your fellow Craft Group 1 members to join in.

What I'm then intending to do is use the normal Monday monthly meeting time to film a live session where I can talk you through a technique or project. Unfortunately, although you will hear me speak, Facebook does not have the facility for you to talk back to me, although you can communicate by typing in comments to let me know you are watching and sharing (please make sure you do, otherwise i will be talking to myself, literally!) You can either craft along with me or replay the video later as I will save it on the 'Jo's Crafty Ladies' page where it can be accessed any time. I will also add photos of my completed cards/projects to the page and would like you to do the same so we can share our makes with the group.

The advantage of the Facebook group is that anyone can add to it at any time, with questions, tips, anything crafty related.

I do hope as many of you as possible will join in until, one day, we can all meet up again in person.

Thanks, Jo

FUN WITH LANGUAGES GROUP

January 2021. Here we go zooming again! This time our meeting was a little chaotic as my share screen was not always happy to share! However, we soldiered on and got there in the end. It was lovely to see lots of people and share our French session on jobs and communications.

Our next Zoom on February 11th at 10.30 will be our last French of this session. In March we shall revert back to pick up some Spanish. We shall recap the a day's work listening to people's contributions and then go onto our magazine article on Celine Dion.

I hope as many as possible will make it! Keep safe. Ann and Liz.

GARDENING GROUP

Even though there is snow on the ground and the idea of going out into the garden does not really appeal, there are still things that we can do to prepare for the coming seasons. Now is a good time to clean all the tools we shall be using if we have not already done so. The spades, forks, trowels etc will benefit from a clean and an oil. I do a daily check on the greenhouse too, making sure all is clean, tidy and that none of the over-wintering plants have got the dreaded mildew on their leaves. Some of the geraniums have had it but a daily affected-leaf-removal seems to have kept it at bay.

Pruning can be continued this month, when it is fit to get out, of fruit trees, shrubs, bushes and roses. I still have to tackle the cooking apple tree to get rid of some of the water shoots that grew last year, the long whippy branches. A job for a dry day!.

Compost and leaf mould can be used around the garden now, to both protect and feed the plants. If you have cut off the old leaves of the Hellebores, you may have noticed that their flowers are poking through. I bought a dark red last year and the flowers are through already, as it is in a sheltered spot. There is a variety called Early Rose that apparently flowers in October! Camellia and Skimmia buds are also swelling as are those on the Prunus Mume, which is an early flowering variety.

I have discovered Bokashi, a way of converting old food waste into a rich soil compost or conditioner. I have invested in a Bokashi bin that sits in the kitchen. It is small, compact and odour-free and takes all food waste, instead of putting it into the waste bin for landfill. It even takes coffe grounds and tea but not the tea bags. So I look forward to spreading the resulting compost in my bean trench in the spring!

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If you did not start your sweet peas in October, you can do them this month, and also get Kale, Chard, Cabbage, Spinach and Brussel Sprouts under way too, starting them off to germination in a warm place before putting them in the cool to harden off.

The first snowdrops are now bravely showing their heads and although we cannot get out to visit gardens we can still enjoy them online. Check out the NGS site. They are also offering online talks if you are interested, with dates in February and March. I am enclosing some pictures of previous snowdrop-garden visits, for you to remember and enjoy, and look forward to when we can visit again! , 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- set the visits due in 2020 to 2021 which meant Richard III WAS set for March 17th 2021 – but I am now discussing with them about re-scheduling it for later in the year. 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.

I have been catching up with my reading have you? In a recent Local History News from BALH there was an article which intrigued me. (Bear with me while I explain) I don't know how many members have looked at the VCH (Victoria County History) books in a library. They are lovely red books beloved by local historians covering every county in England and founded in 1899. There is an ongoing project to re-write each county from the earliest times to the present day. People I know volunteer at Nottingham Archives Office researching for this project. I went to a meeting myself but decided that I had enough to do without joining the team and starting something new. As 2019 was the 120th anniversary of the VCH the project organisers decided to send each team of volunteers in every county a red box file with an interesting challenge attached. Could each team fill their box with objects which told the story of their county to fit into an A4 box file? When the boxes were opened they revealed fascinating objects for instance in the Nottinghamshire box was 'sheet music for Eric Coates Dam Busters March stamped as property of the Boots Orchestra and a glass bottle from Boots the chemist'. Just think – something from Hucknall got into the Notts. box! WOW. I can't wait until I can visit the archives to see what else was inside the box.

Now here is where you come into the picture. If I gave you an A4 box file and challenged you to include articles and items of what Hucknall meant to you from historic times to the present what would I find when I opened it? Would I be surprised? How many of these imaginary boxes would I get? Perhaps this is a thought for one of our meetings later in the year.

BALH = British Association of Local History - (Hucknall Heritage Society is a member)

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2021 HUCKNALL & DISTRICT U3A HISTORY GROUP

Meeting dates 3rd Wednesday of the month except July August & December. Venue for Indoor meetings: Central Methodist Church. Time 2pm prompt.

This year early meetings do depend on the Covid situation, government tiers and vaccines. All dates have been booked.

March 17th 2021 Attempting to re-schedule this visit at present for later in the year. July or August or November ?

April 21st 2021 Malcolm Darroch is coming to talk about 'When the Balloon went up'.

May 19th 2021 Friends of Bennerley Viaduct. (Kieran Lee)

Coming to talk about this historic monument past and future.

June 16th 2021 Visit to Doddington Hall & Gardens. Leave Hucknall 9.30: Leave Doddington 4pm. Return Hucknall 5.30 (ish) Cost £20

Price cut to the bone.

July & August – holidays.

September 15th 2021 Robert Mee is coming to talk to us on Bradshaws and an early railway Tour. (He says it is the famous railway timetable and a mystery tour.)

October 20th 2021 Visit to Sharpes Pottery and The Magic Attic. Leave Hucknall 12.15pm: Leave Sharpes 4.30pm, Return Hucknall 5.30pm (ish) Cost £11. I am still awaiting confirmation from the museum and book a visit elsewhere if there is a problem.

November 17th 2021 Members Meeting – Christmas theme.

December 15th 2021 No meeting. Close to Xmas.

I will photocopy this list for the 'first' meeting we can attend.

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

LUNCH GROUP

Any suggestions for a good venue for a slap-up Lockdown Survival Lunch for later in the year? I'm sure venues will be clamouring for our custom! In the meantime enjoy your home-made meals until we can meet again. Bon appetite!

PUB QUIZ & LUNCH GROUP

It has been nearly a year (March 9th) since the Pub Quiz Group last met; doesn't time fly when you're having fun? (Not!) Thanks once again to David Rose who keeps us supplied with excellent quizzes on line. Here's your Pub Quiz for February after the answers to last month's Quiz:

SECTION ONE – Name the profession from the description given.

1. Someone who designs dance moves. **Choreographer**
2. He makes and fits shoes for horses. **Farrier**
(A Blacksmith only makes shoes, does NOT fit them)
3. A medical professional who collects and tests blood. **Phlebotomist**
4. A professional wine waiter. **Sommelier**
5. Front of house at a restaurant. **Maitre D'**
6. A head chef's second in command. **Sous chef**
7. A brain surgeon. **Neurologist**

SECTION TWO – ENTERTAINMENT

8. Which stage musical tells the story of an Argentinian dictator's wife? **Evita**
9. Who sang with UB40 for their 1985 hit, 'I Got You Babe'? **Chrissie Hinds**
10. Which horror film used Mike Oldfield's 'Tubular Bells' as its theme? **Exorcist**
11. Who played the title role in the 50s/60s TV show, 'Dr Kildare'? **Richard Chamberlain**
12. Who was the Prince of Denmark? **Hamlet**
13. What was the name of the spaceship in Blakes 7? **Liberator**

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SECTION THREE – TRIVIA

14. What is the children's game, Noughts and Crosses, called in the USA? **Tic Tac Toe**
15. What two names are given to a group of swans on the ground, beginning with B? (A ballet is swans in flight) **Bevy or Bank**
16. Which of the sciences is regarded as the oldest? **Astronomy**
17. Born on 5 May 1818, who was known as the father of communism? **Karl Marx**
18. Which word can go after PUPPY and before LETTER to make new words? **LOVE**
19. Which animal's English name means earthpig in Afrikaans? **Aardvark**
20. Name of chalk rocks situated in the Solent, off the Isle of Wight? **The Needles**
21. Which book features a pub called 'The Admiral Benbow'? **Treasure Island**
22. Which year did Jesse Owens become the first black athlete to win 4 Olympic gold medals! **1936**
23. The Whitsunday Islands are located off the coast of which country? **Australia**
24. Which artist's studio was known as the Factory? **Andy Warhol**
25. What is the lightest of all the elements and has the atomic number 1? **Hydrogen**

FEBRUARY QUIZ - SECTION ONE – FOOD & DRINK

1. Cinnamon comes from which part of the tree?
2. A White Lady cocktail consists of which main alcohol ingredient?
3. Brassica Rapa is the Latin name for which vegetable?
4. In Japan what type of drink is Matcha?
5. What flavour is the liqueur Triple Sec?
6. What is another term for Vitamin C?
7. Plantain is the cooking variety of which fruit?

SECTION TWO – ANIMAL KINGDOM

8. Macaws, long tailed colourful parrots, consist of how many species?
9. Traditionally Mozzarella cheese was made from which animal's milk?
10. Sharing its name with a percussion instrument, which relative of the antelope, native to Africa, has white vertical stripes on its body?
11. The French clothing company "Lacoste" features which type of animal in its logo?
12. The Roadrunner is a member of which bird family?
13. The world's largest frog and beetle are both named after which biblical character?

SECTION THREE – GENERAL KNOWLEDGE

14. How many stars feature on the flag of New Zealand?
15. What is the most fractured human bone?
16. What is the most famous university of Paris?
17. What animal is on the golden Flemish flag?
18. What is the name of the Indian holy river?
19. What is the Kabbalah?
20. What is the meaning of the Arab word Habibi?
21. What does the abbreviation GPS mean?
22. What is the most spoken language in the world?
23. What does the abbreviation SMS mean?
24. What is another word for wall painting or mural ?

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READING GROUP

Due to the Library closure we did not have a particular set book this month but the librarian had been helpful in that she had put together at least three sets of books which we could collect and which hopefully would cover our January, February, March reading needs. But then the next lockdown came along and the Library closed! So we have all been dipping into our own bookshelves and also have been swapping bags of books to tide us over.

I was given a book as a birthday gift which took me right back into my childhood – “Growing up in the 1950’s” by Paul Feeney. Memories of outside toilets, tin bath in front of the fire on a Sunday listening to “Sing Something Simple”, toasting fork, stone hot water bottle, fur coat and my dad’s old Army coat on the beds as extra blankets, frost on the *inside* of the bedroom window, bread and dripping, no telly; the list is endless. I wouldn’t want to go back to all that but people’s general attitudes and ethics would be welcomed back these days – no mobiles at the dinner table, you ate what you were given or starve, no striving for the latest clothes or gadgets; even the Teddy boys were not really as violent as they were portrayed compared to the knife wielding yobs today. The Teddy boys spent a lot of money on their draped coats and wouldn’t want to damage them! I wonder if today’s youth will look back with fond memories of present day activities and attitudes?

Oh well, back to the books.

AND FINALLY.....

Working parents want kids to go back to school because school closures directly impacts them. Teachers don’t want schools to open because covid spreading round their school directly impacts them.

NHS staff want a full lockdown because sick Covid patients directly impacts them.

Business owners want to carry on as normal because lockdown directly impacts them.

People with physical health problems want everyone to stay socially distant because catching Covid could kill them.

People with mental health problems want people to spend time with because isolation could kill them.

Some can’t wait for a vaccine because they believe it will bring back some normality.

Some are terrified of a vaccine because they believe it could harm them.

We are all going through this but none of us are going through the same thing. Some face crippling financial challenges, others face heart break.

We don’t all have to agree with what is best because what’s best for us won’t be best for everyone.

We don’t have to understand what others are going through. But we do need to stick together and keep loving each other no matter our differences.

We need to be mindful when some things go the way we want it to, it could be terrible news to another person. We need to be kind.

Author Emma Jane

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SCIENCE GROUP 2

At the January meeting, the theme was 'Rocket Science'.

Rocket science is all about using rocket propulsion to move anything from a firework to a manned spaceship.

At the heart of rocketry is Isaac Newton's Third Law of Motion, something that's been established for over 300 years. It says that every action has an equal and opposite reaction. If you stand in front of a wall and push it hard, you will move backwards.

In a rocket, the 'object' being pushed is the end product of burning fuel, which shoots out of the back of the rocket as the fuel burns, forcing the rocket to move in the opposite direction. There are three basic requirements to a working rocket: get it moving, overcome the pull of gravity and plot a course. Each of these depends on physics that has been known since Newton's day.

One of the biggest differences between the rockets of early science fiction and the actual ones that took people into space was that the real rockets had multiple stages that fell away as the rocket left Earth.

The stages reflect the need to carry a lot of fuel to allow the rocket to escape Earth's gravitational pull. When the fuel tanks are empty, they're just extra mass that needs to be accelerated, wasting fuel.

By dropping off a stage when its fuel is exhausted (or having disposable external tanks like the Space Shuttle), the remaining craft becomes much lighter, needing less fuel to accelerate it.

We also watched a short video about the Elon Musk's innovative SpaceX Falcon rocket the first stage of which returns to land on Earth and can be reused.



The International Space Station

Next Meeting Friday February 19th 10am

I am pleased to announce that we have a guest speaker, Professor J J Turner FRS Emeritus Professor of Chemistry, University of Nottingham.

Jim writes:

I am clearly a retired academic, but perhaps more importantly I was a founder member of Beeston u3a, the first Group Coordinator, and Science Group leader for many years. The talk, 'What we owe

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to Einstein' lasts 45 minutes, is designed for a "lay" audience; there are two elementary pieces of science and quite a bit of history.

Thus it would be appropriate to extend the invitation to a wider audience than the science group

David Rose

WEEKENDERS GROUP

The February Newsletter will be sent out on 1st February. Once again, many thanks to Margaret Whilde for printing off copies for those members not on email and for delivering them on her morning walk. The good news is that several of our members have had the Covid 19 vaccine already; let's hope we can all get it in time for an un-locked down summer when hopefully the Weekenders will have one very large birthday lunch to make up for all the ones we haven't been able to have during 2020. But we are all keeping in contact via the phone and emails and of course the newsletter. Keep chatting ladies!.

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Please also send a copy of your article to webmaster@hucknallu3a.org.uk for inclusion on our website.

HUCKNALL & DISTRICT U3A INTEREST GROUPS

February 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 ×
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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