

Collingham & District



THE UNIVERSITY OF THE THIRD AGE

<https://u3asites.org.uk/collingham>

NEWSLETTER - August 2019

Welcome to the August Newsletter.

The Third Age Trust Annual Report states that U3A is one of the largest volunteer led organization in the UK with over 1,040 U3As and 430,000 members. There are thousands of Interest Groups taking place every week. We certainly contribute to that with our Groups both new and well-established ones. Do remember that if there is an Interest Group you would like to attend but we do not currently offer one on that topic then you can start one. Talk to our Group Co-ordinator, Sue Fleet, about how to develop your ideas further. You do not have to lead a Group on your own, two people can share the Leadership and this already happens very successfully with many of our Groups.

On the Saturday 28th September Collingham & District U3A has been invited to take part in the Collingham Community Fair. This will be held in the Memorial Hall. Members of the Executive Committee, including myself, will be there to talk visitors about our U3A. Similar events have been held elsewhere with the aim of highlighting the range of groups and activities available in a specific area that can promote health and wellbeing and reduce loneliness. The Fair will be from 11am to 2pm with free refreshments for all visitors. If you are in the area on that Saturday, please come along and say 'hello' and see what else is on offer in our area.

Jannet Wright, Chair, Executive Committee

Forthcoming Speakers

August Monthly Meeting on the 28th at 2pm

Going on safari in South Africa.

The animals, her experiences and the conservation work which is being undertaken. The talk is based on photography Barbara has taken while being on safari and visiting wildlife conservation projects in South Africa.

Barbara Meyer

September Monthly Meeting on the 25th at 2pm

So you think you know about Lincoln Cathedral

Celia Lord

July Monthly Meeting

General Meeting Refreshments

Hello Everyone, I have been asked to take over the tea and coffee making from Bea Morgan-Bentley. What an act to follow! Thank you Bea for your smooth handover, very much appreciated. Bea has already asked several people to go on the rota, I would be grateful if everyone will still fulfil those appointments. I shall contact each and everyone shortly beforehand. If anyone needs to contact me my phone number is 01636 893925. Please leave a message if I am out, leave your number and I will call you back. Volunteer tea makers are always welcome and there will be a signing up sheet at the next general meeting so that you can commit to volunteering at a meeting

Thank you. Pat Stewart

Riviera Travel Donation

Apparently Riviera Travel donate a sum to charity when you make a booking. One of our Members chose our U3 A as the charity and we received £129. We're not endorsing the travel company but in any circumstances, when you're asked to nominate a charity, it's worth remembering we are one.

Upcoming Events

Quiz Night

20th September 6.45pm – 9.30pm at the YCC on Low St.

Join in with this fun quiz night for members. Costs £3.50pp includes sandwiches and nibbles but bring your own drinks and glasses.

A great selection of quiz questions from John Lewis and your host will be Clive Bainbridge.

You can make up groups of 4 or 6 from your interest group or play with friends.

There are prizes for the winners table and the losers too and plenty of competition for both.

Please book your Tables either at the August General Meeting or through Sue Fleet on email : susanfleet04@gmail.com

Payment for the quiz can be made at the August general meeting.

New Groups

Indoor Bowls

Lead: Sue Fleet, Telephone: 01636 893458
email: susanfleet04@gmail.com

First Meeting Monday 9th September 2 - 4pm Newark Indoor Bowling Centre

This new group is open to all members, including those less able. They will meet and play at the centre off the A46 and meet every 2nd and 4th Mondays.

This new group commences on the 9th September. Initially you will not need to have your own woods. You will need flat shoes without treads, or just wear socks to play in. There will be members of the club to greet you and show you how to play and where everything is.

There is plenty of parking, but I suggest car sharing might be useful.

If you are interested but without transport please get in touch with Sue Fleet

You can find all the details on our [website](#) including how to join the group and what you might need to consider.

Beginners Ukelele

Lead: Sue Fleet, Telephone: 01636 893458
email: susanfleet04@gmail.com

Commencing Monday 23rd September 4-5pm Mayfield Room

This is a new group open to all members, beginners and those with some experience already, and will run weekly. If you are wanting to learn some basic chords and enjoy easy and familiar tunes then this might be for you.

There is no music to read, but it helps if you enjoy singing along; an essential factor to a ukulele group. More information on our website.

You can find all the details on our website including how to join the group and what you might need to consider.

Groups

Art Appreciation

Leads: Helena Narracott, Telephone: 01636 892938

email: hnarracott@yahoo.co.uk

Chris Stothard, Telephone: 01636 894241

email: cstothard@gmail.com

Meetings take place on 4th Tuesday, 2-4pm at the Youth & Community Centre

We do not have a meeting in August but a small group will visit Sheffield's Millennium Gallery to see Art and Wonder the botanical and ornithological works of John Ruskin after lunch we go to the Graves Gallery to see their collection and the Grayson Perry comfort blanket.



Gardening

Leads: Jo Sloane, Telephone: 01636 893877

email: kslone007@btinternet.com

Ingrid Wiggins, Telephone 07805 975456

email: ingrid.wiggins@yahoo.co.uk

Meetings take place on 1st Wednesday, 2-4pm at peoples homes

Garden Group is having August off but we will be visiting Louth Woodland Nursery in September and have made plans for some exciting autumn visits, so we have time to tend our own gardens this month. The Village planter has been given great thought due to climate change and we are looking to make it more Eco friendly with dry tolerant planting, like cape daises, that need less watering!

Music Appreciation

Lead: Nick Narracott, Telephone: 01636 892938

email: n_narracott@yahoo.com

Meetings take place on 3rd Monday, 2-4pm at the Mayfield Room

Music Appreciation is taking it's summer break in August, September's meeting will be on the 4th Monday September 23rd, then returning to the usual 3rd Monday in October 21st.

So far we have no shortage of presenters and that means a good variety of music tastes are catered for.

The Group continues to have a dedicated regular attendance, but we have room for more, so we'd love to see new people in the autumn - just turn up to the Mayfield Room at 2:00pm.

Circle Dancing

Lead: Sue Brauer, Telephone: 01636 894106
email: sebrauer@btinternet.com

Lead: Sue Fleet, Telephone: 01636 893458
email: susanfleet04@gmail.com

Meetings take place on 2nd Friday, 2-4pm at the Phoenix Centre

The ladies drift in, chatting and catching up with friends they have not seen for a while. It's warm inside the hall and we open the French doors to let in cooler air.

We start slowly, with Euan McCall's wonderful guitar piece 'Tickling the Trout'

It's a joy when you are ready to dance, which moves in a line around the hall in an easy repetitive 8 steps. An easy warm up which leads to the circle formation, and a dance to ease creaky knees and arms; a dance the group can do very well without any lead.

Over the next 45 minutes we work our way through wonderful music and dances such as a Russian Gypsy lament with its haunting lyrics and intricate step patterns. Abba sing 'I Have A Dream' which we sing along to, and enjoy a dance influenced by both Greece and Scotland. This is followed by a progressive waltz to Ann Murray's plaintive 'Tennessee Waltz' and a body warming and mind challenging Zorba.

Slightly breathless and thirsty we break for tea and biscuits and more chatting. This is an integral part of our routine of course, we couldn't dance on without it and Sue B does organise it all so well. We move back onto the floor for a dance from Brazil to Paul Simon's 'Take Me To the Mardi Gras' a favourite as it has an interesting beat. It's a great dance to watch, particularly if we get the sequence moves in the right direction, which is not always the case as right and left sometimes seems a concept too far!

By 3.45 slow more flowing dances take over and soothe and calm us. John Lennon's 'Imagine' is a popular choice, or the ethereal and harmonious chant of 'Circular Mantra' brings the session to its end.

The general feeling is of being uplifted by both the music and the communal act of dancing together. This is a gentle form of exercise which nevertheless is beneficial to bones and muscles and promotes a feeling of well being. The laughter is a tonic in itself and we always leave with a smile on our faces.

If you would like to come along please contact Sue our Leader or just come on the 2nd Friday in the month at 2pm to the Phoenix Centre

Sue Fleet

Board Games

Lead: Liz Ball, Telephone: 01636 893102

email: elizb36@gmail.com

Meetings take place on 3rd Tuesday, 2-4pm at various locations

Board Games starts again in the Youth and Community Centre on the 17th September at 2 p.m.. We have two new games to add to the collection, Rummikub which we know is a popular game and Monopoly Deal which is a card game based on Monopoly which we think is a lot more fun and much quicker to play.

All the others that we have been playing throughout the year will still be available:

Splendor, Settlers of Catan, Camel Cup, Carcassonne, Ticket to Ride and London Board Game.

You're always welcome to bring your own games for us to have a go at.

If anyone would like to come to Board Games but can't make a Tuesday, email me and if there is enough interest we'll look at adding another date.

Liz Ball

Music Making

Lead: Phil Leckenby, Telephone: 01522 778280

email: pjleckenby@gmail.com

Meetings take place on 1st & 3rd Monday, 10am-12 at peoples homes

I'm pleased to report that the third singer, mentioned as a possibility last month, did elect to join us, giving scope for more jazz/blues material to be added to the repertoire. It also means there is now a real opportunity to add backing vocals to some of our songs.

Work is still in progress towards the goal of replacing the remaining commercial backing tracks with ones created on our Yamaha keyboard. The absence of a drummer is still a limiting factor but it is possible to play just the percussion track, once the group is happy with the arrangement.

..... And no, we still haven't found a keyboard player!



Literature

Lead: Sheelah Reynolds, Telephone: 01636 892348,

email: sheelahreynolds@btinternet.com

Meetings take place on 3rd Thursday, 10:30-12:30 at peoples homes

We are holding our August meeting on Friday, 23rd at the newly-opened village pub 'The Royal Oak'. We will continue to try to have our get together on the 3RD THURSDAY of each month from 10.30am to 12.30am at our new venue.

Best wishes

Sheelah

History

Lead: Anita Maunsell, Telephone: 01636 892928
email: marriott40@live.co.uk

Meetings take place on 4th Friday, 10am -12 at the Youth & Community Centre

In a change from the Group's usual format, the August session took the form of a visit to the plague village, Eyam in Derbyshire. Eyam's fame derives from its decision during the plague years of the 17th century to isolate itself rather than spread the disease further afield. This was the Group's second stage of its examination of the great plagues that regularly swept around the world.

The meeting on Friday 25 September will be the first of two sessions looking at the history of travel, tourism and holidays.

Meetings take place on the 4th Friday of each month, 10 am - 12 noon at the Youth and Community Centre. Costs approx. £2-£3 per quarter. For further details contact Anita Maunsell: 01636 892928 or Peter Brauer: 01636 894106.

The Thursday Talking Shop

Leads: Mary Hughes, Telephone: 01636 892415
email: mea.hughes@gmail.com

Anita Maunsell, Telephone 01636 892928
email: marriott40@live.co.uk

Meetings take place on 4th Thursday, 2-4pm at peoples homes

A forum for the exchange and sharing of ideas and issues that affect the way we live.

Next meeting: 2 pm 26 September. 'Social Relationships and Social Media'. An exploration of how we use communications and the issues around social media.

The subject for the meeting on 24 October will be 'Ageing' - a subject most of us are beginning to know something about.

Meetings take place at members' homes. For more information contact: Mary Hughes, 01636 892415 or Anita Maunsell, 01636 892928.

Bridge

Lead: Liz Ball, Telephone: 01636 893102
email: elizb36@gmail.com

Meetings take place on Tuesdays, timing and location to be agreed

The first meeting of the new Bridge group took place on the 23rd July in the morning, there were four of us and we agreed that the point of the group was playing a friendly and sociable game. We were so friendly that we didn't even score the games, although that might change in the future.

We have been very lucky in that our Chair and Business Secretary have lent us their card table which will make playing easier.

Day and time are still flexible, although it looks as though it will be a Tuesday. New members are always welcome, no experience needed, we are happy to help anyone learn how to play.

Local History Research

Lead: Pat Smedley, Telephone: 01636 892292

email: patsmedley@googlemail.com

Meetings take place on 3rd Wednesday, 2-4pm at the Mayfield Room

The group went to Creswell Crags for our summer outing on August 7th and had a very interesting time. We had booked two tours both of which took us into the caves themselves, one cave on the south side and one on the north. In one we discussed the life of the prehistoric hunter gatherers and in the other we saw the only discovered cave drawings in the whole of the UK : a bison, a bird... it was admittedly a subtle business identifying them! The guides were young, and enthusiastic with a wealth of knowledge on archaeology. Later on this autumn in the History Trail, we hope to be studying the lives of our pre-historic ancestors in our area so the trip was an excellent introduction for this study.



The U3A Local History Research Group surrounding the guide deep within a cave!

On August 21st Charlie Stothard will be revealing how to study family history through Ancestry. Family history is a vital skill for local history research so it will prove interesting and useful for everyone. We will also discuss our autumn schedule which we hope to keep as varied as possible and which will develop our Living History project interviewing anyone in Collingham who remembers the second world war and in particular VE day.

Pat Smedley, Group Leader

The Bucketeers

Lead: Lesley Piper, Telephone: 01636 892795

email: lesleypiper@tiscali.co.uk

Meetings take place on 2nd Thursday, 2-4pm at the Youth & Community Centre

The August meeting was held in Colin and Maureen's stunning garden, we had a lovely afternoon with a BBQ. Thanks to Colin and Maureen for hosting the meeting, a great time was had by all.



Walking Football

Eight energetic Bucketeers tried Walking Football on the 21st August at the Football club. They were aided by experienced Walking Footballers from the Collingham club, Cas and Liz with Pat acting as coach and referee. Players were Clive and Wendy, Lesley and David, Mags, John and Ann. Substitutes were Graham and Stu.

It was a tight match, Wendy scoring the first goal. There was some good tackling and quite a bit of falling down, unfortunately we found out afterwards that Mags managed to break her ankle.. Afterwards there was tea and coffee in the clubhouse.

Everyone agreed that it had been an excellent morning and were keen to do it again. The Football Club has sessions on a Sunday morning.

Thanks to Lesley for organising this and Collingham Football club for making us so welcome."

Liz



Photography

Lead: Paul Bass, Telephone: 01636 892057

email: bass.ps@gmail.com

Meetings take place on 2nd Wednesday, 2-4pm at peoples homes

The theme for August was "Summer Days", which resulted in a wide range of interpretations from the Group members. Our theme for September will be "Your Choice", which should also test the imagination of the Group.



Gone Swimming by Phil Leckenby



Jumping for Joy by Margaret Bruce



St Ives by Colin Smith



Steam Ploughing by John Geeson



Wild Chickory by Paul Bass

Summer Treat by Jenny Macpherson

Summer Rose by Jannet Wright



Group Diary

Group Diary

Week	AM/PM	Monday	Tuesday	Wednesday	Thursday	Friday
1	AM	Making Music	Walks	Recorders	Family History Motor Sports	Casual French
		10am - 12 Homes	9.30am Coop Car Park	10.30am - 12 Homes	10am - 12 10am - 12 Phoenix Centre Coop Café	10am - 12 Homes
	PM			Gardening	Scrabble	Kurling
				2 - 4pm Homes	3 - 5pm Homes	2 - 4pm Memorial Hall
2	AM		Strollers Active 50+			
			10am - 12 Times Vary Co-op Newark Leisure			
	PM	Beginners Italian	Committee	Photography	Bucketeers	Circle Dancing
		2 - 4pm Homes	4.30 - 6.30pm Mayfield	2 - 4pm Homes	2 - 4pm Youth & CC	2 - 3.30pm Phoenix Centre
3	AM	Making Music	Play Reading	Recorders	Literature	Casual French
		10am - 12 Homes	10am - 12 Youth & CC	10.30am - 12 Homes	10.30am - 12.30 Homes	10am - 12 Homes
	PM	Music Appreciation	Board Games	Local History Research	Lunch Club	Kurling
		2 - 4pm Mayfield	2 - 4pm Youth & CC	2 - 4pm Mayfield	12.30 Various Venues	2 - 4pm Memorial Hall
4	AM		Active Over 50's		French Advanced	History
			Times Vary Newark Leisure		10am - 12 Homes	10am - 12 Youth & CC
	PM	Beginners Italian	Art Appreciation	General Meeting	Thursday Talking Shop	Wine Appreciation
		2 - 4pm Homes	2 - 4pm Youth & CC	2 - 4pm Memorial Hall	2 - 4pm Homes	19.30pm Homes