



# Staying Connected.

No 36 February 2023



## February a month to laugh, learn, live and love.....

It has taken a while to get back into the swing of things since my travels cruising in the Caribbean. My birthday was full of surprises and I am thankful to all who sent messages, cards and gifts to make the day so special. My fellow ship-mates were simply joyous to be with.

Friendliness and sharing life has to be the most fulfilling way to live in our senior years, and that is what Dukeries u3a stands for too. Welcome to our new members – I hope you enjoy what we have to offer. Talking membership, it will soon be time to renew, as memberships expire on 31 March 2023. New members joining in February have a chance to join for just £22, and those joining in March, £20, for a full annual membership.

**Monday 20th March** will be Dukeries u3a Open Day which will incorporate membership renewal for those wishing to pay by cash or cheque. Bring your friends and guests and spread the word.



**CALLING ALL ACTIVITY GROUP LEADERS** – please will you arrange a table top display, with people to run it, throughout this meeting. Have sign-up sheets available too.

**Friday 24th March** is the revised date for Our Beetle Drive with Supper. We are responding to requests from members to revive this game which many of us played in our childhoods! Tickets will be on sale at the February meeting, and the price (to be confirmed) will be subsidised for members.

I look forward to seeing you all at the meeting on Monday 20 February – doors open 12.30am.

*Leslye x*

Dukeries u3a Run for the Members,  
by the Members



+++++



**A Big THANK YOU!**

Connie Bottell would like to say a big thank you to all the members who offered help or wished her well during her recent health problems.

## Committee 2022

### Chair

Leslye Henstock *du3achair2020@gmail.com*



### Deputy Chair/Treasurer Elect,

Barry Callieu *barry.callieu@icloud.com*



### Secretary

Barbara Baglee *barbarabaglee@gmail.com*



### Treasurer, Retiring

Chris Neighbour *pchrin@icloud.com*



### Membership Manager

Wendy Neighbour *membersdu3a@outlook.com*



### Activity Group Co-ordinator

Jane Young *janelesley56@gmail.com*



### Co-ordinator of Guest Speakers, Marketing, Advertising & Website

Ann Street *annstreetcorner@yahoo.co.uk*



### Newsletter Editor

John Harris *jghollerton@gmail.com*



### Co-ordinator Charity Donations

Pam Hardwick *secretary1@gmail.com*



### Committee Member

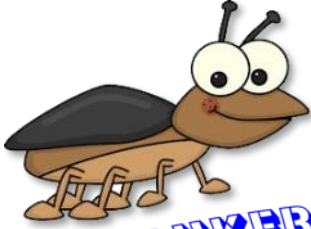
Kevin Mulloy *agarden8@outlook.com*



## Group Meeting Times

	1st in month	2nd in month	3rd in month	4th in month
<b>Mon</b>			<b>Monthly Meeting 1pm. Jubilee Hall</b>	
<b>Tues</b>	Ramblers 6-8 m 9.30 Jubilee Hall  Tuesday Lunch Club 12.30 for 1.00 pm	Bridge Group 1pm till 4pm Jubilee Hall	Ramblers 6-8 m 9.30 Jubilee Hall	Bridge Group 1pm till 4pm Jubilee Hall
<b>Wed</b>	All Sorts Gardening 10am till 1 pm Ambleside Centre  History Group 1.15 to 3pm Ambleside Centre	<b>Sewing Bee 10am to 12pm Ambleside Centre</b>  Rummikubs Ollerton House 2pm to 4pm	All Sorts Gardening 10am till 1 pm Ambleside Centre  History Group 1.15 to 3pm Ambleside Centre  Creative Writing 2.15 to 4pm Walesby Church Hall	<b>Sewing Bee 10 to 12pm Ambleside Centre</b>  Rummikubs Ollerton House 2pm to 4pm
<b>Thurs</b>	Ukulele group 10.00 to 11:30am Jubilee Hall  Mar Jong 1.15pm to 3pm Jubilee Hall	Ukulele group 10.00 to 11:30am Jubilee Hall  Savoy Cinema Worksop 1.30pm	Ukulele group 10.00 to 11:30am Jubilee Hall  Mar Jong 1.15pm to 3pm Jubilee Hall  <b>Scrabble 13.30 Ambleside Commu- nity Centre.</b>	Ukulele group 10 to 11:30am Jubilee Hall  Mar Jong 1.15pm to 3pm Jubilee Hall  Book Club 11am Ann's House
<b>Fri</b>	Scrabble 13.30 South Forest		Knit n'Natter 2pm Ann's House	
<b>Sunday Lunch Club 26th February 12.30 for 1.00pm</b>				

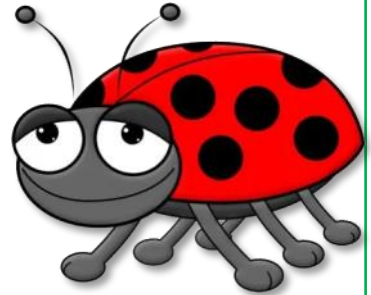
**Short Tennis. Phone Kevin on 07988 620714**



**FRIDAY 24  
MARCH 2023**

**DUKERIES USA PRESENT  
BEETLE DRIVE WITH SUPPER**

Jubilee Hall, Wellow Road,  
Ollerton, NG22 9AP  
Doors open 6.30pm  
Supper served 7.00pm



**BRING YOUR OWN DRINKS,  
GLASSES AND A PEN.**

**Tickets      Members**

**approx. £9**

**Prices to be confirmed**

**Tickets available at  
Members' Meeting**

**Monday 20 February**

**Prizes and Raffle**

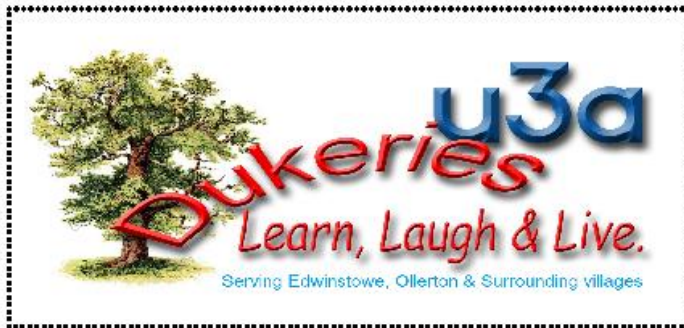


# Speakers for February Monthly Meeting

**MONDAY 20 FEBRUARY 2023**  
**DOORS OPEN 12.30PM**



**1.30PM - SPECIALIST NURSES**  
**HELEN AND REBEKAH -**  
**OSTEOPOROSIS AND YOU**



**BONUS SPEAKER ON  
WEDNESDAY  
8 FEBRUARY 2023 1.30PM**



**JOHN PERRY -  
THE ROLE OF MAGISTRATES IN THE  
CRIMINAL AND CIVIL JUSTICE SYSTEMS**

***The additional, planned visit to Mansfield Law Courts  
Is postponed till March. Date to be confirmed.***

# Publicity!!

Something every organisation needs, and Ann Street, our publicity expert is looking for somebody to help with a view to eventually taking over the role. The work involves sending news items and photos about our group to the local press. contacting Bowe Radio, posting messages on our Web page and updating the notice board.

If you would like to help or find out more about this very important role within our u3a, please email

Ann Street [annstreetcornet@yahoo.co.uk](mailto:annstreetcornet@yahoo.co.uk)

## Help Wanted! Air Ambulance



I am looking for someone to take over the bring and buy stall at our monthly meetings because I am un-

der doctor's orders not to lift and carry weights.

We have all enjoyed the bargains and the outlet for our unwanted items and the bonus of knowing that we are contributing to this great life saving charity.

You have helped me raise over £3,333.00 in the past five years and I had hoped to reach a total of £4,000.00 by the end of this year.

Please help if you can

Email me on [Du3asecretary1@gmail.com](mailto:Du3asecretary1@gmail.com)

*Pam*



# Ideas for Activities 2023

**Your skills and knowledge are needed!!!**

Could you lead an interest group or put together a short course?

There are lots of topics our members could benefit from, here are but a few suggestions:-

Using your smartphone

Servicing a bicycle

Arranging flowers

Sending emails, and saving files

Cleaning and restoring garden furniture

Bird watching

Art for beginners - painting

You might be able to put together a few sessions which our members find useful.

Have an idea? Email or chat to Jane or Leslye?

**Dukeries u3a, created for the members  
Run by the members**

## Future Dates for Your Diary



Wednesday 8th Feb Talk at Ambleside about  
the Law Courts.

Monday 13th Feb Committee Meeting

Monday 20th Feb Members Meeting

*Visit to Mansfield Law Courts, has been postponed till later.*

MAR 13	12.50	COMMITTEE MEETING
MAR 20	1230	MEMBERS' OPEN DAY AND MEMBERSHIP RENEWAL
Mar 24	6.30	BEETLE DRIVE WITH FISH & CHIPS
APR 11	0950	COMMITTEE MEETING TBC
APR 17	1230	MEMBERS' MEETING
APR 21	6.30 FOR 7.00	RACE NIGHT (tbc)
MAY 9	0950	COMMITTEE MEETING TBC
MAY 15	1230	MEMBERS' MEETING AGM AND CONCERT (tbc)
JUN 12	12.50	COMMITTEE MEETING
JUN 19	1230	MEMBERS' MEETING
JUL 10	12.50	COMMITTEE MEETING
JUL 12	5.00	COACH PICK UP FOR RIVER TRIP
JUL 17	1230	MEMBERS' MEETING

## **Interest Group Leaders**

All Sorts/Gardening	Sharon Pinkett	07739003251
Bridge	John Wheeldon	01623 822691
Bowling	Leslye Henstock	07946 702296
Creative Writing	Mike Mounsey	01623 824789
History	Barbara Baglee	01909 239661
Mahjong	Christine Yates	077997 01763
Quiz Enthusiasts	Leslye Henstock	07946 702296
Rummy Kub	Linda Bond	01623 861595
Ramblers 6-8m	Stephen Hall	07877 792969
Scrabble	Christine Storer	07980 511308
Sewing Bee	Christine Yates	077997 01763
Soft Tennis	Kevin Malloy	079886 20714
Sunday Lunch Group	Jamie Baranauskas	07961 508714
Tuesday Lunch Club	Beryl Lee	079678 01467
Ukulele	Linda Bond	01623 861595

## **DUKERIES U3A CAR SHARING SCHEME**



Now we are socialising once again, we would like to refresh our car sharing scheme. This enables non-drivers to come to meetings. It could also link members who live near to each other so they might be able to take turns to drive, which would save money and benefit the environment.

If you feel you can offer a lift to Jubilee Hall or other activity venues, simply put your name on the list at the next meeting.

We will need the village or area in which you live, your name and phone number (mobile if you use one) which we would then publish in our newsletter.

If someone lives near to you, they could contact you to see if you are able to offer a lift.

***THANK YOU FOR CONSIDERING THIS TO HELP OTHERS.***

# The All Sorts & Gardening Group



The All Sorts Group are planning some interesting things for the next 6 months, why don't YOU join us at our next meeting which will be **Wednesday 1st February** at Ambleside  
**10 am till 1 pm.**

## Upcoming Trips

1/ Snowdrop walk Friday February 10th Felley Priory  
Underwood £6.50

2/ Newark Spring garden show £6.50 in advance or £7 on day,  
Friday April 21st.

3/ Davis Austin Roses, Shropshire  
Friday 9th June

A tour of gardens optional and is £10.00

Please let me know if you want to go on the tour.

Total cost is £ 25 00 plus £10 for the tour.

If people want to stop for supper on the way back let me know  
and I will look for suitable Eateries.

A £10.00 NON REFUNDABLE deposit is required.

Full payment by Monday 15th May.

Coach is booked and filling nicely.

We also occasionally meet on the **2nd & 4th Wednesday**  
afternoons **1.30 pm to 3.30 pm.**

If you would like information about the group please contact me,  
[pinkettsharon@gmail.com](mailto:pinkettsharon@gmail.com)

Or **077390 03251**

**We will be meeting on the 1st and 3rd Wednesday morning in  
the month, 10am till 1 pm.**

## All Sorts News....

This weeks meeting was something rather different as we had a pampering morning. The ladies were given hand massages and also their feet if they wanted. It went down very well and was well supported.

We will be doing more later, watch this space.

A big thank you to Jane for organising and showing us how to do it, we of course, also had the all important tea coffee and cake.

I would like to say a big thank you to Jane and the ladies for the surprise birthday cake they gave me ... my birthday is next week but it was lovely surprise.

I found out that it is Bobbies birthday the same day as mine the 26th. Mine's a big one, don't know about Bobby's.

It remains for me to end on a sad note. I'm sure you all know that Patti Bell and I set this group up on zoom during the pandemic.

Patti is now moving on to pastures new and leaving us, so from All of Us in the group and especially me, we are going to miss you Patti but wish you well and thank you for everything x.

Don't worry folks I'm not being let lose on my own. Lol. We have a new joint group leader who I will introduce next newsletter.





## Book Club



Every fourth Thursday of the month, 11am, at  
Ann's House,

Contact Ann Mounsey on 01623 824789 for more details....

## Bridge Club



Not to be confused with national, international or any other conventional bridge clubs. If you enjoy playing cards and social interaction then this could be the group for you. We have beginners and also good and intermediate players. We don't have critics to frighten you off. You don't need a partner and you will be part of the friendliest group you have ever met and you will get a cup of tea. We meet in the Jubilee Hall, Wellow Road, Ollerton NG22 9AP.

The group meets on the **2nd and 4th Tuesday** of the month starting at **1:00pm until 4:00pm**. Admission is £2

You are welcome to visit us and watch at no charge and judge whether you would like to join us.

For further information contact John Wheeldon 01623 822691

## Creative Writing Group



The Creative writing group will meet on  
the **third Wednesday in the month**  
**2.15 to 4pm.**

Meetings will be held at **Walesby Church Hall** - all welcome -  
£3 (including refreshments) *Mike Mounsey*

## *Knit n' Natter*

This small (but very active!) group have lots of good ideas. After knitting many children's garments for the Ukraine Relief Fund – now ready for dispatch – Barbara Wardle came up with the wonderful suggestion of knitting woolly hats representing Christmas puddings, snowmen and Santas to fit Terry's Chocolate Oranges. They looked absolutely terrific!



We knitted and sold as many as we could in the time and have made £103 for the Air Ambulance, thanks to everybody's support.

Now on to the next venture!



Ann Mounsey – Group Leader

**Third Friday of the month, 2pm, Ann's house.**

*Contact Ann Mounsey on 01623 824789 for more details.....*





# History Group



The History Group have made a positive start to the new year enjoying discussions on a variety of topics. These include The Highland Clearances and the part they played in the eventual formation of The Labour Party. King Richard 3rd, was he sinner or sinned against? The Mary Rose and divers of the 16th century. Lastly 100 years of strikes and the parallels with the current strikes.

**February 1st** The Progressive Middle Ages

**February 15th** The Printing Revolution.

*Barbara...*

Do you have an interest or passion for a time, person, place or event but don't want to commit to regular meetings? If you would like to come along for one session and share with us you would be more than welcome. Just get in touch.

The group meets on the 1st & 3rd Wednesday of the month at Ambleside Community Centre, Yew Tree Road, Ollerton from 1.15 to 3pm. Cost £1.00 per session.

For more information contact,

*Barbara Baglee*

*01909 239661*

[barbarabaglee@gmail.com](mailto:barbarabaglee@gmail.com)



## Photography Group

Anyone interested in the continuation of the  
Photography group please contact

Stefan Ziemba

[stefziemba@btinternet.com](mailto:stefziemba@btinternet.com)

## Mah Jong

*1st, 3rd & 4th Thursday in  
the Month*



*Jubilee Hall*

*1:15 pm to 3 pm.*

Hi everyone, John Wheeldon is relinquishing the leadership of  
Mahjong as he is taking over the Bridge Group.

Mahjong is continuing with some slight changes. We will be  
starting at 1:15pm (you can still start to arrive at 1pm) and we will  
be missing out the 2nd Thursday in each month when people are  
going to the Savoy cinema in Worksop. New members are very  
welcome even if you have never played Mahjong before, come  
along and give it a go. Anyone needing further info can contact me  
on **01623 422113**.

*Christine Yates*



South forest  
1st Friday of the  
month  
12pm till 4pm

Ambleside  
3rd Thursday of  
the month  
1.30 till 4pm

In addition to the well established Scrabble event on the **First Friday of the month at South Forest** there is a new opportunity to play on the **Third Thursday at Ambleside Community centre**, Yew Tree road, right in the centre of Ollerton, not far from the surgery. Both events start at **1.30 pm and finish at 4pm.**

*Please bring your own refreshments*

Contact **Christine Storer on 07980 511308**

## *Sunday Lunch Club*

**Sunday 26nd February.**

From January, Sunday lunches will be organised by Jamie baranauskas and Maria pitrolino-baranauskas.

Their contact number is **07961 508714**



# sewing Bee

## Dukeries u3a Sewing Bee

2nd & 4th Wednesday in the month. 10.00am to 12.00,

Ambleside Community Centre, Yew Tree Road, Ollerton

**Love to Sew? Want to Sew?**

Bring your portable sewing machine, a basic sewing kit and any sewing projects, if you have any.

We already have a machine and will be building up sewing kits .

Contact Christine or come along on the day.

Group Facilitator– Christine Yates

**(enquiries 07799 701763)**

Groups Co-ordinator – Jane Young



**u3a** learn,  
laugh,  
live

**NOTTINGHAMSHIRE  
NETWORK**

# NEWSBITES!

Sharing ideas across 34 u3a's in Nottinghamshire

<https://www.nottsu3anetwork.org/news.html>

*Click on the link for the  
latest Newsbites*

# Savoy Film Group



**2nd Thursday in the month** at the **Savoy Cinema, Worksp.**

Doors open 1.30pm for coffee, **film starts at 2pm.**

Tickets cost £4.15 including coffee, no need to book, just turn up.

## Thursday 9th February

[Trailer](#)  
[Click here.](#)



Young Sammy Fableman falls in love with movies after his parents take him to see "The Greatest Show on Earth." Armed with a camera, Sammy starts to make his own films at home, much to the delight of his supportive mother.

Loosely based on Spielberg's childhood growing up in post World war II era Arizona, young Sammy aspires to become a filmmaker as he reaches adolescence, but soon discovers a shattering family secret and explores how the power of films can help him see the truth.

Directed by Steven Spielberg.

Written by Steven Spielberg and Tony Kushner

***Remember to bring your u3a  
membership card***

## Rummikubs Group



We meet on the **2nd and 4th Wednesday** each month,  
in the restaurant at  
**The Ollerton House pub, Wellow Road, Ollerton,**  
**2.00 – 4.00pm.**

In spite of other summer attractions, 12 or more of us still meet on the second and fourth Wednesday each month, at Ollerton House. As new players have discovered it is a game that is easy to pick up, but not so easy to give up!!

*Linda Bond* ([howardbond1@yahoo.co.uk](mailto:howardbond1@yahoo.co.uk)  
01623 861595)



## Tuesday Lunch

The first lunch of the year will be **Tuesday**  
**7th February at Rose Cottage, Rufford.**

Looking forward to another tasty year.

*Beryl*



# Ramblers Rambles.....



Our first walk of the New Year was unfortunately cancelled due to inclement weather, sadly, as soon as we cancelled the sun came out!.

So our only walk this month was on Tuesday 17th January when nine of us got very well wrapped up against the minus temperatures and walked in the brilliant winter sunshine from Duncanwood along the Robin Hood Way and into Clumber Park.

This was a walk of just over 7 miles and in all honesty it was like walking through a Christmas Card, the trees were all white with frost and the Church in Clumber was an absolute picture against the white fields and the lake, which currently has a lot of swans in residence.



Stephen always says when walking "it is not bad weather, it is poor clothing" but all of us were well wrapped up in good coats and thermals and in fact some of us got too hot half way round the walk.

It was lovely to see most of our group for the start of a new Rambling year.

All the best

*Kate.*

## Jubilee Ukulele group



Oh what fun we have had over this past year!! Some of us started the year with little or no expertise, but we have helped each other and had a lot of laughter on the way. We have played for our own and other U3A 'get togethers' and on the 10th December we entertained visitors at Cresswell Crags Christmas Event.

If you wish to join this great group of people, you will be made welcome. If you can already play, wonderful, if you want to learn fantastic. Just let me know.

Contact **Linda Bond 01623 861595** and come along any **Thursday morning**. for a **10.00am start in the Jubilee Hall Bar**, you will be very welcome.

Keep smiling.







# Short Tennis

## Indoor Tennis

**Contact Kevin on 07988 620714 for dates and times.**

**Cost £4.00 per session**

A new activity, unlike any tennis you have played before. No scoring or serving overarm—the aim is to get aerobic exercise at your own pace and as if a beginner to improve your hand and eye coordination.

Players can take a break and have a rest whenever they want and come and go as they please.

All kit provided, turn up dressed for sport and wearing plimsols or trainers.

Beginners welcome. Participants to self certify health wise.

**Clipstone Sports Hall at NG21 9DL**, *access via New Clipstone Village—turn off Mansfield Road into 5th Ave then 1st left & 1st right.*

Carpark on the left through double gates and round the back of the sports hall.

Bring a bottle of chilled water.

Tel (or prefer Text) to **Kevin Mulloy 07988**

**620714** to book a place. Please include contact details, phone or email.



## WhatsApp Walkers....



The WhatsApp walks take place on a **Thursday every two weeks at 10.30am**, they are mostly local walks of 3 to 4 miles, we meet at suitable local starting points relevant to the walk, some of the starting points can be accessed by public transport, If a lift is required our friendly members are always willing to oblige. We usually contact everyone by WhatsApp but will also contact by phone call or text message.

If you would like to join the group please contact **Marie** by text **07756765839**. Or **Hazel** on **07484728027** You'll be made most welcome.



*Regards Marie & Hazel*



## *Food for Thought...*

Science can unravel

even the deepest mysteries – even (apparently) Politics.....

Astounding new element discovered:

Oxford University researchers have discovered the heaviest element yet known to science. The new element, Governmentium (symbol=Gv) has one neutron, 25 assistant neutrons, 88 deputy neutrons, and 198 assistant deputy neutrons, giving it an atomic mass of 312.

These 312 particles are held together by forces called morons, which are surrounded by vast quantities of lepton-like particles called pillocks. Since Governmentium has no electrons, it is inert. However, it can be detected because it impedes every reaction with which it comes into contact.

A tiny amount of Governmentium can cause a reaction that would normally take less than a second, to take from 4 days to 4 years to complete. Governmentium has a normal half-life of 2 to 6 years. It does not decay, but instead undergoes a reorganization in which a portion of the assistant neutrons and deputy neutrons exchange places.

In fact, Governmentium's mass will actually increase over time, since each reorganization will cause more morons to become neutrons, forming isodopes. This characteristic of moron promotion leads some scientists to believe that Governmentium is formed whenever morons reach a critical concentration. This hypothetical quantity is referred to as critical morass. When catalyzed with money, Governmentium becomes Administratium (symbol=Ad), an element that radiates just as much energy as Governmentium, since it has half as many pillocks but twice as many morons.

*Stefan*

Do you fancy yourself as a singer?  
Would you like to try?

Have you wondered whether you could sing in a choir. No test or audition, just turn up and give it a go...

Here's a few words from John Banbury, a member of the Dukeries Singers...



"We as a choir believe anyone can sing and is good enough to be part of the group, we would like to get that over to anyone Interested, most people think they cannot sing well enough but I can assure you that's not the case, I was a guy who only sung to himself in the shower, now I am really enjoying singing with folks. You only have to see what Gareth Malone achieves in the workplace getting people to sing, its just that we need people to come and try, they will be surprised what they can do and that we don't have auditions or checks on the way people sing."

So, if you fancy giving it a try, contact....

John Banbury  
07759 086132

Dukeries Singers  
23 Paddock Close  
Edwinstowe  
Nottinghamshire  
NG21 9LP

Facebook page <https://www.facebook.com/dukeriessingers/>

## New Year - New Learning - New Hobbies

Would you like to run a subject or activity group for us in the new year?

There's a world of possibilities?

We thought you might like to see what is on offer in other activity groups in the North Notts Area. *See next page.*

We can also request to join groups in neighbouring u3a's. *see below.*

### Nottinghamshire Network of u3as

Dukeries u3a (Du3a) is a member of the North Notts Network Group of u3a's (NNNG).

This means that Du3a members can ask to join an Activity Group run by other u3a's who participate in NNNG.

Please note that joining another u3a's group depends on whether a space is available in that group. Each u3a will first give priority booking to its own members.

[Link to the website here...](#)

0	Subject	Total	0	Subject	Total	0	Subject	Total
0		0	0		0	0		0
1	Abacus	1	67	Desert Island Discs	2	133	Music Making Choir	3
2	Angling / Fishing	2	68	Darts	1	134	Music Making Folk	2
3	Antiques	4	69	Dining Breakfast	3	135	Music Making Guitar	4
4	Archaeology	2	70	Dining Lunch	25	136	Music Making Recorder	4
5	Architecture	3	71	Dining Afternoon Tea	2	137	Music Making Steel Band	1
6	Armchair Travel	2	72	Dining Evening	11	138	Music Making Swing	1
7	Art Appreciation	15	73	Dining Fine	1	139	Music Making Ukulele	16
8	Art Practical General	12	74	Dining In	1	140	National Trust	7
9	Art Practical Drawing	7	75	Dining for Solos	2	141	Orienteering	1
10	Art Practical Painting	8	76	Discussion / Current Affairs	22	142	Philosophy	8
11	Art Practical Pastels	1	77	DIY	1	143	Photography	23
12	Art Practical Portraiture	1	78	Doll's House & Miniatures	1	144	Pickleball	3
13	Art Practical Watercolours	6	79	Dominoes / Triominoes	1	145	Play Reading / Drama	12
14	Astronomy	2	80	Drink Beer	6	146	Poetry	11
15	Aviation & Aerospace	1	81	Drink Coffee	9	147	Psychology	4
16	Backgammon	3	82	Engineering & Innovation	1	148	Pub Visiting	4
17	Badminton	5	83	English	1	149	Quizzes	11
18	Bird Watching	9	84	Entertainments Unlimited	1	150	Railway Enthusiasts	2
19	Board Games General	19	85	Etymology	1	151	Railway Modelling	1
20	Bonsai	1	86	Exercise / Keep Fit	5	152	Reading Aloud	2
21	Books / Literature / Reading	33	87	Family History / Genealogy	19	153	Religion	2
22	Book Exchange	3	88	French	23	154	Remarkable Women	1
23	Bowling Indoor Bocula	1	89	Friendship & Support	2	155	Rummikub	7
24	Bowling Indoor Bowls	7	90	Fun with Languages	1	156	Science Technology General	14
25	Bowling Boules / Petanque	4	91	Gardening General	25	157	Scrabble	16
26	Bowling Outdoor Bowls	6	92	Gardening Horticulture	1	158	Shakespeare	3
27	Bowling Ten Pin	4	93	Gardening Practical	3	159	Singing	14
28	Bridge	19	94	Gardening Visits	10	160	Snooker	5
29	Buddies (singles events)	1	95	Geology	3	161	Spanish	12
30	Canasta	14	96	German	9	162	Swimming	1
31	Card Games	8	97	Gogglebox	1	163	Table Tennis	18
32	Chess	3	98	Golf	1	164	Table & Indoor Games	6
33	Church Visiting & History	5	99	Greek	1	165	Tai Chi	9
34	Cinema / Film	18	100	Growing Old Disgracefully	2	166	TED Talks	1
35	Climate Change	1	101	History General	16	167	Tennis Soft (Indoor)	3
36	Climbing Indoor	1	102	History English	1	168	Tennis	2
37	Computing / IT General	11	103	History Irish	1	169	Theatre Visits	14
38	Computing Beginners	2	104	History Landscape	1	170	Travel / Visits	18
39	Cookery General	4	105	History Living (of members)	1	171	Trivial Pursuit	1
40	Cookery Cake Decorating	1	106	History Local	16	172	University Interest	1
41	Craft General	22	107	History Military	2	173	Walking	34
42	Craft Beadwork	2	108	History Natural	1	174	Walking Long Distance Paths	5
43	Craft Calligraphy	3	109	History Social	1	175	Walking Nordic	1
44	Craft Crochet / Knitting	15	110	Holidays	11	176	Weekenders	5
45	Craft Dressmaking	3	111	Humour	1	177	Whist	2
46	Craft Flowers	4	112	Information Exchange	1	178	Wildlife and Nature	5
47	Craft Jewellery	1	113	Italian	9	179	Wine	24
48	Craft Needlecraft	6	114	Jigsaws	1	180	Woodcarving / Woodworking	1
49	Craft Paper / Card	5	115	Kings Card Game	1	181	Yoga	5
50	Craft Sugarcraft	3	116	Latin	5	182	Zumba	2
51	Craft Quilting	4	117	Litter Picking	4	183		
52	Creative Writing	18	118	Mah Jongg	12	184	Totals	1073
53	Cribbage	3	119	Medicine First Aid	1	185	Totals	1073
54	Croquet	7	120	Meditation & Mindfulness	2			
55	Crosswords	8	121	Memory Course	2			
56	Curling / Kurling	5	122	Miscellaneous Activities	6			
57	Cycling	13	123	Motoring Motorcycling	1			
58	Dancing General	1	124	Movement to Music	1			
59	Dancing Ballroom	1	125	Murder Mystery Books	1			
60	Dancing Barn	1	126	Museums and Galleries	2			
61	Dancing Belly	1	127	Music Appreciation General	14			
62	Dancing Circle	1	128	Music Appreciation Classical	7			
63	Dancing Country	5	129	Music Appreciation Jazz	2			
64	Dancing Folk	2	130	Music Appreciation Opera	3			
65	Dancing Jive	2	131	Music Appreciation Popular	2			
66	Dancing Line	3	132	Music Making Various	5			



# GET CRAFTY AND SHARE THE LOVE ...ONCE AGAIN



After the success of the first ever Love Edwinstowe and Sherwood Forest Trail, we're doing it all over again in 2023!



*Help create a splash of colour to form a unique trail from Edwinstowe to the heart of Sherwood Forest.*

We're calling on local individuals, groups, organisations and businesses to get crafty by creating hearts using materials such as wool, fabric or wood to be displayed on the trail from 8-26 February.

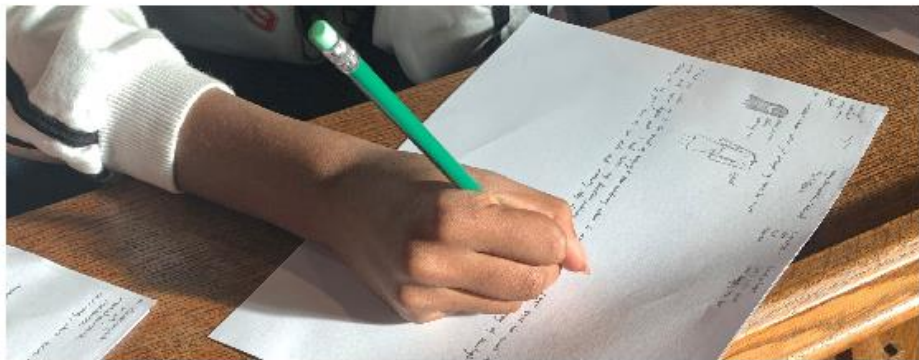
Why not create a large heart personalised to your local group or business? Or make one that will add a splash of heartfelt colour to a shop window in the village?

All finished creations should include a loop or hook for easy attachment and will need to be with us by Monday 7 February at the very latest.

To confirm your interest, to get involved or for more information please contact Carol Hallam:  
e-mail [carol.hallam@rspb.org.uk](mailto:carol.hallam@rspb.org.uk) or call 01623 677321



## ENTER OUR WRITING COMPETITION



### What stories could you tell about our community?

If you love this place as much as we do, why not put your words on the page in our writing competition? It could be a poem, a short story or even an essay. There's a word count of 300, but that's the only limit. Edwinstowe and Sherwood Forest are alive with stories, and we want your imagination to run wild.

If your piece impresses our competition judge, acclaimed children's author Sarah Ann Jukes, you could win a £25 National Book Token plus other exciting prizes.

The competition is open to both children and adults,

Entries can be handed in at Sherwood Forest Visitor Centre or e-mailed to [carol.hallam@rspb.org.uk](mailto:carol.hallam@rspb.org.uk) any time until **Monday 30 January 2023**.

Good luck!





## KEEP FIT IN THE WINTER MONTHS

We have been invited to join together with Mansfield u3a, to keep playing bowls throughout the Autumn and Winter months. The Lammas Centre is easy to find in Sutton in Ashfield and it has a large car park outside.

You don't have to commit to every week. Some of our members want to alternate on a two-weekly basis with other activity groups. Bowlers of all skill levels are welcome!

For more information speak to **Paul Sanderson**  
[paulsanderson168@gmail.com](mailto:paulsanderson168@gmail.com)    **07592 016 691**



**BOWLING  
COACHING**

**FOR BEGINNERS**

**Every Tuesday from 18th October**

**1.30 – 3PM**  
**LAMMAS LEISURE CENTRE**  
**SUTTON IN ASHFIELD**

**EQUIPMENT PROVIDED**  
 - JUST BRING FLAT-SOLED SHOES

**COME AND HAVE A GO – £4 A SESSION**

**Further information**  
**Contact MIKE LAKE 07963 705623**  
**mikejlake@btinternet.com**

**QUALIFIED DBS CHECKED COACHES**

**U3A Contact - Paul Sanderson**





## ***Like Films? Enjoy Opera?***

Two new groups are starting on Zoom. Enjoy the group discussions from the comfort of your own home.

The members meet to discuss films and operas which they have selected and are available, usually free on the internet or TV.

The groups meet once a month and are hosted by  
Carlton and Gedling u3a.

Simply email the following group leaders to join in.

### **Opera - Paul Martinez**

[pkmartinez14@gmail.com](mailto:pkmartinez14@gmail.com)

*1st Wednesday in the month 10am-12pm*

### **Films - Sue Warren**

[sue.warren2011@gmail.com](mailto:sue.warren2011@gmail.com)

*4th Monday in the month 2pm-3.30pm*



## Workshop u3a

Hello Dukeries! Here is some information about our steel band, **STEELPANTASTIC**. Due to a number of factors we have recently lost several members from the band and are now looking to recruit new members. It would be lovely if anyone from the Dukeries group was interested in joining us.

Our busy year is culminating on Saturday, with a visit to Ashfield u3a. After that we are taking a rest from gigs until next year

So, now is the ideal time. Have you ever fancied having a try at playing a steel pan? We are looking to recruit some new members for the band. No previous musical experience is necessary. The group meets every Thursday, between 2-5, (these times include setting up and putting away the pans), at Crown Place community centre, Worksop. If you do fancy coming along to have a listen and try, contact Pat Durrant: [patmdurrant@outlook.com](mailto:patmdurrant@outlook.com) or Jean Williamson: [ploverdene@googlemail.com](mailto:ploverdene@googlemail.com)

Even if you decide it is not for you, you would be made most welcome by our very friendly group.

Catherine Williams [c.williams@sheffield.ac.uk](mailto:c.williams@sheffield.ac.uk)





**AGED 55 OR OVER  
WITH A LONG TERM HEALTH CONDITION?**

**ACTIVE**  
Leisure Sport Wellbeing

**FREE** weekly swim session  
at Dukeries Leisure Centre

**Every Wednesday 10:30am - 11:30am**

To book or for more details contact:  
[sportsdevelopment@active4today.co.uk](mailto:sportsdevelopment@active4today.co.uk)  
or call 01636 655701

Main Road, Boughton, Newark NG22 9JJ

**ACTIVE 4 TODAY**

We have a new internet radio station recently launched in our area, serving Bilsthorpe, Ollerton, Wellow, Edwinstowe, Blidworth, Boughton, Clipstone,



**BOWE  
RADIO**

ON AIR

## Non Stop Music

The best music with top of the hour news updates

[Listen Live](#)

Farnsfield, Lowdham, Rainworth, Rufford and the surrounding areas. It's proving very popular so why not give it a listen.....

[Facebook Page](#)

### **u3a 40th Anniversary Film Show & Refreshments**

Arnold u3a would like to invite members from u3a's across Notts to a film show on 20th January 2023 from 2 – 4 pm at the Bonington Social Club, High Street, Arnold.

Two films will be shown, one of Arnold u3a and Carlton & Gedling passing the beacon on 20th September and the other about the Highfields event on Saturday 24th September. The videos were filmed by Arnold u3a members Greg Foster and Brian Cluff and Brian put it all together into the films.

Tea/coffee and a jam scone with cream will be provided during the break.

Anyone interested please contact

Rosie Allen [rosieallen21@outlook.com](mailto:rosieallen21@outlook.com)

# Health and Safety

## Please be Considerate.

Members of Dukeries u3a each have the responsibility to keep themselves safe, keep others safe and avoid making an environment unsafe when taking part in activities.

Please continue to do the following: -

Take a test if you feel unwell and avoid meeting others, **if you test positive for any infectious disease don't come to any u3a meeting.**

Continue wearing your mask if want you to

Avoid touching other people (hand-shaking, hugging and kissing) if you want extra protection.

Frequently wash your hands for 20 seconds and avoid touching your face. Sanitise your hands before handling equipment and games. (Sanitiser is available for use in our cupboard at Jubilee Hall) and Ambleside Community Centre

Event and activity organisers, please ensure windows and doors are open to ventilate the rooms

If you are arranging activity groups, you do need to keep a register of names and contact information.

If serving refreshments, please consider the safest way to avoid cross-contamination of infection.

If we each take on the responsibility, to protect ourselves and safeguard our friends, we will be able to enjoy our social lives.

Thank you for your kind consideration

*Leslye Henstock, Chair Dukeries, u3a*



The u3a National Newsletter is available on line and all you need to do is fill in a few details on the link below and you can get your own copy emailed to you every month.

<https://www.u3a.org.uk/newsletter>

Back issues are also available on this link.

<https://www.u3a.org.uk/about/newsletter>

### **Disclaimer**

The views expressed here are those of the contributors only, and do not necessarily reflect those of the Editor, the Committee of Dukeries u3a or the Third Age Trust. Nor can any responsibility be accepted for members' announcements or any errors that may occur.

Please send contributions for the next issue to [jghollerton@gmail.com](mailto:jghollerton@gmail.com) as early as possible and not later than the 27th of the month.

Thank you for taking the time to read this newsletter.

Newsletter Editor: John Harris

Website: [www.u3asites.org.uk/dukeries](http://www.u3asites.org.uk/dukeries)

Facebook: <https://www.facebook.com/dukeriesu3a>

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