

PARK NOTTINGHAM u3a

NEWSLETTER

JANUARY 2023

MESSAGE FROM THE CHAIR

As this year draws to a close, in addition to letting out a sigh of relief, I suppose I should also follow the trend and reflect on and review the past 12 months.

Obviously, in the wider world, 2022 has witnessed some profound events, with war in Ukraine, the death of Queen Elizabeth, several prime ministers etc. For our u3a, we have seen the gradual return to normality after the lockdowns (don't they seem a long time ago?), big changes in the committee, and substantial uncertainty over the future of the Squash Club.

However, as we head into 2023, there are lots of positive things to look back on; our Summer and Christmas events were both a resounding success (thanks to the work of a whole lot of members), our groups are very active, and we continue to attract new members (our numbers are nearly back to pre-covid levels).

We can also look forward to a lot of interesting activity in 2023, including Local History visits, a wide range of walks, picnics in gardens, and, while we wait for the better weather, indoor games and book and film reviews. We may also encourage some members to start up new groups to broaden our range of activity. A Summer Party would also be nice.

Thanks to Ravi, Andrew, and all the contributors, this newsletter allows us all to share in the details of what has been going on recently, and the plans for the next month or so. In particular, note the location for our Monthly Meeting at the Castle Tennis Club on Tennis Drive, whilst we see how the Squash Club's future is resolved. I look forward to seeing members at our group events, and reading the reports in next month's newsletter.

Meanwhile, I hope everyone had a lovely Christmas (and other seasonal celebrations) and may I wish you all, on behalf of the Committee, a very Happy and Healthy New Year.

Graham Edwards – Chair

December Monthly Meeting/Christmas Social - Ian Henderson

We gathered for a Christmas celebration at Castle Tennis Club on a, thankfully, sunny morning with the Social Committee (Jo Martin, Jean Henderson, Liz Gilder, Angela Parmar, Sue Edwards, Sarah Waite, Angela Pratten) doing us proud once again in planning and presenting the event.

We had mulled wine, mince pies and Christmas cake, as well as coffee, for a big turnout and a good time was had by all. It was especially gratifying to see new members mingling with longstanding ones and a sprinkling of some we hadn't seen for a while.

To the relief of many the raffle was a slimmed down affair with three desirable prizes in a free draw.



A highlight was a superb rendition, by Ruth Hardiman, of the monologue "Albert and the 'Eadsman" featuring the Albert of lion fame (as immortalised by Stanley Holloway) on a visit to the Tower of London. Not sure how many other Albert monologues there are but let's hope there is one more for next year.

Several members asked about the mulled wine recipe so I have included it below. I pinched the ingredients from Felicity Cloake of The Guardian (who is well worth googling if ever you need a recipe) and tinkered with the proportions – by all means do the same.

Mulled Wine

Ingredients (serves 10–12)

2 Bottles robust Red Wine (Malbec, Tempranillo etc)

100g Caster Sugar

3 Large Oranges (two juiced, one sliced)

Rind of 1 unwaxed Lemon

1 Cinnamon Stick

5–7 Cloves (or 1/4 tsp ground)

1/8 tsp grated Nutmeg

150ml Ginger Wine (or slice of ginger), optional

Method

Juice 2 oranges and place with sugar, lemon rind, cloves, cinnamon and nutmeg in a pan and add just enough red wine to cover. Boil until sugar is dissolved and reduced to syrup (to concentrate flavour, 8–10 mins) then add rest of red wine and ginger wine.

Simmer (don't boil off the alcohol!) for 20–30 minutes, adding the remaining sliced orange halfway through. Allow to cool slightly before serving.

January Monthly Meeting and Talk

Our next Monthly Meeting and talk is on **Tuesday, 17th January** at the **Castle Lawn Tennis Club** on Tennis Drive once again. We will meet at 10.30 for coffee, with the speaker at 11.00.

Saran Waites, as part of her mission to educate as well as entertain us, has arranged a talk by **Bob Reed** who is presenting 'Let's Talk About Toilets', an account of the sanitation issues, and their solutions, around the world. Bob, a retired Lecturer from Loughborough University, who has travelled extensively around the world installing toilets in low income communities and where people are suffering after disasters, will talk about his experiences in helping to supply water and sanitation.

Bob tells us:

"In 2017 around 2.3 billion people around the world did not have a toilet. Why should we care? Why are there so many people without one? What can be done about it? What could you do? You'll have to come along to find out!"

Computer Help! – from Graham Edwards

Some members may feel that their computer skills are not sufficient to do all the things they want to on their laptops, tablets etc. Age UK is offering FREE local Digital Skill Training on a one-to-one basis. Full details are available on the website, under their Digital Inclusion Programme. Alternatively you can contact them by phone (0115 841 4470) or email digitalinclusion@ageuknotts.org.uk.

For those of you who have a specific problem with your technology (computers, tablets, emails, WhatsApp, etc.), or know a member who does, we may be able to help internally. Please contact Graham Edwards at chair3.parknottinghamu3a@gmail.com in the first instance, and we will try to help.

Travel Notes: by Rod Mitchell

Reality versus Romance: travelling on the night trains.

I recall (it was 1961 or '62) when my two older brothers and I were taken to Switzerland by our parents. This was a rare thing to do in the early 60s, and, for middling civil servants like my mum and dad, very expensive. In subsequent years our summer holidays were therefore spent camping in the more mountainous and wettest parts of the UK, but that's another story. In those days, overland travel to the Continent involved a combination of train and cross-channel ferry to Calais Maritime station, the departure point for many night trains to the far reaches of Europe.

For the 10-year old me, the summer night journey across northern France (steam-hauled!) and into Switzerland was a huge thrill, and made me a life-long devotee of rail travel, as well as conferring bragging rights with my school pals. Our family occupied a 6-berth couchette compartment as far as Basel. From here we took a train to Gstaad and then a post bus to Launen, where we stayed in a large wooden house on the hillside above the village.

It was 50 years and more before I could afford to return to Switzerland. As a student in the 70s I used the NUS Travel Service to travel very cheaply to Italy on the night train (albeit in a standard passenger compartment). I retain fond memories of the moving panorama of the Alps in the morning sun, despite the deteriorating personal hygiene of myself and fellow students shoehorned into the compartment. At this time there was an extensive network of

night trains throughout Europe, including the Orient Express. However, as travel writer Paul Theroux described in 'The Great Railway Bazaar', this was in terminal decline and turned into a shabby local train once it reached the Balkans, not even reaching Istanbul.

Until this year, my last experience of a night train was the (in)famous European Cup Final special in 1977. As I recall, several trains were chartered to haul Nottingham Forest fans to Munich and back, an experience which tested my devotion to rail travel. Along with the Orient Express, many night trains disappeared in the decades thereafter, a trend that was accelerated by the rise of budget air travel, cheap hotels, and the growth of high speed lines and trains.



OBB Nightjet

Night trains are expensive to operate, because, aside from the staffing and maintenance costs, the rolling stock is out of revenue-earning service during the day. Indeed, some operators, such as Deutsche Bahn disposed of their night train stock, only to see it bought up and refurbished by Austrian Railways (ÖBB), whose Nightjet network of sleeper trains continues to expand since its inception earlier this century. Others have followed ÖBB and a new sleeper service from

Hamburg to Stockholm began this year. In 2023, European Sleeper, a Dutch-Belgian start-up, will begin operating their service to Berlin from Brussels, extending to Prague in 2024.

The revival of interest in night trains, and holidays by rail has been spurred by concerns about the environmental impact of mass air travel ('flight shame'). Furthermore, encouragement has come from authors, travel writers, celebrity TV presenters, and YouTube vloggers who have extolled the benefits if not joys of night trains. The blurb for Andrew Martin's 'Night Trains' speaks of a fascination "with the possibilities of [night trains'] private sleeping compartments, gilded dining cars and wealthy travellers. Authors from Agatha Christie to Graham Greene have used night trains to tell tales of romance, intrigue and decadence"

Based on my experience this year, the reality of a 21st century night train does not always match the hype. For my trip to Northern Italy in late October, I'd booked a single, ensuite compartment on the Amsterdam to Innsbruck Nightjet train at a cost of €210. Adding the Nottingham to London train, the Eurostar, and the connecting train to Bologna, I was forking out north of £400 for my outward journey. There was no gilded dining car, but a breakfast pack was included. The cramped compartment could not be described as deluxe. The bed was comfortable enough, but I only slept intermittently and will not dwell on the contortions needed to use the shower/WC.



Frecciarossa

My return from Venice involved catching the Italian Frecciarossa train to Lyon, then a TGV and Eurostar to London the day after. This was quicker and less expensive, despite a costly overnight stay in the Lyon Radisson. On balance, I'd recommend this over the sleeper train. If you decide upon the latter, a single berth ensuite compartment is probably a must for a solo u3a member, who may need to get up in the night when nature calls. Early booking is

therefore essential as sleeper trains on the more popular routes sell out quickly. Whether solo or a couple, booking a whole compartment is an option, to avoid sharing a confined space with a stranger(s) for 8 or more hours. However, if timesaving is not a priority for you and you're incurring extra costs to mitigate the discomforts of the sleeper train, then why not book a hotel anyway?

So far I've confined my remarks to timetabled sleeper trains in Europe. For information and advice on sleeper trains elsewhere in the world, and foreign rail travel generally, I suggest a visit to [seat61.com](https://www.seat61.com). There are two sleeper train services still running in the UK – the Caledonian Sleeper and the Night Riviera – see links below.



If you want luxury train travel and have £3000+ to spare, then make a booking on the Venice-Simplon Orient Express. After a hiatus due to Covid, this is running on its full route from London again. Trains of this ilk can also be found on every continent, but given the sanctions on Russia, travelling on the Trans-Siberian Express is not recommended.

For travel to the north of Germany, to Scandinavia and the Baltic States using the overnight ferry from Harwich to Hook of Holland is worth considering, particularly if the cheap Eurostar tickets have sold out. From Kiel and Lübeck there are comfortable ferries sailing to Oslo, Gothenburg, Helsinki, Klaipeda (Lithuania) and Liepija (Latvia). For Northern Spain and Portugal it's possible to book as a foot passenger on Brittany Ferries from Portsmouth to Santander or Bilbao.

Bon Voyage

Rod roderic.mitchell@btinternet.com

Recommended reading:

Andrew Martin: "Night Trains: The Rise And Fall Of The Sleeper".

Paul Theroux: "The Great Railway Bazaar".

E.H. Cookridge: "Orient Express".

Monisha Rajesh: "Around The World In 80 Trains"

Links:

<https://www.seat61.com/sleepers.htm>

<https://www.seat61.com/history-of-the-orient-express.htm>

<https://www.seat61.com/how-to-use-an-interrail-pass.htm>

<https://www.seat61.com/sleeper-to-scotland.htm>

<https://www.seat61.com/sleeper-to-cornwall.htm>

<https://www.nightjet.com/en/#/home>

<https://www.directferries.co.uk/>

NEWS FROM THE INTEREST GROUPS

Book Club – *Convenor, Liz Gilder*

We met on **Friday 16th December** to discuss **John Grisham's 'A Time for Mercy'**. When sixteen-year-old Drew Gamble shoots dead the cop who was abusing his family, he becomes the most hated person in Clanton, Mississippi. The townsfolk expect Drew to be convicted and go to the gas chamber. It falls to Jake Brigance, Clanton's most famous lawyer, to defend the kid. However reluctant he is to put himself in the firing line, Jake is determined to do his best to save Drew. And, as the folk in Clanton already know, when Jake Brigance takes on a case, even a cut and dried one like this, anything can happen. Our group on the whole mostly enjoyed the book which was a page turner but aspects of it were not covered enough or too much. We learnt a great deal about the American legal system particularly the way they choose jury members for the trial.

Our next read is **'Half of a Yellow Sun' by Chimamanda Ngozi Adichie**. In 1960s Nigeria, Ugwu, a boy from a poor village, goes to work for Odenigbo, a radical university professor. Soon they are joined by Olanna, a young woman who has abandoned a life of privilege to live with her charismatic lover. Into their world comes Richard, an English writer who has fallen for Olanna's sharp-tongued twin sister Kainene. But when the shocking horror of civil war engulfs the nation, their loves and loyalties are severely tested, while their lives pull apart and collide once again in ways none of them could have imagined.....

Our next meeting will be **Friday 20th January at 4.00pm** and Book Club members will receive an email with the venue. Contact e.gilder@peoplemarketing.co.uk.

Canasta Club – *Convenor, Jane Ellis*

To sum up for this end-of-year Newsletter, I would like to thank fellow card players for making my job as the new convenor very straightforward, and also to Barbara Townsend for helping in the handover for organising the group. I am really delighted that we now have a regular established group of enthusiasts, and most importantly we enjoy the sessions of card playing as well as the social aspects that meeting at one another's homes brings.



I'm particularly grateful also to Keith Rossin who has been incredibly patient whilst explaining and applying the rules for the new game that we now play. Many of us learnt how to play Canasta by playing the more traditional game, but this version of Hand and Foot, that has come to us courtesy of the Beeston u3a players, has turned out to be a lot more fun. Once one has mastered the trick of handling many more cards, learning almost completely different rules and having to make many more Canastas, it is a very lively game!

We have planned our next three months' play, and once again if anyone would like to join the group and learn the ropes, we would be delighted to see you – please get in touch with Jane Ellis ellisjane215@gmail.com. Here are our dates for meetings in early 2023, with all games played between **3.00pm – 5.30pm**:

- **January 12th and 26th**
- **February 9th and 23rd**
- **March 9th and 23rd**

English Language Group – Convenor, Margaret Wiedemann

Just as we thought the J-word was a thing of the past, as in "your vaccination journey", we've realised that in fact it's here to stay forever. Google has adopted the concept. If you use the Google search engine, the algorithm anticipates what you're looking for, and if you google something more than once, as you do at our age, it has recently started inviting you to "resume your journey".

We've been speculating whether Harry and Meghan have further popularised the concept with their Netflix journey, though as no-one will admit to having watched it we can't be sure about that. One member of our group wondered whether T S Eliot would have titled his seasonal poem "The Journey of the Magi" if he'd known that almost 100 years later the word would suggest a trio of camel-mounted snowflakes in pursuit of their personal truth. A suggestion that the word "journey" might be replaced by "trip" did nothing, when we children of the sixties thought about it, to restore the poem's dignity.

The WhatsApp autocorrect wasn't happy about giving the verb "to google" a lower case G, but we think that if you use the name of something as a verb it stops being a Proper Noun, an example being when you cursorily Hoover for Christmas using a well-known brand of vacuum cleaner. If the Wise Men had had Google, they needn't have made the journey (or trip) at all, and could have arranged for the gold, frankincense and myrrh to be couriered, or as we'll almost certainly be saying quite soon, they could have amazoned their gifts to the stable (lower case, and thanks to Armored for an inspired prophecy worthy of the Magi themselves). If verbing the noun is your thing, email mjwh57@gmail.com to start WhatsApping in what we hope will be a more peaceful New Year.

Film Group – Convenor, Ian Henderson

There was no meeting in November so we had two films to review in our December get-together.



The first was '**Triangle of Sadness**' by Swedish director Ruben Ostlund, known for satirical looks at privilege and pretension. In this one, a group of self-absorbed, well-off passengers on an oligarch's yacht get the treatment. Woody Harrelson chews the scenery as an alcoholic Marxist captain (of course!) who refuses to leave his cabin and has to be sweet-talked by the crew into hosting the Captain's Table. A shipwreck leaves the passengers on an island without the requisite skills to survive and rely on the role-reversal of the lowliest crew member (remember '**The Admirable Crichton**'?). A mini-Lord of the Flies ensues.

A slim majority *really* did not like it but the rest quite liked it so the average score of 4.2/10 tells you little. By the way, the title refers to the space between the eyebrows which shows that emotion – in the film's opening act a catwalk model is chastised for not employing it.

The second one was '**She Said**', an account of the journalists who investigated the Harvey Weinstein scandal. Despite excellent central performances from Carey Mulligan and Zoe Kazan (pictured right) as the lead journalists and the very worthy subject matter it was felt to be rather pedestrian. There was a lack of tension in the script (whilst we acknowledged the

intrinsic slog of investigative journalism) and a lot of walking about whilst on the telephone. 'Solid', 'emotional', 'too long' were typical responses.



We did compare our memories of '**All The President's Men**', a film about the Watergate investigation, which had a very similar story arc and mused on why we remembered it as more gripping. Some resolved to watch that one again! Middling to decent scores gave us 6.3/10.

Our next meeting is on **Friday, 6th January at 4pm**. We will discuss '**Corsage**', an Austrian film about Empress Elizabeth of Austria (no, neither have I) who, in the 1870s, found herself at odds with conventional expectations. It is billed as a witty, anachronistic view of her battle to be taken seriously and is showing at Broadway from 27th December.

Group members will already have details of the venue – if you want to join us let me know at ianhenderson73@gmail.com.

Fine Dining Group – *Convenor, Adrienne Lee*

After our visit to Fischer's in November we are giving one of Nottingham's newest restaurants the benefit of our custom. We visit **Cleaver and Wake** on **Thursday, 26th January 2023**, where local chef Laurence Henry makes his first foray into fronting a restaurant since his 2018 Masterchef Professionals win. After leaving his role as sous chef at Sat Bains in 2019, he seemed to have got lost in the COVID hospitality mayhem, with rumours abounding about where he would settle. It turns out that a purpose-built restaurant complex in The Island Quarter (opposite the Virgin gym) is now his to oversee with a fine dining place above a brasserie, Bink's Yard.

The trip is now fully subscribed with 14 members confirming attendance and you can read about our experience in the February edition of this newsletter.

Report by Ian Henderson

Local History Group – Convenor, Stephen Hyde (Report by Anne Hardy)

Friday, 25th November – Thomas Chambers Hine walk west Nottingham

We were blessed with wonderful weather for our journey which started at the Playhouse. Thomas Hine was the most prolific Nottingham architect of nineteenth century commercial property, as well as houses, and his signature features are well in evidence.

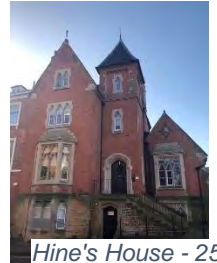


Junction Park Terrace-
Newcastle Drive



Terrace on Regent St.

We started in College Street and went up to the Tunnel and then to the top of Newcastle Drive to the fine house on the top corner. From there Lucy Broewer our guide took us to Regent Street where Hine built his own home and drawing office which is there for all to see. There are a dozen Hine houses in Regent Street. We then went to the children's hospital and to the back of the Health Authority with its fine buildings.



Hine's House - 25
Regent St

At the end, many of us retired to the Fothergill Watson, just opposite the castle, for a very fine mulled wine

Preview Of Visit Cascades Gardens May 2023

Some of you may have attended the monthly meeting in November given by Alan Clements, which was much appreciated by those present. His topic was the Cascades Gardens, which he owns, at Bonsall in Derbyshire.

Cascades Gardens has been designed by the owner over the last 26 years to reflect the natural balance and harmony that can be found in Nature. Inspired by Japanese gardens and Buddhist philosophy, the combination of massive rocks, streams, waterfalls and natural planting is intended to celebrate nature and refresh the soul. For further information see www.cascadesgardens.com.



The Local History Group have decided to visit **Cascades Gardens on Friday, May 26th**. The purpose of this note is to make you aware and invite you to join us should you wish.

The basic entry is £8, a cup of coffee and cake at the outset £3.50, and lunch in the range £7.50 – £12. How we get there depends on the level of interest but will be by car or a coach.

If you think you would like to [come along](#) and join us please send a non-binding expression of interest to stephen@hydemail.co.uk or 01159415598.

MahJong Group – Convenor Graham Edwards



The Mahjong group sadly did not meet on December 9th, as planned, because weather and illness took its toll on most players.

However, undeterred, we have planned for another meeting on **Friday, January 13th 2023**. This will be at the home of one of the members.

If you are interested in playing, and have yet to let me know, please drop me a note using this address: grahamedwards542@gmail.com.

Previous experience is not necessary – we are all relative novices, and are teaching ourselves how to play as we go on. Although our games can be quite competitive, we don't take them too seriously. Please come along and find out more.

Photography Group – Convenor, Rod Mitchell

The "Gothic" theme proved to be a challenge and our selection of images is a bit smaller than usual. Some of the images have been taken from our personal archives and subjected to some heavy 'rodding'. Our next theme is "patterns" which ought to yield better results.

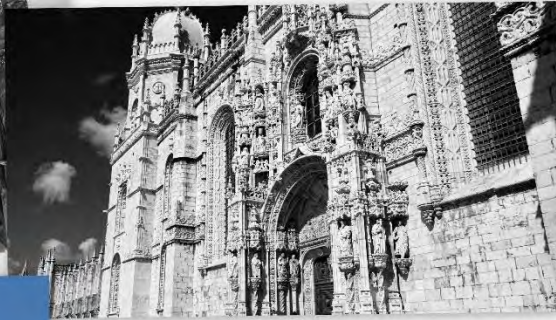


A design for the e-Christmas card was chosen with little debate. A few of us wandered round the Christmas Market in Old Market Square, but noteworthy images were thin on the ground. Inside the Council House I reversed the screen on my camera, enabling me to point the lens upwards and line up a shot of the cupola and the Christmas tree. A little bit of rodding* and hey presto! this year's Christmas card.

The Photography Group will be meeting on **Monday, 16th January** to plan our activities for the New Year. If you're looking to do something new in our u3a then come and join us. If you've got a camera-phone, you can be a photographer. Contact roderic.mitchell@btinternet.com

* For new readers, 'rodding' is the name we've given to the practice (used often by the convenor) of using software to filter images. Join the group and he'll show you how it works!

GOTHIC:



Plants and Picnics – Convenor, Marion Martin

After a particularly mild November, December has taken a distinctly wintery turn. As we get busy with pre-Christmas events, it is easy to think there's nothing happening in our waste-land gardens. In this group, we know rather better though, and carry on regardless! So, despite some having other commitments, and others succumbing to the 'lurgy', a steadfast band got together for a December meeting.

Armored writes:

December saw some members engaged with other pre-Christmas activities but five people met at Angela Pratten's house on a chilly winter's day, pleased that covid rules no longer require us to meet outside! In view of the weather conditions, the usual tour of the member's garden was dispensed with; instead people admired the hibernating garden through the windows and enjoyed a Christmassy "picnic" of soup, mulled wine, Christmas cake and mince pies, with entertaining conversation that ranged over a variety of topics both gardening- and non-gardening-related.

Ahh – Covid days – when we took freezing picnics by the side of the wind tunnel that is the Trent, or headed out to nurseries when we couldn't even meet in gardens – those were the days! Plants and Picnics is a bit more civilised nowadays, as you'll gather from Armored's account. We don't have to be quite as 'steadfast' as we used to be!

And when it's too cold to be outside, we still swap notes on WhatsApp. At this time of year, it's about looking at the detail rather than blousy blooms, so we've suggested plants to grow



in winter, been inspired to find out about how plants are trying to kill you (part of my safety briefing, which turned up in Lucy Worsley's series about Agatha Christie), shared an example of vivipary (seeds germinating whilst still in the flower seed-head; see photo left), and been given a touch of the exotic as Hema shared the hanging flowers of the Scarlet Clock Vine in Bangalore (photo right) – quite a heady mix to



keep us going through a chilly December!

This group meets approximately every 3 weeks. If you are interested in joining us, please contact Marion Martin at PNu3aPandP@gmail.com.

Walking Groups

Short Walks – Convenor, Andrew Martin

The first Short Walk of 2023 will be a circuit of **Colwick Country Park on Tuesday 10th January**. This walk was planned for December but was cancelled because of illness. The Short Walks group have not visited Colwick Park since November 2018. We will travel by bus (or car to meet us there if you prefer). The 3-mile route is very flat, and surfaces are all good. Full details will be sent out to those on the Walks email list (see below) about a week in advance.

Long Walks – Convenor, Graham Edwards

Long Walk on Tuesday 29th November 2022. A circular walk from Ambergate Station, via Whatstandwell and Crich and back to Ambergate.

Despite the cool weather, and outbreaks of illness which reduced our numbers, nine of us set out from Ambergate station to tackle a walk over varied terrain in the Derwent Valley.



The first part was along the Cromford Canal to Whatstandwell Station, a route regular Long Walkers are familiar with. Upon leaving the canalside, our route rose steeply up paths, roads and steps to the hilltop above the village. We then walked across the fields and down into Crich village. Loaf is a small cafe/deli which was quite busy when we arrived for our lunch break, but we were soon able to drive out most of the other customers so that we could sit and enjoy a hot drink and fresh baking.

After lunch we climbed out of Crich, along The Tors path to the hilltop overlooking the valley. The extensive views were somewhat marred by the fog (see photo). From the hill top it was downhill all the way through Crich Woods, although the path being also a steep river bed in places proved a test for ankle strength and agility.

A quick walk along the A6 brought us back to Ambergate Station, ready for the journey back to Nottingham.

Members will be aware that there was not a Long Walk in December, due to a combination of weather and Christmas activities. As some compensation, for those who would like a bit of outdoor activity during the festive season, with some gentle exercise, fresh air and company, I am planning a local walk of about 6 miles through **Wollaton Park and the University on New Year's Day**. I will be sending out a note as usual to those on the Long Walk list. Anyone is welcome to join if they let me know: grahamedwards542@gmail.com.

Long Walks proper will resume in January (**Tuesday 24th January**). I will devise something appropriate for the time of year, and let everyone know nearer the time

Longer Walks – Convenor, Andrew Martin



River Trent near Sawley

The next Longer Walk will be on **Friday 27th January** and will be a linear walk from **Draycott to Chilwell** linking together sections of the River Derwent, the Trent and Mersey Canal, the River Trent, the Erewash Canal and the River Erewash. Transport will be by bus to the start and return by tram. The walk is just under 9 miles in length, is mostly flat and gives an insight into what was the hub of a major trade route across England from the late 18th to the mid-19th centuries.

If you would like to join the Walking Groups email circulation lists or receive information in writing, please contact Andrew at u3aparkwalks@gmail.com (Short and Longer Walks) or Graham (Long Walks)

Park Nottingham u3a Calendar for January 2023

One way to contact group leaders is to visit our u3a website (link at the top of this newsletter) and clicking on the bluebird at the top of the relevant group page. You can then type a message that will go straight to the inbox of the convenor.

Date and Time	Event	"Venue"	Contact
Sunday, 1 st January	New Year's Day Walk	Wollaton Park and the University	Graham Edwards
Friday, 6 th January 4:00PM	Film Club	TBA	Ian Henderson
Tuesday, 10 th January	Short Walk	Colwick Country Park	Andrew Martin
Wednesday 11 th January	Plants and Picnics	Member's Garden	Marion Martin
Thursday 12 th January 3:00PM	Canasta Club	Member's home	Jane Ellis
Friday, 13 th January	MahJong Group	Member's Home	Graham Edwards
Monday, 9 th January	Committee Meeting	TBA	Graham Edwards
Monday, 16 th January	Photography Club	TBA	Rod Mitchell
Tuesday, 17 th January 10:30AM	Monthly Coffee Morning and Talk	Nottingham Castle Lawn Tennis Club, 35 Tennis Drive (not NSRC)	Sarah Waites
Friday, 20 th January 4:00PM	Book Club	Member's home	Liz Gilder
Tuesday, 24 th January	Newsletter Deadline	parku3anewsletter@gmail.com	Ravi Sankaran
Tuesday, 24 th January	Long Walk	TBA	Graham Edwards
Thursday, 26 th January	Fine Dining	Cleaver & Wake	Adrienne Lee
Thursday 26 th January 3:00PM	Canasta Club	Member's home	Jane Ellis
Friday, 27 th January	Longer Walk	Draycott to Chilwell	Andrew Martin

In addition to these meetings, the following groups are also "meeting" on-line:

Group	Activity	Contact
English Language Group	Discussion using WhatsApp	Margaret Wiedemann
Film Club	Discussion using WhatsApp	Ian Henderson
Photography Group	Discussion using WhatsApp	Rod Mitchell
Plants and Picnics	Discussion using WhatsApp plus visits and picnics	Marion Martin

USEFUL EMAIL ADDRESSES

Graham Edwards, Chair:

chair3.parknottinghamu3a@gmail.com

Ian Henderson, Deputy Chair:

ianhenderson73@gmail.com

Ian Henderson, Membership Secretary:

membersecparku3a@gmail.com

Jean Henderson, Business Secretary:

bizsecjean@gmail.com

Ravi Sankaran, Newsletter Editor:

parku3anewsletter@gmail.com

Editor's note: If you are reading the newsletter on your computer, tablet or phone, you will find that all email addresses in blue *italics* are live and can be clicked to send a message. For example, the email addresses above are live, but the one in the box below is not. Similarly, where a link to an internet web page is offered, the blue italics indicate that this is a live link and will take you straight to the page.

Contributions for the **February Newsletter** should be sent to the editor,
Ravi Sankaran, by **Tuesday, 24th January**, preferably by email to:

parku3anewsletter@gmail.com