

PARK NOTTINGHAM u3a

NEWSLETTER

FEBRUARY 2023

MESSAGE FROM THE CHAIR

The end of January already – this year seems to be whizzing by. Apparently years get shorter as you get older!

Ravi Sankaran our new editor has compiled (whilst abroad!) this newsletter bulging with good things. It is great to see that members have embraced the new year with a lot of activity at all of our groups.

The monthly talk by Bob Reid was very well attended – perhaps out of a sense of curiosity. I will refrain from any attempt at lavatorial humour, but Bob did make the subject fascinating and educational.

The mostly good weather has allowed quite a few walks to go ahead (although the short walk was cancelled because of an untimely downpour). I am pleased that more and more members are able to join in for some generally stress-free exercise.

For those preferring to stay indoors, Fine Dining, Canasta, MahJong and for the winter months Plants and Picnics, all have a good following.

The pictures by the Photography Group show each member's highlight memory of the year, which shows their various interests and activities

Rod Mitchell, who amongst other activities is turning into our resident travel guru, provides yet more advice as we venture out in the coming months.

Nominative determinism has encouraged Jackie Fisher to seek recruits for a Music Enjoyment Group. I hope we can all get this to work – I know there is both talent and interest about music in our u3a.

This newsletter gives lots of details of these activities, and hopefully encourages others to join in. We all appreciate Ravi's efforts and on behalf of all the contributors I hope you have an enjoyable edifying read.

Graham Edwards – Chair

January Monthly Meeting – Sarah Waites

The Monthly talk on Tuesday, 17th January was entitled: **Let's Talk About Toilets**

Bob Reed was a civil engineer, based in Loughborough, who first went abroad in 1973 to use his skills to help poor communities deal with sanitation. His last job before the pandemic was in Bangladesh to work in a camp of 750,000 people with no roads and no communications. Generally, working in sewage disposal is low status and little discussed. Politicians ignore it and young people are not encouraged to take it up. The result is poor policy, poor institutions and poor resources deployed worldwide.

Two billion people in the world have no toilet of their own, and half a billion defecate in the open. Surveys show that what people worry about is privacy, prestige and safety, particularly for women who are often forced to defecate at night. Providers worry most about health but cannot provide effective help if they clash with local culture and perspectives. Those most affected by lack of sanitation are the urban poor and rural dwellers. Health is of course a major problem and flies are the crucial link. I will not delight you with details of the faecal/oral cycle. Excreta routinely ends up in the local river. Large numbers of serious diseases are spread through excreta, with one person dying every 8 seconds, the largest group of victims being children.

Bob outlined the ways to address the problem with water, toilets and hygiene. Changing hygiene habits is the cheapest but most difficult solution. The School of Hygiene and Tropical Medicine's research showed that washing hands thoroughly with soap after using the toilet could reduce deaths worldwide by 20%. During the pandemic fewer people were admitted to hospital with diarrhoea presumably because more people washed their hands more often. Cameras in motorway services showed that after using the toilet, only 64% of women and 30% of men washed their hands. Hygiene behaviour is extremely hard to influence. Sewerage systems exist in 5% of the world but are too expensive for the rest. They rely heavily on water, needing 100 litres per person to work. Any less and they get clogged up. A flush toilet is an incredible luxury and needs 9 litres per flush.

The best answer for a toilet is a cheap and simple hole in the ground over a pit. Squatting is best as sitting on toilet seats is anatomically less healthy and less hygienic. These can be built using local skills and materials for about £150 pounds and include a shelter for privacy. A 10 feet deep pit can last a family of 4 for 10 years and most pathogens are dead within 2 years.

We can help by learning about the problem, supporting Oxfam and Water Aid, influencing policy, even volunteering our skills and experience with VSO and, my favourite, 'twinning' our loos with one in the less developed world through toilettwinning.org. You'll get a framed photo for your lavatory door. Bob was an excellent speaker, educating and entertaining us in equal measure

February Monthly Meeting and Talk

The February Monthly talk on **Tuesday, 21st February** is titled: **"The Dire State of our NHS – will it collapse?"**

In the winter of 2019/2020 the NHS recorded its worst performance for GP appointments, ambulance response times, attendances at A&E departments, cancelled admissions and operations, bed blocking plus the lack of social care, staff shortages, lower cancer survival than other comparable countries, and concerns about maternity care. All pre-Covid. The Covid pandemic has substantially compounded the problems.

Using publicly available data and reports, the speaker will highlight how NHS services have declined leading to the current position, and a look towards the future. Will the NHS as we know it survive? Will government grasp the necessity of a fundamental change?

The speaker, **John Todd**, started his career as a clinical scientist working in the NHS and moved on to become a hospital manager specialising in performance management, and later a management consultant. He is a member of Edwalton and Gamston u3a.

Our next Monthly Meeting and talk will be 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.

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*



Travelling this year, to Europe especially, is likely to remain as difficult as in 2022. The European Travel Information and Authorisation System (Etias) is due to be introduced in May, though this has yet to be confirmed. Etias is a mandatory visa-waiver form which will need to be completed online or via an app on your mobile phone before you travel to the Schengen Area. A fee of €7 is payable if you're aged

between 18 and 70. Once the form is submitted your data is checked against EU and Interpol databases. Travel should be authorised within minutes, but it would be sensible to submit your application at least a week beforehand. Once approved, your Etias form is valid for 5 years.

Another major change is the Entry/Exit System (EES). This was due to be rolled out in May, but has now been postponed until the end of the year. On your first entry to the Schengen Area a photograph is taken and four fingerprints scanned. The data is scanned and verified on subsequent visits. It is hoped the system will eventually eliminate "wet stamping" of passports and speed up border checks.

Good luck with that, you might say. Devising the IT systems to handle all this data must be a huge task. Also, I'm sure Mr. Putin's army of hackers, fresh from shutting down Royal Mail's international delivery system, will have EES and Etias in their sights, so don't rule out another delay. The queues are likely to be a nightmare, even if the roll-out is successful. Imagine checking each car at the Eurotunnel or a busy ferry port, or a trainload of Eurostar passengers at St. Pancras.

The £2 bus fare cap may have some benefit for u3a members who want to travel before 9.30 on a weekday. With an early departure from Nottingham, a day out to Stamford, Chesterfield, or Retford for example, can be had for £2 (check the bus operator is participating in the scheme; some are not). Unfortunately, you only have until the end of March to take advantage of this offer. Let's hope the Government sees sense and extends the scheme until summer's end, and that all bus companies (and tram networks?) are included.

Other countries have taken bolder steps to encourage use of public transport. Germany's €9 rail pass was a huge success last summer. Whilst only valid on regional and local rail networks, it was possible to travel long distance with a change of trains. A €49 monthly season ticket has now been introduced, valid on any Regiobahn or Lokalbahn train. Austria's Klimaticket costs €1095 and is valid for a year on all trains, trams, and buses. Public transport in Luxembourg is free for all residents, though I'm not sure this includes visitors. I suspect Luxembourg may not be on most people's bucket list.

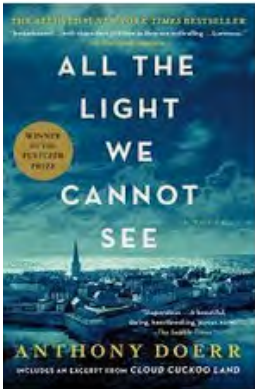
Bon Voyage!

Rod Mitchell

NEWS FROM THE INTEREST GROUPS

Book Club – *Convenor, Liz Gilder*

The u3a book club met on **Friday 20th January** to discuss **Half of a Yellow Sun** by **Chimamanda Ngozi Adichie**. In 1960s Nigeria, Ugwu, 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 read will be **All the Light We Cannot See** by **Anthony Doerr** and we will be meeting on **Friday, 17th February** to discuss this book. For Marie-Laure, blind since the age of six, the world is full of mazes. The miniature of a Paris neighbourhood, made by her father to teach her the way home. The microscopic layers within the invaluable diamond that her father guards in the Museum of Natural History. The walled city by the sea, where father and daughter take refuge when the Nazis invade Paris. And a future which draws her ever closer to Werner, a German orphan, destined to labour in the mines, until a broken radio fills his life with possibility and brings him to the notice of the Hitler Youth. In this magnificent, deeply moving novel, the stories of Marie-Laure and Werner illuminate the ways, against all odds, that people endeavour to be good to one another.

Book Club members will receive an email with details of the next venue. Contact e.gilder@peoplemarketing.co.uk.

Canasta Club – *Convenor, Jane Ellis*

We have planned our next two 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**:

- **February 9th and 23rd**
- **March 9th and 23rd**

English Language Group – Convenor, Margaret Wiedemann

The daily linguistic pitfalls of the domestic environment have been a constant hazard this past month. It's not the first time we've been threatened by Unnecessary Prefixes, but the wellbeing of one of our members – or do we call it *hygge* nowadays? – was significantly impacted by receiving advance notice that it would soon be possible to "pre-order" a consignment of dahlias. But if "pre-ordering" is still in the planning stage, what you might call "pre-pre-ordering", when will you manage to, well, order? And presumably actual delivery of a consignment of dahlias is still a very remote prospect.



Staying with prefixes in the home, the discussion moved on to the Council's new recycling strategy using bins labelled "Comingled recycling", or according to some rival bins, "Co mingled recycling". A few commentators have declared themselves in favour of a hyphen, "Co-mingled". And an "expert [*in what? Ed.*] at the waste and recycling industry" has apparently been called in and opted for "Commingle". He has the support of Shakespeare here, who invented the word in

Hamlet (III, 2). But as one member of the group resignedly asked, not expecting an answer, what's wrong with the old-fashioned term "mixed recycling"?

Still down among the waste disposal, Leicester Live website greeted the cold spell by headlining a "frosty reception as people asked to defrost bins or be skipped". This seems a bit harsh, as one Grammarian commented, though another member took a more robust line, remarking that "presumably rubbish people have to fill their trucks with something".



Continuing to wallow in the terrors of the domestic environment, we enjoyed a vintage poster exhorting its (male) readers "Don't kill your wife with work – let electricity do it!". To join us in our campaign Towards Plain Speaking in the Home, mjwh57@gmail.com.

Film Group – Convenor, Ian Henderson

Our film last month was '**Corsage**', an Austrian take on Empress Elisabeth of Austria, wife of Franz-Josef, Emperor of the Austro-Hungarian Empire in the 19th century.

Taking a year in her life in the late 1870s when she turned 40 years old it showed a woman restricted by more than the corset (corsage) she habitually wore to keep a tiny waist for public viewing. Clearly weighed down with courtly and public expectations she stoically maintained a glacial public persona, barely reacting to family and aristocratic disapproval if she stepped out of line.

Vicky Krieps gave a captivating performance full of subtle gestures as a woman increasingly determined to seek some enjoyment in life. However, many in the group felt that the film, which was praised for looking wonderful with great costumes and scenery, moved too slowly and lacked a strong storyline. Indeed, it was a deliberately small slice of her life in a long reign, intended to reflect the stifling nature of her experience. It was certainly a film to let wash over you rather than wonder what would happen next.



As an exercise in showing a woman navigating a world which saw her as a potential threat it also had some parallels with our Royal Family travails in recent decades.

Several of our group did not feel that it was interesting enough in the end. Her subversions were minor victories, until she employed a body double for official duties, and her narcissism made her difficult to warm to. Others found it more interesting. One hated it.

The film did divide the group leading to a wide spread of scores from 2-8/10, with the higher scores emphasising the 'look' of the film. The group average was 5.8.

Our next one is '**Tar**' with Cate Blanchett in a Golden Globe-winning role as a classical conductor whose life starts to unravel. We are all keen to see if we agree with the positive critical response.

We meet to discuss it on **Friday, 3rd February at 4pm**. Contact me at ianhenderson73@gmail.com if you want to join us.

Fine Dining Group – *Convenor, Adrienne Lee*

January saw us at Cleaver and Wake, a newish addition to the local dining scene, headed by local chef Laurence Henry who won Masterchef Professionals a few years ago.

A purpose-built restaurant in a mainly undeveloped area (so far) of the city centre, it promises high-end dining – something Nottingham is not well-endowed with. Twelve of us went to see if it delivered on that promise and we were impressed. It is a light, airy, modern space (albeit with not much of a view!) which clearly has had a lot of money invested in it. We had a corner to ourselves, partially curtained off from the rest which gave us welcome privacy.

We had the more restricted (three choices per course, with supplements for a fourth) set lunch menu (£35 for two courses, £45 for three) but everyone found something they could eat. Good bread with whipped black garlic butter was a great start with starters of duck liver parfait (pictured) mackerel escabeche and salt-baked celeriac in broth all given high marks.



Mains of Dry-Aged Chicken, Jerusalem Artichoke Risotto and Cod were all up to the same level. Some were tempted by the Custard Tart and Chocolate Delice and were happy with their choice.



Staff were plentiful, pleasant and briskly efficient. Overall, a very good meal with an average score of 9.2/10, with several giving full marks. Prices are higher now in most restaurants and the portion size often smaller and C&W is no different, but the quality is there and this is a welcome addition to local dining.

Our next trip is to **The Olive Branch** at Clipsham, a gastro-pub/restaurant with a good reputation and lower prices. We

have booked for **Wednesday, 1 March at 12.30**. If you want to join us contact Adrienne at adriennesuperade@gmail.com

Report by Ian Henderson

Local History Group – *Convenor, Stephen Hyde*

The Local History Group programme is being developed in consultation with members, and details will be published in the next newsletter

The programme will include visits to Bolsover Castle, Cascade Gardens, Doddington Hall, Melbourne Hall and others.

If you are interested in the activities of this group, please reach out on stephen@hydemail.co.uk or 01159415598.

MahJong Group – *Convenor Graham Edwards*



The MahJong Group continues to meet each month in members' homes for an hour or so of competitive and educational fun.

The next meeting is scheduled for the **second Friday of the month**, i.e. **February 10th**. However this is not suitable for all members, and we are still trying to fix a time and date which will be suitable for most members

If you are already a member of the MahJong Group you will already be part of the debate.

If you would like to come along to MahJong, please let me know, and I will put you on the mailing list so you can be included. grahamedwards542@gmail.com.

Photography Group – *Convenor, Rod Mitchell*

The group met on **Monday, 16th January** to consider their favourite photos taken in 2022. The final selection is published below for your delectation. In technical terms they may not be perfect images, but each conveys a narrative or evokes a memory, thought or indeed a reflection as Marion says. Each of us could be said to be "an author who writes with the light", but a short explanatory description has been added to each image. Full fat versions of these photos can be found on our Flickr page, which also contains images from our previous thematic efforts. You're welcome to add a comment or 'like' to any image. Please follow the link below.

Our current theme is **"Patterns"**. On **Monday, 6th February** we'll be taking an amble round Nottingham city centre to find images which might illustrate or be adapted to symbolise this theme. We then convene on **Monday, 20th February** to make a selection for the March newsletter.

Members of the group continue to participate in the Photography Club workshops organised by Artspeak. These are now fortnightly and are led by a professional tutor. Membership of Artspeak is open to any person over 65 living in Nottingham City, though I find some attendees come from further afield. In addition to the Photography Club, Artspeak offers other creative workshops with professional tutors, and also organises trips to museums and art exhibitions.

Photography Group Flickr Page: <https://www.flickr.com/photos/192581147@NO3/albums>

BEST OF 2022:



Great Central Railway, Loughborough.
Reminds me of scene from my childhood in the Fifties and Sixties when steam still ruled. He looks like he's had a hard day! (Ian, Sep 2022)



Torcello, Venice
Torcello is a small island with a big basilica in the lagoon of Venice. Few people live there now, and visitor numbers are moderate, at least when I was there. This photo is emblematic of its tranquillity, the gulls taking a rest on a small boat with a lookout posted on a mooring stake. I was spotted and the gulls flew off, but not before I'd snapped this image. (Rod, Nov 2022)



Nine Elms District, London:
I spend part of a late autumnal morning wandering the Nine Elms district of south west London. In addition to shots of the grey river, and the restored gargantuan Battersea Power Station, I also came across the new US Embassy.)(Graham)



Eagle Crag, Stonethwaite, Borrowdale
A shaft of light over Eagle Crag, Borrowdale, at the end of a long winter day on the Lakeland fells (Andrew, Feb 2022)



Central Serengeti: Tanzania
Four cheetah siblings survey the landscape for potential prey. Serengeti, in the local Maasai language translates to 'endless plains' which is indeed what it is. (Ravi, Aug 2022)



Reflection, Norwich Cathedral.
The ceiling is reflected in an angled mirror, so by looking down you can see up. On this occasion, looking for reflections became more of a reflective experience.
(Marion)



The Last Midlands Miner
A lamp finally extinguished! (Frank)

Plants and Picnics – *Convenor, Marion Martin*



No, this is not the Fine Dining Group, whatever it looks like, although we were dining very finely, thanks to Andrew excelling himself in the kitchen. This was the January meeting for Plants and Picnics.

As the weather is somewhat chilly in January, much of the meeting was a convivial chat around the table. Many topics were raised, including good bugs and bad bugs in the garden, although in fact we didn't get past the 'bad' bugs – vine weevils (again), and lily beetles, and what to do about them; daffodils in pots and what to do with them; houseplants with brown leaves; amaryllis (*hippeastrum*) care; pruning figs; sowing seeds; and the work of tree surgeons – it all turned into our very own 'Gardeners'

Question Time', and very enjoyable and informative it proved to be.

As the 'host', Andrew had made quiche and salad for the 'picnic' bit, which was much appreciated by all – 'above and beyond the call of duty' as one member described it.

So, relaxed, friendly company, informative discussion, and good food. A truly lovely meeting.

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*

Next month's Short Walk will visit **Ilkeston on Tuesday 14th February**. This 3.5-mile walk will start at Ilkeston train station and include a crossing of the newly-restored and opened **Bennerley Viaduct**, as well as a section of canal towpath. We will travel by train (or car to meet us there if you prefer). The route is mostly flat, with one short ascent to get onto the viaduct. Surfaces are all good. Full details will be sent out to those on the Walks email list (see below) about a week in advance.

January's planned walk around Colwick Park was cancelled because of the heavy rain that came, as forecast. After two such cancellations, the first as a result of illness, I've decided to leave Colwick Park until later in the year.

Long Walks – Convenor, Graham Edwards

Long Walk on Sun, 1st January 2023

It was felt that the walk on the 4th Tuesday of December, the normal walk day, was a bit too close to Christmas. Instead, six of us had a gentle Sunday morning amble on New Year's Day morning. We took in the University Jubilee Campus, then through to Wollaton Park. There we rather unwisely ignored the cafes and instead continued through into University Park, where all hospitality facilities were firmly shut.

Unrefreshed, the last leg home along the canal seemed longer than usual, and it was with some relief that we all reached home for a welcome drink.

The next walk, with better researched facilities, was on **Tue, 24th January**, and was a **linear walk from Cotgrave to Radcliffe on Trent via The Cliffs**.

The promise of a shortish flat walk along the old railway from Cotgrave proved to be strangely alluring. Thus it was that 14 of us (a record for our walks) on a cold sunny morning found ourselves on the way to Cotgrave via the new Broadmarsh bus station.

From the village, we walked out to Cotgrave Country Park, along part of the Grantham Canal, and on to the track of the old Cotgrave Colliery railway line. The presence of a clutch of benches proved irresistible, and we stopped for a drinks break, overlooking the vista of a solar farm, and the construction site for the new crematorium. Country views indeed!



As we approached the outskirts of Radcliffe, the path became too muddy, and we diverted via the road, and then back onto the Trent Valley Way leading up (lots of steps!) onto The Cliffs. The effort was worthwhile because of the fine view over the Eastern suburbs of Nottingham. The path down to the walk along the banks of the Trent was too muddy, and so we strolled down into the village for an overdue lunch at the Piano

Sadly, too many others in Radcliffe had the same intention, and many of us had to sit outside, or decided to abandon the idea of lunch. For those who remained, service was surprisingly swift, and we were soon able to run to catch the bus home.

The next Long Walk is scheduled for **Tuesday 28th February**. I will be devising a suitable outing by car or public transport, with a walk of about 6 miles, and lunch at a cafe. I will send details to all those on the Long Walk mailing list.

If you are not on the list and would like to join, please let me know at:

grahamedwards542@gmail.com.

Longer Walks – Convenor, Andrew Martin



Long Walkers near Derwent Mouth

The January Longer Walk on **Friday, 27th January** followed a linear 9-mile route from Draycott to Toton, linking together sections of the River Derwent, the Trent and Mersey Canal, the River Trent, the Erewash Canal and the River Erewash ending our walk at the Toton tram terminus. We got a good insight into what was once the hub of a major trade route across England from the late 18th to the mid-19th centuries, with boats able to travel between Liverpool and Hull. We welcomed Beth and Barrie as new members of our group and enjoyed good winter conditions– not too cold and not too muddy. We all agreed that it was a good day out.

For our February Longer Walk, we will switch to a Monday in order to accommodate those who struggle to get out on our usual Friday. Hence, on **Monday 27th February**, we will travel out to **Southwell** by car to complete a 10-mile circular route, taking in Hallam, Farnsfield and a section of the Robin Hood Way. This walk, while undulating in the middle section, is not too strenuous. Full details will be sent out to those on the email contact list about a week beforehand.

If you would like to be added to the email contact list for Short or Longer Walks, please email u3aparkwalks@gmail.com

IS ANYONE INTERESTED IN STARTING A MUSIC ENJOYMENT GROUP?

It seems sad to me that our u3a does not do anything relating to music, so I wonder if anything can be done about this? I know there are many talented musicians in The Park, and also those who simply enjoy listening to music. It should be possible to come up with some ideas of how we could develop a group in which we could work together to share, spread and enhance the pleasure of music. My main interest is classical music, but it would not need to be restricted to this.

I think there are many things which such a group could encompass. Possibilities include listening and studying a piece of music and then attending a performance of it, comparing recordings of pieces, arranging recitals, a member presenting a favourite composition, etc, etc.

I would really like to be involved in such a group, but do not feel able to tackle this alone. Would anyone be interested in taking this further? If so, please contact me by phone or email and we could discuss whether there would be any future in this.

Jacky Fisher
23 Lenton Ave
gandjfisher23@gmail.com
078669 88405

Park Nottingham u3a Calendar for February 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
Wednesday, 1 st February, Additional February date TBA	Plants and Picnics	Member's Garden	Marion Martin
Friday, 3 rd February 4PM	Film Club	'Tar'	Ian Henderson
Monday, 6 th February, Monday 20 th February	Photography Club	TBA	Rod Mitchell
Thursday 9 th and 23 rd February 3:00PM	Canasta Club	Member's home	Jane Ellis
Friday, 10 th February	MahJong Group	Member's Home	Graham Edwards
Monday, 13 th February 2PM	Committee Meeting	NSRC	Graham Edwards
Tuesday, 14 th February	Short Walk	Bennerley Viaduct	Andrew Martin
Friday, 17 th February 4:00PM	Book Club	Member's home	Liz Gilder
Tuesday, 21 st February	Monthly Coffee Morning and Talk	Nottingham Castle Lawn Tennis Club, 35 Tennis Drive (not NSRC)	Sarah Waites
Friday, 24 th February	Newsletter Deadline	parku3anewsletter@gmail.com	Ravi Sankaran
Monday, 27 th February	Longer Walk	Southwell Circular	Andrew Martin
Tuesday, 28 th February	Long Walk	TBA	Graham Edwards
Wednesday, 1 st March	Fine Dining	The Olive Branch, Clipsham	Adrienne Lee

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 **Friday, 24th February**, preferably by email to:

parku3anewsletter@gmail.com