



PARK NOTTINGHAM u3a

NEWSLETTER

SEPTEMBER 2023



MESSAGE FROM THE CHAIR

Welcome to September's newsletter, compiled for us as usual by Ravi Sankaran.

This newsletter carries news of most of our u3a activities over the past month or so. August seems to have flown by, and it is surprising that we seem to have managed to do so much.

The Local History group had yet another successful outing, this time a guided tour of Lincoln. We will have to wait until next month for the report from the trip to Melbourne Hall on 24th August.

The Monthly meeting had what, I think, is a record turnout for Dr Tim Gray's talk on EMICS, the pre-hospital emergency treatment charity. A fascinating talk, delivered with a light touch about the front line of medicine, attending to victims of accident and collisions. Next month's talk on 19th September also involves a local charity – My Sight. Remember that the meeting also includes the AGM when the new committee will be revealed.

Plants and Picnics has had a busy month with two meetings/picnics, and a consequent increase in cake intake.

Rod Mitchell has provided an interesting review of the development of electric-powered transport, and the history of tourism, and he strays close to book club territory too.

The Book Club itself continues to flourish, as does Dining (no longer Fine) and Film Club. Canasta is expanding the size of its venue to meet demand; Music Appreciation is developing an interesting and varied programme and the Photography Group presents a montage of pictures under the theme 'cool'.

The Long Walk group continues to have a monthly outing of about 6 miles. The Short Walk and Longer Walk programmes will resume once we have our full complement of leaders.

As well as the established groups there are new ones afoot. The taster afternoon for Croquet is going ahead in mid-September. By the time you read this, Adrian Hyde will have held the inaugural Science Reading group meeting. An update in the October newsletter no doubt.

I look forward to seeing as many of you as possible at the AGM on 19th September, but meanwhile enjoy the rest of the summer, and have fun reading the newsletter.

Graham Edwards – Chair

August Monthly Meeting – Sarah Waites

The speaker for the monthly meeting on **15th August** was **Tim Gray**.

Tim Gray, chairman of EMICS, was called to attend his first car crash in 1980. He went on to inaugurate an emergency group of doctors and registered it as a charity to provide pre-hospital emergency medicine. EMICS now has 20 volunteer doctors, in partnership with paramedics, air ambulance and the fire and rescue service.

EMICS deals with road collisions, agricultural and industrial accidents, and emergencies such as falls, cardiac arrests and stabbings (including the recent high-profile incident in the city). They administer pain relief; sometimes do roadside amputations and deal with collapsed lungs from early tension pneumothoraxes, where they stabilize the patient. The speed of life saving treatment can save lives or ensure that the patient survives better at hospital.

Tim showed us slides of cars in ditches, cut in half, squashed into metal balls. Vital equipment can be very high-tech and very expensive. EMICS deploys monitors that can read patient heart rhythm, pulse, oxygen and carbon dioxide levels and send the readings ahead to hospital. Stethoscopes are of little use in a noisy roadside environment, but body scanners do the same job and much more. Skills such as “reading the wreckage” can alert one to the possibility of an adrenaline-fuelled patient who says they are fine and collapses the next minute from brain injury due to collision with the windscreen. He paid tribute to first aiders and urged us not to fear using defibrillators. Maybe we should consider running a u3a first aid course.

The charity pays for all essential equipment as well as high visibility clothing and PPE that is flame retardant. Doctors drive their own cars to accident sites. Each month EMICS receives over 100 calls across the East Midlands. It is supported financially by a variety of donors including pubs, garden centres, local builders, supermarkets, individuals, u3as, Smile Amazon, social media, and online donations. Tim administers the charity from his laptop at home. He pitched us a talk with the right proportion of gore, humour, seriousness and information. It is clearly a highly fulfilling and rewarding volunteer activity. One could argue that this should be a statutory part of the NHS. I’m glad Tim and his team are not waiting until it is.

The following pages include an EMICS flyer; and a certificate from EMICS acknowledging the donations collected from members of the u3a audience after the talk.

Our next speaker on **Tuesday 19th September** is **Michael Conroy**, who is the CEO of local visual impairment charity My Sight Notts, one of the oldest charities in Nottingham. He will be talking about the challenges and discrimination currently faced by people with sight loss, as well as some of the innovative solutions that are bringing the charity closer to achieving its vision of Independence, inclusion and empowerment for people with sight loss in Nottinghamshire.

A reminder that the monthly meeting will also incorporate the AGM, including the revealing of the new committee.

The Monthly Meeting and talk will be at the **Castle Lawn Tennis Club** on Tennis Drive once again. We will meet at 10.30am for coffee, with the speaker at 11.00am.



Volunteer Emergency Doctors & Paramedics

www.emics.org.uk

East Midlands Immediate Care Scheme

**Bringing
pre-hospital
critical care
to the point
of injury or
illness**



What We Do

EMICS is an independent not-for-profit charity of volunteer doctors and paramedics with specialist training in pre-hospital emergency medicine.

- We assist East Midlands Ambulance Service at the scene of life-threatening emergencies.
- Our doctors and paramedics provide advanced specialist skills at the point where they are needed most.
- Our network of specialist doctors and paramedics cover approx. 4000sq miles of the East Midlands region.
- We receive no government or NHS funding meaning we are 100% reliant on charitable donations.



Your EMICS Team

Our volunteer doctors and paramedics are called out to a wide range of incidents, in varied terrains from city centres to the Derbyshire Dales and everywhere in between.

Often responding from home, and in their own vehicles, our volunteer doctors and paramedics turn out:



at all hours, day or night



365 days a year



in all weathers

All this, in addition to their normal work commitments

Charity Number: 1188852

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We need yours today.

Our Supporting Role

The support we offer to East Midlands Ambulance Service, (EMAS) and to other organisations, such as the Air Ambulance, the Police, Fire and Rescue Service and Mountain Rescue is all provided free of charge to the NHS.

This is only achievable through our network of dedicated and passionate volunteer doctors and paramedics and the generosity of our donors.

Our EMICS support team are all volunteers, meaning we have no central staff costs.

Equipment

Each of our fully trained doctors and paramedics is supplied with an extensive range of medical equipment, blue light car kit and blue light driver training.

To equip just one fully trained volunteer doctor/paramedic costs EMICS £20,000.

All donations we receive go towards this expense.

How you can help us

There are a number of ways you can help support EMICS.

- **Make a donation** via our website www.emics.org.uk and click on the 'donate' button or scan the below QR code.
- **Support EMICS while you shop**, through; Amazon Smile
Give as you Live
- **Leave a Lasting Legacy** in your will.
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Charity Number: 1188852

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This certificate is presented to

Park Nottingham U3A

in recognition of being a valued supporter of EMICS

with a donation of

£144-00

The doctor beside you... in an emergency is probably from EMICS

A network of doctors who voluntarily support East Midlands Ambulance Service
crews at emergencies, with equipment funded by EMICS.

www.emics.org.uk | info@emics.org.uk | registered charity number 515730

Net Zero Travel Notes: by Rod Mitchell

Your next bus is from China

In her talk at July's Monthly Meeting, Sally Longford referred to Nottingham City Transport's biogas and electric buses. Electric minibuses have been operating for some time, mostly on low frequency routes, but this about to change. 78 single deck electric buses will soon be arriving from the Yutong bus factory in China. The majority of electric buses on the planet, and electric cars for that matter, are manufactured in China. The Yutong factory alone turns out 370 electric buses per day.



By "electric bus" I mean a vehicle with the motor being driven by a battery. There have always been electric vehicles. Electric cars appeared alongside their petrol driven equivalents in the early 1900s. Thanks in part to Henry Ford, the internal combustion engine became the mode of propulsion for private cars and other road vehicles. Nonetheless, battery powered vehicles found their niche wherever speed and distance were not a consideration. Who cannot remember the groan of the milk float and chink of milk bottles on frosted doorsteps?



Electric-powered public transport replaced horse-drawn trams and buses in our towns and cities. In Nottingham, London and other British cities, trams were superseded by trolleybuses, which offered similar speed and acceleration with more flexibility. On the other hand, altering and extending the route network was challenging in terms of cost and logistics. Diesel buses began to take over and by the early 1970s trolleybuses were extinct in the UK.

There are now about 250 trolleybus systems worldwide. Some cities have retained and improved their trolleybus networks, or, as in Rome's case, revived them. Modern "bendy" trolleybuses are more like trams. Newer models are fitted with a battery (smaller and lighter than that for an electric bus), which can be charged via current from the wires and regenerative braking. At the press of a button, the trolley poles are lowered and the on-board battery is switched on. By operating wirelessly, routes can be extended, and unsightly cables and infrastructure removed from picturesque bits of the city centre.



I confess I struggle with the science, but I have it on good authority that trolleybuses are more energy efficient. Battery driven buses require heavier batteries, hence a stronger chassis, and investment in charging infrastructure at the bus depot and route termini. According to a Yutong promo video, Nottingham's new electric buses have a range of up to 400 km and I'm sure they'll be an improvement on the existing fleet. As for those rumours about the Chinese fitting spyware on each bus, is this another urban myth beloved by the tin hat brigade?

Book recommendation: "Tourists" by Lucy Lethbridge.

In medieval times, war, pestilence, famine, religious fervour and escape from persecution were among the reasons to travel elsewhere, and indeed still are. The Venetians may have provided the first travel service, by cornering the market in shipping pilgrims to the Holy Land. If you were organising a Crusade, a diversion to sack Constantinople might well be part of the deal.

In the 17th and 18th centuries, the 'Grand Tour' of Europe's capitals became a rite of passage for scions of the British aristocracy.

However, what we now understand as 'tourism' has its roots in the period after 1815 when peace returned to Europe. By now, Britain's Industrial Revolution was in full swing. A new middle class was emerging with money to spend and a zeal for self-improvement. In essence, the Victorians invented the tourist industry. "Cook's tour" entered common parlance. Guidebooks were written; Mr. Letts started publishing his diaries; and the luggage and travel gear industry boomed.

All this and a lot more are thoroughly described in Lucy Lethbridge's book, which I think rightfully concentrates on the period up to 1914. The impact of the two World Wars on tourism is also analysed and we get to learn about the origins of the package tour. I also learnt that concerns about one's fellow men and women behaving badly abroad is nothing new. Steam railways and ships democratised travel, much to the annoyance of "higher-ups" who wanted it kept exclusive and looked down on the flat-capped lower orders crowding on to the Dover to Calais steamer.

Also recommended:

"Miss Jemima's Swiss Journal".

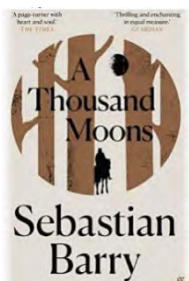
"Slow Trains To Switzerland" by Diccon Bewes.

In 1863 Thomas Cook organised the first guided tour to Switzerland. The group included a Miss Jemima (surname not disclosed) who kept a journal of her experiences on the tour, a common practice amongst Victorian travellers. In her case, the journal was published but went out of print. Thought to be lost, the original manuscript was recovered, and a new edition published. Some 150 years after the tour, Diccon Bewes, a travel writer based in Switzerland, used Ms. Jemima's journal to retrace the tour's original itinerary. The Victorians' love of Switzerland's scenery and clean air kickstarted its tourist industry, generating a boom in construction of railways and other infrastructure. The economy also grew, replacing the cowbell's ring with the 'ker-ching!' of the cash till.

Rod Mitchell roderic.mitchell56@gmail.com.

NEWS FROM THE INTEREST GROUPS

Book Club – *Convenor, Liz Gilder*



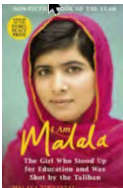
Our book for August was **"A Thousand Moons" by Sebastian Barry**. Although it is in effect a sequel to the Costa prize-winning "Days Without End", the novel stands alone. Set in Tennessee in 1870, Winona is an orphaned child of Lakota Indians who is rescued by soldiers Thomas McNulty and John Cole from the slaughter of her tribe. Living with Thomas and John on the farm they work, Winona is educated and loved, forging a life for herself beyond the violence of her past.

These are fractious post-civil war times, when embittered Confederates seek revenge for defeat and humiliation.

Winona's adventures take her on a journey that is horrifying, thrilling and loving in equal measure. The book is written in the most lyrical style, exploring themes which include racism,

gender, questioning man's inhumanity to man and unconditional love. Comments from the book group included "totally immersive", "more than pathos", "a page-turner".

With an overall score of just under 9 out of 10, this is one of the best books we have read – highly recommended!



Our next read is "**I am Malala: The Girl who Stood Up for Education and Was Shot by the Taliban**". Our next meeting is on **Friday 15th September 3.45pm** at the home of Liz Gilder.

To join the Book Club, contact egilder@peoplemarketing.co.uk.

Reported by Jean Henderson

Canasta Club – *Convenor, Jane Ellis*



Since my last update in May, we have been very fortunate in having interest from several new players. With numbers growing steadily, from September onwards, we shall be holding meetings at the Castle Lawn Tennis Club on Tattershall Drive. This is very good news for growing the popularity of the game, and with several new players we get great enjoyment playing with different partners or in groups of three.

Now that we are going to be based at the Tennis Club, there are plenty of tables and chairs for even more players – so, don't be shy, please do come along and join us! We are all learning together, and very happy to have beginners and players of other card games come and join in to play "Hand and Foot" Canasta.

To secure the bi-monthly hire of the room, and cover the cost of light refreshments, I am asking for players to pay for three months in advance, at a cost of £20. That works out at just £3 per session! If you are unable to play regularly, or indeed if you have a friend that would like to come along for a session, there will be an ad-hoc charge of £5 per session.

Our dates from September to the end of the year are as follows (all games played on a Thursday) :

- **7th and 21st September**
- **5th and 19th October**
- **2nd and 16th November**
- **7th and 21st December**

All sessions will start at 4.00 pm and finish at 6.00 pm, unless otherwise notified.

As we will not be limited on numbers anymore, it will be much easier for anyone to come along for a 'taster' session or just watch us play, to see if you might like it. Please contact Jane Ellis ellisjane215@gmail.com if you would like to do this.

Dining Group – *Convenor, Adrienne Lee*

Our next meal will be in **September** – date and venue to be advised to members of the group.

If you want to join us, contact Adrienne at adriennesuperade@gmail.com

English Language Group – Convenor, Margaret Wiedemann

Few things give the Guerilla Grammarians more satisfaction than a good example of nominative determinism (think Richer Sounds, the audio company founded by Mr Richer), so when the month kicked off with the revelation that “farage” in French means split or rupture, there were trebles all round. Nigel Farage, famous for insisting that UK immigrants should take language lessons but himself failing to learn any French in all his years as a Brussels MEP, is presumably unaware of the irony.

Of course, Mr Farage may simply be averse to the social pitfalls undoubtedly involved in attempting another language. We’ve learnt that even ChatGPT, the artificial intelligence app that talks to you like a real person, isn’t above a bit of cross-cultural one-upmanship. When asked a question about being “an alumni” [sic] our AI friend superciliously replied that “being an alumnus / alumna comes with several advantages”.... including, presumably, a grasp of Latin grammar. A knowledge of Latin would have helped the writer of TV subtitles who captioned a vigorous tribal dance with the words “undulating cries”. Ululating, surely? Or ululululating? Another round, barista.

“New variant causing concern among scientists detected in London” announced the *Guardian* to a chorus of derision in NG7, but amazingly they corrected it the next day to “New Covid variant detected in London causing concern among scientists”. Haven’t they anything better to do, queried a lone and quavering voice, only to be shouted down for disloyalty. Of course they haven’t. You can stand shoulder to shoulder with the Grammarians by emailing mjwh57@gmail.com.

Film Group – Convenor, Ian Henderson

July’s film was a rare, for the group, blockbuster in ‘**Oppenheimer**’. However, it had few of the characteristics normally associated with that epithet. It was dialogue-heavy, often introspective and surprisingly light on pyrotechnics given the central subject matter of nuclear explosions. It had a lot of close-up camerawork, particularly featuring Cillian Murphy in the title role. However, it worked brilliantly on the IMAX screen when I saw it, giving an immersive experience.



The group liked it a lot but there were familiar caveats. It is a very long film (3 hours), not to everyone’s taste, although some felt the length more than others. Some found an extended sex scene jarring and unnecessary. Some queried the absence of depictions of the appalling aftermath of the bombings on Japan (mainly reaction shots in the film), although a counter-view was expressed that it would have skewed the focus on Oppenheimer’s life. It is a film about him, not just the Manhattan Project. However, that did mean a lack of information on the roles of the other esteemed scientists on the Project. Maybe another film will tackle that one day?¹

Murphy got plaudits for an intense performance (although some felt he under-acted) as did Matt Damon and Robert Downey Jr. Tom Conti as Einstein (a brief but pivotal role) got mixed reviews. It will be a major surprise if Murphy and Downey (and possibly Damon) are not Oscar-nominated.

We had a lot of debate in the group on the film’s structure (time-shifts, use of black-and-white sequences) and technical features (sound quality, format, lack of CGI) which added greatly to the experience of the film. As always, members found aspects of the film illuminated by others’ perspectives. Job done! The overall rating was a solid **8/10**.

¹ Intruding into Book Club territory, for those with more than a passing interest in the history of the atomic bomb, I would heartily recommend Richard Rhodes’ ‘The Making of the Atomic Bomb’ - Ed



Our next film is a return to European cinema, this time a French film '**Paris Memories**'. Set in the aftermath of a Parisian terrorist attack, it follows a female survivor returning to the scene to exorcise some ghosts and recover memories. The director's brother survived the Bataclan attack in 2015. The female lead, Virginie Efira, won a Cesar (French Oscar) for her performance, so we have high hopes!

We meet on **Friday 1st September at 4pm**. If you are not on our circulation list, contact me on ianhenderson73@gmail.com

Local History Group – *Convenor, Anne Hardy*

The Local History Group visited Lincoln on **Friday 28th July**. To our delight, we happened to choose a day when it didn't rain, it wasn't too windy, too sunny or too cold: in fact, it was a perfect day for seeing and learning about Lincoln.

Our guide, Victor, was both enthusiastic and very knowledgeable. He made us see the city with enquiring eyes. We looked at a property called Qui, (a dress shop that looked modern). "Look again carefully", he said and peering through a window we saw a beautiful mediaeval staircase. As we were all reasonably fit, we did venture a little way up the iconic "Steep Hill" and stopped in front of the only stone building which had once belonged to the Jews. "Why?" enquired Jaba. "Because they were the bankers and needed extra security for protecting the money". The history of Lincoln was unpeeled for us like cutting into an onion. There was always another layer to uncover.



We learnt too about how the past has crept into modern day language. In mediaeval /Tudor times, houses were built with the upper storey jutting out and people would shelter under the eaves to avoid the rain or the emptying of chamber pots! Sometimes they would hear a private conversation from above, hence the phrase "eavesdropping". The phrase "out on bail" also comes from the past,

possibly Georgian or Victorian times. The Castle in Lincoln has never been lived in by one family and at one time the prison was there. Felons were incarcerated in solitary confinement, but debtors were free to wander (as long as they stayed within the castle walls) and could exercise on the grassy areas of the inner bailey. This privilege was referred to as being out on the bail, or on bail.



After the guided walk, our group split up to find lunch and, as there was so much to see, explore where their interests lay.

Our last visit planned by Stephen Hyde, a visit to Melbourne Hall, took place on **Thursday 24th August**. A full report of that visit will be published in the next newsletter.

I have only been a part of the Local History group for a short while, but I am aware of the huge amount of time Stephen dedicated to the task of making this group such a success. We are indeed sincerely grateful. We have visited many splendid houses, halls and gardens, and although we had two guided walking tours of the Park and Nottingham, the emphasis has been on visiting properties by car. These visits could not have been bettered, but perhaps it is time to switch the emphasis and try something different. I would really be grateful for people's thoughts, comments and suggestions.

If you are interested in the activities of this group, please reach out on annehardy18@icloud.com.

MahJong Group – *Convenor Graham Edwards*

Sadly, the August MahJong meeting did not take place because of holidays etc.

However, we can look forward to the next meeting, which will be in the afternoon after the AGM and Monthly Meeting on **Tuesday 19th September**. Members on the MahJong mailing list will receive an email nearer the time, detailing the arrangements for the meeting.

If you are interested in joining us, and have not added your name to the list, please drop me a note at grahamedwards542@gmail.com.

Previous experience is not necessary.

Music Appreciation Group *Convenor, Jacky Fisher*

We have not held a meeting in July and August while we work out our programme for the autumn. This is now nearly completed, with meetings planned as follows:

Wednesday 25th October – Preview of concert at the Royal Concert Hall on **Friday 27th October**: Tchaikovsky's 1st piano concerto

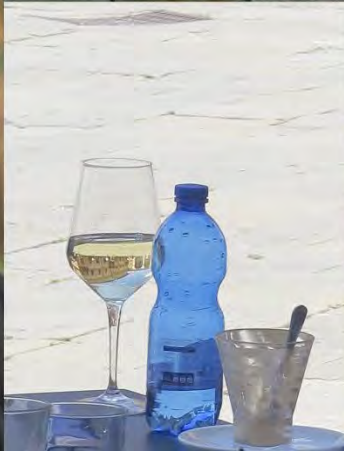
Thursday 23rd November – Preview of concert on **Saturday 25th November**: Brahms' violin and cello concerto and Rimsky Korsakov's Capriccio Espagnol

Further details of time and venue will be provided nearer the dates mentioned.

If anyone is interested in joining this group, please contact: Jacky Fisher (gandjfisher23@gmail.com).

Photography Group – *Convenor, Rod Mitchell*

Our summer has been below average, and subjects for our 'cool' theme have not been hard to find. A selection of our efforts can be found below. Some of us ventured further afield to places where being cool is more of a challenge. I visited Kew Gardens on a hot August weekend and found plenty of subjects which would illustrate our next theme, which is 'heat'. The day before, I'd taken a boat cruise up the Thames from Greenwich. On land it was sweltering, but on the river a stiff breeze kept me cool – and blew off my sunhat. Despite this, I got some good shots of the Tower of London and Tower Bridge.



Plants and Picnics – Convenor, Marion Martin

High summer – not that you would have known on some days, but we have had some nice weather, and this month has seen us have two meetings.



At the beginning of the month, Beth acted as host, and the feedback via our WhatsApp group was full of enjoyment “so many elements that combine subtly to make it quite a gem of a space”. It doesn’t get much better than that. This was accompanied by much talk around the plants and their various requirements, as this was the first time the group had visited this garden. Lots of new inspiration.

Later in the month, we met up in Armorel’s garden. This one had to be a bit more restricted in numbers, as her garden is not large, and as she put it “there are so many plants, there isn’t room for many people”. However, Armorel always offers a masterclass in container growing, and some of us hadn’t seen this before. As is often the case, we enjoyed a very agreeable time, with tea, cake and chat, backed by the gentle sound of Armorel’s water feature. There were also interactions with wildlife here – a holly blue butterfly was spotted, and then just as we were leaving, a not-so-friendly wasp reminded us of whose garden it really is!



September is likely to be another month where we get two meetings in, so if you are interested in this group, please contact Marion Martin at PNU3aPandP@gmail.com.

Walking Groups

Long Walks – Convenor, Graham Edwards

Our Long Walk this month on **Tuesday 22nd August** was a linear walk through the farming countryside to the east of Nottingham.



A bus ride through the wilder parts of the northwest of the city soon led to a quieter and more gentle part of the country. Six of us (our numbers depleted by ill health and injury) set off from Blakes Farm on the main Southwell Road on a lovely summer’s day, walking through the old part of Lowdham village, then past the Mill, before climbing up steadily onto the hilltops overlooking the Trent Valley. A very convenient log seating arrangement had been set up under the trees to provide a shady resting point for a coffee break.

From there, we strolled along wide grassy field boundaries, past fields where the wheat crop had only recently been harvested. There were expansive views from here over the valley, and also down into Thurgarton with the church tower standing out.

We then descended into the village with high expectations of a simple but nourishing lunch at the pub. Sadly, the place was understaffed and overwhelmed, so we had to make do with a cold drink and the packed lunch which some had been wise enough to bring with them. *Zero points to the Red Lion, Thurgarton*



Still, the bus was on time, and we were soon back in Nottingham to find a late lunch.

Overall, a very pleasant walk with an easy start, a steady climb, then a simple stroll down to finish. We overcame our disappointment about the absence of lunch. Overall distance about 5 miles

The next Long Walk on **Tuesday 26th September** will be a circular walk in Derbyshire. This will be a revisit of the walk we did this time last year.

The route starts at Ambergate Station. There is a steady climb up to the top of the valley overlooking Crich and the Derwent Valley. This is quite a long climb, but we will take it steadily, with ample opportunity to pause, have a coffee break etc. We then descend to Whatstandwell, where there is a lovely cafe for lunch, hopefully providing us with the lunch so sadly missed on the August walk. We then return to Ambergate along the Cromford Canal.

The walk is accessed by car. Lifts will be available to those who need one.

I will be sending out full details during September to those on the Long Walks mailing list.

If you are not on the list and would like to join to receive update on our walks, please let me know: grahamedwards542@gmail.com.

Short and Longer Walks – Convenor, Andrew Martin

Short and Longer walks are still suspended. Andrew has sent out an email to the members of both walking groups explaining the situation.

Please contact u3aparkwalks@gmail.com for further information.

Potential New Group – Cribbage

Those of a card-playing disposition may be interested in Sue Ayres' suggestion for a new group to meet regularly to play cribbage.

If so, please get in touch directly with Sue (sue.ayres19@btinternet.com) or with Jane Ellis our Group Coordinator (jane.ellis21@outlook.com)

Proposed Science Reading and Discussion Group

Dr Adrian Hyde is suggesting that we set up a **Science Reading and Discussion Group** for Park Nottingham u3a. This would fill a gap in our range of interest groups which are a bit light on science.

Adrian is Emeritus Professor of Geotechnical Engineering at the University of Sheffield. He proposes coordinating the group but would welcome support from others to lead when he is away from the UK.

The group would be open to anyone interested in science and technology but particularly those with a science qualification.

A preliminary meeting will be held on **Wednesday 30th August at 4pm** to explore the modalities of the group, with u3a members who have thus far expressed interest in attendance. Details will be published in the next newsletter.

If you are interested in joining this group, please contact Adrian at a.f.l.hyde@sheffield.ac.uk.

Croquet Experience

The proposal to hold a croquet taster session at the Nottingham Croquet Club has met with a very positive response, and we will be holding the session on the afternoon of **Thursday 14th September**.

The session will take the form of an afternoon (3 hours or so) of hands-on croquet with demonstration, advice and guidance from very experienced players. We will have an opportunity to practise hitting balls through hoops, learn the fundamentals, and end up playing a game of golf croquet.

There are bar facilities available, and also an opportunity to bring a picnic. There is parking (and tram and buses) nearby. The cost of the afternoon will be £12 per head.

This is a one-off experience. To set up a Croquet Group within our u3a and to continue to play, we will need to join the Nottingham Croquet Club ([details on their website](#)).

Those who have already responded will have had an email giving the full details. Definite acceptances are required by Wednesday 30th August, so that the Club can provide properly for us.

If you have not expressed an interest, but would like to come, please let me know immediately, before we close the list on 30th August. grahamedwards542@gmail.com.

Nordic Walking

Iain McGrath from Newark and District u3a has asked us to see if anyone is interested in starting a Nordic Walking Group. If so, in the first instance please contact Iain for any help and advice at macraitho2@gmail.com

You may also like to discuss this with our Group Coordinator, Jane Ellis.

Learning Opportunities available to Members

If you look on the national u3a website, u3a.org.uk, you will be able to see many online talks, workshops and courses which come free with your membership. There is a wide range of talks on offer from well-known speakers and organisations, plus in-person events at venues like the Royal Institution. All on-line courses are hosted on Zoom.

Take a look [here](#) to see what is on offer.

Jean Henderson

Computer Help!

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.

Graham Edwards

Stephen Hyde

Virginia van der Lande has kindly helped to compile this note about Stephen Hyde and his involvement with our u3a.

It is with great sadness that the members of Park Nottingham u3a, and particularly the Local History group learnt of the recent death of Stephen Hyde. Our sincere condolences to Lesley.

Some years ago, Stephen had helped a small group of Park residents gain greater pleasure and knowledge about their surroundings by involving some of us in helping him arrange occasional Natural History meetings with a local flavour. Articles in Park News then followed. Complimentary pots of Park honey were another outcome.

Following the advent of the Park Nottingham u3a in 2016, this evolved into our Local History group with Stephen devising a wonderful programme of well-attended monthly outings. He took us to a great variety of places large and small, some quirky and not in the public register. All were meticulously researched beforehand, including the quality of the catering.

Even when there were unforeseen factors, such as a guide who was clearly not up to the job, Stephen took it in his stride, with tact and his usual charm.

It was clear that Stephen's teamwork had enabled our group to have many memorable outings over the years.

Stephen also involved himself in other aspects of Park Nottingham u3a – he was an enthusiastic member of the Book Club, and more recently the Canasta Group.

Last year, after a period of co-option, Stephen was elected to the Committee which helps run our u3a. He was a regular attendee, and always ready to proffer advice and opinions at our meetings.

He will be missed.

Park Nottingham u3a Calendar for September 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 30 th August 4pm	Science Group	Members Home	Adrian Hyde
Thursday 7 th and 21 st September 4pm	Canasta Club	Nottingham Castle Lawn Tennis Club	Jane Ellis
Friday 1 st September 4pm	Film Club	'Paris Memories'	Ian Henderson
Monday 11 th September 2pm	Committee Meeting	Nottingham Castle Lawn Tennis Club	Graham Edwards
Thursday 14 th September	Croquet	Nottingham Croquet Club	Graham Edwards
Friday 15 th September 3:45pm	Book Club	Member's home	Liz Gilder
Tuesday 19 th September 10:30am	Monthly Coffee Morning, Talk and AGM	Nottingham Castle Lawn Tennis Club	Sarah Waites
Tuesday 19 th September	MahJong Group	Member's Home	Graham Edwards
Monday 25 th September	Newsletter Deadline	parku3anewsletter@gmail.com	Ravi Sankaran
Tuesday 26 th September	Long Walk	Derbyshire	Graham Edwards
September	Dining	TBA	Adrienne Lee
September	Plants and Picnics	Member's Garden	Marion Martin
October	Music Appreciation	Members Home	Jacky Fisher
TBA	Short Walk	TBA	Andrew Martin
TBA	Longer Walk	TBA	Andrew Martin
TBA	Local History	TBA	Anne Hardy

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 **October Newsletter** should be sent to the editor,
Ravi Sankaran, by **Monday 25th September**, preferably by email to:

parku3anewsletter@gmail.com