

NEXT MONTHLY MEETING - 10 am on TUESDAY 13th FEBRUARY 2024

A Polite Reminder

Your Membership renewal **payment MUST be made before 28th February**
to retain your ability to participate in our Groups, Trips & Events

See Page 2 for full details of how to re-join for 2024

Our next monthly meeting will take place on
Tuesday 13th February at 10am at St Peter's
Church on Sheepwalk Lane, Ravenshead, and
when we will hopefully be entertained by

Vince Eager
You're Never Too Old
To Rock 'n' Roll

u3a

February Meeting

Tuesday 13th February 2024

Vince Eager

You're Never Too Old..
To Rock 'n' Roll



Join us for an enjoyable meeting with refreshments
and socialising in the break, plus news of Ru3a
groups, events & trips!

**Please remember to bring your own mug for
tea or coffee, and we'll provide the biscuits!**

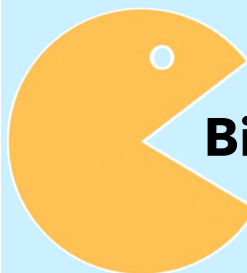
WE NEED YOU

It may seem like a lot of notice, but a couple of our
key Committee Members are stepping back at our
AGM in May and we're seeking new volunteers.
We will need to find both a new Treasurer & Social
Treasurer, people to shadow both Sue Owen and
Alan Walker and eventually take over from them
both at the end of 2024.

NO TREASURERS = NO U3A

Torquay **Coach Holiday**
2 Excursions **ONLY £355 pp**
Leaves 28th September for 5 days
Join us for an Alfa Travel Coach Holiday to the English Riviera

Join us for a 5 day / 4 night Coach Holiday to
Torquay
More Details on Page 3



Bite Sized Tai Chi

Check out Anne Eldridge's Groups Update on
Page 4 for our new Bite Sized Session!



Even more Day Trips announced in
Halinka Rajchel's Trips Report
on Page 7



Chair's Chat

Catch up with
what John Butler
has to say
on Page 11

IT'S THAT TIME AGAIN - 2024 MEMBERSHIP RENEWALS!

We thank everyone who has already renewed for **2024**, but this is just to remind those of you who haven't re-joined yet that **Membership fees** are due on the **1st January every year**, and renewal **payments MUST be made before 28th February** to retain your ability to participate in our Groups, Trips & Events.

Due to inflationary costs incurred by the u3a we have had to increase the cost of Full membership by £1 to **£16** per person for the year, and **£12** for Associate Members who can prove they are existing fully paid-up members of another u3a. In this case, please provide the name of the u3a and your membership number with them.

You can contact our Membership Secretary, Andy Bebbington, by phone on 01623 405526 or by email at memsec.ru3a@gmail.com.

There are a number of different ways to renew :

- In person at our Monthly Meetings (by Cash, Cheque or Bank Transfer)
- Hand delivered renewal to Andy Bebbington (4 Cromford Court, Ravenshead NG15 9GG) along with :



CHEQUE - in an envelope with cheque made out to "Ravenshead U3A" - include member name(s) and membership number(s) on back of cheque.

CASH - in an envelope and including member name(s) & membership number(s) on the envelope.

- Pay by **BACS**, (include member name(s) and membership number(s) in reference field) and email a confirmation to Andy Bebbington at memsec.ru3a@gmail.com
- Pay via the **PayPal** facility at the website using a link to Paypal. This is a feature of the Beacon system and enables you to use your credit or debit card or a Paypal account if you have one.
- For **Paypal**, click on the following link to sign in to the "[MEMBERS PORTAL](#)" Then enter your details as shown on your renewal and follow the instructions.
- A help-sheet for online renewals is available here: [ONLINE RENEWALS](#). This will take you to the Beacon website where you can follow the process through.

If you do not wish to renew your membership, it would be helpful if you would let the Andy know - thanks.

GIFT AID

As a registered charity we shall continue to take advantage of the Gift Aid scheme in respect of subscriptions from those who are eligible to participate i.e. they are individual taxpayers. Their subscriptions are treated as Charitable Donations on which the u3a is able to reclaim tax at the current rate. Many of you have signed a Declaration to this effect so, provided you still remain eligible to participate, there is nothing you need do and your existing Declaration remains valid.

However, if you are an individual taxpayer and now wish to participate for the first time, please let us know.

ALFA TRAVEL COACH HOLIDAY TRIP TO TORQUAY



Torquay

Coach Holiday 2 Excursions

Leaves 28th September for 5 days

ONLY
£355
pp

Join us for an Alfa Travel Coach Holiday to the English Riviera

Accommodation will be 5 day / 4 night Half Board at the **Metropole Hotel, Torquay**, which is located within a few minutes walk of the harbour, marina, seafront with its sandy beaches and the town centre shopping area.

The Metropole Hotel features a bar, extensive lobby, lounge, and a large entertainment room. A full Leisureplex menu plus the Chef's nightly specials are served in the bright, airy dining room.

All guest bedrooms are en-suite and feature Freeview TV and tea/coffee making facilities. Rooms are mainly Double or Twin beds, and your preference should be stated on booking. A very small number of single rooms are available. Seaview rooms are available for a supplement of £35.

Included in the itinerary is one day at your leisure in Torquay, and two full-day coach excursions.

We will be visiting **Plymouth**, the famous maritime City with its historic Barbican district, Hoe & Sound, and **Teignmouth**, the Gem of South Devon, with its pier and Georgian architecture.

A Deposit of £50 pp is payable upon booking. **Contact Halinka Rajchel, Ravenshead u3a's Trips Coordinator** to book your place, and bring cheques made out to "Alfa Travel" to a Ravenshead u3a Monthly Meeting or a Weekenders Group meeting. You can also deliver or post cheques to Halinka at an address she will advise. There is an option to pay Alfa Travel directly by bank transfer/credit/debit card, but speak to Halinka in the first instance to book.

Alfa Travel Limited are an employee owned company based in Chesterfield, and are members of the Bonded Travel Organisers Trust ABTOT

They are a company registered in England and Wales with company number 02326610.

Their registered office is at Alfa Building, Euxton Lane, Euxton, Chorley, Lancashire, PR7 6AF.

See their Booking Conditions at <https://www.alfatravel.co.uk/booking-conditions> including a Travel Insurance requirement

See their Travellers Rights Statement at <https://www.alfatravel.co.uk/traveller-rights/>



**Contact Halinka Rajchel on 07762 802112
or email her at trips@ravensheadu3a.org.uk**



GROUPS UPDATE FROM ANNE ELDRIDGE - GROUPS CO-ORDINATOR

If anyone needs any further information on the following, please contact Anne by email at: groups@ravensheadu3a.org.uk or the relevant Group Leader via the **website**.

1. EXPRESSIONS OF INTEREST

If anyone is interested in joining one of these possible new Groups, please contact me.

- 1.1. **Jogging** - No experience necessary - all you need are appropriate shoes.
Sessions will be local and held in the daytime.
- 1.2. **Play Reading** - A planning meeting booked for 21st February
- 1.3. **Bridge**
- 1.4. **Art Appreciation** - Visits to galleries, talks etc envisaged.
- 1.5. **Madrigal Singing** - unaccompanied singing, no experience necessary.
- 1.6. **'Sewing'** - No precise focus as yet - what sort of sewing would you like to see?
- 1.7. **Molkky (pronounced 'Molka')** is a Finnish throwing game similar to Petanque but involves throwing blocks of wood to hit wooden skittles. No experience necessary - played outdoors in the daytime.
Taster Session planned - see item 3 below.



2. 'BITE SIZED' SESSIONS

Last month we introduced the concept of Bite-Sized sessions. These are either one-off sessions or last for just a few weeks. They may be educational, special interest, study groups or anything else that takes your fancy (provided it's within u3a guidelines of course!). We have had quite a bit of interest and have our first Bite-Size running in March (see below).

Maybe you have a skill or knowledge of a subject etc that you feel could be shared with others or just an interest you would like to explore? If so, please contact me via the website and we can discuss what is involved with absolutely no obligation if you don't feel comfortable with progressing it.

Our very first Bite Size Session will be:

Tai-Chi Workshop - This one-off Workshop will be on **Thursday 14th March** in the Centre @ St Peters. The session will last from 1 pm until 2 pm.

Numbers are limited so to be fair to everyone, we will only be taking bookings at the monthly meetings on 13th February & 12th March. The cost of the Workshop is £1.50 pp and payable in advance at the time of booking. CASH only please! (refreshments will not be available at this session)

3. MOLKKY TASTER SESSION

OK I 'fess up - I have been spelling and pronouncing the name of this game incorrectly. The name should end with a 'y' and be pronounced 'Molka'. Amazing what you learn at Ru3a!

Want to see whether it is the game for you? We have arranged a Taster Session for **Monday 19th February** on the grass outside the Village Hall from 10 am until 11 am.



Please dress appropriately for any possible inclement weather. (the Village Hall may not be open so there may not be access to loos etc). There is no charge for this Taster Session but, depending upon the take up, we may have to limit numbers. Please contact me via the website or at the monthly meeting on 13th February to put your name down as soon as possible.

GROUPS UPDATE FROM ANNE ELDRIDGE - GROUPS CO-ORDINATOR

4. MOST RECENTLY FORMED GROUPS

4.1. Family History

This group meets in the Village Hall Brammer Room on the first Monday of every month at 2 pm and is thriving. For further information, please contact Group Leader, Jennie Kerr, via the website.



4.2 Writing for Fun

The Group meets monthly for a two hour session. No experience is necessary. Meetings are now held at Larch Farm on the first Thursday of every month. Contact Halinka Rajchel, via the website, if you wish to attend.



4.3. Pétanque

Meets at the Ravenshead Leisure Centre on the first and third Thursday of every month, 11 until 12 noon for a friendly game. No experience is necessary but flat shoes and sensible clothing required as play is outdoors. Just turn up if you are interested or contact Peter Eldridge for more information.



4.4. Salsa

Meetings have now re-started and will be held every 2nd and 4th Wednesday of the month from 12 noon until 1 pm in the Village Hall. No experience is necessary and the group is open to both men and women - you don't need a partner, just comfortable shoes. Just turn up if you are interested or contact Katy Roberts for more information.



4.5. Dog Friends

A group for dog lovers to discuss doggie issues, visit dog friendly places, walks etc.. They usually meet at Portland Training College Café on the fourth Friday of each month but dates may vary. The members have also been hiring a fenced-off dog exercise area mid-week where their pooches can be safely exercised off-lead and socialise together. Contact Katy Roberts via the website if you are interested.



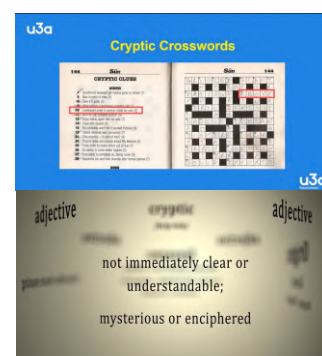
5.0 SHOWCASED GROUP AT OUR FEBRUARY MEETING

Our Showcased Group at the February monthly meeting will be the **Cryptic Crosswords** group, led by GL **Frances Gilbert**, and facilitated by **Sue Butler**.

The group meets online by Zoom on the 1st and 3rd Thursdays of the month from 9.30am to 11am.

They utilise a Sun Cryptic Crosswords Book, and at each meeting share how they have got on with solving the clues in the selected crossword examples between meetings..

Stop by at the Showcase table and chat to the members to find out more.



NEWS FROM OUR ACTIVITY & INTEREST GROUPS

LUNCHEON GROUP

We are organising our next group meeting on **Wednesday 13 March** at the Centre at St Peter's. We will start off by having lunch at 12 noon and then moving to a meeting to discuss progress and plan the next couple of meals.

The lunch menu that day will be chicken casserole with rice or vegetable casserole with rice plus syrup sponge pudding with custard.

If you are a member of the Luncheon Group, and wish to have lunch please let Sue Owen or Maria Gabrielczyk know by **Wednesday 6 March** so that we can give your name and your preferred dish to the Centre lunch organisers. The cost of lunch will be £6.50 which you will be asked to pay at the entrance on the day. Sue will collect the £1s for hire of the room for our post-lunch meeting.

At the meeting we will be looking for two pairs of volunteers to arrange lunch in May and July on dates and at venues of their choosing. Please consider stepping forward - it is not too onerous a task and both Sue and Maria will be able to support you.

Please let Sue or Maria know if you wish to have lunch and attend the meeting on Wednesday 13 March or if you wish only to attend the meeting. It might be helpful to bring your diary with you.

Maria Gabrielczyk & Sue Owen - Joint Group leaders - Contact them through the links on the website



CRYPTIC CROSSWORDS GROUP

CLUE : NON-BELIEVER WITNESSING CRIME (7)

Do you ever wish you could make head or tail of just of ONE of the clues in your regular newspaper or magazine cryptic crossword? (see title above)

Do you enjoy playing with words, groaning at some puns, like cracking anagrams or have a wealth of apparently useless trivia stashed away in the corners of your brain?

If so, why not try Ru3a's Cryptic Crossword group? We are a group of around a dozen of varying abilities from those who are pleased to solve a handful of clues to those who are disappointed to not manage the final one or two in a grid.

We meet twice a month to work through a number of grids from the Sun's collection of 'Two-speed' crosswords. These grids have two sets of clues; both cryptic and the more straightforward coffee time, both of which give the same answer. So, if we get really stuck, we can try the coffee time clues to get us going. We also learn sometimes surprising facts by researching the answers to the clues.

We will be featured in this month's spotlight at the next general meeting on Tuesday 12th February, so do come along and have a chat - it can be lonely sitting there!

We meet by Zoom, so you are also welcome to dip a toe into the crazy world of double definitions, homonyms and anagrams if you want to get a flavour of what we do. There is also plenty of banter and chit chat, so don't expect a serious academic atmosphere! Oh, and the answer to the clue in the title?

See Here >>> [ATHEIST \(AT-THE-HEIST\)](#)



Ru3a TRIPS UPDATE FROM HALINKA RAJCHEL - TRIPS CO-ORDINATOR

TRIPS INFORMATION for February to October 2024

IF YOU WISH TO BOOK A TRIP PLEASE SEE HALINKA RAJCHEL OR ALAN WALKER AT OUR JANUARY MONTHLY MEETING OR AT A 'WEEKENDERS' GROUP MEETING.

If paying by BACS, please make payments to :

Ravenshead u3a Social Account

Co-op Bank Sort Code:- 08-92-99 Account number:- 65552700

Add your Surname followed by the Trip e.g Smith-Eastwood



Contact details for Halinka Rajchel: Mobile: 07762 802112. Email: trips@ravensheadu3a.org.uk

IMPORTANT NOTICE: Once you have paid for a trip, it is very important to let Halinka know if you are unable to go for whatever reason, as we have reserve lists and members may be able to go in your place. If someone goes in your place, you will be entitled to a refund!

St Mary's Church (Lace Market) & the Living Letters Exhibition at the Weston Gallery, Nottingham Wednesday 14th February 2024 - PLACES AVAILABLE

Transport only £6 per person. Access to the Exhibition free.

Departing from The Sherwood Ranger at 9.30am.

The RCT mini-coach will drop us off for a guided tour of St Mary's Church starting at 10.30am, then take us to Highfields Park for the Gallery visit.

For centuries letters have been key vehicles of human communication. This exhibition explores correspondence from the medieval period to the present and celebrates the letter's enduring importance.

It examines letters' capacity to chronicle all stages and aspects of human life - from birth to death - and to capture both the personal and the professional.

It reveals how they are powerful in their abilities to connect with and impact on the lives of others. It illuminates how letters are also deeply vulnerable, fragile objects whose preservation is liable to the vicissitudes of time, fashion, and chance.



TRIP REFUNDS

Some refunds for those who went on the trip to Lincoln are still outstanding.

Where refunds are payable, they can be claimed in person from Alan Walker on the Trips Table at our Monthly Meetings or at the next Weekenders meeting.



Ru3a TRIPS UPDATE FROM HALINKA RAJCHEL - TRIPS CO-ORDINATOR

The Herbert Art Gallery & Museum, Coventry

1ST TRIP - Thursday 28th March 2024 - TRIP FULL

2ND TRIP - Monday 17th June 2024 - PLACES AVAILABLE

Departing from The Sherwood Ranger at **9am**. **Cost of travel is £15**

The RCT mini-coach will drop us off for a tour of the Herbert Art Gallery & Museum adjacent to both the ruins of the bombed out old Cathedral and the current Coventry Cathedral that was built next to it to a design by Sir Basil Spence.

Ranging from tiny insects to large industrial machinery, from everyday household objects to artworks by world-famous artists the Herbert collection covers a vast array of topics, time and themes including: Archaeology, Social and Industrial History, Visual Arts & Natural History

The Museum is close to the City centre, so there will be plenty of time to explore Coventry and have lunch before returning around 3pm.



Flag Fen Bronze Age Settlement & Peterborough City Centre

1ST TRIP - Monday 22nd April 2024 - TRIP FULL

2ND TRIP - Thursday 23rd May 2024 - PLACES AVAILABLE

Departing from The Sherwood Ranger at **9am**. **Cost is £21** including travel & the entrance fee to the Flag Fen Settlement.

The RCT mini-coach will drop us off for a guided tour of the ancient Flag Fen Settlement site and then take us into Peterborough City Centre.

The story of Flag Fen began in 1971 when excavations ahead of the construction of Peterborough New Town revealed an almost intact Bronze Age landscape, which ran along the edge of the drained fen.

There will be time afterwards to explore Peterborough City Centre, have lunch and visit the Peterborough Cathedral (free entry)



Kedleston Hall - A National Trust property near Quarndon in Derbyshire

1ST TRIP - Thursday 18th April 2024 - ONE PLACE LEFT

2ND TRIP - Friday 5th July 2024 - PLACES AVAILABLE

Departing from The Sherwood Ranger at **9.30am**. **Cost of travel is £8**.

Entrance for National Trust members is free. **Non-NT member**

Entrance Fee for Hall & Parkland is £18, Parkland only is £8

Kedleston Hall is an 18th-century mansion with Adam interiors, surrounded by vast parkland.



Ru3a TRIPS UPDATE FROM HALINKA RAJCHEL - TRIPS CO-ORDINATOR

Leicester Cathedral, with an optional visit to the Richard III Visitor Centre

Friday 17th May 2024 - PLACES AVAILABLE

Departing from The Sherwood Ranger at **9.30am**.

Cost of travel is £10

The RCT mini-coach will drop us off in the City Centre close to the Cathedral where Richard III's bones are interred, and you will have time to visit the Richard III Visitor Centre nearby. Entrance to both locations are free. No guided tour is available on this occasion.



The Normans began the construction of the original St Martin's church of around 900 years ago. It was rebuilt and enlarged between the 13th and 15th centuries and became the 'Civic Church', with strong links with the merchants and guilds (with the Guildhall being located nearby)

Just over 100 years ago the Victorian Architect, Raphael Brandon, magnificently restored and, in places, rebuilt the church, including the addition of a 220ft spire. When the Diocese of Leicester was re-established in 1927, the church was hallowed as Leicester Cathedral. In 2015 King Richard III was reinterred in the Cathedral. In 2024 the Cathedral reopened after 22 months of redevelopment.

Calke Abbey - A National Trust property near Ticknall in Derbyshire

1ST TRIP - Wednesday 12th June 2024 - 4 PLACES LEFT

2ND TRIP - Wednesday 8th May 2024 - PLACES AVAILABLE

Departing from The Sherwood Ranger at **9.30am**.

Cost of travel is £8. Entrance for National Trust members is free.

Non-NT member Entrance Fee for Hall & Parkland is £12.50,

Parkland only is £7.50

With peeling paintwork and overgrown courtyards, Calke Abbey is an un-stately home and country estate that tells the story of the dramatic decline of a country house estate. The house and stables are little restored, with many abandoned areas vividly portraying a period in the 20th century when numerous country houses did not survive to tell their story.



Bakewell International Dance Festival

Saturday 29th June 2024 - TRIP FULL

Departing from the Sherwood Ranger at **9am. Cost of travel is £7**

There are numerous dance shows starting at 11am in various outside venues in the town all within two minutes walking distance from each other.

There is also the farmers market and an opportunity to view a well dressing in Bakewell. An opportunity not to be missed.

The dance shows finish at approx 4pm. If we have rain, the dances will be held in the town hall.



Ru3a TRIPS UPDATE FROM HALINKA RAJCHEL - TRIPS CO-ORDINATOR

Ru3a Mablethorpe 'FUN DAY OUT' Summer Trip

Monday 1st July 2024 - TRIP FULL

Departing from the Sherwood Ranger at **9am**.

Cost of travel is £16

For Trippers who have paid a £10 deposit, a balance of £6 is now due

There is so much to see and do in Mablethorpe : from strolling along the golden sands, taking a trip on the famous Sand Train, having fun in the beach side Fun Fair, through to a ride on the Miniature Railway or hiring a boat on the lake at Queens Park.

A little further out of the town centre you can visit the Seal Rescue Sanctuary and Wildlife Centre.



Tattersall Castle - A National Trust property near Coningsby in Lincolnshire

Tuesday 16th July 2024 - PLACES AVAILABLE

Departing from the Sherwood Ranger at **9am**.

Cost of travel is £11

Entrance for National Trust members is free. **Non-NT member Entrance Fee for Hall & Grounds is £12.50**

Rising proudly from the flat Lincolnshire fens, Tattershall Castle, with its huge Gothic fireplaces and church-like windows, was designed to impress. Built by Lord Ralph Cromwell, Treasurer of England, it was designed to show off his wealth, position and power.



This trip is during the Festival of Archaeology. An optional walk is available (1.2 km about 45 minute walk). There's plenty to do and see, and there is a cafeteria on site for snacks and hot drinks available by the church. People may choose to bring a packed lunch and top up with snacks from the cafe/shop. (NT members have a discount in the shop).

PLEASE HELP US SPREAD THE WORD ABOUT RAVENSHEAD U3A

We are all really fortunate to belong to such an active and vibrant u3a with so many activities and opportunities to keep us socially engaged whilst pursuing our u3a's stated aim of lifelong learning.

None of us are getting any younger, and it is clear that we do need younger people to not only join us as Members, but to come forward as future Group Leaders and Committee Members, to ensure the organisation continues to thrive and still be relevant to future generations.

We know that the majority of our new members still get to know about us from existing members telling friends, neighbours & acquaintances, and we continue to appreciate the vital role that you, our members play in helping our u3a thrive and grow in this respect

Your committee continue to promote our u3a as a dynamic organisation that will appeal to those currently in work approaching retirement, as well as those recently retired, by all means possible including the Ravenshead Newsletter, the News Journal, Facebook and Instagram.

RIVIERA TRAVEL "AFFINITY" CHARITY SCHEME FOR U3As

Riviera Travel operate the "Affinity" Charity Scheme with all u3a's across the country in association with the Third Age Trust. This is how it works :

As a u3a Member you make a booking by contacting Riviera Travel directly, and simply mention you want to claim the Affinity Commission for Ravenshead u3a.

At the end of your holiday, Riviera Travel will pay 10% commission to the Third Age Trust. After deducting a 1% handling fee, the Third Age Trust will pass the remaining 9% commission on to Ravenshead u3a.

For information on holidays with Riviera Travel call : 01283 248 304 or visit www.rivieratravel.co.uk/U3A

Please Note : The commission payment is not payable on bookings made through a travel agent or a third party booking site.

Ravenshead u3a is not endorsing Riviera Travel as a supplier of holidays. No committee member/trustee will receive any benefit or incentive from Riviera Travel.



CHAIR'S CHAT

It is now 8 months since I took over the reins of Ravenshead u3a as your Chair, and whilst I will have met many of you at our monthly meetings, I also acknowledge that perhaps only about one third of our members attend our monthly meetings on a regular basis.

The heart of our u3a is truly in the Activity & Interest Groups, so I have been actively dropping in to some of the Group meetings (with permission of Group Leaders) to show my face, engage with members, and sometimes take photos and videos.

In addition to those groups I'm part of, namely Antiques, Family History, Dog Friends, Food & Cookery and Sprich mal Deutsch, some others that I've attended so far include Weekenders, Thursday Walking, Garden, Country & Folk Dancing, Craft & Salsa. From what I've observed, all these groups are in rude health, with increasing numbers and plenty of happy members.

So please don't get too freaked out if I do gate crash one of your group meetings in the near future!

A recent great success was our Renewals Coffee Morning on a Saturday morning at The Centre at St Peter's in early January. Your committee has decided that we should hold further Social Coffee Mornings on Saturday mornings every couple of months, to which both members and those interested in joining our u3a will be welcome and invited. Watch out for further announcements!

Here's a reminder that you can still contact us using old fashioned phone technology on **0300 030 2990**

I do look forward to seeing many of you at our next monthly meeting on **Tuesday 13th February 2024 at 10am**

John Butler

Chairman - on behalf of the Committee of Ravenshead u3a

