



NOT SO IDLE TIMES

Retford U3A Newsletter - JULY 2023

CHATTER "FROM THE CHAIR"

Welcome to the July edition of Not So Idle Times. There has been plenty going on nationally and within our U3a too. I hope you have enjoyed watching or being involved in some of them. Glastonbury music festival at the end of June was blessed with good weather for a change and Elton John brought the final day and his last gig to a close. I was ready with my strawberries and cream as Wimbledon started. Some highs and quite a few lows for supporters of British players, but 3 cheers to the British male wheelchair tennis players who retained their championship status and the young British lad who won the Junior Championship. Mens Test Match Cricket against Australia, fighting for the Ashes, didn't start well, but with winning the 3rd test who knows how it will end? In the Women's Test Match Cricket they lost by only 3 runs!!

It's been a busy month for some groups and their leaders. **The cyclists** have continued with their regular sessions notching up some impressive mileage under their wheels each time. Bob Lamb is the coordinator and the routes are organised by the riders. **The Walking Groups** joined up for a coach trip to Knaresborough, near Harrogate, The 3 groups did different walks each well led by Rod Duckworth, David Snowdon, Sue Agar and Judy Ginn. Some members took vacant coach seats and just went for a day out too.

The **Gardening Group** have a trip to Hidcote Manor Gardens (NT) and Kiftsgate Court Gardens

in Gloucestershire organised by irene Lewis and the team.

The **Military History Group** also have a visit this month, to Eden Camp Living History museum led by Roy Evans

So to all group leaders who run meetings and activities for our members on a weekly or monthly basis,

A HUGE THANK YOU

The speakers at the meeting will be from the Citizens Advice Bureau.

Karen Whitlam CEO, Chris Griffin Operations Manager and Trevor Pressley Energy Advisor will bring us up to date with Hot Topics for Today

I look forward to seeing many of you at the meeting. Please come and introduce yourself to me. Pippa Ramsay Retford U3a

chair@retford-u3a.org.uk

OUTING TO BALLET - NOTTINGHAM- OCTOBER

There are 2 spare seats on this trip to Nottingham Royal Centre on Saturday October 7th 2023 to see Beauty And The Beast. The overall cost will be about £50. Please ring or email if you want to go. We will leave Kettlewell's yard at 10am, arriving in Nottingham at about 11am whereupon you can shop, eat, or chat with chums until the afternoon performance.

Tel 01427 848852 or brendawilson16@outlook.com
Brenda Wilson

SPEAKER PROGRAM

Jul	27th	Citizens Advice Bureau	Karen Whitlam
Aug	24th	Safe and Well at home	Daniel Corr Fire and Rescue Service
Sept	28th	Bonney Baggaley	Bassetlaw Hospice
Oct	26th	Sloswicke's Almshouse Charity	Tim Shuldham
Nov	23rd	Pilots and Petticoats - Masters of the Sky	David Skillen

We still have a vacancy on the committee for a speaker finder. If you think you could do this job or even share with a fellow member please contact any member of the committee

INTEREST GROUP NEWS

WATERCOLOUR GROUP

In June we painted iced coffee using techniques to make intentional blooms and create a realistic appearance very quickly. Our next session is on Thursday 27th July at 9.30 when our topic will be "Fishing boats in/out of water". If you are interested in joining us please contact Andrew Young on 01623 863327 or via the website."



NEWSLETTER CONTACT

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Last date for receiving articles
for August edition is Friday 18th August

FUN WITH FLOWERS GROUP

This month I asked the group to forage the hedgerows and incorporate wild flowers grasses and seed heads. Flowers are getting more expensive, so it's a good way of making our designs more interesting, without spending too much!



RECORDER GROUP

The recorder ensemble has been busy this year. We played in Sherwood Forest for May Day, then enjoyed a playing day with members of West Wolds, Newark and Southwell U3A recorder groups.



After that we performed in the Square in Retford on World Make Music Day (21st June). Finally, on 8th July, we performed in a concert with Ryton Chorale at Tickhill Church. We played some early music including

Greensleeves and then folk songs such as Suo Gan (Welsh), The Lark in the Clear Air and Blow the Wind Southerly. The concert ended with the recorder ensemble and the Singers uniting for Scarborough Fair, Simple Gifts and Dance to your Daddy. We received an enormous amount of praise for our playing, both from the audience and from singers with Ryton Chorale. The choir made a donation to our funds, which we will spend on music and they have invited us to play with them again, possibly at next year's summer concert.

Our next performances will be during Heritage Day in Retford on Saturday 9th September when we will play in St Swithun's Church at 11am and St Michael's Church at 2pm. We will be playing a varied programme but will feature a Telemann piece for four bass recorders and the very beautiful Moonlight Through The Trees which also highlights the bass recorder.

INTEREST GROUP NEWS

MILITARY HISTORY GROUP

Last month I told you that we as a group had been the National Armoury Collection at Leeds. The five story impressive building contains equipment going back to the ancient Greek Wars, right upto the Gulf War. My personal interest is the period of the 100 years war of the Middle Ages. I am putting a presentation together which I will give next Spring to our group.



Suits of armour were displayed for medieval knights as well as armour for the horses. On the 19th of July we took a group up to Malton in North Yorkshire, to see the Eden Camp Living History Museum. I shall tell you a little more about this trip in next month's Newsletter.

As most of you now know, our September trip is to Bletchley Park. Most of you will know what went on there from 1938 right through until the early 1980's (until the work was moved to GCHQ at Cheltenham). So if this trip appeals to you, contact me at roy.clarborough@gmail.com

Our meeting in June covered the work of women during the Second World War. We had

31 members attend at Hallcroft Community Centre and a further 22 when we had the Zoom presentation on Monday 27th. The interest from other u3a Groups continued and we had members from Corby, Brighton, Worksop, Southwell, North Norfolk and Milford's u3a groups. We also had three families join us from the United States.

Bryan Gladstone will be giving our presentation twice in July. His talk will cover the American War of Independence. In August we are have a presentation covering the 80th Anniversary of the Dambusters Raid and really how by accident the dams became the target. Why it was an accident you'll have to come to the meeting on Thursday August 10th to find out, or join us on Zoom on August 23rd.

If you have shown interest in the past in Retford's Military History Group you automatically receive an invitation to join our Zoom meetings if you can't make the second Thursday morning of the month at Hallcroft. Have a look at the Retford u3a website and follow the 'Events' link and you will see our programme running until the end of the year. We run an open group and any Retford u3a member can come along to our Hallcroft meetings. If you want to be included on the Zoom invitation list contact me at the email address shown earlier.

Don't forget our September, October, November and December Meetings will be free. The talks will cover local historical events. These talks have been designed for those of you who were members of the Local History Group, which no longer exists. Have a look at the website events page to see the subjects. Remember on the day just turn up and you will be made most welcome.

UPDATE ON COMMITTEE MEMBERS

* Chair	Pippa Ramsay	* Speaker Finder	Vacant
* Vice Chair	Bryan Gladstone	* Social Events	Sue Paul
* Secretary	Pamela Mann		
* Treasurer	Patricia Everitt		Also
* Interest Group Leaders	Caroline Marsh	* Webmaster	Andrew Young
	Carol Knowles	* Newsletter	Chrissie Cook
* Membership Secretary	Pat Lockett	* U3a Merchandise	Roger Stenson

INTEREST GROUP NEWS

WALKING GROUPS GROUP

Hi Everyone - the coach with 48 participants set out from Kettlewells Yard on a nice sunny morning and despite a short delay on the A1 we arrived in Knaresborough just before 10am to slightly different weather. Those getting off the coach at the drop point in the town centre were met by a sharp shower of rain and unfortunately showers and light rain persisted for a good part of the day. However this did not deter the walkers who set off from the car park at Conyngham Hall on one of 3 walks of varying length. Judy lead a party of 5 Strollers on a short walk by the river Nidd before the group headed up to the town centre. David lead the moderate walk taking a group of 22 along the narrow road on the north bank of the river to Grimbalds Bridge, just making it to Watermill Cafe before a short downpour, and then returning up the steps through the Bebra Gardens and Castle grounds to the town centre. I lead a group of 15 Striders on quite a challenging path along the north bank of the River Nidd in the direction of Ripley crossing to the south bank via footbridge before heading back along the river side and through woodland to the centre of the town. Fortune favoured the group as we were sheltered by woodland from the rain and the sun came out as we headed into the town.

Despite the weather everyone had a really good day out. The Lavendar Tearooms and other small cafes doing a roaring trade. Everyone made it back safely to the departure point at the Conyngham Hall car park without incident and we managed to get away a few minutes before our scheduled departure time of 4pm. Many thanks to all who came along and



The Third Age Trust has launched a new initiative asking members to write a letter to their younger selves, and submit these to them.

Some of these will be shared on their website. Writing a letter to your younger self can be a cathartic and extremely thought provoking experience. Do you have wisdom now that you wish you had back then? Have a go at reflecting and putting your thoughts to paper in this creative exercise for u3a members. Write a letter to send back through time, to a past version of yourself - what do you want to say to this person? What experiences and hindsight will you share? What advice do you give them? A selection of members' letters, or extracts from

contributed to a very successful day out. Special thanks to David, Sue and Judy for coming along to reccy the walks and leading walks on the day, to Harry, Geoff and Paul for back marking on the Striders walk and ensuring nobody was lost. Thanks also to Christine for spotting the kingfisher flying over the river during the Striders walk - lovely highlight to the



day for all who saw it. Rod

STROLLERS

Owing to all the walking groups joining together for the annual summer walk earlier this month, this time to Knaresborough, the next Strollers walk will be on Tuesday, 19th September, starting at 10.00 am. I will be emailing the details nearer the time.

Now we have a number of new members, which is really lovely, have you thought about leading a walk? It would be good to have more volunteers coming forward. We want the group to continue. You have a few weeks to think about it and to let me know please. My contact number is: 01777 817777. Thank you-Jean

THIRD AGE TRUST

them, will be shared on the national u3a website for members across the movement to read. Your letter can be anonymous or credited, whatever you prefer.

DINNER AND QUIZ

Come and join us for a social night out – two course meal and quiz (with a cash prize). Bar available for you to buy your own drinks.

Date Friday 20th October 2023

Time 7.00pm for 7.30pm

Cost £20

Venue Retford Golf Club, Ordsall

I am still awaiting confirmation on menu choices

To book a place please contact Sue Paul – 01777 705008 or social@retford-u3a.org.uk

