

**SEPTEMBER 2022 Newsletter****Welcome**

Owing to the extremely hot weather at August's monthly meeting, attendance was rather low, but those of you who did attend, enjoyed a very worthwhile and interesting talk from John Bryan of Age UK , who gave us some very useful information on how not to get scammed.

I hope most of you will be able to attend this month's meeting on Monday September 19th, when Robert Dodd will tell us all about Crimea. Please bring along any relatives, friends or neighbours who you think would benefit from becoming a member of our u3a.

We still have vacancies on your committee, so please come and have a word with me if you'd like to help on the committee, to run and organise all that Ruddington & District u3a has to offer.

Take care everyone and hope to see you on Monday September 19th @ 2:00pm.

Kind regards  
Peter Wakelin  
Chairman

## Our Speaker: Robert Dodd

### FASCINATING CRIMEA



Robert has for the last 35 years been a regular visitor to Crimea. He will talk about its history, briefly about the Crimean war (there is a Ruddington connection here), its beauty ( it enjoys a Mediterranean climate) and the political situation. He was an Election Observer during the Orange revolution in Ukraine in 2004 and was in Crimea in March 2014 during its annexation by Russia.

### Future Programme

Monday 17th October	Remembrance	Ray Hutchins
Monday 21st November	Tall Ships	Peter Pickering
Monday 19th December	Masters of Mirth	Mike Storr
Monday 16th January 2023	The biggest Worsted mill	Bob Massey
Monday 20th February	Fire Prevention	Craig Langton
Monday 20th March	From Barrow to Baghdad and back	Philip Caine
Monday 17th April	Nottingham Street Pastors	Lynne Miles

## INTEREST GROUP LISTINGS

Time	Group	Venue	When	Leader	Contact
<b>MONDAY</b>					
10.30 am	<b>Gardening</b>	<b>Various</b>	TBC	Mike Davey	<a href="mailto:mrdavey004@btinternet.com">mrdavey004@btinternet.com</a> 0115 9841687
7.00 pm	<b>Wine Tasting</b>	MH	4th Monday of month	Paul Clarkson	<a href="mailto:redbus84@hotmail.com">redbus84@hotmail.com</a>
<b>TUESDAY</b>					
10.00 am	<b>Book Group</b>	MH	2nd Tuesday of month	Maureen Thompson	<a href="mailto:maureenfthompson@outlook.com">maureenfthompson@outlook.com</a> 07496 679953
10.00 am	<b>Painting &amp; Drawing</b>	EPC	2nd & 4th Tuesday of month	Liz McAdam	<a href="mailto:lizmcadam26@gmail.com">lizmcadam26@gmail.com</a> 07973 615754
2.00 pm	<b>Scrabble</b>	MH	Fortnightly	Di Brown	<a href="mailto:diandhoward@hotmail.com">diandhoward@hotmail.com</a> 07754 008754
<b>WEDNESDAY</b>					
10.00 am	<b>Photography</b>	EPC	2nd Wednesday of month	Ann Hooley	<a href="mailto:annhooley@virginmedia.com">annhooley@virginmedia.com</a> 0115 9211832
9.30 am	<b>Walking 5-8 miles</b>	various	4th Wednesday of month	Paul Clarkson	<a href="mailto:redbus84@hotmail.com">redbus84@hotmail.com</a> 07496 679953
10.30 am	<b>Table Tennis</b>	MCH	1st & 3rd Wednesdays	Steve Lowe	<a href="mailto:lowe_steve@sky.com">lowe_steve@sky.com</a>
<b>THURSDAY</b>					
10.00 am	<b>Tai Chi</b>	RVH	Weekly**	Judy Hasson	<a href="mailto:syhasson@aol.com">syhasson@aol.com</a> 07505 844009
11.00 am	<b>Tai Chi</b>	RVH	Weekly**	Judy Hasson	<a href="mailto:syhasson@aol.com">syhasson@aol.com</a> 07505 844009
12.00 pm	<b>Beginners' Tai Chi</b>	RVH	Weekly**	Judy Hasson	<a href="mailto:syhasson@aol.com">syhasson@aol.com</a> 07505 844009
		**No sessions after classes on 22 September . Classes restart 27th October			
10.30 am	<b>Petanque</b>	White Horse	3rd Thursday of month	Chris Murdon	<a href="mailto:rudd_u3a@yahoo.com">rudd_u3a@yahoo.com</a>

THURSDAY					
1.30 pm	<b>Lunch Club</b>	various	6th October	Margaret Marshall	margaretmarshall70@gmail.com 07914 414848
2.00 pm	<b>Petanque</b>	White Horse	1st Thursday of month	Chris Murdon	<a href="mailto:rudd_u3a@yahoo.com">rudd_u3a@yahoo.com</a>
2.00 pm	<b>One in one</b>	Notting ham	TBC	Pete Wakelin	<a href="mailto:peter.wakelin1@gmail.com">peter.wakelin1@gmail.com</a>
2.30pm	<b>Travellers' Tales</b>	The Hub	2nd Thursday of month	Peter Davison	<a href="mailto:pandcdavison@ruddington.plus.com">pandcdavison@ruddington.plus.com</a> 0115 9845733
3.30pm	<b>French (Intermediate to advanced)</b>	MH	TBC	Sheila Johnson -Marshall	<a href="mailto:sheilajohnsonmarshall@hotmail.com">sheilajohnsonmarshall@hotmail.com</a> 07929 520201
FRIDAY					
10.00am	<b>Knit-a-lot</b>	Philos	Fortnightly	Sandy Maltby	<a href="mailto:Sandymaltby989@gmail.com">Sandymaltby989@gmail.com</a>
2.00pm	<b>Monthly Quiz</b>	FKC	Last Friday of month	Barbara Breakwell	<a href="mailto:ruddington2012@virginmedia.com">ruddington2012@virginmedia.com</a>
2.30pm	<b>Spanish (Intermediate to advanced)</b>	MH	Alternate Fridays	Debra Lowe	<a href="mailto:debra-lowesky.com">debra-lowesky.com</a> 0115 9844504
VARIOUS					
9.30am	<b>Cycling</b>	Various	TBC	Tracy Meakin	<a href="mailto:tracymeakin@sky.com">tracymeakin@sky.com</a>

## VENUE GUIDE

**EPC** Elms Park Committee Room

**FKH** Framework Knitters Chapel Room

**MCH** Methodist Church Hall

**MH** Members Home

**RVH** Ruddington Village Hall

**TBC** To be Confirmed

## Contact Us

**Website**

<http://u3asites.org.uk/ruddington>

**Email**

[rudd\\_u3a@yahoo.com](mailto:rudd_u3a@yahoo.com)

**Facebook**

<https://www.facebook.com/Ruddu3a>

**National u3a Website:**

<https://www.u3a.org.uk>

To subscribe to the national u3a newsletter visit <https://www.u3a.org.uk/newsletter>

## Committee news



We were delighted to be successful with an application to the East Midlands Airport Community Sponsorship Fund. They awarded us £200 . This has enabled us to purchase a pop up gazebo and table which we will be able to use to promote our group to potential new members at various events. Many thanks to Barbara Breakwell who submitted the bid.

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### **u3a 40th Anniversary Celebrations.**

U3a s throughout Nottinghamshire are cooperating to mark this anniversary on Saturday 24th September. There is a programme of events throughout the afternoon in Highfields Park. In addition to performances by Worksop u3a steel band, there is to be a **FLASH MOB dance. Starting at 13.30.** For those who do not know ( including myself!) the main feature of a Flash Mob Dance is that it starts with a small number of people and quickly builds into a routine performed by 100 plus men and women. The u3a motto is “ Learn, Laugh and Live”. Why not go along on 24th September, meet members from other u3as and enjoy the fun ?

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### **Fees**

Ruddington and District u3a has not increased membership charges since it was formed 3 years ago. We pay a per head membership subscription each year, currently £4.00 to the Third Age Trust.

The Board of the Third Age Trust, the national u3a body, is proposing increases in this subscription. From 2023 it would automatically be linked to increases in the national old age pension. Many u3a s including ours were not in favour of the proposals and supported various amendments. The issue will be resolved at the national AGM on 6th October.

## Interest Group Updates

### **Wine tasting**

In September the group will compare three Cabernet Sauvignons and three Sauvignon Blancs to explore how different they can be and, of course, to give our views on personal preferences.

### **Cycling**

Six cyclists went out on Friday 19th August for a 22 mile ride to Strelley Hall for coffee and cakes. Details of the next ride are to be confirmed, but may involve coffee and cakes in Hucknall, weather permitting

### **Spanish**

After holiday commitments , meetings will restart on 9th September.

### **One in one**

The September One in One meeting will be on Thursday September 22nd, in Beeston. First venue at 2:00pm is The Hop Pole and the tram has a stop right outside, followed at 3:00pm at The Crown and finally 4:00pm at The Victoria.

### **Lunch Club**

The next lunch club will be on Thursday 6th October at The Ferry, Wilford Village at 1.30pm.

### **Theatre Tour**

Over 20 members and guests have signed up for the Limelight Backstage Tour at the Royal Centre on Saturday 29<sup>th</sup> October. An encouraging response. Well done Di Brown.

### **Tai Chi**

There has been some confusion about the cancellation of Tai chi classes due to my travel plans this year.

The information should have been in the August News Letter, but unfortunately was not included. The unexpected rapid announcement at the beginning of the August u3a meeting compounded the confusion.

Classes continue into September 2022. The last classes will be on Thursday 22nd September. Classes will restart on Thursday 27th October.

Some members have moved up from the Beginners Class into the second class, so it is a good time to come to our 12-00pm session (Beginners) for a taster session.

Tai chi is a gentle exercise, improving balance, strength, mobility and relaxation. All important functions to maintain as we get older.

Speak to me at our next U3A meeting or call or email.

Come along and bring a friend. Judy Hasson.

### Travellers' Tales



On 1st September Tim Williams took us on a tour of little known places in Paris.

In October we will be over 3200 miles away on the old silk road in Uzbekistan, the heart of Central Asia.

Our meetings are held at The Hub on Musters Road starting at 2.30pm. There is a £2 per head charge to cover room hire. New members welcome.

### Lace Market Theatre Visit.

**Tuesday 13th December at 7.30pm - cost £12**

#### The Flint Street Nativity

Miss Horrocks' class of seven year olds is about to perform their nativity play at Flint Street Junior School for the proud Mums and Dads - and the occasional social worker.

This funny, nostalgic and poignant play, where the children are played by adults, is sure to delight and fill you with Christmas cheer.

Like all good Nativity plays, the story includes a number of well-known Christmas carols- though some of the words are unconventional! - be prepared to sing along.

24 seats have been reserved. Please sign up at the monthly meeting or let Chris Davison know by phone (015 9845733) or email

[pandcdavison@ruddington.plus.com](mailto:pandcdavison@ruddington.plus.com). She will need payment by 21st November.

There is a loop hearing system. Unfortunately wheelchair access is not yet available.

## Photography

In August the theme was Old Buildings. There was a good assortment featured in our 'Old Building' photos and we tried to make helpful comments about possible improvements.

We are back to our regular schedule of getting together on the second Wednesday of the month with our meeting on September 14, at 10.00a.m. in the Elms park Committee Room and our theme is 'Sports, Exercise and Games'. As always, new members are very welcome and if you would like to know more about the group please contact Ann Hooley.

