

April 2024 Newsletter



Spring Lamb

I am very pleased to tell you that we have been shortlisted for the Rudd Awards in the Community Group Category. The award ceremony will take place on 17th May 2024 . Many thanks to those who nominated us.

Our monthly meetings are becoming more popular. In March we had 73, a record. Andy Smart gave us a superb talk covering the history of Nottingham's theatres and an inside view of the theatre from the journalist's point of view whilst making us laugh throughout ! Many of you asked for us to have him back and I'm sure the speaker finders will consider this, so if you missed him this time keep an eye out for his next one .

It is very positive that so many of you have already paid the annual fee for 2024-25, thank you. Please note that you will only be able to vote at the AGM in May if you are a fully paid up member .

As promised, Liz Thornton organised a treat for your convenors in Philos and most were able to attend . Each session was a valuable opportunity for convenors to meet each other, share good practice and propose ideas for moving forward and everyone agreed to meet again in the future .

Many thanks to Liz and the convenors for their hard work. The interest groups really are the backbone of our u3a .

Liz McAdam. Chair

The Magic of the Guitar

**This month's speaker is
Martin Perry.**



Martin Perry began playing the guitar at age 13 having been inspired by the release of 'Apache' and continued to play in bands throughout his teenage years. Firstly with the 'Dominators' in the Manchester area, then with the 'Lyrics' on the Welsh borders and finally with the College Jazz Band. He has however remained a lifelong Shadows devotee. He is a retired Deputy Head having taught Mathematics and coached football for over 30 years. In his 30's he appeared in 38 local dramatic productions and in his 40's spent many frustrating years on the golf course.

After retiring he returned to the pub and club circuit in 2001 as a solo artiste, began to write walking books and was a volunteer at the City Hospital for 14 years.

Currently he runs the local church tea room, 'The Parish Oven' with his wife Chris. He gives talks on the guitar and plays classical guitar at local venues but his real passion is playing the great Shadow's music with the Shadtones. They recently returned from their latest gig in Holland!

Future Programme -3rd Monday in the month. Meetings start at 2pm. ***NB June is different!***

20th May	Emergency Response Team	Rhea Sutton
TUESDAY 10th June**	Health and wellbeing event. 10am -2pm St Peters Rooms	Can you help?
15th July	Medical detection dogs	Harold Palmer

Can you help?

** Refreshments will be available and we are seeking people to volunteer for an hour to serve these. If you are available please contact Barbara Breakwell at the monthly meeting or by email: breakwellbarbara5@gmail.com

INTEREST GROUP LISTINGS

Time	Group	Venue	When	Leader	Contact
MONDAY					
2.00 pm	Brush up your French	MH	Weekly except 3rd Monday	Angela Sell	angibill@gmail.com
	Gardening	Various		Mike Davey	mrdavey004@btinternet.com 0115 9841687
7.00 pm	Wine Tasting	MH	4th Monday of month	Paul Clarkson	redbus84@hotmail.com
TUESDAY					
10.00 am	Book Group	MH	2nd Tuesday of month	Maureen Thompson	maureenfhompson@outlook.com 07803589966
10.00 am	Painting & Drawing	EPC	2nd & 4th Tuesday of month	Liz McAdam	lizmcadam26@gmail.com 07973 615754
2.30pm	Theatre Exploration and Appreciation	MH	Fortnightly* ** Alternate weeks to scrabble	Jae Marriott	jaemarriott@gmail.com 07757889562
2.00 pm	Scrabble	MH	Fortnightly*	Di Brown	dibrownu3a@outlook.com 07754 008754
WEDNESDAY					
10.00 am	Photography	EPC	2nd Wednesday of month	Ann Hooley	annhooley@virginmedia.com 0115 9211832
9.30 am	Walking 5-8 miles	various	4th Wednesday of month	Paul Clarkson	redbus84@hotmail.com 07496 679953
10.30 am	Table Tennis	MCH	1st & 3rd Wednesdays	Steve Lowe	lowe_steve@sky.com
THURSDAY					
10.00 am & 11.00am	Tai Chi	RVH	Weekly	Judy Hasson	judyhasson1@gmail.com 07505 844009
12.00 pm	Beginners' Tai Chi	RVH	Weekly	Judy Hasson	judyhasson1@gmail.com 07505 844009

10.30 am	Petanque	White Horse	1st Thursday of month	Chris Murdon	rudd_u3a@yahoo.com
THURSDAY					
1.30 pm	Lunch Club	various	See page 5	Margaret Marshall	margaretmarshall70@gmail.com 07914 414848
2.00 pm	One in one	Varies	See page 6	Pete Wakelin	peter.wakelin1@gmail.com
2.30pm	Travellers' Tales	The Hub	2nd Thursday of month	Peter Davison	pgdavison11@gmail.com 0115 9845733
FRIDAY					
10.00am	Knit & Natter	Philos	Weekly	Joy Clayton	seesee_81@hotmail.com
2.00pm	Monthly Quiz	FKC	Last Friday of month	Barbara Breakwell	breakwellbarbara5@gmail.com
2.30pm	Spanish (Intermediate to advanced)	MH	Alternate Fridays	Debra Lowe	debra-lowesky.com 0115 9844504
2.00 pm	Fri. Book Club	MH	First Friday of month		em_thornton@talktalk.net
VARIOUS					
9.30am	Cycling	Various	See p 7	Tracy Meakin	tracymeakin@sky.com

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

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

Arrangements for the AGM and the Health and Wellbeing event were discussed. Very good progress on membership renewals was welcomed.

Feedback from the Convenor's meetings was reported and reviewed. Subject to approval at the AGM, volunteers have come forward for the Treasurer and newsletter editor positions.

Drive on

Following the very well received Workshop a lucky 10 people had an accompanied drive with a very experienced instructor who expertly commented on what he had observed. An interesting and informative process. You are never too old to learn!

Interest Groups

Quiz group

This group meets on the last Friday of the month. The last Friday of March this year was the 29th. exactly 5 years to the day from the first time the Quiz Group met with 10 attendees.

The 5th Birthday saw 25 attendees and at the end of the quiz they all received the prize usually reserved just for the winning team.....a Wispa chocolate bar as you are supposed to whisper at quizzes so as not to give the answer away!

Spanish

Our intermediate Spanish group continues to meet on a fortnightly basis on a Friday afternoon. We have been practising transactional situations such as eating out and shopping. Using grandchildren's toys as props did cause some amusement! We then went on to talk about our own experiences and some general conversation.

The (new) Friday Book Group

With a current membership of 5 there is room for book lovers of all persuasions. Last month we read 'The Rosie Project' by Graeme Simions, which proved a very popular book. We are having a month off due to the Bank Holiday so our next meeting is on Friday 7th June. Our book for that meeting is The Murder of Roger Ackroyd by Agatha Christie, a book that most of us have seen or heard in various forms, but only one of us has actually read! Please join us to discuss this classic mystery where Hercule Poirot makes his first appearance.

Lunch Club

The next lunch is at Gamston Lock at 1.30 on 2nd May. Sign up at the monthly meeting or contact Margaret Marshall

One in One

The next meeting is on 25th April. The venues are Clayton and Morton at 2pm, The Canalhouse at 3pm and the Trip to Jerusalem at 4pm.

Painting and Drawing group

We continue to focus mainly on watercolour but have had a session using pencils and charcoal to sketch movement in sporting figures.

Cats is the topic next time. Several of the group are very talented when it comes to fine detailed drawing of animals so we will look to them for guidance and inspiration !

Theatre Exploration & Appreciation

Possible visits to the Theatre Royal, Playhouse, and Lace Market theatre, screenings of National Theatre Live productions and an Improvised Musical at the Squire Performing Arts Centre show the range of possible visits and viewings in April and May.

The Knit and Natter Group

The group meets every Friday morning from 10am to 12noon, upstairs in Philo's, no need to book, just turn up and be prepared to get creative and have fun. If you can't make Friday mornings but still want to knit just let Joy know and she can let you know what projects they are currently working on.

Why not come and join our friendly, informal group of knitters and crocheters. Whether you are an experienced knitter, an enthusiastic learner, or a complete beginner there is something for everyone and all are welcome. Meet like-minded crafters, make new friends, get inspiration for new projects, swap patterns, and share helpful hints and tips all over a cuppa and a chat. Bring along any project you wish to work on or join our group challenge of knitting/crocheting for the "premature baby unit" at QMC and for SiMBA, a charity that provides memory boxes for those families that have sadly lost a baby. We knit or crotchet hats, cardigans, blankets, teddies and much more for both these special baby units.

If you are new to knitting/crocheting don't worry we can provide you with some easy-to-follow patterns to get you started and there's always someone to help if you get stuck. As our knitting/crocheting is for charity any

donations of wool, buttons, ribbons etc are very much appreciated. Thank you.



Travellers' Tales

At our April meeting the topic was Australia. Two excellent and very different presentations were made. Jean Walker spoke about her time living in Perth. Susan Burton told us about a 5000km road trip round Western Australia including a uncomfortably close encounter with dangerous red back spiders.



Kata Tjuta- the Olgas

Cycling group

Did you know that Lions reside at Strelley? The cycling group took a ride over to investigate and saw the 3 lions in their enclosure close to Strelley Hall. The owner is a registered zoo keeper and the Lions rescued from illegal pet trades and a circus now reside in a luxury enclosure. Tea and scones followed at Strelley Hall, home via Wollaton Park - 24 miles.



Photography

Our pictures of 'Faces' will be on view at the April meeting. Please have a look and share your opinions of them. The group now has its largest membership since it started, and the regular attendances and enthusiastic participation are increasing our enjoyment and improving our skills, we hope.

Our May 10 meeting will include our images using a limited colour palette, but otherwise leaving the subject choice wide open.



Tai Chi

On 28th March our 3 talented tai chi groups displayed yet another talent, that of millinery. Despite the Easter break all 26 members who attended, sported beautifully decorated hats/bonnets and we had an Easter themed table with sweet and savoury snacks.

We embraced the Easter Bonnet Tradition in celebration of Spring Time and New Life. The tradition dates back to the 1870's. Ladies started strolling outside churches after services wearing new spring hats having put away their winter clothes.

Our next celebration will be World Tai Chi and Qigong Day on Saturday 27th April at 10-00am in my garden followed by refreshments. Judy Hasson



Gardening

A difficult month for gardeners: lots of rain and high winds have caused many problems. The snowdrops, aconites and most of the daffodils have gone, but now there are bluebells, primroses, and cowslips be seen and the trees are breaking into leaf. Spring is here despite the weather!