

**DECEMBER 2023 Newsletter****WELCOME**

As 2023 comes to a close it is time to reflect on what has been a very positive year for our u3a. We have grown steadily to 181 members, with 18 interest groups and we have had more trips and outings than ever before. Many thanks to everyone who has contributed in any way this year.

Thanks to all those who make our monthly meetings a success with a special mention to the Methodist Church and to Brian Farrow who helps the committee to prepare the venue every month .

Thanks also to the convenors who have worked hard to keep the groups busy and to the local businesses who have offered us their support .

We are grateful to the The White Horse, Jaspers, Thomas James and Phoenix flowers for raffle prizes and of course to the Co-Op for the Community Fund donation which has given us such a financial boost for 2024 .The photo of the committee receiving the Co-Op cheque is on page 2.

We are lucky to have such an active and vibrant community in Ruddington and our u3a reflects this. We make a valuable contribution to village life and we can look forward to more success in the coming year. I hope that you all enjoy the quiz and good luck in the raffle !

On behalf of the Committee I wish you all a Merry Christmas and good health and happiness in 2024.

Best wishes

**Liz McAdam      Vice Chair**

This month our Christmas meeting on Monday 18th December will feature a quiz prepared by Di and Howard Brown. Create your own teams of 3 to 5 people, with a prize for the winners.

Everyone attending will receive a **free** raffle ticket. There will be over 20 prizes including a meal for two at The White Horse, an afternoon tea voucher at Jaspers, and vouchers from Phoenix Flowers and Thomas James Estate Agents. The church does not allow alcoholic drinks so the many other prizes include edible Christmas treats and “smelly stuff”- toiletries! Refreshments will be served.

**The Co-op money arrives!**

All your committee members were smiling at the presentation of a cheque for £2170.81 which will be a significant boost to our finances. During the coming 12 months we will be using the money to support our members with their Health and Wellbeing through various activities and events. Some of the money will support our costs for the hire of the Methodist Church for our monthly meetings. It will also enable us to provide speakers on various subjects that support Health and Wellbeing. In June next year we will be organising an information event which will be open to all members and non members.



**Future Programme** -3rd Monday in the month- all meetings start at 2pm

15 January 2024	Crime prevention and personal safety	PC Kelly Carlile
19 February 2024	The Merseybeats	Trevor Leeson
18th March 2024	Tax, Care and Toy Boys	Co-op estate Planning

**INTEREST GROUP LISTINGS**

Time	Group	Venue	When	Leader	Contact
<b>MONDAY</b>					
2.00 pm	<b>Brush up your French</b>	MH	Weekly except 3rd Monday	Angela Sell	<a href="mailto:angibill@gmail.com">angibill@gmail.com</a>
	<b>Gardening</b>	<b>Various</b>		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> 07830589966
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:dibrownu3a@outlook.com">dibrownu3a@outlook.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 & 11.00am	<b>Tai Chi</b>	RVH	Weekly	Judy Hasson	<a href="mailto:judyhasson1@gmail.com">judyhasson1@gmail.com</a> 07505 844009
12.00 pm	<b>Beginners' Tai Chi</b>	RVH	Weekly	Judy Hasson	<a href="mailto:judyhasson1@gmail.com">judyhasson1@gmail.com</a> 07505 844009

<b>THURSDAY</b>	<b>Continued</b>				
10.30 am	<b>Petanque</b>	White Horse	1st Thursday of month	Chris Murdon	<a href="mailto:rudd_u3a@yahoo.com">rudd_u3a@yahoo.com</a>
1.30 pm	<b>Lunch Club</b>	various	See page 5	Margaret Marshall	margaretmarshall70@gmail.com 07914 414848
2.00 pm	<b>One in one</b>	Varies	See page 5	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:pgdavison11@gmail.com">pgdavison11@gmail.com</a> 0115 9845733
<b>FRIDAY</b>					
10.00am	<b>Knit &amp; Natter</b>	Philos	Weekly	Joy Clayton	<a href="mailto:seesee_81@hotmail.com">seesee_81@hotmail.com</a>
2.00pm	<b>Monthly Quiz</b>	FKC	Last Friday of month	Barbara Breakwell	ruddington2012@virginmedia.com
2.30pm	<b>Spanish (Intermediate to advanced)</b>	MH	Alternate Fridays	Debra Lowe	<a href="mailto:debra-lowes@sky.com">debra-lowes@sky.com</a> 0115 9844504
<b>VARIOUS</b>					
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

- 1 Our membership has now reached 181 which is a new record.
- 2 The committee supported the formation of a new interest group -Theatre Exploration & Appreciation- see below- and thanked Jae Marriott who has volunteered to organise it.
- 3 There is a County Council consultation on the restriction or removal of tram travel concessions. This would affect all our members adversely. A strong negative response will be sent by this u3a. Members are encouraged to send their own personal responses to the “Tram concessionary pass consultation” at Nottinghamshire County Council by 7th January 2024
- 4 An offer of a safe driving for older people course provided by the East Midlands road safety team in partnership with the County Council has been accepted. Already 20 people have expressed interest. More details and dates will be given as soon as they are available.

## Interest Groups

### Theatre Exploration & Appreciation

The group is aimed at anyone with an interest in Theatre and Performance, in all its forms. It will cover visits to the theatre, discussion of plays, play reading and watching streamed plays together. Jae is a former Head of Performing Arts at Trinity RC Secondary School, so has plenty of experience and contacts to make this a very successful and enjoyable group. If you are interested in joining this group or would like further information, please contact Jae at [jaemarriott@gmail.com](mailto:jaemarriott@gmail.com)

### Brush up your French

This is the new, more appropriate name for Beginners French. There is still one space available in the group. Please contact Angela Sell if you are interested.

### Book Club (s)

The established, successful book club is full.

However there has been a good response to setting up a second book club. Liz Thornton, the interest Group co-ordinator, is asking one of those interested to act as convenor.

### **Tai Chi**

Our tai chi groups are coming together for our Christmas “fuddle “ on Thursday 21st December. The combined class will start promptly at 10-45am with refreshments at around 12-15, clearing the hall by 1-00pm.

Our last classes in 2023 will be on 28th of December. There will be no classes on 4th January so the first classes in 2024 will be on Thursday 11th January. Judy Hasson.

### **One in one**

This month's meeting was held on December 7th and was centered around Ruddington's pubs. Details of January's meeting, which will be held towards the end of next month, will be in next month's newsletter.

### **Travellers' Tales**

The December meeting was held at Chris and Peter Davison's house. It featured seasonal tales and seasonal food and drink!

The date of the next planned meeting, January 11th has had to be changed because the convenor and assistant are both unavailable. It will now be held at the Hub two days earlier, **Tuesday 9th January**, at the normal time. Australia is the topic.

### **Cycling group**

The cycle group will continue to meet during the winter months and enjoyed a 22 mile ride to Radcliffe via Cotgrave country park on November 17th.

Next dates - destinations yet to be decided: 18th December and 8th January.

### **Three Seasonal questions- not from wise men!**

Did you hear about the Christmas cake on display in the British Museum?  
It was Stollen.

Why were some schools' nativity plays cancelled?

They couldn't find a stable building.

What is the name of Santa Clause's girlfriend? ..... Mary Christmas



### Lunch Club

There was a bumper attendance at the Christmas lunch in December when Maureen Thompson was presented with flowers in appreciation of her work in organising the lunches. The next lunch will be on Thursday 4th January 2024. The location and a sign up sheet will be available at the Christmas meeting on 18th December.



### Wine Tasting



The theme for the evening was 'Wines Associated with Memorable Travel' and all the wines on this occasion had a European focus. The wines and stories were:-  
 La Gitana Manzanilla dry sherry (hill-town festival stopover in Andalucia)  
 Macon Villages white (French road trip in one of the first ever Honda cars)  
 Cabalie rose (go-to after work drink in Paris)

Vega de Yugo (rose grown on volcanic soil in Lanzarote), Costieres de Nimes red (camping in a thunderstorm in the Rhone district), Chianti red (hair-raising motorbike trip in the Italian mountains) Triana sweet sherry (from the Hidalgo bodega, Jerez) and Nectar Charentais sparkling red (can only be bought in France)  
 A lively and convivial evening was enjoyed by all.

### Photography

We had a good turnout in November and it was lovely to have another new member, Ian Robinson. There were some striking landscapes on show, from the UK and further afield.

The photo is one of Ian's. It shows Holy Island (Lindisfarne) in Northumberland looking towards the Castle.



## Painting and Drawing



We had a very enjoyable session in November with Deb Webster a local artist who showed us various techniques using black ink with brushes and 'dipping' pens which have old fashioned nibs.

Deb is a member of the Ruddington Art and Craft Society and she recently exhibited in the Frame Knitters Museum and at Attenborough Nature Reserve as did one of our group members, Peter Johnson- Marshall .

We are inspired to continue using inks and have Deb back for tuition in the other mediums that she uses. Unfortunately there is insufficient space available in the Elms Park room to accept new members of our group. An opportunity to form a second group?

### **Seasonal Thoughts** (from the internet)

- Merry Christmas! May your happiness be large and your bills be small.
- Forget the mistletoe, you can kiss me anytime you like.
- Please note: Christmas is canceled. Apparently, you told Santa you have been good this year ... he died laughing.
- Is it just me, or does Santa look younger every year?

**Wishing you a happy, relaxing and stress-free holiday.**

**Peter Davison (Newsletter Editor.)**