

February 2023 Newsletter



Welcome

It was nice to see so many new faces at last month's meeting and I'm pleased to report that we now have 169 members, which is the highest number since we were formed nearly 5 years ago. Please encourage your relatives, friends and neighbours to come along to a monthly meeting to see what a u3a is all about. Providing they are retired or semi retired, they are eligible to become a member and enjoy all the benefits that our u3a provides.

We now have guest speakers booked for the whole of 2023 and with around 20 interest groups in operation I'm sure there is something for everybody to enjoy. I hope that those of you who attended January's monthly meeting enjoyed Bob Massey's talk on "The Biggest Worsted Mill." Who would have imagined that in the late 1700's it was the biggest mill of its kind in the country, employed 2,000, including 600 children and was located here in Arnold. I'm also pleased to report that following my monthly requests for help on our committee, we have at the committee meeting we had earlier this month, welcomed three new members to the committee, with further details and a photograph contained within this newsletter. I hope to see as many of you as possible at this month's meeting, on Monday February 20th.
Peter Wakelin. Chairman

**CRAIG LANGTON
FIRE PREVENTION**



I joined the fire service in 1989 and served 9 years at Eastwood on the retained service whilst also working as a printer. I then left the printing trade in 1998 and joined the fire service full time. I spent 10 years at Stockhill station and 2 years at Central station until I joined the prevention team on a 6 month detachment . I enjoyed it so much I'm still there 12 years later !!

When not at work I'm normally doing something to do with sport, football, cricket or golf mostly. Notts county season ticket holder but also work at Forest on match days doing first aid.

Future Programme

Monday 20th March	From Barrow to Baghdad and back	Philip Caine
Monday 17th April	Nottingham Street Pastors	Lynne Miles
Monday 15th May	Fascinating Crimea	Robert Dodd
Monday 19th June	The Climate crisis and some solutions	Brenda Ainsley
Monday July	The confessions of a country vicar	Reverend Canon Haydock

Interest Group listings

Regular dates are shown. See updates for any variations.

Time	Group	Venue	When	Leader	Contact
MONDAY					
10.30 am	Gardening	Various	TBC	Mike Davey	mrdavey004@btinternet.com 0115 9841687
7.00 pm	Wine Tasting	MH	????	Paul Clarkson	redbus84@hotmail.com
TUESDAY					
10.00 am	Book Group	MH	2nd Tuesday of month	Maureen Thompson	maureenfthompson@outlook.com 07496 679953
10.00 am	Painting & Drawing	EPC	2nd & 4th Tuesday of month	Liz McAdam	lizmcadam26@gmail.com 07973 615754
2.00 pm	Scrabble	MH	Fortnightly	Di Brown	djandhoward@hotmail.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	Tai Chi	RVH	Weekly	Judy Hasson	syhasson@aol.com 07505 844009
11.00 am	Tai Chi	RVH	Weekly	Judy Hasson	syhasson@aol.com 07505 844009
12.00 pm	Beginners' Tai Chi	RVH	Weekly	Judy Hasson	syhasson@aol.com 07505 844009

THURSDAY					
1.30 pm	Lunch Club	various	Details below	Margaret Marshall	margaretmarshall70@gmail.com 07914 414848
2.00 pm	Petanque	White Horse	1st Thursday of month	Chris Murchen	rudd_u3a@yahoo.com
2.00 pm	One in one	Varies	Details page 5	Pete Wakelin	peter.wakelin1@gmail.com
2.30pm	Travellers' Tales	The Hub	2nd Thursday of month	Peter Davison	pandcdavison@ruddington.plus.com 0115 9845733
3.30pm	French		`see page 5		
FRIDAY					
10.00am	Knit-a-lot	Philos	Weekly	Sandy Maltby	Sandymaltby 989@gmail.com
10.30	Pentanque	White Horse	3rd Friday of month	Chris Murchen	rudd_u3a@yahoo.com
2.00pm	Monthly Quiz	FKC	Last Friday of month	Barbara Breakwell	ruddington2012@virginmedia.com
2.30pm	Spanish (Intermediate to advanced)	MH	Alternate Fridays	Debra Lowe	debra-lowesky.com 0115 9844504
VARIOUS					
9.30am	Cycling	Various	See page 5	Tracy Meakin	tracymeakin@sky.com

VENUE GUIDE cs

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>

COMMITTEE NEWS

The good news was that at the February meeting THREE new members were welcomed onto the committee. As Chairman Peter Wakelin said, "like buses you wait for ages then three come along at once " Photo on page 8.

More good news is that we are attracting new members and membership has reached a new high of 169.

Even more good news: If the membership remains the same there will be no need to increase charges for our next financial year which starts in April. It is hoped that more members will pay earlier or electronically to ease the crush at the start of the April meeting.

The AGM will take place before the May meeting.

Interest Group Updates

French

This group has not met for some time.

Previously it was aimed at intermediate and advanced levels of proficiency.

However the opportunity now exists to form new interest groups aimed at all levels of proficiency eg beginners, tourist, conversation and fluent. If you would be interested in supporting an interest group at any level of proficiency Liz Thornton, our new interest group coordinator will have an expressions of interest form at the monthly meeting. If you are interested but unable to attend the meeting, Liz can be contacted on em_thornton@talktalk.net

One in one

Owing to holiday commitments this month, I am unable to organise a February meeting. However, some members wish to organise a meeting on Thursday February 23rd. They want to call it, as a one off, "Thirsty Thursday" and to meet at The Cross Keys on Byard Lane at the usual start time of 2:00pm, followed at 3:00pm at The Cock & Hoop on High Pavement and finally 4:00pm at The Keanes Head on St Mary's Gate.

Peter Wakelin

Cycling

On Wednesday 8th February there was a ride of approx 20 miles via Ratcliffe on Soar and Kegworth. The group is small and friendly and although we don't go at racing speeds we do have a back marker to ensure everyone keeps in with the group. If anyone wants to join in on future rides and is not confident to join a group ride then I am happy to take them on a 1:1 ride first. Tracy Meakin

Lunch Club

The next meal on the 2nd of March is at The Griffin in Plumtree at 1.30pm.
Margaret Marshall

Wine tasting

The February meeting will taste wines from unusual countries. An interesting evening is anticipated.

Tai Chi

Our Tai Chi for Health programmes continue and thrive as do the post class coffee get togethers and post tai chi lunches!

TAI CHI:- 1. Reduces blood pressure. 2. Lowers cholesterol. 3. Helps heart conditions. 4. Improves diabetes control. 5. Promotes balance.

6. Encourages coordination. 7. Improves breathing. 8. Encourages relaxation and calm. (Moving meditation). 9. It is a social gentle exercise. 10. Helps weight loss. (Tai chi burns more calories in an hour than an hour of gentle walking.) 11. Strengthens the core. What's not to like?

Judy Hasson.

Travellers' Tales

John Moore talked about cruising the Suez and Panama canals, also explaining when and how they were built, financed, and operated. Cruise ships are charged hundreds of thousands of pounds each time they use the canal. On 9th March Mike Davey will talk about A kiwi adventure: Campers, Dinosaurs and Wriggly Tin.



Ruddington Fun

Jigsaw Circle Do you enjoy doing Jigsaws?

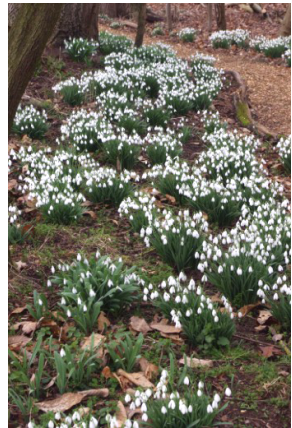
If so, I started a Jigsaw Circle in the village in November 2020. The idea is to share jigsaws so that once you have finished one you can pass it on to someone else to enjoy. By doing this lots of people can get the pleasure of having access to different puzzles, at no cost e.g. FREE

You **do not** have to donate a puzzle to loan one, as we have a large selection. If you would like to borrow a puzzle I will bring some to each General meeting and there will also be information about how to access a replacement between meetings if you want one. Barbara Breakwell

Gardening Group

Although initially overcast, the morning of Monday 13th February changed to a beautiful sunny day highlighting magnificent drifts of snowdrops, when 21 members visited the gardens and woods of Holme Pierrepont Hall. Several members also enjoyed a “social catch-up” over coffee at “The Goose at Gamston” on the way home. Look forward to our next outing in March to see more Spring flowers!

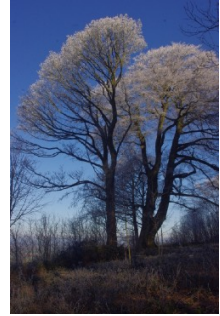
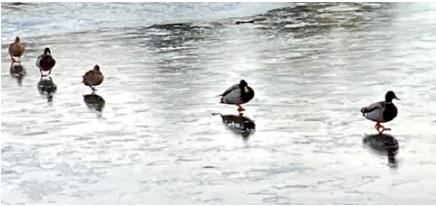
Mike Davey



Photography January

The January topic proved a difficult one but we still had a good collection of doors, gates, signs – some of which were very amusing, and other items of street furniture.





Photography - February Our theme was 'Winter – Textures and Patterns' and we were lucky that the weather provided us with some low temperatures and plenty of frost and ice. We'll be meeting again on Wednesday, March 8, in the Elms Park Committee Room at 10.00a.m. By then, we'll have produced photos featuring 'Modern Architecture' (post 1945) and we'll be looking ahead to a contrasting topic of 'Decay and Dereliction'.

Your committee (from left to right)



Front row: Di Brown (Membership Secretary); Eileen Marlowe (new); Chris Davison (Minutes secretary and Joint speaker finder); Liz Mc Adam (Vice Chair); Peter Wakelin (Chairman)

Back row; Howard Brown (Joint speaker finder); Liz Thornton (new and interest group coordinator);Barbara Breakwell (Publicity); Tim Williams (new):Mike Wynn (Treasurer); Peter Davison (Business Secretary and Newsletter editor).