

**FEBRUARY 2024 Newsletter**

**Blackthorn full of blossom.  
An early sign of spring  
on Weggie Way.**

**WELCOME**

It's February and it's a leap year ! The month of romance and optimism for the year ahead .

“ In February there is everything to hope for and nothing to regret “

The border between winter and spring has many unusual customs around the the world. Did you know that the tradition of women proposing to men in a leap year was first conceived in 5th century Ireland and was well established in many countries by the 1800s? Any man in Denmark refusing marriage on the extra day had to give 12 pairs of gloves to the woman to hide her shame !

In Ruddington some of you escape to the sunshine to avoid the grey wet days. Most of us take pleasure in the longer days and the first green shoots of spring in the garden. We can enjoy the snowdrops, crocus, iris reticulata and the early flowering camellias accompanied by blackbird songs. Whatever we choose it's a lift to the spirits for the coming months.

I had the rare treat of seeing a very young green finch hopping along the pavement, it was a tiny round bundle of fluff just next to the Co op post box which has a wonderful display of knitted flowers and chocolates for the 14th.

We can look forward to a positive year for our u3a and the committee always welcomes your ideas .

**Liz McAdam. Chair**

## The Merseybeats



### This month's speaker is Trevor Leeson

“I started in the music business in 1958 thanks to Lonnie Donnegan who led the way through ‘Skiffle’. I joined the Merseybeats and various other groups in the years following, appearing many times on BBC Radio 1 and working with other artistes such as Ken Dodd, Little Richard and Electric Light Orchestra. I now perform as a solo artiste under my own name, featuring guitar and vocals, with a touch of comedy where appropriate.”

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

18th March	Nottingham Theatres	Andy Smart
15th April	The Magic of the Guitar	Martin Perry
20th May	Emergency Response Team	Rhea Sutton
10th June	Health and wellbeing event	

## 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>	Various		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> 07803589966
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
2.30pm	<b>Theatre Exploration and Appreciation</b>	MH	Fortnightly* ** Alternate weeks to scrabble	Jae Marriott	<a href="mailto:jaemariott@gmail.com">jaemariott@gmail.com</a> 07757889562
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
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>

<b>THURSDAY</b>					
1.30 pm	<b>Lunch Club</b>	various	See page 6	Margaret Marshall	margaretmarshall70@gmail.com 07914 414848
2.00 pm	<b>One in one</b>	Varies	See page 7	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	<a href="mailto:breakwellbarbara5@gmail.com">breakwellbarbara5@gmail.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
<b>2.00 pm</b>	<b>Fri. Book Club</b>	MH	First Friday of month		<a href="mailto:em_thornton@talktalk.net">em_thornton@talktalk.net</a>
<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**

Two new interest groups have met for the first time: Friday Book Club and Theatre Exploration and Appreciation.

Membership Fees for the year starting on 1st April will be *unchanged* for the 5th consecutive year.

Liz McAdam, currently vice chair, agreed to be Chair with Peter Davison named as vice chair until the AGM. This ensured compliance with national U3a requirements.

## Cyber Crime

The presentation given by Mark Lonsdale, the cyber prepare and prevent officer of Nottinghamshire Police's Cyber Crime unit on 15th January was very well received. It was also very timely as there is a national wave of scams whereby a u3a committee member was targeted by an individual, posing as another member of the committee, requested help to cover the cost of an Amazon gift card for another u3a member. Be on your guard!

Mark said "Thanks again for giving us the opportunity to come and talk to you all and provided the useful links shown below."

<https://www.eastmidlandscybersecure.co.uk/>

<https://www.eastmidlandscybersecure.co.uk/individuals>

<https://www.eastmidlandscybersecure.co.uk/resources>

<https://haveibeenpwned.com/>

<https://www.actionfraud.police.uk/what-is-action-fraud>

## Drive on- an Older Drivers' Workshop.

**Monday, March 11<sup>th</sup>, 2024 at the Methodist Church , 2pm start.**

Places can be booked by either seeing Barbara Breakwell at the Monthly Meeting or by email, [breakwellbarbara5@gmail.com](mailto:breakwellbarbara5@gmail.com)

## Interest Groups

**CAMEO**, "come and meet each other " continues to thrive as a group in January we had a collective FUDDLE at the Framework Knitters Museum which generated a wealth of ideas from, and for, people who are trying to socialise more and join with others to follow their interests, such as visits out, theatre trips, Sunday lunches together and afternoon tea together. Recently we went to Ruddington Golf Club for Sunday lunch and are going to the Cottage restaurant for the next one. If you are interested in joining a group of friendly people who come together to socialise there will be an interest table after the next meeting. Just one point, at the moment we are an all female group, this is in no way intentional, male members will be most welcome. A day trip to see the tourist side of Leicester is being planned - date and details soon.

Eileen Marlowe -group convenor

### **Theatre Exploration & Appreciation**

This new group will meet once a fortnight from 2:30 – 4:00pm on Tuesday afternoons on the opposite weeks to the Scrabble Club. The first meeting on Tuesday 13<sup>th</sup> February at Jae's home discussed possible activities and agreed a first theatre visit. New members are most welcome. For any more information and details of venue/topics/activities etc. contact Jae [jaemarriott@gmail.com](mailto:jaemarriott@gmail.com) / 07757889562

### **The (new) Friday Book Group**

This new group that will be meeting at 2:00pm on the first Friday of every month. As a newly launched group we are open to new members, who will be made very welcome.

Our first book, recommended to us by Maureen from the original established U3A Book group, is 'The other half of Augusta Hope' (by Joanna Glen).

This will be discussed at our next meeting on Friday March 1st 2024

If you are interested in joining us, then please contact Liz Thornton [em\\_thornton@talktalk.net](mailto:em_thornton@talktalk.net)

### **Lunch Club**

The next lunch club meal is on the 6th March at 1.30 at The Griffin Plumtree. Sign up at the monthly meeting

### **Brush up your French**

It is informative and fun! There is still one space available in the group. Please contact Angela Sell if you are interested.

### **Spanish**

Our intermediate Spanish group continues to meet in the group leader's house on a fortnightly basis. Our aim is to improve our conversation skills in a friendly and sociable environment. On that note, we held our post Christmas lunch at a local pub. We enjoyed a good meal and social catch up. Following this, our next topic will be food and it will be interesting hear member's opinions of our meal.

## One in One

This month's One in One activity, organised by Ken Leaver is the 'Ockley Adventure' and will be exploring the city's Hockley area. The date will be Thurs 22nd Feb, meeting as follows: 2.00pm The Cock and Hoop - opp Justice Museum; 3.00pm Kilpin Beer Cafe - Bridlesmith's Walk 4.00pm The Tap House - Byard's Lane Existing group members and any new members, will be made very welcome.

## Gardening Interest Group

Our first visit will be to Easton Walled Gardens on Wednesday 21st February to see the snowdrops. Sign up at the monthly meeting.



## Wine Tasting

We met in January to taste a selection of wines from South America. In addition to Argentina and Chile there was a red made from the national grape of Uruguay the Tannat. An unusual port style fortified malbec from Argentina was much admired.



## Painting and drawing

We have started the year with watercolour and individual choice sessions. In February we are looking forward to welcoming back Debra Webster who is going to guide us through gel printing using acrylics and different textures. One of the group has had a go at this and warned us that it can be very messy indeed ! We are looking out old clothes and collecting materials and plants ready for the day.

## Travellers' Tales

There was a double bill on 8th February when Bryan Browne gave a presentation on Guernsey ably assisted by his wife Maggie who was born there. John Moore then led a challenging travel quiz won by Graeme Garner.

### Cycling group

The February ride was on Monday 12th February

### Photography

The theme for our February meeting was windows. As usual there was a wide variety of interesting pictures, from inside, outside near and far. Then we looked ahead to our March meeting when we'll be thinking of Shadows and Silhouettes.

Some of the group went to Light Night in the city centre, where a variety of illuminations and installations provided the opportunity to test skills in night photography. Photos by Ann Hooley



### Tai Chi

On February 1st 2024 we all came together again for tai chi followed by our annual lunch. The lunch is covered from our savings and those members unable to attend on the day each had a lunch voucher. It was a great success. We continue to have members joining our beginners group. It may be necessary to start another "Starters" group this year.

