



JULY 2023 Newsletter

WELCOME

As I write this Wimbledon and Test Match cricket are on the television so it must be summer!

Some of our groups are taking a break in August but many are carrying on and making the most of the good weather. The monthly meeting will take place in August with Peter Pickering talking about Tall Ships .

I was fortunate to see the Tall Ships on one of the occasions when they visited Liverpool, it was an amazing spectacle and I hope that many of you will be able to attend this talk .

I'm pleased to let you know that we now have a French Conversation Group up and running on a Friday.

Please feel free to ask myself or any of the committee members about starting a new group or if you have any ideas for a trip or a visit . Also please let us have any photographs of your group for this magazine .

Best wishes
Liz McAdam

This month's speaker: The Reverend Canon Alan Haydock

“The confessions of a country vicar”



Alan was born in Wigan and educated at the King's school Ely. He trained at Kelham Theological College and, since his ordination in Southwell Minster in 1965, he has served the whole of his ministry in Nottinghamshire. He became a Canon of Southwell Minster in 1986.

A keen sportsman, Alan follows both Nottingham football clubs and is a former member of Nottinghamshire Cricket Club's General Committee.

Over the past 32 years Alan has donated over £100 000 to churches, charities and sporting organisations by means of his speaking fees.

Future Programme

Date	Title	Speaker
Monday 21st August	Tall Ships	Peter Pickering
Monday 18th September	Blood Riders	John Devlin
Monday 23rd October	Archaeology of the NET 2 tram	Laura Parker
Monday 20th November	Singing for Victory- the Forces Sweethearts of WW2	Melody Flyte

All meetings start at 2pm. Please arrive in time to be seated by 2pm so the speakers are not kept waiting.

Interest Group listings. Regular dates are shown. See updates for any variations.

Time	Group	Venue	When	Leader	Contact
MONDAY					
7.00 pm	Wine Tasting	MH	Varies	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	dibrownu3a@outlook.com
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
1.30 pm	Lunch Club	various	See page 5	Margaret Marshall	margaretmarshall70@gmail.com

THURSDAY					
Time	Group	Venue	When	Leader	Contact
2.00 pm	Petanque	White Horse	1st Thursday of month	Chris Murden	rudd_u3a@yahoo.com
2.00 pm	One in one	Varies	See 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
FRIDAY					
10.00am	Knit-a-lot	Philos	Weekly	Joy Clayton	seesee_81@hotmail.com
10.30	Petanque	White Horse	3rd Friday of month	Chris Murden	c.murden@ntlworld.com
2.00pm	Monthly Quiz	FKC	Last Friday of month	Barbara Breakwell	ruddington2012@virginmedia.com
2.30pm	Spanish (Intermediate/advanced)	MH	Alternate Fridays	Debra Lowe	debra-lowe@sky.com 0115 9844504
VARIOUS					
	Cycling	Various	See page 5	Tracy Meakin	tracymeakin@sky.com
	Gardening	Various	See page 8	Mike Davey	mrdavey004@btinternet.com 0115 9841687

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

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

- 1 A request by Mike Davy to support the village show on Saturday 16th September was agreed.
- 2 Use of the Co-op's funding was considered. It was agreed to organise an activity/ information "marketplace" in June 2024.
- 3 The format and purchase of a "welcome" card was agreed.
- 4 It was agreed to try to start monthly meetings more quickly to reduce the time speakers had to wait.
- 5 To regularise insurance cover it was agreed that potential new members could sample monthly and/or interest group meetings twice without joining.

Interest Group Updates

One in One

The July One in One meeting was on Thursday 13th starting at The Sir John Borlace Warren, on Canning Circus and then exploring the other hostelrys in that area,

Lunch club

The next lunch club is on 3rd August at The Wolds West Bridgford.

French

Angela Sell has kindly volunteered to host a beginners French group. The first meeting was held on Friday 14th July.

Painting and Drawing

Our first meeting in July was held in the garden of the Framework Knitters Museum . We enjoyed our drinks in the sunshine and surprised the staff in the cafe with our drawings and paintings of everything on the table including the potted geraniums and the crockery ! A very pleasant change from our indoor sessions .

Spanish group

The intermediate Spanish group continues to meet every other week at the convenor's home. We enjoy a coffee and biscuit whilst we all arrive and catch up. We focus on spoken Spanish.

The group has grown slightly in numbers which means we have plenty to talk about. Recent topics have included leisure time and past activities. As many of us love travelling, we often talk about places we have visited and the inevitable eventful moments!

Cycling

July's cycle ride is 20th July - meet 9.30 on the Green. Cycle to Sawley Marina via the River Trent footpath and back via Kegworth - approx 20 miles.

Jigsaw Circle

The Jigsaw Circle is being suspended until the Autumn as the summer is the time to be out and about. If anyone is desperate to have one please contact Barbara on ruddington2012@virginmedia.com

Travellers' Tales

At our July meeting Tim Williams' topic was cruising The River Seine from Paris to the coast. There will be no August Meeting.

Wine Tasting

The next meeting will be on 24th July when an outdoor meeting is planned. It will feature wines from the Sainsbury's "25% off" selection and warm food.

Visit to East Midlands Aeropark, Castle Donnington

The Trip to the Aeropark will run. It will commence 11am on Tuesday 8th August (I will email those separately who have expressed an interest)

The cost will be £5. Anyone who is struggling for a lift please contact me and I can hopefully put them in contact with someone who is going.

I will try and be at the monthly meeting on 17th July.

If you are interested in going and have not yet signed up, please do so at the monthly meeting on or email Gary Meakin - Gary.e.meakin@gmail.com.

Tracy Meakin

Walking Group

With Paul Clarkson leading, a 6 mile circular walk incorporating the 'dumbles' at Lambley ended with a very nice meal and drink at the Robin Hood Inn.



Petanque

Gentle exercise in the sun in the White Horse car park- what a pleasant way to spend an afternoon. As far as I could tell, it was not fierce competition, but a tape measure was used to determine which ball was nearer the jack. Apologies for not including in the photo those in the other rink



Tai Chi



On Thursday 29th June our U3A tai chi group celebrated our 5th anniversary with soft drinks and cakes, and the groups came together to do tai chi.

We began on 28-06-2018 with 17 members. Numbers grew and in January 2019 we divided into 2 classes. The Beginners class was introduced in September 2021 and continues to grow. We hope to be celebrating our 10th anniversary in 2028!

Photography



We welcomed new member Pam Pearce on 14th June for some photography in Rushcliffe Country Park, the challenge being to capture views and subjects that had not been used before. “Woody Woodpecker” and a rare bee orchid were spotted.



Gardening group



A large group of nineteen members joined the July visit by the U3A Gardening Group to 5 Burton Lane, Whatton-in-the-Vale. This was a “back to front” garden with vegetables next to the drive and colourful wild-life friendly cottage style borders behind the house. Many interesting and unusual plants adorned the borders. Julia and Martin Falconbridge made us very welcome with home-made refreshments being served “amongst the flowers”. We enjoyed a sunny morning in this delightful garden, with the rain holding off until our journey home!