



## MARCH 2023 Newsletter

### Welcome

What a wonderful turnout of members to last month's meeting and such an interesting and thought-provoking presentation from the guest speaker, Craig Langton, on Fire Prevention. I'm fascinated to know what our guest speaker at this month's meeting, Philip Caine, is going to tell us about "From Barrow to Baghdad and back."

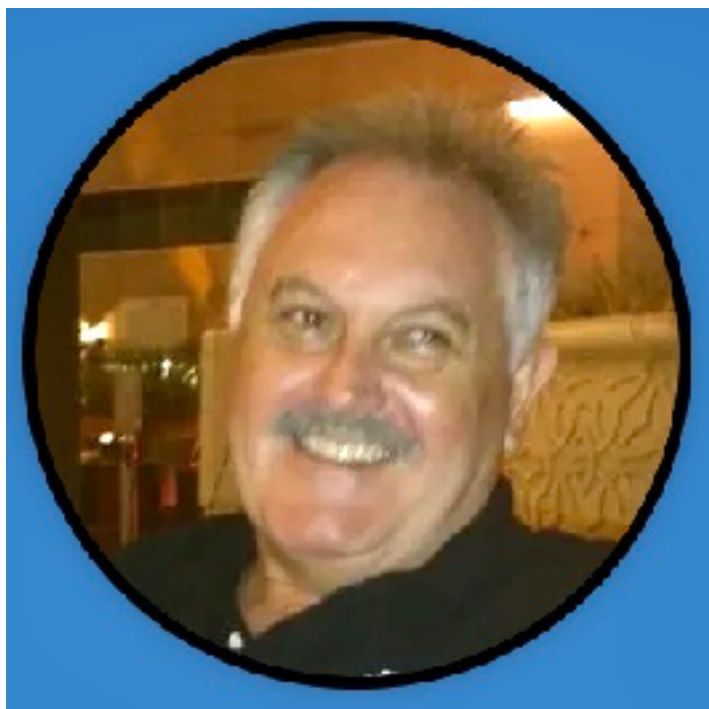
We don't currently have a group convenor for our trips and visits group, so if you'd like to run that group, or if you'd only like to organise a one off trip or visit, please let interest group coordinator Liz Thornton know.

This month sees the end of our current financial year and I do hope that you will all renew your membership for the next financial year, which commences on April 1st. You can now pay by electronic bank transfer.

Our Annual General Meeting will be held prior to the normal monthly meeting format on May 15th. All your committee members have to stand down at that meeting, but can be re-elected. Any member can stand for election. Nomination papers will be sent out by 17th April. I do hope that as many of you will attend that meeting as possible, as we need to have a quorum in order that our AGM can go ahead. I look forward to seeing as many of you as possible at this month's meeting on Monday March 20th @ 2:00pm.

Peter Wakelin     Chairman

## PHILIP CAINE FROM BARROW TO BAGHDAD AND BACK



Born in Barrow in Furness in 1950, Philip's working life began in the hotel business.

His career developed in the oil industry and 30 years were spent in places such as the North Sea, Algeria, Nigeria, Kazakhstan and Russia. From 2003 he spent seven years in post war Baghdad working with the American coalition and a further three years running oil services companies in Dubai, Qatar and Kuwait.

He retired to Barrow in 2015 and began writing and public speaking. Since then he has spoken at over 500 venues all over the UK and written nine adventure thrillers.

### Future Programme

Date	Title	Speaker
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 17th July	The confessions of a country vicar	Reverend Canon Haydock
Monday 21st August	Tall Ships	Peter Pickering

## Interest Group listings

Regular dates are shown. See updates for any variations.

Time	Group	Venue	When	Leader	Contact
<b>MONDAY</b>					
7.00 pm	<b>Wine Tasting</b>	MH	Varies	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> 07496 679953
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:diandhoward@hotmail.com">diandhoward@hotmail.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	<b>Tai Chi</b>	RVH	Weekly	Judy Hasson	<a href="mailto:syhasson@aol.com">syhasson@aol.com</a> 07505 844009
11.00 am	<b>Tai Chi</b>	RVH	Weekly	Judy Hasson	<a href="mailto:syhasson@aol.com">syhasson@aol.com</a> 07505 844009
12.00 pm	<b>Beginners' Tai Chi</b>	RVH	Weekly	Judy Hasson	<a href="mailto:syhasson@aol.com">syhasson@aol.com</a> 07505 844009
1.30 pm	<b>Lunch Club</b>	various	See page 6	Margaret Marshall	<a href="mailto:margaretmarshall70@gmail.com">margaretmarshall70@gmail.com</a> 07914 414848

THURSDAY					
Time	Group	Venue	When	Leader	Contact
2.00 pm	<b>Petanque</b>	White Horse	1st Thursday of month	Chris Murchison	<a href="mailto:rudd_u3a@yahoo.com">rudd_u3a@yahoo.com</a>
2.00 pm	<b>One in one</b>	Varies	Details page 6	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:pandcdavison@ruddington.plus.com">pandcdavison@ruddington.plus.com</a> 0115 9845733
3.30pm	<b>French</b>		see page 5		
FRIDAY					
10.00am	<b>Knit-a-lot</b>	Philos	Weekly	Sandy Maltby	Sandymaltby <a href="mailto:989@gmail.com">989@gmail.com</a>
10.30	<b>Pentanque</b>	White Horse	3rd Friday of month	Chris Murchison	<a href="mailto:rudd_u3a@yahoo.com">rudd_u3a@yahoo.com</a>
2.00pm	<b>Monthly Quiz</b>	FKC	Last Friday of month	Barbara Breakwell	<a href="mailto:ruddington2012@virginmedia.com">ruddington2012@virginmedia.com</a>
2.30pm	<b>Spanish (Intermediate/advanced)</b>	MH	Alternate Fridays	Debra Lowe	<a href="mailto:debra-lowes@sky.com">debra-lowes@sky.com</a> 0115 9844504
VARIOUS					
	<b>Cycling</b>	Various	See page 5	Tracy Meakin	<a href="mailto:tracymeakin@sky.com">tracymeakin@sky.com</a>
	<b>Gardening</b>	Various	See page 8	Mike Davey	<a href="mailto:mrdavey004@btinternet.com">mrdavey004@btinternet.com</a> 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](mailto:rudd_u3a@yahoo.com)

Facebook

<https://www.facebook.com/Ruddu3a>

National u3a Website:

<https://www.u3a.org.uk>

## COMMITTEE NEWS

- 1 Details of membership fees for the year starting April 2023 have been circulated by email and forms will be available at the March Meeting.
- 2 The Co-op had allowed a u3a display in their store window and they will have a table in the hall focusing on Fairtrade fortnight.
- 3 Members will be invited to suggest topics which they would like to see covered using the Co-op's community funding. A separate survey document will be circulated.
- 4 CAMEO- come and meet each other - an informal method of encouraging companionship was explained by Eileen Marlowe and supported by the committee.
- 5 At the next village market we will have a table in the Parish Council's tent.

## Interest Group Updates

### French

After seeking expressions of interest at the February meeting, a small number of members came forward expressing an interest in an intermediate to advanced group. There was some interest in a lower level, but a leader would be needed to take it forward. If you are interested Liz Thornton, our interest group coordinator can be contacted on [em\\_thornton@talktalk.net](mailto:em_thornton@talktalk.net) or at the monthly meeting.

### Spanish

This month our friendly Spanish group has been practising pronunciation by choosing something to read aloud to the rest of the group. We have also talked about some interesting facts about Spain and Spanish culture as well as continuing to improve our day to day conversational skills. Needless to say this has been alongside a cup of coffee and a biscuit and has included a bit of catching up in English too!

### Wine tasting

February's unusual country's selection included Argentina, Sardinia, Moldova, Hungary and Lebanon. All were enthusiastically received and showed how far modern winemaking has progressed. In March we are closer to home, focusing on Italy.

### Cycling

The latest cycle ride was on Wednesday 15th March - 22 miles to Spring Lakes, Long Eaton. Tracy Meakin

**Lunch club**

The next lunch club meal is at the Gamston Lock on Thursday 6th April at 1.30

**One in One**

This month's meeting will be on Thursday March 23rd, commencing at 2:00pm at The Pit & Pendulum on Victoria Street, Nottingham (also an entrance on Pelham Street), followed at 3:00pm at The Loxley, (which is virtually next door) and finally 4:00pm at Lloyds (Wetherspoons).

**Scrabble Group**

We continue to meet once a fortnight. We now have 3 venues that we take in turns, all being at someone's home. We have 8 members currently and there are not many weeks when we do not have a full complement. Our group is not just about the Scrabble. We have a good natter besides playing Scrabble!

Di Brown

**Quiz Group : Question** What was important about March 19<sup>th</sup>, 2018?

**Answer** It was the date of an initial meeting to gauge whether residents in Ruddington wanted a u3a? **The answer was yes!**

As our u3a approaches its 5<sup>th</sup> anniversary the Quiz group is a little younger having started in April 2019. We meet the last Friday of each month at 2pm at the Chapel, Framework Knitters Museum. It is a self contained venue where we can do the quiz and socialise over refreshments. I started doing the Quiz setting but over time the group has evolved so that anyone is welcome to set the questions. This means we can all participate. There is a charge of £1.50 to attend which covers the venue hire cost, refreshments and a small prize for the winning team members. You are invited to join us, with no obligation to attend every session. Barbara Breakwell

**Table tennis**

The Table Tennis group meets every 1st & 3rd Wednesday of the month in the Methodist Church hall at 10:30. We are a friendly bunch who don't take it too seriously - most of the time! The cost is £2 per session which covers room hire and refreshments (tea, coffee & biscuits).

So if you are looking to dust off your old bat, or fancy trying something new, then come along and give us a go - all abilities are welcome and all equipment is provided.

Steve Lowe



### Christmas Raffle winner

Liz Thornton and Sandra Bradley enjoyed the cream tea at Jaspers won in the Christmas raffle.

We did not ask whether they managed to eat everything on offer!



### Travellers Tales

Mike Davey spoke about his 3000 mile trip round New Zealand's South Island in a camper van and showed a wonderful selection of photographs. For those who wondered about "Wriggley Tin", many buildings are roofed in corrugated metal sheeting which is more earthquake friendly than tiles - not a design criteria in this country!

In April Peter Davison will be describing a trip round Vietnam, Laos and Cambodia, which includes world class tourist sites like Angkor Wat and reminders of the horrors of the Vietnam war.



Vietnamese New Year - the year of the dragon

## Photography

Last month's theme of modern architecture got members out and about in Nottingham. April's theme of "Decay and Dereliction" may be more challenging. In May, the topic is "Water" giving the opportunity for numerous interpretations, and there will be an outing to Newark on 17th May. All photographers, whatever your level are very welcome. Our aim is to share skills and develop new ones whilst having fun.



The Ingenuity Centre - Jubilee Campus ,Nottingham University

## The walking group

In February a six mile circular walk started and finished at The Manor House, Quorn, Leicestershire where good food and drinks were enjoyed by those who attended. There were scenic views around Swithland Reservoir and we saw the Great Central steam train come by.



## The Gardening group

A perfect "weather window" with blue skies enabled U3A members to enjoy the beautiful garden, famous for its topiary, at Felley Priory on Tuesday 14<sup>th</sup> March. Our next visit is to the NGS garden at Capability Barn, Hoveringham on Monday 24<sup>th</sup> April. Entry with home-made refreshments £7

