

MARCH 2024 Newsletter**WELCOME**

The start of Spring is generally considered to be the astronomical definition which is the beginning of the vernal equinox on the 20th March while meteorologists base the seasonal changes on average temperatures and use 1st March. The phenological definition is based on how nature responds to the weather and is indicated by the first daffodils and the emergence of animals from hibernation so March means the beginning of spring however you choose to define it !

This time of the year also means that it is time to renew your membership and I am pleased to say that for the 5th consecutive year there is no increase in fees. Di Brown will contact you by email or letter with all of the details and I hope that everyone is able to renew. It is a good time to encourage others to come along, so please spread the word.

Our convenors are vital to our involvement in and enjoyment of the u3a. In recognition of all they do the committee has agreed to organise a modest treat for them on your behalf. Liz Thornton will offer them different dates to meet in Philos for a drink and cake. I hope that they all will enjoy this chance to socialise and share ideas. Many thanks once again to the convenors for all that you do.

This newsletter is very popular with members and I need to let you know that Peter Davison is standing down as editor from the AGM in May, so we need to find a new editor as soon as possible. Please consider this , especially if you have any experience in this area. Perhaps two members could consider sharing the role.

We received notification from Area Office that we need to have a named Chairperson in order to conform with national guidelines. On that basis, and with the full support of the committee, I have agreed to be chair until the AGM at which time all members will be able to have a vote on all committee positions.

Liz McAdam. Chair

NOTTINGHAM THEATRES

This month's speaker is Andy Smart

A journalist, now retired, for more than 40 years with local weekly and regional newspapers including 30+ years with Nottingham Evening Post reviewing musical theatre and interviewing celebrities over the years. Also a broadcaster with Radio Trent and BBC Radio Nottingham and author of several books on local history/football.

More recently he helped to produce a nostalgia magazine called Bygones which looked at aspects of Nottinghamshire's history



Future Programme -3rd Monday in the month.

All meetings start at 2pm.

15th April	The Magic of the Guitar	Martin Perry
20th May	Emergency Response Team	Rhea Sutton
10th June	Health and wellbeing event	
15th July	Medical detection dogs	Harold Palmer

INTEREST GROUP LISTINGS

Time	Group	Venue	When	Leader	Contact
MONDAY					
2.00 pm	Brush up your French	MH	Weekly except 3rd Monday	Angela Sell	angibill@gmail.com
	Gardening	Various		Mike Davey	mrdavey004@btinternet.com 0115 9841687
7.00 pm	Wine Tasting	MH	4th Monday of month	Paul Clarkson	redbus84@hotmail.com
TUESDAY					
10.00 am	Book Group	MH	2nd Tuesday of month	Maureen Thompson	maureenfthompson@outlook.com 07803589966
10.00 am	Painting & Drawing	EPC	2nd & 4th Tuesay of month	Liz McAdam	lizmcadam26@gmail.com 07973 615754
2.30pm	Theatre Exploration and Appreciation	MH	Fortnightly* ** Alternate weeks to scrabble	Jae Marriott	jaemarriott@gmail.com 07757889562
2.00 pm	Scrabble	MH	Fortnightly*	Di Brown	dibrownu3a@outlook.com 07754 008754
WEDNESDAY					
10.00 am	Photo graphy	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 & 11.00am	Tai Chi	RVH	Weekly	Judy Hasson	judyhasson1@gmail.com 07505 844009
12.00 pm	Beginners' Tai Chi	RVH	Weekly	Judy Hasson	judyhasson1@gmail.com 07505 844009
10.30 am	Petanque	White Horse	1st Thursday of month	Chris Murdon	rudd_u3a@yahoo.com

THURSDAY					
1.30 pm	Lunch Club	various	See page 5	Margaret Marshall	margaretmarshall70@gmail.com 07914 414848
2.00 pm	One in one	Varies	See page 6	Pete Wakelin	peter.wakelin1@gmail.com
2.30pm	Travellers' Tales	The Hub	2nd Thursday of month	Peter Davison	pgdavison11@gmail.com 0115 9845733
FRIDAY					
10.00am	Knit & Natter	Philos	Weekly	Joy Clayton	seesee_81@hotmail.com
2.00pm	Monthly Quiz	FKC	Last Friday of month	Barbara Breakwell	breakwellbarbara5@gmail.com
2.30pm	Spanish (Intermediate to advanced)	MH	Alternate Fridays	Debra Lowe	debra-lowesky.com 0115 9844504
2.00 pm	Fri. Book Club	MH	First Friday of month		em_thornton@talktalk.net
VARIOUS					
9.30am	Cycling	Various	See p 6	Tracy Meakin	tracymeakin@sky.com

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

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

Attendance at the February meeting was 73 - a record.

Julie Fidler attended to report on the implications of building a new website. A small group will investigate the suitability of the national u3a's BEACON management system.

The u3a had been shortlisted in the community group category of the Rudd Awards.

Sue Woodward was co-opted onto the committee for the remainder of current year.

Drive on

A very well received Older Drivers' Workshop was held on Monday, March 11th at the Methodist Church. (Photo on page 7) It was presented to an audience of 36 members by the VIA road safety team. With the aims of encouraging people to stay safe and prolong awareness of safe driving it was both entertaining and enlightening. 90% of the attendees said it raised awareness of aspects of driving that may alter with age.

Interest Groups

CAMEO, "come and meet each other "

CAMEO continues to attract new members. We are swiftly moving towards 20 members. We don't expect everyone to want to join in all activities. Recently 3 members went to a very interesting murder mystery evening at the Justice Museum. Then on Sunday 3rd March 11 of us went to the Cottage Hotel for a very enjoyable Sunday lunch. It was very relaxed no hurrying us out to reuse the table and very good food and company. We also found out that customers were welcome to come into the bar area for a bar snack and a drink with their canine companions and that dog owners could have Sunday Dinner in the bar with their dogs. A future plan is to explore Leicester to see what tourist attractions there are plus I am looking into a weekend away at the coast. I am always in the back room after the monthly meeting if anyone needs more information and wants to join the group.

Eileen Marlowe convenor

The first (Tuesday) book club

The book for March was Trust by Hernan Diaz a 2023 Pulitzer Prize winner. This proved to be a challenging but interesting book that provoked many different interpretations.

The (new) Friday Book Group

Our first book was 'The other half of Augusta Hope' (by Joanna Glen) and proved to be an intriguing read which we enjoyed picking apart. Most of our group really enjoyed it.

Our next book is 'The Rosie Project' by Graeme Simsion. It will be discussed at our next meeting on Friday April 5th. If you are interested in joining us, then please contact Jae Marriott jaemarriott@gmail.com

Lunch Club

Next lunch club meal is on the 4th April at the Riverside Farm at 1.30pm. Sign up at the monthly meeting or contact Margaret Marshall

Cycling group

On 26th February a group of us rode to Beeston where we enjoyed a late breakfast before riding back via the University - 14 miles in total.

Dates for forthcoming rides are Wednesday 27th March and Monday 8th April. The February ride was on Monday 12th February.

One in One

February's meeting was organised by Ken Leaver. Ken had chosen some very unusual establishments, which most of the attending members had never heard of, let alone visited. It was a most enjoyable and interesting afternoon.

March's meeting will be held on Thursday March 28th, commencing at 2:00pm at The Old Dog & Partridge, which is opposite Boots on Parliament Street. Followed at 3:00pm at The Hop Merchant, which is just over the road from The Theatre Royal and then at 4:00pm at Lillie Langtry's, which is next door to The Hop Merchant. All existing group members and any new members will be made most welcome.

Painting and Drawing group

At our last meeting we had Debra Webster, a local artist, with us again and she showed us how to do Gel Plate Printing using acrylic paints and different textures.

It was great fun to try something new and Debra helped us produce some interesting designs even though she only had the use of one hand due to a recent accident! It is good news that since then her finger is healing well.

Theatre Exploration & Appreciation

We had a second great meeting, and it was lovely to mix with fellow Theatre-Lovers. We had a good chat about our trip to see 'Vanya'. This was filmed live during its run in London's West End. There were some differences of opinion, but generally we agreed that it was an amazing 'tour-de-force' by Andrew Scott. We concluded by planning our next theatre trips whilst enjoying drinks & chocolate biscuits. Since then some of us visited Nottingham Playhouse to see "Minority Report". This visually astonishing production set in the future had a very topical plot questioning the power of AI. In contrast at Showcase we saw the filmed live performance of "Titanic the Musical". Both were worth seeing and generated much discussion.



Minority Report visit

On March 12th we watched part of a recording of a very unusual production of A Midsummer Nights Dream on Jae's Giant TV screen. If this sounds like the way you would enjoy spending an afternoon, new members are always welcome. Contact Jae via jaemarriott@gmail.com



Driving workshop

Travellers' Tales

At our March meeting Peter and Chris Davison gave a presentation on their visit to Central America. There was stupendous wildlife and bird watching particularly in Costa Rica. Mayan culture was shown in visits to temples and a gold museum. Past and present political instability, civil war and several active volcanoes were all illustrated.



Photography

With the sun low in the sky, March was a good month for the theme of 'Shadows and Silhouettes'. On Wednesday April 10th, the subject will be 'Faces' and, as always at our meetings, we'll be looking at examples and thinking of ways to interpret the theme.



Tai Chi

Tai Chi classes are held on Thursdays. The very well attended annual lunch pictured was held on Thursday, 1st February. Four weeks later, on Thursday 29th February, the classes fell on the leap year day.

Judy Hasson worked out that the next time the 29th February would fall on a Thursday would be in 2052, so it was probably a "once in a lifetime" day



Gardening Group



On the very windy and wet morning of Wednesday 21st March, thirteen members arrived at Easton Walled Gardens to be welcomed by Lady Ursula Cholmeley. Many of the snowdrops were past their best but the hellebores, daffodils and cyclamens were magnificent. Rain gave way to sunshine in the afternoon, making a pleasant end to the visit.