

NOVEMBER 2023 Newsletter**WELCOME**

I am delighted to announce that we have had an amazing boost to our finances from the Co-Op Local Community Fund Awards. We will receive £2170.81.

This is to be spent on the Health and Wellbeing of our members and the community. On behalf of you all I want to thank Barbara Breakwell for her research and for putting together our application, the Co-Op for their generosity and of course all who chose us as their cause.

I hope that you have enjoyed the Halloween and Bonfire Night celebrations that took place in our groups and around the village and that you are planning events for the coming months to help brighten up the dark nights. Perhaps you could support one of our trips.

Our December meeting will involve a quiz, a raffle and some Christmas treats to go with your cuppa. Please encourage anyone who does not normally come to our monthly meetings to join us.

Liz McAdam Vice Chair



**This month's speaker
MELODY FLYTE**

Melody is a vintage and jazz singer based in Grantham. She will be talking to us about the forces' sweethearts of World War 2, including Gracie Fields, Joyce Grenfell and Vera Lynn and the organisation that they travelled abroad with, ENSA, the Entertainments National Service Association.

Future Programme

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

* This month only there will be a photoshoot of the Co-op cheque presentation at 1.30pm

Monday 18th December	Christmas quiz, competitions and refreshments	All welcome
15 January 2024	Crime prevention and personal safety	PC Kelly Carlile
19 February 2024	The Merseybeats	Trevor Leeson
18th March 2024	Tax, Care and Toy Boys	Co-op estate Planning

INTEREST GROUP LISTINGS

Time	Group	Venue	When	Leader	Contact
MONDAY					
2.00 pm	Beginners' 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 07830589966
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 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	judyhasson1@gmail.com 07505 844009
11.00 am	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

THURSDAY	Continued				
10.30 am	Petanque	White Horse	1st Thursday of month	Chris Murdon	rudd_u3a@yahoo.com
1.30 pm	Lunch Club	various	Details below.	Margaret Marshall	margaretmarshall70@gmail.com 07914 414848
2.00 pm	One in one	Varies	Details below.	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	ruddington2012@virginmedia.com
2.30pm	Spanish (Intermediate to advanced)	MH	Alternate Fridays	Debra Lowe	debra-lowesky.com 0115 9844504
VARIOUS					
9.30am	Cycling	Various	TBC	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

1 We are delighted to have been chosen as a Co-op Local Community Fund cause over the last year.

During the coming 12 months we will be using the money we have received to support our members with their Health and Wellbeing, through various activities and events.

Some of the money will support our costs for the hire of the Methodist Church for our monthly meetings. It will also enable us to provide speakers on various subjects that support the health and wellbeing theme.

In June next year we will be organising a full day information event which will be open to all members and to non members. Full details will be made available in the new year. The committee expressed their appreciation of the work done by Barbara Breakwell.

2 The photography group has been invited to visit the Village museum in the new year. Any suitable photos will be given to record exhibits.

3 A decision on our application to the Playhouse for “Hot House” membership, which has previously provided much reduced cost tickets has been deferred whilst a review of their policy is completed.

4 A welcome card which will be given to new or prospective members has been printed.

5 How best to increase the membership of the committee in preparation for the 2024 AGM was discussed.

VISITS

A trip, organised by Eileen Marlowe, to Cinderella, the Playhouse’s pantomime on 14th December is now fully booked.

A visit to the Theatre Royal on Sunday 28th January to see the Roy Orbison Story has been organised by Howard Brown. 26 seats have been provisionally booked. Tickets cost £28.50 or £32.50. These are held for a limited time so if you are interested you must contact Howard by **20th November at the latest.**

Interest Groups

Beginners French

There is one space available on the Beginners French group. Please contact Angela Sell if interested

One in one

November's meeting was organised by Ken Leaver and was centred around Nottingham's Market Square. It was held on November 15th and all current members of the group were notified. The venues were The Barrel Drop, The Bell and The Malt Shovel.

Next month's meeting will be held on Thursday December 7th, with all 3 venues in Ruddington. The Frame Breakers at 2:00pm, The Red Lion at 3:00pm and finally The Victoria Tavern at 4:00pm. All existing members and any new members will all be made welcome.

Wine Tasting

The November wine tasting evening will be at Steve and Mary Hewitt's house on Monday 27th November 2023. The theme is a favourite wine that stirs a memory or story. The members who have volunteered to bring a bottle will provide us with the background to their selection.

It should be an interesting and entertaining evening - as always.

Lunch Club

The next lunch club lunch is on 7th December at The Dorset.

At the monthly meeting on 20th November details of the menu and a sign up sheet will be available. A deposit of £5 will be required.

Travellers Tales meeting dates

The meeting on 14th December was moved to the Framework Knitter's Chapel room as the Church had double booked The Hub. However the Playhouse pantomime visit has been organised for the same day, reducing the numbers available so an alternative arrangement may be necessary.

A new date for the January 11th meeting will be sought as the convenor and assistant are both unavailable.

Members will be contacted about their availability.

Painting & Drawing

In October we left the comfort zone of water colour and spent a session experimenting with bold acrylics on different coloured card.

We all agreed that it is good to do something different from time to time and had fun trying with varying degrees of success !

We followed this with a lunch at The Ruddington Arms and in November we are planning a trip to see an exhibition at Attenborough Nature Reserve .

Our December treat may involve fish and chips with prosecco followed by mince pies !



Travellers' Tales

The November topic was Mediterranean Islands.

As usual there was a wide variety of tales which included a Corfu honeymoon trip to Glyfada beach which was "more like an Outward Bound course" and the bull jumping feats of Minoan men in Knossos, a Bronze Age archaeological site in Crete. known for its association with the Greek myth of Theseus and the minotaur.

However the most amazing, and gruesome story, told by Mike & Sue Wynn, was of a visit to a 17th century convent on Ischia, an island in the Bay of Naples, where an order of nuns lived. It involved death and decay. If you have the stomach for it google the cemetery of the Poor Clares.



Photography Group

Here is a superb picture of a goldfinch taken by Neil Thomas. Some examples of our landscape photography will be on show at our monthly meeting.

November's meeting devoted some time to ways of editing mobile phone images using software in the phone. The availability of these edits is often not immediately obvious to the phone user (especially those of advancing years!)

For December we have no fixed theme so all our pictures will have an element of surprise



TAI CHI

On Thursday 26th October we held our Halloween themed tai chi sessions.

In the hall pumpkins, cobwebs and spiders lay silently in the dim light. A coven of witches and robed translucent beings and dark figures moved in unison in the gloom. It was a fun and enjoyable event in the " spirit of Halloween. "

Please note that there will be no tai chi classes 16th , 23rd and 30th November. Sessions will restart on 7th December.

