

OCTOBER 2023 Newsletter

**Fox cubs in
David
Swan's
garden**

**WELCOME**

Thank you to the members who have stopped to chat with me about our last speaker . Your feedback on John Devlin's talk on Blood Bikes was overwhelmingly positive and I have passed this onto Chris Davison and Howard Brown out Speaker Finders who organise the speaker rota . It seems incredible that such a vital lifeline for the NHS is totally reliant on donations. You very generously gave £107.90 to add to the fee from our funds and John was very grateful.

Two of our members, Mike and Linda Davey are key organisers of the Village Show and this year was once again a great success. Congratulations to them both. A big thank you also to our members who helped with our own u3a stalls . We had one run by the Committee to promote what we do and we gave out plenty of leaflets and chatted throughout the day with the public .The second one was run by the Painting Group which had a display of work and lots of craft materials for children to " have a go !" It was very popular.

As this month rolls on we move towards Halloween.

I draw your attention to the piece in the newsletter from Judy Hasson which offers some surprising information and links with Tai Chi .

Finally, a warm welcome to Laura Parker our speaker today. Personally I don't know what Community Archeology is but I look forward to finding out .

Please continue giving us your feedback, it's so useful.

Liz McAdam Vice chair

Laura Parker

This month's speaker



Nottingham born Laura will speak about and display some of the discoveries made whilst working for Trent and Peak Archaeology during the construction of the NET line 2 tram line in 2012-14.

Laura is a community archaeologist based in Nottingham, having worked for the Trust (now York Archaeology Nottingham) since 2010.

She has worked as a Project Officer on dozens of community projects, designing them and writing them up upon completion, and countless commercial projects across the Midlands region.

She has a BA in Archeology and a Masters degree in Community Archaeology.

Future Programme

All meetings start at 2pm.

Monday 20th November	Singing for Victory- the forces sweethearts of WW2	Melody Flyte
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 Lemon

Please arrive in time to be seated by 2pm so the speaker is not kept waiting.

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

After the talk about Blood Bikes the collection box contained £107.90. This was in addition to the £50 u3a donation.

Participation in the village show was considered a success. It generated plenty of interest. Photo on page 8.

Membership has now increased to 174. No financial problems are foreseen.

Interest Groups

Beginners' French

After a gap of several months there is now a beginners French group which is thriving and already is struggling to find room for more participants. For details email Angela on angibill@gmail.com

One in one

The "One in One" group has a monthly meeting, which entails visits to three different pubs, always on a Thursday afternoon, within easy walking distance of each other. This month David Swan organised the October meeting and emailed all the group's members with the details.

Travellers' Tales

This month's topic was Food and Drink. Members shared their tales of memorable occasions from around the world. including vodka fuelled dinners in Russia and a French restaurant flooded out whilst serving quail!

In November we'll be remembering visits to Mediterranean islands. Do join us to listen to travel stories. It is not obligatory to speak.

Wine Tasting

The selection of wines this month will all come from the Wine Society. This is a unique 150 year old member owned cooperative with a large membership and an enormous stock of wines from all over the world. This month there will be wines from France, Greece, Portugal, Spain, and Italy.

Lunch Club

The next lunch club lunch is on 2nd November at 1.30pm at The Wolds pub.

TAI CHI

This month we celebrate Halloween a tradition dating back 2,000 years to the ancient Celtic festival of Samhain. It marked the end of summer and the harvest and the start of the cold, dark winter. The SEASON OF LIFE meets THE SEASON OF DEATH. Since 1,000AD November 1st was deemed "All Saints and Martyrs day." A day to honour the dead. The day before was named "All-Hallows-eve" and hence became Halloween. TAI CHI or "shadow boxing has written references as far back as 3,000 years in the Zhou Dynasty 1100 -1221BC.



Tai Chi as known today is attributed to a famous Taoist priest Zang Shanfeng in the 15th century. He combined martial art exercises with mental concentration, breathing and actions.

So each week we celebrate the history and tradition of tai chi and this month will also celebrate the history and tradition of Halloween. Have a good month.

Regards Judy Hasson.

Photography Group

The topic for October was Wildlife. As usual there was a wide range of subjects including the fox in David Swan's garden shown on the front page.

Next month Landscapes will be the theme.



Table Tennis



The Table Tennis group meets between 10:30 - 12:00 every 1st & 3rd Wednesday of the month in the Methodist Church hall, with an extra session on the 5th Wednesday, when this occurs. Our group has continued to steadily grow and we now have about 14 core members who come down for some friendly competition, banter, and a cup of coffee & biscuit. Because the group is becoming more popular we have acquired a second table to ensure that everyone gets a reasonable amount of games.

If Table Tennis is something that you've enjoyed in the past, or, if you fancy giving it a try, then why not pop in and join us? The cost is £2 per session which covers room hire and refreshments. All equipment is provided but feel free to bring your own bat along if you prefer.

Cycling



Last months cycle ride was 22 miles to Bulwell for coffee along national cycle route 6. October's ride is Monday 23 October - location to be decided.

Gardening Group

Visits resume on October 18th with a trip to Newstead Abbey to see the autumn colours. Details from Mike Davey mrdavey004@btinternet.com or 0115 9841687.

Painting and Drawing Group



This year's Village Show was well attended and the painting and drawing group displayed work.

Led by Peter Johnson-Marshall and staffed by a rota of group members there was a constant stream of visitors. Children in particular enthusiastically enjoyed the painting and colouring opportunities.

A nature note from Tim Williams

Now is a very good time to look for interesting fungi. My neighbours found this strange 50mm diameter spherical growth under the pine tree in their garden. It is a Spiny Puff Ball. They grow predominantly under beech trees and are extremely rarely associated with conifers. They are also mainly found in the south. Just keep your eyes down and you may find a relatively rarity too.

Last year I found a group of cup shaped fungi growing out of a crack in the pavement outside the village launderette.

If you find anything interesting or unusual take a close up photo and send it to me with a brief description of its size and what it was growing on and I will try to identify it for you. My e-mail is timandlouie15@gmail.com Happy hunting!



Riviera Travel

The u3a is not endorsing Riviera Travel as a supplier of holidays. However they have an "Affinity" Charity scheme. If you book directly with them and say you want to claim for Ruddington & District u3a, the company will pay 10% commission to the 3rd Age Trust who will pass on 9% to us.