**MEETING**

Our next meeting is on Wednesday 3rd January 2024 at 2.00-4.00 pm. Doors open at 1.40 pm and we aim to start just after 2.00 pm. (1400).

This month's subject will be all around the Shires. My mum had one of these.

DECEMBER MEETING

This was our annual Get together with group singing, Ukulele playing, Poetry readings, puzzle solving and tasty refreshments.

**FOR YOUR DIARY**

Next Monthly Meeting will be held on 7th
February 2024.

The speaker will be Farmer Barnes
Tales from a dairy farmer's wife.

NEEDED

Donations for items to Raffle, if you have anything that you think would make a nice raffle prize please bring along and pass to me, as we are getting very short of items. Your help would be greatly appreciated! Thank you.

Hazel

GROUP NEWS



Family History

A very Happy New Year to you all from the Family History Group.

Please contact me if you wish to join us so we can discuss what we do and what you are hoping to get from the group. Also look out for notices before attending any meeting. If you would like more information about

our group please speak to me at the next U3A Monthly Meeting or email via the Bird Icon on the Stapleford & District U3A website.

Dates for the beginning of 2024 are as follows:

Monday January 15th

Monday January 29th

Monday February 12th

Monday February 26th

<https://u3asites.org.uk/stapleford/home-->

Sharon Bosworth



LOCAL HISTORY

For more Information on this group Please see Janet Cross at the open meeting on 3rd January 2024.

Janet cross

QUIZ GROUP

Here's wishing you a very Happy New Year from the Quiz Group.

The Quiz Group meets once a month on the first Tuesday AFTER the U3A Monthly Meeting. We meet at 2pm at the Church of Christ on Eatons Rd, Stapleford (behind Larry's Bar). We encourage members to bring along a quiz to share. Don't worry you don't have to make the quiz up yourself, it can be something from a book or magazine or something you have found online. This helps ensure variety rather than the same person bringing questions each time. We are a very friendly group and not at all competitive. There are no winners or losers in this quiz. There is a charge of £1 to cover room hire and refreshments. Did I mention tea and biscuits?

Here are the dates for 2024

Tues Jan 9th, 2pm, Church of Christ, Eatons Rd, Stapleford

Tues Feb 13th, 2pm, Church of Christ, Eatons Rd, Stapleford

Tues Mar 12th, 2pm, Church of Christ, Eatons Rd, Stapleford

Tues Apr 9th, 2pm, Church of Christ, Eatons Rd, Stapleford

Tues May 7th, 2pm, Church of Christ, Eatons Rd, Stapleford

Tues Jun 11th, 2pm, Church of Christ, Eatons Rd, Stapleford

Tues July 9th, 2pm, Church of Christ, Eatons Rd, Stapleford

If you would like more information please come and speak to me at the next U3A Monthly Meeting or email via the Bird Icon on the Stapleford & District U3A website. A list of dates for future group meetings can also be found on the Stapleford & District U3A website.

<https://u3asites.org.uk/stapleford/home>

Sharon Bosworth



IT

Computer Interest Group

Every other Thursday starting from September 14th 2023

The Venue is:

The Church of Christ, 2 Eatons Rd, Stapleford. NG9 7EB.

The Session Starts at 9.45am and lasts for an hour or so.

Come and learn more about your computer and how to make the best use of it.

We are a friendly and welcoming group where all are welcome.

There is both teaching and also time to sort out any problems you might have with your computer.

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u3a learn,
laugh,
live

This group will restart on 11th Jan 2024

Hazel Stenson



GARDENING GROUP

Greetings from the garden.

I hope you all had a good Christmas and new year whether you love the season or are a Bah humbug like me.

As I write this the temperature outside is a ridiculous 11 degrees and I have winter pansies and polyanthus in flower? I am always amazed at how tough some flowers are with snowdrops and crocus pushing through ready to flower soon. No matter what the weather, they will dance in the daylight and if needed, they will push through the snow too. I always think they are the promise of the spring to come. Crocuses in their 3 main colours followed by dwarf Irises and winter Aconites can raise a smile on the darkest of days and remind us that the days are now getting longer, another promise of warmer days and spring sunshine.

If you want a job to do, there are plenty to consider. It's time to get the seed packets out if you haven't already done so. Got some that are out of date? They may still grow so find a place for them and sprinkle them on the soil following the instructions on the packet, you may get a pleasant surprise later in the year. If you have a greenhouse, get it cleaned ready for planting later and make sure that all tools are cleaned and oiled.

Plant of the month.

It has to be the Christmas favourite, Poinsettia or Christmas star. This is one of the Euphorbia family but it is a tropical plant and needs to be kept in a warm well lit room, so a windowsill, but out of draughts. The lovely red, pink or white "flowers" last up to 6 weeks. This is because they are not flowers but bracts or modified leaves. There is a tiny flower at the centre which is barely noticeable. Most people discard the plants after Christmas, which is a shame because they can be coaxed into flowering again next year. So to save you buying a new plant each year, here's how to care for it. Water your poinsettia sparingly and mist the leaves regularly to extend the life of the lovely red bracts. When they start to die back, feed with a potassium rich plant food like tomato food. Ideally, keep the plant at around 13 to 15 deg C. In April, prune the plant to around 4" and maintain the temperature. They don't like draughts so make sure to keep away from doors and even open fireplaces. In early May, repot into a slightly larger pot with fresh compost and maintain the temperature but don't allow it to get over 18 Deg C. Water and feed once a week, only watering when the top of the compost is dry.

From late October move your plant into a dark place for 12 hours each day. This will encourage it to start forming the coloured bracts. Keep it warm at all times 17 – 18

Deg. Once the bracts start to form, mist the leaves daily to keep it in good condition and bring it out into the light again as the night will now be drawing in naturally.

If you want more plants, take cuttings when you prune the plant in April. Take a cutting just below a leaf, remove the leaf leaving a couple of small leaves at the top. Leave for 24hrs in a warm dry place, then place two or three cuttings around the edge of a pot filled with compost. If you have rooting powder, dip the cutting into it before planting. Water sparingly. Up for the challenge?

The other very important thing to do is look after the wildlife in your garden. I often hear people say they won't put out food for birds because it encourages rats. Every garden has rats, mice, slugs, snails etc. etc. You may not see them, but they are there. As long as they stay in the garden, they are fine and it's up to you to make sure there are no broken air bricks or other small holes inviting them to take up residence. The food chain relies upon the whole variety of creatures that inhabit your garden so don't be afraid or worried, each has a job to do. Strong smelling plants like garlic, onion, mint and lemons will deter animals from entering your home and you can get plugins that emit a sound inaudible to humans that will make rats, mice and squirrels move home. These plugs are safe to use with cats and dogs, but not with birds. So fill up the feeders and make sure there is always liquid water and look forward to the spring. It's just around the corner.

Sandra Heart

Gardening Group news

For more information on this activity contact Anne Wilson at the open meeting on the 3rd January 2024



Singing

Although our numbers have increased slightly we need more voices. Members, old and New would be most welcomed why not give us a try. Singing is most therapeutic and is great for stress relief plus no extra equipment is needed and there are songs for every taste. We will be practicing a few new and some traditional songs during 2024. And as you well know anyone can sing. We'd love to see you again and would welcome more new voices. We meet each month at Church of Christ on second and fourth Wednesday of each month 2.30-3.30 we will resume on 10th Jan 2024. All are welcome, as long as you like to sing in a group. We are not a choir but just enjoy getting together to sing songs old and new. Why not give it a try. You may like it, Contact Hazel anytime for more information.

ANYONE CAN SING EVEN IF YOU THINK YOU CAN'T COME ALONG AND GIVE SINGING A TRY



WALKING GROUP

For the December walk the group caught the i4 bus to the North Entrance of the University of Nottingham to walk through the grounds and Dunkirk to Chain Lane Bridge to pick up the Beeston Canal path into Nottingham. Where the group dispersed, some calling at the cafe in the new central library before doing their last minute Christmas shopping or catching the bus back home. The next walk will be on 19 January 2024.

Anne Linsdell

A Few photos of the day (below)



Out and about the Walking Group.



UKULELE GROUP

The Ukulele group meets every Wednesday except for the first Wednesday which is reserved for the open meeting, if you would like to join us get in touch with Gillian Taylor or Hazel Stenson at the open meeting. Practice takes place at Church of Christ every Wednesday 10.00-12.00 hrs. **Quote: 5 minutes a day practice is good for the brain and good for the soul.** *Unquote:* Cynthia Lyn music teacher YouTube. This group is now closed to new members, although a new beginners group is starting. To learn more Speak to Gillian or Hazel.



PHOTOGRAPHY GROUP

Do you have a camera of any description? Do you know how to use it? No! We can help WE NEED NEW MEMBERS WHO WOULD LIKE TO IMPROVE TAKING PICTURES WITH A CAMERA and/or smartphone.

We meet every 3rd Thursday of each Month at Church of Christ 14.00-16.00. For more information Please contact David Jones at the open meeting. Normally in the right corner of the Hall at the open meeting.

DAVEY JONES

ART GROUP



The art group meets at Sheila Hart's home every other week, one group in the morning at 10-12am and the other group in the afternoon at 1-3pm. Sessions starts back after the festive season on 8th January 2024. For more information please speak with Sheila at the open meeting on the 3rd January 2024.



TRIVIAL PURSUIT

This group meets fortnightly at Church of Christ Eaton road at 1-3pm every 2nd/4th Thursday of the month. For more information Look out for and Contact Peter Wright at the open meeting, in the left corner of the hall at each open meeting, next meeting 6th December 2023.

Scrabble Games Club

3rd Wednesday every month 1pm-3.30pm

The new Scrabble and Rummikub games club started on the 15th of November. Seven Members attended and we all had an afternoon of fun. We had a table playing Scrabble and another playing Rummikub (a game with tiles similar to the card game of Rummy) There were learners on both tables and all picked up the games very well, Coffee, tea and biscuits started our afternoon giving us time to organize the players.

As a new group we can welcome more new members around our tables, we have 3 Scrabble and 2 Rummikub boards at the moment, help will be given to anyone who would like to learn or be reminded how to play. We meet the third Wednesday of each month and our venue is the Church of Christ, Eatons road behind Larry's bar from 1.pm till 3.30 pm, so our next meeting will be on 17th January 2024. A small donation towards the room and refreshments will be collected. Come and join the fun,

Please come and see me at the open meeting on 3rd January 2024,
For more details. We have a lot of fun..

Heather Flinders.

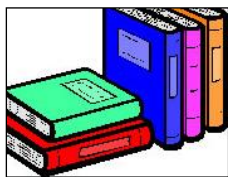


Cooking

Hello from the cookery group.

It is not often that we get to report on the cookery group as we meet on the 4th Tuesday of the month which is rather late to meet the deadline.

For more information on this group please speak to Dodie White/Sandra Hart
At any open meeting.



BOOK CLUB

Book Club meets at 2pm on the second Monday of each month at Stapleford Library. Many thanks to Karen at Toton Library who has supplied us with some interesting books which we have enjoyed discussing over tea and biscuits. From crime fiction by Lucinda Riley and John Harvey, to historical fiction by Alison Weir. Our latest novel is a New York Times Bestseller, A Gentleman in Moscow by Amor Towel's. Book Club has helped me discover excellent authors whose books I would never have picked up. If you enjoy reading it's a good group to be part of. For more information look us up at the open meeting on the 3rd January 2024.

Daphne Ball



CRAFTY NATTER GROUP, TO START IN JANUARY 2024

Do you like to Craft then why not come along, bring your craft work to do or share with others.

If this is for you please give your name to Hazel.

This group will start on Friday 12th January 2024

Time: 10-12pm at the Church of Christ Eatons road behind Larry's bar. A small donation is needed for the use of the Church.

Please come along to the first one and bring your own work if you need any idea's, have a drink and chat with us, look at our work and see if you would like to do anything we are doing.

We can teach/learn from each other.

Hazel Stenson

**THE CHAIR AND COMMITTEE WISHES ALL MEMBERS OF
THE STAPLEFORD AND DISTRICT u3a
A VERY HAPPY AND HEALTHY 2024.**

DEADLINE FOR ARTICLES - To the Newsletter Editor via email by 25th of each month

