

NEWSBITES!

August 2022

Sharing ideas across 34 u3as in Nottinghamshire



A MESSAGE FROM THE CHAIR OF THE NETWORK

Our most recent Network meeting on the 27th July was a very enjoyable one. We had a lengthy discussion about the forthcoming 40th Anniversary Network Celebration and many questions were answered, with much enthusiasm engendered.

We also heard a presentation from Paul Martinez about the Pathfinder project he led on Recruitment and Retention which led on to tips and ideas generated from the floor. We are advised to use the toolkit available on the Notts Network website as well as that of the Third Age Trust which has a vast array of ideas on many different aspects of the topic. This toolkit includes real life accounts of projects carried out by u3as across the country.

I encourage all of you to get involved in your u3a's activities during the week of the 18th to the 24th September and to come and join all of us at Highfields Park, Nottingham on the 24th. The more people there the better. It is the first time our Network has put on anything like this which covers every u3a across the county, so it is a very special occasion.

I look forward to seeing you all there.

Rosie Allen

QUOTE FOR THE MONTH

Most people don't grow up. Most people age. They find parking spaces, honour their credit cards, get married, have children, and call that maturity. What that is, is aging.

— Maya Angelou

Nottinghamshire u3a Network

Saturday 24 September 2022

u3a 40th Anniversary Celebrations

We are now delighted to announce the details for this day

Place Highfields Park, University Boulevard, Lenton, Nottingham NG7 2RD

Travel By car, free parking on Saturdays all around the university.
Tram stop – Highfields Park (park cars at Hucknall or The Forest and use your bus passes for a free ride!)

What to wear Blue, Yellow and White – bright, bold colours, name badges

1200 hours – Setting up tables and banners, signs
Bring fold up chairs, blankets, food and drink and get your place!
Be prepared for the weather.
Suggest flat shoes for both grass and concrete surfaces

1300 hours Worksop u3a Steel Band

1330 hours Welcome from the Lord Mayor of Nottingham
Beacons from three routes in the county arrive
Speeches

Followed by **FLASH MOB!**

1430 hours Worksop Steel Band (maybe dancing)

15.00 hours Clear away

There is also a children's play area, Arts Centre, café and toilets.

Everyone is welcome! Mingle with other u3a members. Relax and chat.

Bring cameras and snap away for us! Let's make a video or picture show of the day

Please offer lifts and car share with those who are not familiar with city driving.

**It's going to be a day when u3a members take over and have some fun.
Hope you can join us!**

Learn Laugh Live

SATURDAY 24 SEPTEMBER— FLASH MOB

DUKERIES u3a HAS ARRANGED THE DANCE MOVES FOR THE FLASH MOB AND THIS IS THE EMAIL SENT BY THEIR CHAIR TO ALL THEIR MEMBERS

Dear Members of Dukeries u3a

We are proud and delighted to tell you that our u3a is playing a major part in the 40th Anniversary Celebrations in Nottingham this year. Janice Cawkill has choreographed a Flash Mob routine, which we hope will be performed by about 300 u3a members from all groups in Nottinghamshire.

Dukeries u3a will start this routine on the day, and I hope, if you are physically able to join us, you will join in the fun!

The routine contains basic steps to the side, forward and back. It has been kept simple so that seniors, some of whom will be non-dancers, can join in. The main feature of a Flash Mob Dance is that it starts with a small number of people and quickly builds into a routine performed by a huge number of men and women. Forget about any of your past failed attempts to dance! This is very different and it is possible to learn over the next four weeks!

It does not matter if you don't get every step precisely correct, but it does matter that everyone moves in the same direction at the same time. This is what creates the visual impact of the Flash Mob.

The link for the Training Video is https://youtu.be/gjXi41Gi_xQ

(You will need to sign up for YouTube to open the link.)

You can rehearse in your own homes, in activity groups and at u3a meetings. Follow the video, pause it at the end of each stage and practise the steps. There are five stages in total so take your time to learn in bite-sized pieces and gradually build up the whole routine.

When will you get an opportunity to do a Flash Mob again? If you are fit and able, learn the steps, be brave, move out of your comfort zone, practise, perform, smile and enjoy!

Let's show the youngsters that we can Learn, Laugh and Live!!!

Organiser	Leslye Henstock ,Chair Dukeries u3a	du3achair2020@gmail.com
Technical Support	John Butler, Ravenshead u3a	ravensheadu3a@gmail.com
Choreographer	Janice Cawkill, Dukeries u3a	janice.cawkill@gmail.com

PEER SUPPORT GROUPS

Previously u3as have said that they were having problems recruiting and retaining Committee members. In order to provide additional support to the various Committee posts, the Network has set up Peer Support Groups (PSGs).

We encourage your Committee Members to join the relevant PSG to their role. Each group is a mix of old and new members and they are able to support one another and help with any queries. I am a member of both the Secretary and Publicity PSGs and find that there has never been a query that I have raised that has not been answered.

The amount of time that can be saved by one of the members telling you who to contact or sending you the relevant form is immeasurable. Just to be able to talk about any concerns you have regarding the role is also very helpful. You will not regret joining.

Below are details of who to contact to join the relevant Peer Support Group

Chairs' PSG administered by Rosie Allen rosieallen21@outlook.com

Publicity PSG (includes Webmasters) Chris Niven chrisniven1@yahoo.co.uk

Treasurers' PSG - Sue Blackley on susanblackley@hotmail.com

Secretaries' PSG administered by Yvonne Haynes on wbu3asec@gmail.com

Membership Secretaries' PSG by Andy Bebbington from Ravenshead u3a

Interest Groups' PSG by Joe Colls on wbu3a.newsgroups1@gmail.com

Speaker Seekers' PSG set up as a Google Group to contact one another. Contact paul.fileman@btinternet.com to be included in the group to share information on speakers

If you have any questions then please contact me on the email below.

Carole Harrison

Network Committee Member

Businesssec.mansfieldu3a@gmail.com

ARE YOU INTERESTED IN ?

My name is Derek Hopewell and I am a member of Nottingham u3a. I have an interest in railway modelling and would like to talk to other u3a members who have a similar interest so that we could discuss our successes and failures, beginning by exchanging emails with pictures. More ambitiously, we could contemplate discussions over Zoom, possibly showing film of our handiwork.

If you are interested, please contact me on dhopewell@btinternet.com

SMILE

No, I can't Snapchat or TikTok, but I can write in cursive, do math without a calculator and tell time on a clock with hands

The deadline for articles and photographs for the next issue of Newsbites! is

15th SEPTEMBER 2022

The Editor needs your help, please, to make this Newsbites an interesting read for all the Network Members.

Your u3a has a history, or maybe has a special anniversary to celebrate this year—tell us about it. Tell us why you joined the u3a, what you have been involved with and what u3a means to you.

How will your u3a be celebrating the 40th Anniversary?

This is your Newsletter, so please let's hear from you.

Articles/photos please to jane.newsbytes@gmail.com.

When you send in items, please send them to the Newsbites email address and not to the County Contact, otherwise they could be delayed or missed out.

LEARN, LAUGH, LIVE

NEWS FROM u3as IN NOTTINGHAMSHIRE

HUCKNALL & DISTRICT u3a

Friday July 15th was the date of the **Science Group annual visit** to a place of scientific interest. Previously, we have ventured to Jodrell Bank, Woolsthorpe Hall (the birthplace of Sir Isaac Newton) and guided tours of Papplewick Pumping Station and Bestwood Winding House.

This year we paid a visit to The George Green Windmill and Science Centre in Sneinton.

George Green was 14 years old when his father built the windmill and for much of the rest of his life George worked in the windmill. But George Green was also a brilliant mathematician and physicist who from the age of 40 spent 6 years at Caius College at Cambridge University.



We were split into 2 groups for a guided tour of the Windmill; the group not on the tour were able to spend time in the science centre and the community garden.

Our guide Sam Boote, who is a member of Keyworth u3a, was very knowledgeable and this is what he wrote to me a day after the visit:

Hello David

Thanks for your comments, and it was a pleasure to meet your members and show them round the mill. Your 2 groups were the most attentive and engaged that I have yet encountered.

It was a good day out and recommended for a family visit, especially if you have the pleasure of grandchildren over the school summer break.

David Rose, Interest Group Leader

ASHFIELD u3a

Ashfield members have certainly embraced the 'Learn, Laugh, Live' advice and have once again been spreading their wings and visiting lots of very interesting and lovely places, some literally on our doorstep.

Our Miscellany Group visited Mansfield Super Bowl and had a great afternoon of fun. One of the group was certainly in good form, getting four strikes in a row at one point. The group also organised a trip to Cromford Mills and were treated to a fascinating guided tour of the Mills which was founded in 1771 by Sir Richard Arkwright. Sir Richard started his working life as an apprentice barber and wigmaker and developed dyes which were eventually used in the Mills. Cromford Mill was the world's first water powered cotton spinning mill harnessing the then year-round supply of warm water from Cromford Sough which drained water from the Wirksworth lead mines. The mills ran day and night in two 12-hour shifts. Initially the mills provided employment for 200 workers, mainly women and children. Many of the workers lived in the village, where a large part of the houses were purpose built for them.

A group of our members set off by coach at the end of June to visit Nostell, a National Trust property near to Wakefield. This is an impressive Georgian building which contains a world-class collection of furniture, textiles and paintings. The collection includes many items of Chippendale furniture. It was a good day out and thoroughly enjoyed by those who took part.

Our Family History Group visited Southwell Minster and had a tour conducted by one of our members. The stained glass and art works were very interesting and members even found some of Robert Thompson's carved mice. They viewed the Eagle lectern that was found in a pond at Newstead after being missing for 400 years and they searched for all the animals amongst the wonderful carved leaves in the chapter house. These leaves are the oldest carved leaves in Europe. They then visited the Bishop's palace

where they admired the beautiful needlework, wood carving and the ceiling. They even managed to fit in a walk around the gardens and lunch in the Refectory and reported that there was great food, good company and Southwell Minster is a wonderful local place to visit.

On a beautiful day in July our Friendly Gardeners visited Norwell Gardens, near Newark. This gem of a garden is hidden along a narrow track and despite a road closure and a diversion they all managed to find it without too much trouble. The group enjoyed a guided tour taken by Andrew, who answered their questions about the unusual growing methods and plants and took refreshments involving homemade cake. There was free time to explore and many plants were purchased. An emergency ice-cream stop was made on the way home and a great time was had by all.

Forty of our u3a members visited NT Quarry Bank Mill which was built by Samuel Greg, when he was in his early 20s, and opened in 1784. This is a wonderful working mill which produces 5,000 meters of woven cloth which is sold in the Mill shop after being made into towels, glass cloths and material. Demonstrations throughout the mill show how the cotton was turned into thread, initially by hand, then powered by steam and water as the mill became mechanised. The group enjoyed a talk about the life of the apprentices aged about 9 years old and their life histories which were very interesting. Many of the apprentices came from the Workhouses and were indentured until they were 21 years old. The Mill was considered to be a good place to be an apprentice as it was in the countryside and the accommodation was better than most. The group stayed overnight in a Holiday Inn on the outskirts of Burnley and enjoyed comfortable rooms and good food but the wine list was not quite up to discerning wine group members standards. The following day the group visited the new RHS Garden at Bridgewater which was lovely, lots of colour, a large well planted wall garden and a Chinese woodland all set in the grounds of Worsley Hall which was demolished in the sixties. Of course, they enjoyed cakes, treats including ice cream and lots of laughs. A really good time was had by all.

Speaker in July was Martin Lloyd who gave an interesting talk entitled "Passports, Assassins, Traitors and Spies." Our 43 Interest Groups continue to thrive and members enjoy the company, plus learning and development of skills needed for each varied activity. We all recognise the organisational skills, time and effort needed to run these very enjoyable trips, day visits, theatre visits, Interest Groups and social events which are ongoing throughout the year and also acknowledge the work and time given by our dedicated Committee members. We appreciate the work our volunteers continually do to keep Ashfield u3a vibrant and successful. Yes, we certainly know how to Learn, Laugh and Live in Ashfield.

Val Scott, Notts Network Representative



DUKERIES u3a

"Make the most of life by exploring new ideas, skills and interests with Dukeries u3a"

There are two reasons to celebrate in 2022 - u3a in the UK is 40 years old and Dukeries u3a is 30 years old.

Dukeries u3a was founded in 1992 by a small group of like-minded people who wished to enjoy their retirement by pursuing new interests and sharing skills obtained in their working lives. Meetings were originally held at the Dukeries School, before moving to our current home at Jubilee Hall in Ollerton.

u3a

Dukeries
30th Anniversary



As well as our 30th birthday celebrations at the AGM in May and the garden party in August, Dukeries u3a will be taking part in the u3a 40th Birthday Festival Week starting with a dinner dance arranged by Mansfield u3a at the John Fretwell Centre on 15 September. Throughout the following week beacons will be carried by the 34 Nottinghamshire u3a groups to come together at Highfields Park, University Boulevard in Nottingham on Saturday 24 September, when a great celebration will take place.

In North Nottinghamshire, Worksop u3a will walk from Clumber Park on 19 September to hand over a beacon to Dukeries u3a to arrive at about 12.45pm. They will be greeted by our members along the way. Worksop u3a will be invited to stay for the monthly meeting after refreshments. In the evening, we will be taking part in the Notts u3a quiz night via Zoom. The following morning Dukeries u3a will walk from the Miners Offices at Berry Hill to pass the beacon on to Mansfield u3a at their meeting place at Mansfield Football Ground.

The celebration on 24 September will include a surprise 'flash mob' dance which has been choreographed by Dukeries u3a member Janice. We were very pleased to collaborate with members from Southwell u3a, Worksop u3a and Ravenshead u3a to produce a Youtube film of the dance to be made available for Nottinghamshire groups to practise. See https://youtu.be/gjXi41Gi_xQ and join us!

Dukeries u3a is one of the smaller u3a groups in Nottinghamshire and we pride ourselves on our warm welcome to both new and existing members. We now have over 140 members drawn from Ollerton, Edwinstowe and the surrounding villages. We are pleased that two new groups, for soft tennis and Christmas crafts, are planned to start in September and October. Now that Covid is hopefully gone, plans are being made to start our social and travel calendar again.

The next members' meeting is on 19 September after the arrival of the Worksop u3a beacon. The speaker is John Perry JP giving an insight into the role of the magistracy and the criminal and civil justice systems with members being given the chance to try sentencing. October's speaker will be David Sweeney on 'Every Body Tells a Story'. David will share stories of his police career as a Forensic Detective using forensic science in crime detection. This is not an illustrated talk - we are assured it will not be gory!



Dukeries u3a stayed open during Covid (using Zoom) and we are excited to be looking forward to the future.

Ann Street, Publicity Officer

LEARN, LAUGH, LIVE

BINGHAM u3a

September 2022 marks the 40th anniversary of the foundation of the u3a movement in the UK by Eric Midwinter, the renowned educational activist, university professor, Government transport watchdog, social historian and policy analyst, author and cricket historian. Eric, now 90 years old, is still very much with us and our guiding light.

Today, the u3a movement is active in most developed countries in the world and there are over 1,000 u3as and nearly 400,000 u3a members in the UK alone.

The u3a motto is **LEARN, LAUGH, LIVE** and its members do exactly what it says on the tin.

u3a works tirelessly with many other community organisations, to combat the evil effects of loneliness, social isolation, uprooting and deprivation which were thrown into such very sharp focus by the Covid-19 pandemic and the current energy crisis and economic downturn.

u3a is fully inclusive and diverse and welcomes adult members from every walk of life, ethnic and socio-economic background, belief, gender and ability level.

u3a likes to think of itself as a youth club for grown-ups, and its members do things for themselves rather than expecting others to do them, and there is a huge range of enjoyable activities for members to choose from.

Bingham u3a will be taking part in the Notts Anniversary Beacon Relay, and will be receiving a Beacon at the Buttercross in Bingham Market Square on Tuesday the 20th September 2022 at 12 noon, and then carrying it via a very unusual method to Beeston u3a on the following day. The Mayor of Bingham, Cllr Gareth Williams will be there to open and introduce the event, and there will be live music performed by local u3a members. We hope to bring you a spectacular and entertaining occasion!

Bingham u3a will also be contributing to the County-wide final celebration at Highfields Park, Nottingham on Saturday the 24th September 2022 from 1 pm to 3.00 pm. Follow us on Facebook for further announcements.

John Lewis, Chair



CALVERTON & DISTRICT u3a

Well, it seems that Calverton & District u3a have been in full publicity mode this month, airing our new gazebo at not just 1 but 2 village fetes, and on **two consecutive days**.

First, there was the Woodborough Fayre on a Saturday, followed by The Calverton Village Get Together on a Sunday, which went extremely well so I'm told, (unfortunately the scribe was away at a family get-together in Essex, but was well informed that the committee and helpers worked particularly hard to pull it all together).

Then, instead of a speaker at the August general meeting, it was decided to hold a mass interest group promotion for all members and interested guests alike to see what our u3a has to offer.

Not just items of interest placed around the hall, but several of the group coordinators gave a short talk about what goes on along with, amongst many other things, a quiz from our Quizmaster, (or should that be Quizmistress...) Cindy, a slide show from the Photography Group - well done, Brian; and singing & strumming from The Song & The Story group - a big hand to Colin & Len.



Members meeting in August

Talking to, and listening to, everyone I believe it was incredibly well received. A big pat on the back for all the group coordinators.
Ken Jones, Publicity Officer



Woodborough Fayre



Colin telling a story with a song

MANSFIELD u3a



At our Members Meeting on Tuesday 19 July 2022, we had a talk by Jo Golby on the 'True Tales of a Tour Guide'. Jo had been a guide at both Warwick Castle and Hampton Court and her anecdotes had us all laughing.

The recent Treasure Hunt was a great experience, and we all learned more about Clipstone, Mansfield and Edwinstowe. The final clue led us to the Greendale Oak Pub where we had an excellent meal.

The visit to Bletchley Park on 20 July was excellent. Our Guide told us how it all started and then we wandered into the different huts and house, which were laid out as they were in the war. There were loads of display boards with information about what took place. A great day was had by all.

At our meeting on Tuesday 20 September, we will be receiving the u3a Baton from Dukeries u3a as part of the u3a 40th Anniversary celebrations. We then hand the Baton over to Sutton-in-Ashfield u3a. The celebrations will culminate in a celebration on Saturday 24 September at the Highfields, University Park, Nottingham.

Carole Harrison, Business Secretary

ANOTHER QUOTE FOR THE MONTH

Here's to the crazy ones. The misfits. The rebels. The troublemakers. The round pegs in the square holes. The ones who see things differently. They're not fond of rules. And they have no respect for the status quo. You can quote them, disagree with them, glorify or vilify them. About the only thing you can't do is ignore them. Because they change things. They push the human race forward. And while some may see them as the crazy ones, we see genius. Because the people who are crazy enough to think they can change the world, are the ones who do.

— Rob Siltanen

LEARN, LAUGH, LIVE