

NEWSBITES!

NOVEMBER 2022

Sharing ideas across 34 u3as in Nottinghamshire

A MESSAGE FROM THE CHAIR OF THE NETWORK

Dear Members,

This is my first message as chair of the Network.

Firstly, I would like to thank Rosie Allen who has retired from her role as Chair of the Network and Paul Martinez who has also retired as Support Officer. Thank you to both for all their hard work and dedication. Rosie has been the driving force behind so many initiatives and ideas. Fortunately, Rosie is staying on our committee as Support Officer so we will be retaining all her expertise and knowledge. Paul was not only our Support Officer but was heavily involved in developing the Recruitment and Retention Toolkit and is standing down to focus on his local u3a. Many thanks again to them both.

I would also like to thank the members of the committee who are continuing and to welcome Paulo Saucedo who is joining us.

At our meeting in October as well as holding our AGM we also discussed "What can the Network do for you? We had lots of interesting suggestions. At our next committee meeting we will be looking at your feedback and discussing how we can implement your ideas . So watch this space!

Finally, some of you will be aware that discussions have begun on the restructuring of the Board. Liz Thackeray (Chair of the Third Age Trust) has introduced a proposed model for a 'Board for Governance etc'. Liz is encouraging as many members as possible to 'have their say' on the proposals in order that the Third Age Trust has the appropriate model going forward.

You can respond to the 'Fit for the Future' proposals at governance@u3a.org.uk and to the Strategic Aims through: strategy@u3a.org.uk

All members should be made aware of the proposals, as Chairs of individual u3as will have voting rights for the final model.

Here also is the link to the talks from the AGM if you were unable to attend the meeting:

<http://www.u3a.org.uk/news/fit-for-the-future>

Thank you for your welcome and words of encouragement and I look forward to meeting and working with you all in the future.

Best wishes

Chris Niven

SMILE

Common sense is not a gift. It's punishment, because you have to deal with everyone who doesn't have it.



The meeting of the Notts Network marked two retirements from the Network committee on 26 October 2022. Sue Blackley presented Rosie Allen with flowers and thanked her for all her hard work on the committee and, in particular, as Chair for three years. But Rosie is not stepping down from the committee because she is taking over as Network Support Officer, a role previously filled by Paul Martinez, who leaves the committee to concentrate on his

role as Chair of Carlton & Gedling u3a. In the second photograph we see Rosie presenting Paul with a bottle of wine as a token of thanks for all his hard work with the Network Committee.

Maria Gabrielczyk, Ravenshead



NEWS FROM u3a OFFICE

THE NATIONAL POETRY COMPETITION IS NOW OPEN

Entries are now open for our **National Poetry Competition** and we would love to see what you have to offer.

Your poem should be a maximum of 16 lines, plus title, on any topic, **and be submitted by 12 noon on Friday 27 January 2023**. The three winning poems will be published in Third Age Matters and on the u3a website.

You can find the rules and submission link on the **Poetry Competition webpage**, where you can also read previous winning entries. There is also information on page 9 of the recent Witer Edition of Third Age Matters.

The competition is open to members who are not in writing groups.

To spark some inspiration, you are also invited to join author Sophia Blackwell on Tuesday 13 December for a free two-hour masterclass called *'Writing Poetry for Publication and Performance'* which can be booked on the u3a's national **Online Events webpage**.

NATIONAL WORKSHOPS

If you are a committee member, or thinking of becoming a committee member now or in the future, there are a number of workshops you can book for. These workshops cover a variety of subjects, including Running your u3a, Finance Matters and Keeping it Legal and can be booked through the u3a website on the section Support for u3as/Workshops

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

15th DECEMBER 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.

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

Articles/photos please to jane.newsbites@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.

Please forward items for the next issue of Newsbites to jane.newsbites@gmail.com by 15th December

TWO ITEMS OF INTEREST FROM THE NETWORK

PEER SUPPORT GROUPS

Many u3as have said that they were having problems recruiting and retaining Committee members. In order to provide support to 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 your role is also very helpful. You will not regret joining.

Below are details of who to contact to join the relevant group.

Peer Support Groups

- **Chairs' PSG** administered by Rosie Allen rosieallen21@outlook.com
- **Publicity PSG** (includes Webmasters) Chris Niven chrisniven1@yahoo.co.uk
- **Treasurers' PSG** – to be filled
- **Secretaries' PSG** administered by Yvonne Haynes on wbu3asec@gmail.com
- (This group also has a WhatsApp Group that you contact at any time for help)
- **Membership Secretaries' PSG** by Andy Babbington from Ravenshead u3a
- **Interest Groups' PSG** to be filled
- **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 any Treasurer or Interest Group Co-ordinator would like to take on running their relevant PSG, then we would be very grateful. Please let me have your details. The groups all meet on Zoom, and help can be provided to set up any future meetings. There are no set times for the meetings, which usually meet every couple of months and are arranged around members availability.

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

Carole Harrison
Network Committee Member, businesssec.mansfieldu3a@gmail.com

NETWORK INTEREST GROUPS

Would it surprise you to learn that there are 182 different interest group subjects available across the county? This has been established through a survey of interest groups conducted during October with the help of the group coordinators and by using the group information on the websites.

The results are now on the Notts Network website <https://www.nottsu3anetwork.org/> From the 'u3as' tab select 'Interest Groups'. There you will find the list of all 182 subjects in order of popularity (as measured by the number of u3as where the subject is available!). Top of the list is Walking which is available in all 34 u3as. The variety is such that 56 of the subjects are only available at one u3a.

Also on the website is the same list but in alphabetical sequence, and the full spreadsheet showing all the u3as that offer any particular subject.

Peter Edge, Network Webmaster

NEWS FROM u3as IN NOTTINGHAMSHIRE

BEESTON u3a

Unique groups at Beeston u3a

We are well on our way to 1000+ members and 90+ Groups in Beeston thanks to the wonderful community we live in. That means a constant flurry of new interests and the Beeston Groups Coordinator team, Kathy Shipway and Brendan Breen, have been working extremely hard to pull together new Group Facilitators and venues to deal with all the enthusiasm.

Adventures Outside your Comfort Zone seems to be a popular new addition.

We can't wait to see what happens there!

We think that within the Notts Network there may be around five Groups exclusive to Beeston – Art Gallery visits, American History, DIY, Model Railways and Walking with Dogs.

Beeston u3a Ceilidh

More than 75 energetic Beeston and Long Eaton members generated their own heat on a chilly evening at a lively Ceilidh in a Chilwell Church Hall at the end of October. A four piece band The Midnight Specials and caller Anna Loveluck kept everyone on their toes. A refuelling fish and chip supper was the only thing that stopped the twirling, reeling, threading and galloping! A super fun evening was had by all.

Margot Gayle has the details of the band and caller if anyone wants to arrange their own shindig.

Pictures by Adrian Shipway.

Karen Attwood, Publicity Officer



QUOTES FOR THE MONTH

“You're going to come across people in your life who will say all the right words at all the right times. But in the end, it's always their actions you should judge them by. It's actions, not words, that matter.”

— **Nicholas Sparks**, *The Rescue*

“Stop giving other people the power to control your happiness, your mind, and your life. If you don't take control of yourself and your own life, someone else is bound to try.”

— **Roy T. Bennett**, *The Light in the Heart*

LEARN, LAUGH, LIVE

Please forward items for the next issue of Newsbites to jane.newsbites@gmail.com by 15th December

SOUTHWELL u3a

Getting out and about with Southwell u3a!

Here's just a few examples of what our members are enjoying...

Church visiting group

Within 50 miles of Southwell there are hundreds of old churches to explore - big, small, some very special - every one with a unique story to tell.

Museums and galleries group

This vibrant group visits art galleries and museums to see permanent collections, temporary exhibitions, displays and similar events.



Theatre group

Members themselves decide which shows take their fancy, either at local venues or occasionally further afield. Afterwards, there's discussion and critique of performances.

Lunch clubs

Two groups meet a couple of times a month on Sundays, at pubs in and around Southwell. They enjoy lively chat and good food.



How do they do that?

Members have the opportunity to see behind the scenes in commerce, manufacturing and industry. A fascinating insight into some of the UK's leading organisations.

Tony Mellor

MANSFIELD AND DISTRICT u3a



At our recent Members Meeting we had a visit by County Councillors Andre Camilleri and Stephen Garner, photographed alongside our Chair, Yvonne Kenison. Councillor Camilleri said: 'He really enjoyed the meeting and was so impressed with the turnout. He will always support organizations that encourage education and social interaction, especially for senior citizens like himself, so you can definitely count on his support going forward. Well done and keep up the good work, it's appreciated'.

Councillor Garner has also supported us financially and joined us in person for many of our events, for which we are extremely grateful.

The members really enjoyed meeting them both and having their questions answered. At the meeting we also had a very enjoyable Speaker, Martyn Lloyd, who gave an impressive presentation on 'Passports, Assassins, Traitors and Spies'. Now we know how the current passports came about!

Speakers for the coming year have all been booked and our Social Group is working hard producing next year's diary of events.

The Gardening Group also had an excellent Speaker, Dr Andrew Ward, who gave a talk on the 'Late Show'. Andrew also provided a detailed list of all the plants he had spoken about. Many of us will be going to Norwell Nurseries to buy some of his plants, many flowering from spring through to autumn.

Carole Harrison, Business Secretary

ASHFIELD u3a



Ashfield u3a receiving the Beacon from Sutton u3a

Ashfield u3a Chairman Wendy Walker and a number of members visited the Idlewells Centre, Sutton in Ashfield, on Wednesday 21st September and were presented with the Network Beacon and Banner from Sutton u3a. The Beacon and Banner were displayed at our September meeting and during the meeting a party from Calverton u3a were presented with the items for onward transfer to the 40th Anniversary celebrations planned at Highfields University Park.

A good number of Ashfield members made their way to Highfields University Park on Saturday 24th September and joined in the 40th Anniversary celebrations. They also took part in the planned 'surprise' event – The Flash Mob Dance and had an enjoyable day out.

Ashfield u3a member Jackie Brown did a skydive on Saturday 10th September and has raised a considerable amount of money for Ukraine. She spoke at our September meeting about her experience and we were treated to a short video of the event. I must say she did look very relieved when she was back on terra firma. Well done Jackie.



Calverton u3a receiving the Beacon from Ashfield u3a

Our Friendly Gardeners have been out and about again, visiting Felley Priory Gardens in September and were very impressed with the variety and rarity of the many plants there. They also enjoyed their lunch and made some purchases from the nursery. A return visit, at a different time of the year, is very likely to be planned.

Ashfield u3a's new Litter Picking Group has now been issued with appropriate equipment and is all set to hit the ground and clean up Ashfield area. Best wishes to this new group. I am sure that they will bond together, make friends and do a good job of cleaning up where it is needed.

The Family & Social History Group met in September and the subject of the meeting was Household items. This proved to be an excellent topic. Members brought items as diverse as an Anglo Indian Sewing Box, Washing Dolly, Childs Spoon and Pusher, Salter scales, can/tin opener and a Cat's Whisker crystal radio and talked about their objects. As a topical subject they also learned about the history of No 10's door. They report that they had a wonderful afternoon and everybody really enjoyed it.

Our Miscellany Group visited Sherwood Observatory in October, which is situated at one of the highest points in the County. They enjoyed a presentation which compared the Hubble telescope launched in December 1990, and the James Webb telescope launched in December 2021. The Webb's sensitive wavelengths allow it to peer inside dust clouds where stars are forming and look further back in time to see the first stars and galaxies that formed in the early Universe. The group were also excited to learn about plans for development of the site into a 'state of the art' tourist attraction, subject to final planning consent.

In October some of our members ventured to Limone on Lake Garda, Northern Italy, and had a wonderful holiday exploring the area by bus, cable car and boat. The weather was warm and sunny and they ate copious amounts of delicious Gelato during the holiday. Some of them learnt Canasta in the evenings too.

A full coach loaded with members visited the Pottery and Art Museum at Stoke on Trent in October. This proved to be a surprise because, in addition to the interesting and extensive collection of pottery items, they found that it was home to the Staffordshire Hoard and a Spitfire. They then went on to visit a National Trust property at Congleton. Little Moreton Hall is described as being a Tudor Fantasy. Its walls and floors are crooked and uneven and can leave you feeling slightly dizzy at times. They were fortunate to enjoy lunch out in the garden in the sunshine and it was a superb day out.



Little Moreton Hall

The Strollers Group walked at Annesley and Newstead Country Park. This park stretches over 220 acres and is situated on the site of the former colliery pit tips. The park has amazing wildlife and was designated as a 'site of importance' in 2016.

[Continued on next page](#)

ASHFIELD u3a continued

We were very pleased to arrange for Age UK Digital Inclusion Outreach Worker - Ellen Slater to visit our October meeting. Ellen gave a short presentation regarding the importance of older people being able to use the internet. She outlined Age UK's new free training opportunities for older people. Ellen said that a series of one-to-one or group training sessions can be arranged, in members own homes or convenient training venues, to enable members to become competent in using digital devices. Ellen also brought with her a number of excellent Age UK information leaflets regarding benefits available and also how to be 'warmer and wiser' in your home. Ellen was kept very busy during our refreshment break signing up members interested in digital training and fielding enquiries about the other services Age UK has to offer.

We held our Caribbean social night in October too, and this proved to be a great success with the room suitably decorated and everyone turning up in colourful holiday attire. Authentic Caribbean food was served including Jamaican Ginger cake. We were entertained by the Worksop u3a Steel Band and the night was rounded off with a Caribbean themed Quiz.

Ashfield u3a continues to attract new members and moves forward with plans for lots of future outings, social events and a commitment to expand our already thriving and varied interest groups. Ashfield u3a members really do Live, Laugh and Learn.

Val Scott



Caribbean Night



The 40th Anniversary Flash Mob Dance at Highfields, 24 September 2022

NOTTINGHAM u3a

Could your brain do with a bit of a workout these days, with Covid retreating? Can I recommend our **Philosophy Group**, which discusses what lies behind all sorts of reports and happenings today? Not to neglect the thinkers of the past, faced with similar problems.

Following the death of the Queen we have discussed who exactly rules the nation, according to Hobbes on the one hand and Rousseau on the other. Also romanticism, falling in love and Epicureanism (no, not stuffing your face, but living a quiet life).

At present we operate effectively on Zoom, meeting weekly on Tuesday afternoons. We aim to listen to one another and respect all viewpoints. We need to know what you think. There is a place waiting for you on the screen.

If you are interested, please contact me on (01636) 678571.

Tom Chamberlain, Group Leader

BURTON JOYCE & DISTRICT u3a

Burton Joyce and District's u3a's University Interest Group links in with research teams at Nottingham University, Nottingham Trent University and others. Its activities include visits, information on public talks, lectures and demonstrations at the universities. It is one of our most popular groups, now boasting over 100 members.

Around 30 members of the group attended a fascinating presentation on robots and artificial intelligence at Nottingham University's Jubilee campus, where they learnt that robots have gone from science fiction to everyday fact and have enormous potential to enhance human experience. There are currently around three million industrial robots that have transformed quality and productivity in the workplace. They are also used in surgery, transport and areas dangerous or difficult for humans to enter, such as nuclear facilities, as well as being increasingly used to enhance the lives of those with disabilities - aiding speech and movement and enhancing independence.



Members of the group at the University.

of food for thought.

Alan Comerie



A robot being demonstrated to Anna Moore, Chair of BJu3a

The group was able to visit the "Cobot" facility. A Cobot, or collaborative robot, is one intended for direct human robot interaction within a shared space, or where humans and robots are in close proximity. Our members got up-close and personal with Cobots designed to interact with humans, and met doglike, catlike and humanlike robots, and saw how engaging and versatile they can be. The group also gained an insight to the complex algorithms necessary for even the simplest of manual tasks and discussed some of the ethical issues arising around equality, data ownership and privacy.

A very interesting visit that left everyone with plenty



**DO SOMETHING BRILLIANT
TODAY**

Karen Attwood of Beeston u3a sent this picture, to encourage us all to be adventurous.

She found it as a free image on Pixabay

LEARN, LAUGH, LIVE

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DUKERIES u3a

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

At our monthly meeting in November, members of Dukeries u3a were interested to hear from Ellen Slater of Age UK about their Digital Inclusion programme which provides support to those who are less technologically proficient. Afterwards, Helen Hall and Sharon Pinkett gave us an update on the work of our members' chosen charity, the Lincs and Notts Air Ambulance. We hope that our target of raising £3000 is reached before the end of the year.



Crichton Miller, Knight Commander of the Order of The Fleur De Lys, visited the History group in November to give a fascinating talk on the Order through the ages. Speakers for the members' meetings in 2023 are now booked with varied topics including health, travel, local history, sporting legends and humour.

The Ramblers have been lucky with fine weather, appreciating walks at Gedling Country Park, Gunthorpe and East Bridgford. For those not able to do lengthy walks, there is the opportunity to keep active with the Whatsapp Walking Group who walk for around 3 miles locally or the Soft Tennis group which meets indoors. Additionally, there is the bowls group which has moved indoors for the winter season, in collaboration with Mansfield u3a.

For those who like to stretch their brain cells we have a number of groups, such as Bridge and the Mahjong. Last month the Creative Writing group looked at the theme of 'Autumn' and were set the task of producing poems in the Japanese haiku style on this theme ready for the next meeting.

Dukeries u3a are pleased to be joining with other local u3a groups to provide more opportunities for our members. Two new groups starting on Zoom and hosted by Carlton & Gedling u3a are for opera and film appreciation and Forest Town u3a and Worksop u3a have invited Dukeries u3a members to their monthly music group gatherings. We are one of the smaller groups in Nottinghamshire and are excited about future collaborations next year for trips and holidays which will help to keep costs down.

Recent social events were the Quiz Night and Supper with the bottle raffle adding to the £3000 Air Ambulance target and a coffee morning especially for new members held at Ambleside Centre so they could find out more about what Dukeries u3a can offer. The Tuesday and Sunday lunch clubs enjoyed delightful meals at The Carpenters at Walesby, The Hostess at Sookholme and The West Retford Hotel.

Dukeries u3a will be taking part in the Christmas Tree Festivals in Edwinstowe and Ollerton. Our tree will be at St Mary's, Edwinstowe from 24 to 27 November, then at St Paulinus Church, Ollerton on 3 and 4 December. After then it will take pride of place at our Christmas party on 19 December.

Ann Street, Publicity Officer



Seagull, Seagull stay on the sand,

It's never fine weather when you're on the land.

ARNOLD u3a

Our members have been very busy enjoying themselves.

In September there were two holidays.

The recent **Isle of Wight** holiday was a great success. We were lucky to have lovely weather and were able to get out and about to the various attractions on the island.

Some of us visited Osbourne House, whilst others enjoyed a boat trip around The Needles. Some toured the island on the local buses, whilst many enjoyed the beautiful walks along the coastal paths. Many of us accessed the journey from the hotel to the magnificent promenade via The Chine, which was interesting by day, and illuminated and magical by night.



Costa del Sol, Spain

Later in the month a week was spent at Torrox Costa on the Costa del Sol, Spain. The hotel was very special and right beside the sea with a boardwalk running all along to the lighthouse at one end and a nudist beach at the other!

Around are a number of very pretty typically Spanish white villages: Nerja, Frigiliana and Torrox itself. We were lucky to be there when the annual



Torrox feria took place and also to be able to use local buses to visit such sights as the Nerja caves. A few of us tried valiantly to use our Spanish, learnt during our u3a classes but, at least in my case, everyone seemed to wish to answer me in English, I wonder why!



Our **Drama** group is always busy. Postponed from the hottest day in the year was the murder mystery evening when "Murder on the Caribbean Cruise" was presented. These evenings are becoming an annual event and the script was written by one of our members.

The next production will take place during our Christmas party when, after a buffet lunch, the group will provide entertainment including a panto again written by another member.

Rosie Allen



MAPPERLEY & DISTRICT u3a

Thanks to the Co-op in Mapperley, our local u3a has money to spend on keeping members who are stuck at home in touch with our activities. A cheque for £3,419.80 has been presented to us, to spend on equipment so members who can't join us in person can still join in.

The Co-op gives two pence in every pound spent by Co-op members to charity, half to local charities and half to national organisations. We were chosen as one of this year's local causes by the Co-op in Mapperley so we could run more hybrid meetings allowing people at home to join by Zoom.

Covid lockdowns meant our in-person activities stopped, but as groups and meetings have started up again many people who're still having to self-isolate have been left out in the cold. Mapperley u3a has managed to get a camera, tripod, and microphones to allow people at home to join in through Zoom. The new money will allow us to get more equipment and possibly a dedicated laptop to enhance the whole experience.

Richard Hill, former chairman and tech guru, managed to get our application into the Co-op with just hours to spare after hearing that a neighbouring had received funds from their local Co-op.

Two other local groups will also be getting Co-op cash. A scheme to encourage young cricketers is one of them, the other is Haywood Road Community Centre which has provided a home for some of our own interest groups.

Many thanks to Richard Hill and the u3a team of volunteers for making this work so well and to the many members and friends who chose our u3a to receive Co-op funds when shopping.

Andrew Harper, Secretary



KEYWORTH AND RUDDINGTON U3A HISTORY OF CONFLICT GROUP

This group has evolved from the long running World War 1 study group that for over 10 years took that conflict as its subject and extensively studied all aspects of that terrible war.

With the passing of the centenary celebrations it was decided to widen our studies and thus 'rebranded' ourselves as 'The History Of Conflict'.

Our aim is to provide a broader background than previously to highlight how armed conflict has developed over the years and the huge impact it has had on politics and society.

As such we have no cut off points in time and scope. Anything from a caveman's club to the Ukrainian war in 2022 are fair game. We also do not restrict ourselves to the 'hardware' of warfare but devote considerable time and effort to ALL effects, political economic, geographical and societal.

The Group Leader, currently Tony Broadbent (07860 598996), selects a series of topics based on members interest and publishes a timetable running several months ahead. This core of subjects encourages members to do their own research to compliment that month's topics. A film and/or presentation will be run, discussed and complimented by members from the floor.

Presentations have covered a wide range of topics including:

- Bomber Command in WW2
- South Africa:- Two centuries of turmoil
- The German revolution of 1919
- America re-arms- USA race to rearm prior to WW2
- The Japanese-Russian conflict of 1905
- The Italy-Greek war of 1912

We are classed as a 'niche' group, indeed the only one covering this subject in the county, and would welcome members from other local U3a to join in discussions or speak on a related subject.

Our group meets at Keyworth Methodist Hall 10:00-12:00 the first Monday of the month. Refreshments are served and you are assured of a warm welcome! Just ring 07860 598996 for further information.

Tony Broadbent, Group Leader 'The History of Conflict'



KEEP SMILING

"I would venture to guess that Anon, who wrote so many poems without signing them, was often a woman."

- Virginia Woolf, *A Room of One's Own*

"Never underestimate the power of stupid people in large groups."

- George Carlin

"Wisdom comes from experience. Experience is often a result of lack of wisdom."

- Terry Pratchett

"There is nothing in the world so irresistibly contagious as laughter and good humour."

- Charles Dickens

WORKSOP & DISTRICT u3a

Singing for Pleasure



The Worksop and District u3a Singing for Pleasure group put on a Wartime Sing-Along & Tea Dance. Over 50 members attended. The venue was adorned with banners, bunting, flags and cake stands. The mood was set with the sounds of the Dambusters March and air raid sirens. We listened to Chamberlains "Declaration of War" speech and sang along to a variety of wartime songs.

Guests turned up in wartime attire with a prize awarded to the best outfit. Refreshments with delicious buns and biscuits were served up by our lovely helpers at half-time.

There was a surprise spot from the 'Vintage Sisters' aka Gloria, Jane and Liz (group leaders) with their rendition of 'Sisters'.

Churchill's 'Victory' speech was followed with more songs and a one-minute silence was held in remembrance of the fallen. The afternoon ended with the National Anthem and Dame Vera's 'We'll Meet Again'.

Jane Kelk, Group Leader, Singing for Pleasure

Five go on a Photo Shoot

No, we're not talking red carpet celebrities or fashionably dressed models, but a trip up the Chesterfield Canal by members of Worksop and District u3a Photography Group. I say up the canal, but the planned one-mile walk from Shireoaks Marina to Turnerwood became truncated because we'd had to stop so many times after finding such interesting images to capture. In the end we didn't quite make it in the allotted time. Whilst out though, we did come across the Naughty Lass, the green and white narrow boat piloted by Robbie Cumming in the recent BBC FOUR 'Canal Diaries' Series.

The route was carefully chosen for accessibility, to provide opportunities for members to study a selection of subjects and, more particularly the autumn colour. A group of five of us emerged into the welcome autumn sunshine: three regulars, one re-joined member and a new member - a guest from Rotherham u3a. Whilst not everyone could make it on the day, other members went down to the same spot and we shared the photos at our next regular indoor meeting.

When discussing the future of the group, we had taken on board requests for more 'outings' and guidance on 'technique' and 'how things work' and we found that our excursion, linking all three, was a good way to achieve this in an informal setting. Setting out specifically with the intention of taking landscapes or close-ups, without the pressure to complete a walk or avoid boring one's partner with excessive stops, was quite exhilarating.

Roger Westwood, Group Leader, Photography

