

NEWSBITES!

OCTOBER 2022

Sharing ideas across 34 u3as in Nottinghamshire

A MESSAGE FROM THE CHAIR OF THE NETWORK

Our next Notts Network meeting will incorporate a business meeting and the AGM. This will take place in person on Wednesday October 26th from 10 am until 12 at The Centre at St Peters in Ravenshead. Papers have already been sent out along with nomination forms for Officer positions. I urge you to consider carefully whether you, or someone in your u3a, has the capacity to give time to our Network. I also urge you to make sure your u3a is represented at the Network meeting. These meetings are enjoyable opportunities to meet fellow u3a members and to discuss matters of significance to us all.

It seems ages ago, but this is the opportunity to write up the events of the week in September when we celebrated the 40th Anniversary of the u3a. During the week we held events in the area of each u3a and, from those I have heard about, these were very successful. We were so sorry to have heard of the death of Her Majesty, Queen Elizabeth II, the week before and this had an impact on some of us as the funeral was held on the Monday. However, the u3as affected adapted their events and, for example, Southwell took the opportunity to show respect for and admiration of her life and achievements. They had a minute's applause for the Queen at 11.00am and placed the national u3a statement on the management committee stall. The Recorder Group even learned a special arrangement of the national anthem.

The culmination of the week was a grand event held at Highfields Park beside Nottingham University on Saturday 24th September. This was such fun, and we were so lucky to have a dry, though cool, day. We had a very sizeable group of u3a members and their families seating in a semi-circle around the stage. The Lord Mayor of Nottingham, Wendy Smith, and our Regional Trustee, Jean Hogg, joined me on the stage to say a few words about our wonderful movement, the u3a. Worksop steel band played both at the start and finish of the event and their tunes really brightened up the mood. Three beacons and banners were processed to the stage from all corners of the field by Eastwood, Ravenshead and The Park Nottingham u3a members in a very moving ceremony. The icing on the cake was the flash mob, which had been choreographed by Dukeries u3a, who also started the dancing. Soon every spare space was filled with line-dancing u3a members and this even included the Lord Mayor!



Here is a photograph of Arnold members showing just how much fun was had by all.

So much hard work went into making this week a memorable one, but it was all worth it. Then the day after off I went for a week's holiday to Spain with fellow Arnold u3a members.

Rosie Allen



SMILE

"We all know that light travels faster than sound. That's why certain people appear bright until you hear them speak."
— Albert Einstein

40TH ANNIVERSARY CELEBRATIONS IN THE NETWORK

September has been a really busy month for the u3as in the Nottinghamshire Network. The week before our finale at Highfields saw almost 20 u3as passing on the three beacons and banners signifying the unity we have within our network.

There was no lack of imagination when passing on each beacon, some passed it on by walking, others by cycling, some by Tuk-Tuk and others driving with a group of enthusiastic members.



The final event on Saturday 24th September was held at Highfields Park in the grounds of Nottingham University. Over 200 members attended, bringing picnics and chairs and were entertained by a rousing performance by the Worksop and District u3a steel band.

We all waited in anticipation for the arrival of the three beacons and banners which were brought to the stage by members of The Park, Ravenshead and Eastwood and District u3as, several members have

said what a moving occasion it was and I echo that sentiment.



The Mayor of Nottingham received the beacons and gave a very knowledgeable speech about the u3a. We were delighted that Jean Hogg, our regional trustee, was able to attend as it will be one of her last events as the East Midlands trustee before she steps down in October. She will be missed as she has done an amazing job of supporting us all over the past four years. Finally, our Network Chair, Rosie Allen thanked everyone for their enthusiasm and support to make the event as successful as it was.



As they say, 'just when you think it was all over!' it wasn't, the not very well-kept secret Flash mob performance was led by Janice Cawkill and organised by Leslye Henstock from The Dukeries u3a and, gradually, well over 50

members joined in. It was repeated again for anyone who felt the itch to get up and dance and it was a delight to see so many members (including the mayor) join in with the festivities. The day ended on a high note with another performance by the steel band, who really helped with the celebratory atmosphere of the event.

A thank you should go out to the four members of the Network who instigated and helped organise the beacons progress during the week as well as the grand finale on Saturday. They were Rosie Allen, Chris Niven, Sue Blackley and Margot Gale (not sure if I can thank myself!) but more especially a huge thank you and well done to all the u3as that made the event so special and so successful.

Margot Gale, Network Contact



NEWS FROM u3a OFFICE

EQUALITY, DIVERSITY AND INCLUSION

Two events connected with Equality, Diversity and Inclusion have been planned which are **open to all u3a members**, not just those on the committees.

Thursday 3rd November 2022 An afternoon tea session, giving everyone an opportunity to share experiences, raise awareness and help us all to increase our knowledge and understanding.

Thursday 24th November 10.00-12.30. An Introduction to Awareness of equality, diversity and inclusion in your u3a. You can book a place on one or both of these events on the u3a website on the section Support for u3as/Workshops.

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.

NEWS FROM u3as IN NOTTINGHAMSHIRE

RAINWORTH & DISTRICT u3a

Our summer started back in June with our main meeting as a Platinum Jubilee celebration for our Queen. It was wonderful, the hall was decked with red, white and blue flags, we wore Union Jack dress, sang the National Anthem and had refreshments. Our singing group, The Ringtones under direction of our Musical Director Ian Hibbert, gave a performance of well-known songs, and together with Jugs the ukulele group we sang along to many and finished with 'Sweet Caroline'. Then there were games, a royal quiz and a toast to her Majesty. Refreshments included, of course!

August saw a members meeting which gave us time to chat over cake (yes again!) and check out interest groups for the autumn. We had a Garden Party mid-month to celebrate u3a's 40th Anniversary. This took place at the local Methodist Church garden where the colour theme was green and yellow of course. We had cream teas, games and Worksop u3a Steel Band to entertain us. A lovely event in warm sunshine and very relaxing.

The September meeting was in the middle of national mourning for our beloved Queen so we stood for a minute's silence. It didn't seem long since we celebrated her in June.

Now, we are looking forward to our Autumn events, namely a Fun Night with quizzes, a sing along to the Ukelele band and refreshments. Then a coffee morning with a well-stocked tombola and more cake in November plus lots of Christmas events. It keeps us all out of mischief!!

Pam Berry, Media Correspondent

LEARN, LAUGH, LIVE

40 YEARS OLD AND STILL GOING STRONG

On a beautiful autumn day in September the u3as of Nottinghamshire came together in Highfields Park, Nottingham to celebrate the 40th anniversary of the u3a movement in the UK.

For the Ravenshead attendees the event started as we gathered to board the tram in Hucknall. The mood was jovial as we discussed where we would leave the tram and walk through the city centre displaying our banner and two beacons before travelling on to Highfields Park. We left the tram at Trent University unfurled the banner and headed towards the Lace Market, stopping twice for photographs before re-joining the tram to complete our journey.

Having informed the organisers of our arrival we had some free time for refreshments by the lake and a look at the displays in the art centre before the steel band's performance. After a dance and bit of a sing along it was time to present the Lord Mayor, councillor Wendy Smith, with the four beacons. To the dulcet tones of Chariots of Fire, the beacon bearers entered the area in front of the stage from different directions. Standing to one side of the stage we listened to the speeches until the music started and the flash mob dance began. Still holding our beacons and facing in the opposite direction to the rest of the dancers we did our best to follow the moves. We waved the beacons, smiled a lot and strutted our stuff, mostly in time to the music. A second performance by the steel band drew the gathering to a close and we departed happy to have been part of the celebration.



Ravenshead u3a Runners, Old Market Square, Nottingham

Yvonne Bebbington



Enjoying the Flash Mob at Highfields

QUOTE FOR THE MONTH

"I'm sure the universe is full of intelligent life. It's just been too intelligent to come here."

— Arthur C. Clarke

SOUTHWELL u3a

Our recent Open Day showcased lots of our interest groups and a number of new members were recruited.

Attractions on the day included informative stalls of flower arranging, Rummikub, church visiting, photography, creative writing, sugarcraft, astronomy, woodwork and literature. Passers-by enjoyed complimentary hot drinks and biscuits, whilst listening to a varied selection of musical entertainment provided by the Ukulele group, Recorder group and Folk group.

One of the highlights was waving off the Lycra-clad 'Cycling for Fun' group, carrying one of the three beacons that were passed from u3a to u3a across Nottinghamshire, before arriving at the Party in the Park event on 24th September. Southwell's beacon was successfully handed over by the cyclists to Carlton and Gedling u3a, a round trip of over 20 miles.



Flower Arranging

Tony Mellor



Carrying the Beacon

MANSFIELD & DISTRICT u3a

To celebrate the 40th Anniversary since the start of u3a, we took part in a North Nottingham exchange of Batons. Taking delivery from Dukeries u3a on Tuesday 20 September at the One Call Stadium at our AGM and handing over to Sutton u3a at the Reservoir. (Photos 1 and 2)

On Wednesday 21 September we were in the Four Seasons Centre to promote our u3a. Councillor Stephen Garner dropped by to support us at both events. (Photo 3).



Photo 1



Photo 3

Finally, on Saturday 24 we were at Highfields Park in Nottingham, where the mayor was on hand to welcome all four of the Batons coming together. We were entertained by Worksop u3a's excellent Steel Band ensemble and took part in a flash mob. A great time was had by all and thanks to everyone involved in arranging this.

Our groups have continued with their many activities. The Garden Group had an interesting talk by Patsy Rayner on the History and Development of Japanese Gardens.

A new Photoshop Group should be starting shortly.

Carole Harrison, Business Secretary



Photo 2

DUKERIES u3a

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

Owing to the sad occasion of Her Majesty's funeral, the transfer of the celebratory u3a beacon from Worksop u3a to Dukeries u3a was rescheduled to Sunday 18 September. This took place at RSPB Sherwood Forest on a lovely sunny day. Members enjoyed a walk through the forest and meeting Robin Hood, who it happens is also a u3a member! After the beacon transfer, we took a few moments to reflect on the life of Her Majesty Elizabeth II, during which Alex read a poem she had composed celebrating the Monarch's life. Dukeries u3a was welcomed by Mansfield u3a on Tuesday 20 September when the beacon continued its journey. This beacon and others which had been making their way throughout the county came together at Highfields Park in Nottingham on Saturday 24 September for a splendid celebration. The Lord Mayor of Nottingham attended and was inspired to join in the surprise 'flash mob' dance which had been choreographed by Dukeries u3a member Janice.

The members' monthly meetings continued in October with David Sweeney giving a



Flash Mob 40th Anniversary Celebration

fascinating talk on his career as a forensic detective. In November, members will learn more about their nominated charity, the Lincs and Notts Air Ambulance. The speaker programme for 2023 is now set with varied topics including health, travel, local history, sporting legends and humour.

New activity groups are proving popular. The History group enjoyed talks on Sir Isaac Newton and Lady Margaret Cavendish, 1st Duchess of Newcastle. Visits to the National Holocaust Museum in Laxton and The Slave Museum in Liverpool are being planned. Another

Scrabble session has been added to the schedule owing to popular demand. For those who enjoy a bit of physical activity (not too strenuous!) then Soft Tennis is the ideal exercise. Members have found a great way to socialise with the Sunday and Tuesday lunch clubs. Recently they appreciated lovely meals at The Lion, Farnsfield and The Little John at Ravenshead. Social evenings are starting, with members donning their thinking caps in November ready for a quiz and supper.

The first week in October was 'Libraries Week' and Dukeries u3a members were welcomed by Edwinstowe library to introduce themselves to library users, who were very interested in the benefits of membership, with some planning to come to meetings to find out more about the movement. The u3a motto 'Learn, Laugh, Live' accords well with the ethos of the library service.

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 have over 140 members drawn from Ollerton, Edwinstowe and the surrounding villages and attracting new members every month.

Ann Street, Publicity Officer



Beacon handover from Worksop u3a



Beacon handover to Mansfield u3a

ANOTHER QUOTE FOR THE MONTH

"Attitude is a choice. Happiness is a choice. Optimism is a choice. Kindness is a choice. Giving is a choice. Respect is a choice. Whatever choice you make makes you. Choose wisely."

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

LEARN, LAUGH, LIVE

HUCKNALL & DISTRICT u3a

Hog Roast Night Saturday 17th September

One hundred and twenty four members of our u3a gathered at the John Godber Centre to be entertained by a two-man group called Footloose, who sang songs from the 60's through to the more modern era, resulting in many adventurous souls getting onto the dance floor.

The Hog Roast was served with pork filled cobs with stuffing, scratchings and apple sauce, plenty of seconds with over 160 servings being consumed.

After this we were entertained by our very own Hucknall u3a Ukulele Band with a variety of songs, many having audience participation.



Our Ukulele Band performing on 17th September



Preparing the cobs at the Hog Roast

Followed by a second showing of the group Footloose, a very good evening. Well done to the Social Sub Committee.

Melvyn Francis, Chair

SMILE PLEASE

“A clear conscience is the sure sign of a bad memory.”

– Mark Twain

“Always forgive your enemies; nothing annoys them so much.”

– Oscar Wilde

“Too bad that all the people who know how to run the country are busy driving taxicabs and cutting hair.”

– George Burns

The one phrase imperative to know in any foreign language is ‘My friend will pay’
– Alan Whicker

NEWARK & DISTRICT u3a



The Tuk-Tuk Procession

To help celebrate the u3a movement's 40th birthday, and to alert people's attention to our u3a, we had a gazebo in Newark Market Square on 21st September. With many groups helping with resources and their help on the day we were blessed with good weather and a steady flow of visitors to the stall. In addition, one of our members, Dave Jones, brought his Tuk-Tuk and it certainly attracted lots of attention.

At mid-day Dave and the Tuk-Tuk led a procession of our members around the Market Square with the Network beacon. It concluded at the Town Hall steps where the Mayor greeted the procession and delivered a speech to everyone there.

Thank you everyone that contributed in anyway. It was very much appreciated and a great team effort!!

Lynn Anderson, Vice Chair



Our Stand in the Market Square



The Mayor greeting us at the Town Hall



WORKSOP & DISTRICT u3a

After months of planning September saw the 40th anniversary of the u3a in the UK take place and Worksop & District u3a took a full part in the local celebrations. The sad death of Queen Elizabeth II meant some hasty re-



Worksop-Dukeries handover of the Beacon

arrangements needed to be made. The walking group were due to carry the Beacon from Clumber Park to Ollerton on the day of the funeral, but a couple of phone calls with Leslye Henstock, Chair of Dukeries u3a and we re-

arranged for a handover at Sherwood Forest on Sunday the

18th. Worksop members joined with those from the Dukeries for a walk around the Major Oak. We even met Robin Hood before it was back to the entre for the official handover. After the handover Leslye led a tribute to the Queen which was followed by a minutes silence. The re-

arrangements were made at short notice but we had a good turn out and

we all had a very pleasant, enjoyable, and sociable walk around the forest with a lot of new friends.

Roger Hancocks, Chair



Worksop-Dukeries handover of the Beacon



The Flash Mob at Highfields, celebrating 40 years of u3a

MAPPERLEY & DISTRICT u3a

In September Mapperley & District (MaD) u3a had a MaD Hatter's Tea Party. Below is an article written by one of our members for our Newsletter.

The celebratory cake (which was delicious!) was made by Anna Harper and was topped with a reproduction in icing of the square which is now incorporated into the u3a quilt, made by MaD member Stefka Samus .

Sue Cullen

MaD HATTERS TEA PARTY

MaD u3a had a MaD Hatter's Tea Party in September, a great time for a cake fest. On arrival the sight that greeted us was a hall transformed into a colourful, welcoming venue beautifully arranged with an array of tables in pretty cloths each decorated by a spectacular MaD Hatter-themed decoration made by the Creative Craft Group. Members arrived with cakes of every description, many displayed on some very impressive stands. Did we really have to sit through the AGM gazing at this tempting display, especially as some of us had forgone lunch in anticipation? The cups and saucers standing in readiness were of the 'Granny's best bone china' variety to lend a traditional feel to the occasion.



Granny's best china

Once the AGM was concluded it was time to choose our tea, examine our companions' choices and enjoy a catch-up. Returning to the table for 'seconds' I was relieved to see my own baking had all gone. There were opportunities to choose from a good selection of jigsaws (no need to bring a 'swap') and to enter the raffle which seemed to have lots of donated prizes, none of which I won.

On my table, almost hidden by the crockery 'the quiz' was lurking but we finally made an effort and it wasn't as challenging as the last one MaD u3a had produced. Towards the end of the afternoon a celebratory cake, made by Anna, was cut and distributed amongst the members. Much planning and effort had clearly been made to make this a successful occasion so many thanks to everyone who contributed.

Brenda Jarand



Table decoration by the Creative Craft Group



The cake being cut by the new Chair Geraldine Chaffe, watched by (from left to right) Anna Harper (who made the cake), Carolyn Luckhurst (outgoing Chair) and Stefka Samus (who made the winning quilt square).

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

15th NOVEMBER 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.newsbits@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 for the next issue of Newsbites to jane.newsbits@gmail.com by 15th November