**Edwalton, Gamston & District u3a (EGDu3a)**

**Newsletter March 2024**

*Our Motto is ‘Live, Laugh and Learn’ – but most of all LAUGH!*

***From Pat Gammons:***

I woke up this morning determined to drink less, eat fresh food, and take more exercise. But that was 4 hours ago when I was younger and full of hope.

Anyone who says their wedding was the best day of their life has clearly never had 2 Mars bars at once drop down from a vending machine.

The biggest joke on mankind is that computers are now asking humans to prove they aren't a robot.

**Thurs 14 March, 1.30 pm**

**Monthly Meeting at Edwalton Church Hall, NG12 4AP**

**Peter Armitage will tell us about ‘Stonebridge City Farm’**

1. **Please bring along the correct entrance fee** (£1 per member or visitor).

2. Tea/coffee will be available but **please bring along your own mug or cup**.

3. The Church Hall is located at **1 Vicarage Green,** Edwalton and can be accessed **via Wellin Lane or Edwald Road**.

4. **Do not attend if you have COVID-19 symptoms.** Common signs include sore throat, runny or blocked nose, cough and headaches.

**Planned Speakers (Frances Todd)**

**Thurs 11 Apr:** We will be entertained by **Paula Cornwell** with her taleson the theme **‘Mind your Motoring Manners’**

**EGDu3A Website (John Todd)**

Our website (<https://edgamu3a.weebly.com>) provides information for anyone wanting to contact us or view our range of activities. However, it needs a revamp. Most u3as around the country utilise the u3a's supported website structure but we have stayed with our own system developed many years ago. The national u3a has recently upgraded its own system and it may help us to improve ours by joining them. For the past 2 years, John has been our webmaster but admits to having no other experience of managing or developing websites and is "not artistic", so the site would benefit from more impact. In addition, we are considering moving to a new platform, so this is an ideal time for a fresh start. If any member can assist John, then please email him or give him a call for a chat. Your help would be much appreciated.

**Come and Join our Executive Committee! (Susan Bryant)**



The Executive Committee effectively manages and organises our u3a. Its members take on different roles: some take on critical roles and serve as officers (viz. Chair, vice-Chair, Treasurer, Business Secretary) but others serve as ordinary members with duties which they have volunteered to undertake (e.g. Membership Secretary, Groups Coordinator, Speaker Seeker). Whether an officer or ordinary member, individuals only serve for a fixed period of time and, at our AGM in September, some committee members must step down. In particular, we will need to replace the officer posts of **Business Secretary** and **Treasurer** as well as the posts of ***Membership Secretary, Newsletter Editor*** and ***Webmaster***.

If you are interested in one of these positions, rest assured that the responsibility is not huge and that help is available from existing Committee members. You can learn more by contacting the Chair, Business Secretary or current post holders.

**Notes from Groups Coordinator** **(Richard Harris)**

For several years, George and Sheila Golledge have led 2 Interest Groups (Craft Group and Walking Group) and organised our regular Pub Quiz at the Meadow Covert. However, they will be standing down from these roles in August and so ***we need volunteers who are willing to lead these groups from September***.

If you are interested in joining any of our existing Interest Groups, or would like to help start a new group that matches your interests, please contact Richard or the relevant Group Leader (listed in brackets after each Group name).

**EGDu3a Current Interest Groups**

**Art Appreciation** **(Roy Townsend):** We meet on the morning of the 3rd Wednesday of the month with venues rotating through members’ homes. We meet next on **Wed 20 Mar**. New members are welcome to join us.

**Board Games Group (Geoff Challinger):** The group has been meeting each month at times and venues which suit members but ***there will be no meetings until further notice.*** If you are interested in joining,

**Book Group (Roy Townsend):** Meets on the 2nd Tuesday of the month at 2.30 pm in a member’s home. We meet next on **Tues 12 Mar**. New members are welcome.

**Bridge Group (Wendy Danzey):** We are presently meeting at Wendy’s house each Tuesday at 2.15 pm, so next on **Tues 5,12,19+26 Mar**. We have 10 members who play and usually have 2 tables each session. ***Existing members should let Wendy know in advance if you are going to attend a session.***

**Chatterbox/Coffee Shop Group (Chris Shaw):** Meets on the last Thursday of the month at 10.30 am in The Poppy & Pint, Lady Bay for tea/coffee and gossip/chat.

**Church Visiting Group (Mike Groves):** Roughly once a month, we visit churches of architectural interest followed by lunch together. The first visit this year will take place on **Fri 12 Apr**. The beautiful church of St Mary the Virgin in Bottesford features a 15th Century spire and many memorials connected to the Dukes of Rutland. Please put the day in your diary and details will be circulated later. The aim is to visit the church in the morning, have lunch afterwards and arrange for car shares.

**Craft Group (Sheila Golledge):** Meets usually on the 1st Monday of the month at 10.00 am in The Holy Spirit Church Hall, Victoria Rd, West Bridgford***.*** Cost £3.50 for hire of hall and 50p towards refreshments. We meet next on **Mon 4 Mar**. This month, and for the foreseeable future, we will be working on our own projects.  Members can bring items to show and tell if they wish. Demonstrations and information about craft-related exhibitions or classes are always welcome.

**\*\*\***When we last met, we received the sad news that **Pam Burley**, a long-term member of our group, passed away on Sunday 4th February. Pam had been a member of the Craft Group since the start of Edwalton, Gamston & District u3a. We will miss her tremendously. We all have different memories of the time we spent with her and of how generous she was sharing her skills and being such an active member of the group.

**Craft Project Group (Chris Sutherland):** We are affiliated to the Craft Group but have our own agenda. We are a group of 8 who meet at 10.00 am on the 3rd Monday of the month at the home of a group member. We are restricted in size because many homes cannot hold more than 8 people. The next meeting is on **Mon 18 Mar**.

**Cycling Group (Isabel Martindale):** Rides usually occur on the 1st and 4th Monday or Friday of the month. ***However, the sessions are dormant at present***.

**French (Eileen Loftus):** We are a mix of learners and competent speakers seeking to improve our reading, writing and speaking skills. We meet twice per month. Our main meeting is on the 3rd Wednesday of the month (**Wed 20 Mar**) at 10.30 am in The Poppy & Pint in Lady Bay with an *ad hoc* meeting on the 1st Wednesday (**Wed 6 Mar**) for those who cannot commit to meeting twice a month.

**Gardening (Fiona Steele):** We meet usually on the 1st Thursday afternoon of the month at members’ homes or other locations. Our next meeting is on **Thurs 7 Mar** when we will visit Belton House, but mainly the garden.

**History (Kuo Hsiang Choong):** We meet at 10.30 am in the Willow Tree pub on the 2nd Wednesday of the month to study various aspects of History. However, this month, there will be no regular history talk because we will be joining Bernie Groves as she leads us on a visit to the Council House on **Wed 13 Mar**. Apparently, Councillor Grocock will show us round and tell us about its history and workings. Next month, on **Wed 10 Apr**, we return to our normal venue and Maura Roche will continue the saga of Ireland and England with a talk on Northern Ireland and ‘The Troubles’. We welcome new members.

**Lunch Club (Mike Groves):** We meet socially over lunch on the 3rd Thursday of the month at 12 noon in The Poppy & Pint, Lady Bay, NG2 5DX. We meet next on **Thurs 21 Mar**. If you would like to come, ***sign up at the meeting on Thurs 14 Mar*** or email Mike at grovesfamily@hotmail.com. This event is very popular and we need to know numbers attending so that the P&P can be informed in advance.

**Music Appreciation and More** **(Chris Shaw):** This group embraces Music Appreciation, Singing for Fun, Event visits and Film DVD showings.

**Singing for Fun Group** meets on the 2nd Tuesday of the month in the afternoon at a venue to be confirmed. The next meeting will be on **Tues 12 Mar**.

**Music Appreciation Group** meets on the 2nd Wednesday of the month at 2.00 pm in the billiard room of the Willow Tree pub, Rufford Way, West Bridgford, NG2 6LS. We meet next on **Wed 13 Mar.** The pub is served by bus routes 6 and 7.

**Events Group:** I have information about the cinema and Royal concert hall events.

**Outings Group (****Bernie Groves, Marie Smith, Carol Shuttleworth, Prue Brandt, Janet Johnson):** We organise outings/events for which information and booking sheets are available at the Outings Group table at our monthly meetings. Visit the table to see a more comprehensive list of our plans. ***To secure a booking, bring along appropriate cash payment and sign-up!*** Events planned so far include:

**Wed 13 Mar:** Visit to the Council House, Market Square, 11.00 am. Free. Alderman Brian Grocock will show us round.

**Mon 25 Mar:** Visit to Playhouse for ‘The Children’, 7.30 pm. Cost £7.50. Only 2 tickets left! Tickets, for those who have booked, are available at the meeting on ***Thurs 14 Mar.***

**April 22-24/25:** 2- or 3-day trip to York. Bookings for 23 people have been made at the Pavilion Hotel and dinner at the hotel has been arranged for Tues 23 April. Further information about the trip will be emailed to participants nearer the date.

**Wed 22 May:** Visit to the Framework Knitters’ Museum, Ruddington. Arrive 10.40 am for 11.00 am to 1.30 pm guided tour, cost £9 (allowing free entry for 12 months if requested). Pay on the day, but numbers are limited to 18 (3 groups of 6). Use the Co-op car park and walk to Chapel St or park where you can in the village. Alternatively, the no 10 bus stops at The Green. Sign up at ***the monthly meeting on Thurs 14 Mar*** or contact one of us to add yourself to the list. Note that access to the upstairs of cottages is via steep steps but other arrangements should be highlighted in downstairs rooms on the date.

**Thurs 23 May:** Visit to Playhouse for ‘Punch’, 7.30 pm. Cost £7.50. ***Payment needed by Thurs 14 Mar.*** Bring your money along in an envelope with your name on it.

**Thurs 27 June:** Booking for a maximum 30 people has been made for a 3-hour River Trent Princess Cruise with afternoon tea. Cost £22.75 per person. Departs Riverside Lodge at 12.30 pm. ***A few places remain, so check at the meeting on Thurs 14 Mar with a £3 deposit (non-refundable). Balance payable by May monthly meeting.***

**Fri 12 July:** We are celebrating the ***10th anniversary*** of our u3a with a special afternoon tea at Sir Julien Kahn Pavilion, West Park, Loughborough Rd, West Bridgford from 3.00 to 5.30 pm. Tea will be prepared by James Crossman, former owner and chef at Le Petit Paris. Cost £10 (part subsidised by Executive Committee). ***Sign up at the March or April meetings.*** Numbers limited to 90 members on a first-come basis. Bring your money in an envelope with your name on it. Parking limited to 70 cars, but the no 10 bus stops nearby.

**Tues 16 July:** Visit to Calke Abbey, meeting at 11.00 am. National Trust Members free of charge (take your membership card!), non-members £7.50 (park and gardens only) or £12.50 (includes the house). Transport: own car/car share lift. ***Sign up on Thurs 14 Mar.***

**Painting Group (Josephine Cutts):** Meets at 10.00 am on the 3rd Thursday of the month at Jo’s home. In February, our topic was ‘A Pair’ and it produced the paintings shown below. We meet next on **Thurs 21 Mar** when the subject will be ‘First Signs of Spring or Yellow’.



**Photography for Fun (John Sutherland):** Meets on the 3rd Monday of the month at 2.30 pm in Holme Pierrepont & Gamston Village Hall. The February meeting (theme ‘On the Move’) led to the 2 images shown below. New group members are always welcome (with or without images) so come and see what we are up to. At our next meeting on **Mon 18 Mar**, the topic is ‘Black and White’. Topics for April and May are ‘Food’ and ‘Wheels’ respectively.



**Pilates Group (Debra Osborn):** For those who have registered, this group runs every 1st and 3rd Wednesday at 1.30 pm in St Lukes Church, Leahurst Road, West Bridgford, NG2 6GL. Sessions last for 45 min. The group leader, Debs Osborn, is a fully qualified Pilates teacher. We meet next on **Wed 6 and 20 Mar**. ***Please arrive 10 min beforehand*** so the room can be set up for the session, and remember to bring your exercise mat and towel. The cost of hiring the room is £2 per member per session (to be paid when you attend). Next month, we meet on **Wed 3 and 17 Apr**.

**Psychology (Isabel Martindale):** Meets on the 3rd Tuesday of each month at 2.00 pm in The Willow Tree pub. A group member selects a topic to introduce and sends out information prior to discussion. Space in the group is limited due to the venue arrangements. We meet next on **Tues 19 Mar**.

**Quiz Night (George & Sheila Golledge):** Occurs on the 3rd Monday of selected months at 7.00 pm in the Meadow Covert pub with a maximum limit of 30 members. The next Quiz Night will be on **Mon 18 Mar**.

**Science Group (John Todd):** Meets at 2.00 pm on the 3rd Wednesday of the month in Holme Pierrepont & Gamston Village Hall. A charge of £2 per member covers the hall hire and speaker expenses. On **Wed 20 Mar**,we celebrate our 5th anniversary! Our first talk, in 2019, was on ‘Climate Change’ (by John Parry, then an expert on targets, plans and an advisor to government who has now joined our u3a), so I have followed this theme by inviting Andres Garcia from the British Geological Survey in Keyworth to inform us about his work on the impact of global warming on the coastline and estuaries of the UK. If we can develop a better understanding of the impact on our lives and country, then we can focus better on what we can do for the World.

**Scrabble (Sue Brittain):** We meet on the 3rd Monday of the month at 2.00 pm at the Meadow Covert pub. We meet next on **Mon 18 Mar**. This is friendly, social group and the main aim is simply to enjoy ourselves. We do not keep records of winners or losers and there is no league. New members are always welcome.

**Shakespeare Play Reading Group (Josephine Cutts):** Meets on the 4th Thursday of the month at 2.00 pm at Jo’s home. We meet next on **Thurs 28 Mar** when we will begin reading parts from ‘The Merchant of Venice’.

**Spanish Group (Janet Fishel):** We meet on the 2nd and 4th Monday of the month at 11.00 am in the Meadow Covert. This month, we meet on **Mon 11 and 25 Mar** to conclude Pasos 1 by learning the Perfect Tense and using it in the context of reporting lost property, accidents and emergencies. Due to venue constraints, the group size is limited.

**Sunday Singles (Barry Coulby & Marie Smith):** This social group meets at 12.30 pm on the last Sunday of the month in the Willow Tree pub. However, to avoid a clash with Easter Sunday, our next meeting is on **Sun 24 Mar.** The Willow Tree has asked that we pre-order our meal by the Monday before. The Coffee Trail events are at The Green Line (11.00 am **Fri 8 Mar**) and Trentside/Ladybay (11.00 am **Fri 22 Mar**) and we are researching future routes and destinations. Details will be sent to group members. We welcome new members.

**Table Tennis (Isabel Martindale):** We meet each Wednesday at 10.50 am in the foyer of Rushcliffe Arena and play until noon when we visit the cafe. The next meetings are on **Wed 6,13,20+27 Mar**. We have lots of laughs and enjoyable exercise.

**Walking Group (Sheila & George Golledge):** Meets on the 3rd Friday of each month and our next walk is on **Fri 15 Mar**. Please meet at 10.30 am in the car park of the Goose at Gamston pub, near Morrisons. The walk will take in Bassingfield Lane and Stragglethorpe and we will return to the Goose along the Grantham canal to the Goose. It is about 5 miles on flat surfaces.

**Wine Tasting Group (Richard Davis):** Meets at 2.00 pm on the 4th Wednesday of the month in Holme Pierrepont & Gamston Village Hall, Old Tollerton Road, Gamston NG2 6NX. We meet next on **Wed 27 Mar** when we will continue our journey, sampling wines of the world, country by country, with guide notes. Our emphasis remains ‘Live, Laugh and Learn’ without getting too serious.

**Writing for Fun (Stan Darling):** We meet at 10.15 am on the 1st Thursday of the month at the home of a group member, so the group size is limited. On **Thurs 7 Mar** the topic will be ‘It was 29th February…’.

**Writing with a Purpose (Andrew Newsum-Smith):** We meet usually at 2.00 pm on the 3rd Thursday of the month at the home of a group member. ***However, the group is presently dormant.*** We are looking to welcome new members.

**Did You Know?**

**The u3a National Newsletter:** You can sign-up for this at u3a.org.uk/newsletter. It is sent monthly by email to members with news, events and offers from across the u3a movement. Members can also send in stories and other items.

**u3a Trust Services:** The u3a Newsletter includes a ‘ClickandSave’ offer whereby members can access discounted gift cards for various stores and services. To access this facility, enter the official website, <http://www.u3a.org.uk>, click on News on the top line and then select Newsletter and move down to Offers and Services (usually the last item). You will be required to set up a username and password. The voucher downloads very quickly to your phone. You can opt for a voucher to be posted to you, but then the postage charge reduces the benefit.

**Emergency 999 Services:** If you are deaf, hard of hearing or speech impaired, you can use the emergency service to send an SMS text message on your mobile. You can also text if you are aware that a life is at risk, crime/trouble is happening, someone is injured or threatened, someone is nearby and threatening you, etc. The text message will be passed to the police, ambulance, fire rescue, or coastguard. **You need to register your mobile phone before using the service**. To do so, text the word ‘register’ to 999. Then they will text you straight back and register your mobile number. You can also make a silent telephone call to the Police on 999 if you're ever threatened by someone and you are afraid to speak. When the operator answers, you should just cough, or tap 55. That will alert the operator to inform the Police at once.

**HollieGuard Personal Safety App:** This free app can be downloaded to your smart phone and used to track your location when you are out walking/jogging/cycling, or just going about your daily business. When you feel unsafe, you simply shake your phone and this will send an alert to a group of chosen contacts to warn them that you could be in danger. Once shaken, the phone makes audio and visual recordings of what is occurring around you. These are saved and sent to your contacts so they can see what is happening, and then call the police or ambulance service if necessary. If the phone is shaken again, a flashing light and high-pitched beep alerts people nearby that that you may be in danger. For more information, visit <https://hollieguard.com/> or [www.hollieguard.com](http://www.hollieguard.com/).

**Legal Helpline:** Members can access a 24-hour Legal Helpline by phoning 0344 770 1040 and quoting u3a Legal Helpline.

**Suzy Lamplugh Trust:** This exists to ensure that everyone is safer through Campaigning, Training and the National Stalking Helpline. It provides advice on Internet safety, particularly when using social networks, online dating sites, computers, email and mobile phones. For information, visit [www.suzylamplugh.org](http://www.suzylamplugh.org).

**Community Save a Life Scheme:** This is a FREE online training scheme designed to teach basic life-saving skills. If interested, visit [www.virtual-college.co.uk/prepared](http://www.virtual-college.co.uk/prepared).

**Learn CPR in minutes:** Over half of all cardiac arrests involve those over the age of 65 and every minute without CPR or a defibrillator reduces survival chances by 10%. National u3a has joined with the British Heart Foundation to promote the use of an app that will teach CPR in about 15 min. To use the RevivR app, you need a smartphone or tablet and a cushion. To request information, contact 0300 330 3322 or heretohelp@bhf.org.uk

**EGDu3a and the Wider Community**

**Trent Dementia.** A Nottingham-based charity which aims to improve the care, support and wellbeing of people living with dementia. It runs projects and events for them and their supporters. If someone you know has had a recent diagnosis, you can contact them via [www.trentdementia.org.uk](http://www.trentdementia.org.uk) or on 0115 748 4220.

**Bulk Waste Collection.** If you have items that your local Waste & Recycling Centre cannot accept, there are other possibilities. For large items, call 0115 981 9911 or book collections via the rushcliffe.gov.uk website. For large electrical items, call 0115 914 8408.

**Saving Plastic Bottle tops.** Plastic bottle/jar tops can be dropped off at the Tollerton Post Office on Melton Road. Proceeds go to the Dove Cottage Hospice in the Vale of Belvoir.

**Everyday Plastic.** This organisation campaigns to raise awareness about single-use plastic and aims to inspire people to reduce their own plastic consumption. In March, they are joining Greenpeace UK to run ‘The Big Plastic Count’, an investigation into household plastic waste in the UK. To participate, simply count your plastic waste for one week (from 11-17 March) and submit your results online. Over 60,000 people have signed up already. To register, go to <https://thebigplasticcount.com>

**Recycle your old Spectacles.** If you have old or unwanted pairs of spectacles, you can help others with sight-related issues living locally and in developing countries by simply handing them in to the Specsavers store at 25-27 Central Avenue, West Bridgford.

**Litter Picking.** A group meets regularly at Holme Pierrepont & Gamston Village Hall on the 3rd Saturday of each month to pick up local litter. Equipment is provided by Rushcliffe

Council. Register to join and get details via gamstonlitterpickers@gmail.com.

**Grantham Canal.** ***The Canal and River Trust*** encourages Rushcliffe residents to take advantage of the haven for wildlife that is the canal. The charity also runs volunteering sessions to tackle litter, lay hedges, etc. To find out more, visit canalrivertrust.org.uk.

***WEBCAN*** is an organisation of local residents who aim to restore consistent water levels in the Lady Bay & Gamston sections of the canal and make it attractive to wildlife. General meetings are held in the Poppy & Pint and other venues in West Bridgford. Volunteers put on waders and enter the water on a weekly basis. For further information, just visit <https://www.facebook.com/groups/924282821910150/> and, if you wish to volunteer, contact Paul Abel at paulabel@ntlworld.com or on 07973 169820.

**Jokes**



**Thoughts for Today by Albert Einstein (from Pat Gammons)**

“*Any fool can know. The point is to understand*.”.

“*I fear the day that technology will surpass our human interaction. The world will have a generation of idiots.*”.

When Albert Einstein met Charlie Chaplin:

**Einstein:** “*What I admire most about your art is its universality. You do not say a word, and yet, the world understands you*.”

**Chaplin:** “*It’s true, but your fame is even greater. The world admires you when nobody understands you!”.*

**Summary of This Month’s Events and Interest Groups**

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| --- | --- | --- | --- | --- | --- |
| **Week/****Time** | **Monday**4,11,18,25 | **Tuesday**5,12,19,26  | **Wednesday**6,13,20,27  | **Thursday**7,14,21,28 | **Friday**1,8,15,22,29 |
| **1st am** | 4th Craft Group |  | 6th French *(ad hoc)*6th Table Tennis | 7th Writing for Fun |  |
| 1st pm |  | 5th Bridge | 6th Pilates | 7th Gardening |  |
| **2nd am** | 11th Spanish |  | 13th Table Tennis13th History Group |  |  |
| **2nd pm** |  | 12th Bridge12th Book Club12th Singing for Fun | 13th Music Appreciation | **14th Monthly meeting at Edwalton Church Hall** |  |
| **3rd am** | 18th Craft Project Group |  | 20th French20th Table Tennis20th Art Appreciation | 21st Painting Group21st Lunch Club (Poppy& Pint) | 15th Walking Group |
| **3rd pm** | 18th Scrabble18th Photography for Fun18th Quiz Night | 19th Bridge19th Psychology | 20th Pilates20th Science |  |  |
| **4th am** | 25th Spanish |  | 27th Table Tennis | 28th Chatterbox Group |  |
| **4th pm** |  | 26th Bridge | 27th Wine Tasting | 28th Shakespeare Play Reading |  |
| **NB:** Sunday Singles Group will meet this month on **Sun 24 Mar****NB:** 3 groups are temporarily dormant: Writing with a Purpose, Cycling and Boardgames  |