Edwalton Gamston & District U3A

Live, Laugh & Learn Newsletter December 2015

Xmas Meeting
10th December

1.45 for 2.00 at the Gamston Community Hall (nr Morrisons)

漢字 汉字 Speaker - Carol Williams

Ancestors, Dragons and Chopsticks…30 months in Rural China

Christmas Cheer – Bring a mince pie or bake a cake.

Festive wishes and all the best to you all for 2016. Come in for Christmas nibbles with mulled wine and apple juice.

My thanks to all who helped so magnificently in the Open Meeting in November. It was a great success and resulted in members joining groups and 16 visitors joining the EGDU3A on the day. We now have more members than at any time in the first year.

Note – the MacMillan Cake Event raised £85. Thank you to all who baked and/or bought.

Speakers for 2015/6

We have an exciting list of professional speakers for the coming year:

10th Dec	Apologies – Bevox could not get enough men to sing. Our thanks to Carol Williams (Chairman of West Bridgford U3A and experienced speaker) who will do an illustrated talk on "*Ancestors, Dragons and Chopsticks…30 months in Rural China*"
14th Jan	Mike Newbold – *Not just a Spare Part - The life of a Television Extra* He has been a television extra for over 10 years and has encountered some interesting and strange people. He talks about his experiences – the rules and regulations, the pitfalls, the jargon, the pay….
11th Feb	Cathy's Chocolates and Cakes – *Chocolate truffle making demonstration* With chance to buy hand-made chocolates afterwards. Just the thing to banish the winter blues.
10th Mar	Andy Stuart – *What Ruddy Cucumber!!* Journalist with the Post and Bygones Magazine – funny stories from a veteran journalist's notebook. Stories from his 40 years career in journalism as a news/sports/feature writer in regional and local newspapers and on local radio, plus a look back at Nottingham's past through the Bygones magazine. His book *Their Names Will Live On*, about local war heroes, is available (helping to raise money for the Royal British Legion).
14th Apr	Mike Storr – *Masters of Mirth* An affectionate look at some favourite Music Hall laughter makers. • How Music Hall began. • Favourite characters - Robb Wilton, Stanley Holloway, Bernard Miles …. • Examples of their acts including their famous monologues

9th Jun	AGM and Strawberry tea
	Please note there will be no August meeting

LIVE, LAUGH & LEARN – BUT MOST OF ALL LAUGH !!!

Your Interest Groups and Events

Group Leaders – Thank you for all the hard work you put in at the Open Meeting. It was such a success and down to all your efforts.

If you want to start a group contact one of the committee, below or at a meeting. Do you have any ideas, especially if it is one you want to open? If you are not on email, please call/text 0790 607 2251 for information, giving a name and contact number.

Active Groups

Art Appreciation We meet every third Wednesday but there has been a lot of variation on that to accommodate members. Some of the topics so far have been: David Hockney, The Pre-Raphaelite Brotherhood, JMW Turner, Leonardo da Vinci, Raphael, and next up, "What Is Art?" Locations rotate through members' houses. Please contact **Roy Townsend** on roy.townsend@btinternet.com .

Book Group We meet once a month and we discuss the books that we have chosen in a relaxed setting. The next book is "Kane and Abel" by Jeffrey Archer on Tuesday 8th December. There is no meeting in January but we meet on 16th.February to discuss "The Edge of Eternity" by Ken Follett. New members very welcome. Please contact **Roy Townsend** on roy.townsend@btinternet.com.

Bridge Group This group continues to gain strength and several members who were complete beginners a year ago, can now play a hand of Bridge. Several more people put their names down at the Open Meeting. The next meeting will be held on Tuesday 1st December. There will be two further sessions in December on the 8th and 15th and then we will reconvene in January 2016 on the 5th. Please let me know if you are going to attend as we need to know for numbers. Contact is **Ann Widdowson** annwid62@gmail.com

Craft Group In December we will return to our Christmas ideas and projects sharing what we have been working on. December meeting to take place in The Holy Spirit Church Social Centre. In February we shall focus on patchwork and quilting. Contact **Prue Brandt** on 0115 9234 383 or on pruebrandt@hotmail.com.

Creative Writing 4 possible members have expressed an interest in joining this new group which is still in the planning stage. Pauline will be contacting those people separately to set up a meeting in the New Year to look at how they would like this might go forward, and how often and where to meet. If you would like your name added to the list then please email **Pauline** Barrett on paulinebarrett@hotmail.co.uk. Contact 0115 937 4817.

Family History Group The Family History Group had their first meeting on Monday 3rd November at the Meadow Covert with 10 members. Paul Hudson gave an interesting introduction on how to begin to research Family History. Following the meeting a brief resume was sent to all group members giving further details on how to access records and information from the Internet.

At the Open Meeting several more people showed an interest and hopefully they will join us next time on Monday 7th December at 2.0pm at the Meadow Covert. Who Do You Think You Are? If you don't know come along to the next meeting and we will try and find out!

Both Ann Widdowson and Paul Hudson are experienced researchers with differing backgrounds so some new ideas should be available. There is a "help" session at West Bridgford Library usually on the last Friday of the month 1.30 to 4.00 for those who cannot meet us on Monday. If you are interested in joining, contact **Ann Widdowson** on annwid62@gmail.com or **Paul Hudson** 0115 923 1032 or phudson8@aol.com.

French This is an Improvers conversation group. We meet for a French chat twice a month on the first and third Wednesday morning at 11.00 in the Meadow Covert pub. We would welcome new members. If you are interested please contact **Cherry Brandon** at c.brandon2@ntlworld.com.

History Group We have decided not to meet in December because of all the extra demands on members' time. Next meeting at the Meadow Covert on Monday 11 January and we will be planning when to visit different parts of West Bridgford, Edwalton & Gamston for mini History Walks. We have had successful visits to see Richard III grave in Leicester, the Council House, Holme Pierrepont Hall and a walking tour around the historic streets of Newark upon Trent. West Bridgford Library has Tuesday slots each month for a History theme. Thanks to all the members for their input in the year, see you all in 2016.

- **26 January** 2.30 (£3) "**Nottinghamshire in the Time of Jane Austen**" – Chris Weir looking at life for the rich and poor;
- **29 March** 2.30 (3) **Wild West** (Bridgford)" – dissent & disobedience from church court records.

Contact **Paul Hudson** 0115 923 1032 or phudson8@aol.com.

IT Group A group is now established. New members are very welcome. Contact **Mona Andrews**. monaandrews@btinternet.com

Lunch Club The next lunch date will be 8th December for our Christmas Lunch. For details or suggestions for the New Year, please contact **Nadine** on 0790 467 0058 or nadinemil@hotmail.com.

Meditation The meditation group meets every 4 weeks at Karen's house. If you are interested, contact **Karen Singleton** on 0758 718 1758 or kay_christine@hotmail.com.

Music Appreciation Apologies for the delay of the inaugural meeting – funeral got in the way. We will meet in the New Year on **Tuesday 12th January at 10** at Chris' house to discuss what we want to hear/see and a day and time for meetings. Please contact **Chris Shaw** on 0115 974 5512 or chrisshaw20038@hotmail.com.

Outings group **Outings for 2016**

- **December 14th Monday – Pub Quiz** at 7pm. The Meadow Covert. £6 for Quiz and meal.
- **February 26th Friday - Ruddington Framework Knitters Museum** 11.30am approx. 2hrs, some stairs and small spaces. £4 guided tour.
- **March 17th Thursday - BBC Tour Free** evening tour 5.30 – 7.45. Maximum 12 people. Full but sign up as reserve and be first on list for next time.
- **March 21st Monday - Easter Pub Quiz.** 7 pm Meadow Covet £6.
- **April-Magic Lantern Theatre Tour**-date to be arranged. Approx 2 hrs £6.50.
- **May 13th Friday – Afternoon Tea Cruise on the boat the Trent Lady** 2hrs 2.30pm (board at 2pm) £14.50.
- **June 7th Tuesday – Bromley House Library Nottingham Guided Tour** 10.30am 2 hrs £6 need min 10. Stairs, no lift.
- **July 15th Friday – Eglantine Vineyard Bunny Tour** 2hrs 10.30am (involves approx 40 minutes outside and standing) £5 +£1 for tea/coffee.

Please sign up at general meetings. Contact **Joan Mayhew** at joanmayhew@hotmail.com or 0115 945 5156 to join or for information.

Painting The open day showcased some of our activities and there is some really good work being produced, there is now a waiting list of people wanting to join in. People are

using the media of their choice which includes acrylic, watercolour and graphite, and they have a range of interests which they would like to develop so we are working towards those. We meet in the morning of the third Thursday in the month. Contact is **Josephine Cutts** on etndil@icloud.com.

Editor's note - If you are interested perhaps we could help you get a second group going?

Photography We meet on the third Monday of the month at members' homes or on locations. We are all levels of ability, knowledge and equipment. We discuss different ways of improving our artistic and technical skills, use of equipment, subjects and the processing of images, all very relaxed, usually over a cup of tea or coffee.

This session has started with a review of the trinity of aperture, ISO (film speed) and shutter speed so that we may discover

(a) why we are having problems;
(b) how to become more adventurous;
(c) how to include / exclude clutter from our images.

Contact **Peter Allsopp** 0115 921 5008 or email at plaU3A@gmail.com.

Poetry With apologies – Peter is unable to lead meetings at present as he is recovering from a knee operation. Contact **Peter Knott** peaknutt@btinternet.com. 0115 981 0749. New members very welcome. Perhaps there is someone who could help?

Scrabble Due to Bridge/Scrabble clash of timetable have altered the timing of the Scrabble meeting. It will now be held on the **3rd MONDAY of the month,** 2 – 4 pm. We meet at members' houses on a rota basis. We play for fun but are always playing to win obviously. No records of wins or scores is kept. Contact **Sue Brittain** on suebrittain@hotmail.co.uk.

Spanish This is a Beginners group. We meet twice a month, normally on the second and fourth Monday morning from 11.00 to 12.30 in the Meadow Covert pub. Please contact **Janet Fishel** on janetfishel@yahoo.com

Stamp Collecting Group I lead the stamp collecting group. Initially a Philately group was requested but none of us have that level of knowledge. Instead we each have a collection of stamps we collected when young or inherited hence "stamp collecting". Next meeting will be at the end of the month. Contact **John Todd** on johnh.todd@yahoo.co.uk.

Walking Groups – Short and Medium Every month there are two walks a Medium (4 – 7 miles) and a Short Walk (2 – 3 miles), normally 3rd Tuesday and 4/5th Wednesday mornings respectively. Our thanks to Jean Hudson. We have thoroughly enjoyed the walks and the good company. The Medium walk is on The Third Tuesday so the next is 15th.December. The next Short Walk is on 30th.December.If you would like to join us please contact **Jean Hudson** egdu3awalks@gmail.com or ring 0115 923 1032.

Wine Tasting Group The Wine Group meets on the 4th Wednesday of each month at 2pm in Holme Pierrepont & Gamston Village Hall. As a result of our successful Open Day in November we now have a group of around 20 enthusiastic tasters, but welcome new members. Our main objective is to improve our knowledge of wines whilst ensuring we thoroughly enjoy ourselves. We are currently working through the French wine regions and over the coming months will be tasting/reviewing Bordeaux, Chablis & Languedoc. Due to Xmas demands on members we will not be having a December meeting. The next meeting is on Wednesday 27th January 2016. Contact **Richard Davis** on 0115 981 2970 or richarddavis970@btinternet.com.

U3A National Office Newsletter – 2016 Events

Birmingham Concert 12th February, 3rd April and 2nd July
Vaccination at the Jenner Museum 9th March
The Importance of Being Earnest 15th March

Ri Lectures 17th March £20 per ticket
Science Talk 11th April at the School of Science, Birbeck College Free event
National Summer Schools, Royal Agricultural College 8th – 11th August and 15th – 18th August

Log in to the members' area of www.u3a.org.uk and visit the Events page to view all our current events and book, and also opt in to receive this newsletter directly.

Summer School 2016

The Summer school will begin with Dinner on the Tuesday evening, 16 August and run until lunch time on Friday 19 August. We plan to run 7 or 8 courses across the range disciplines listed in this brochure. Delegates will be asked to indicate their preference for the course they wish to attend. Places will be allocated on a first come first served basis on receipt of a completed application form and deposit. The cost per delegate for the Summer School, in en-suite rooms, including dinner on the Tuesday evening is estimated at £225. Any additional costs, eg visits which are part of a particular programme, will be paid at Registration.

Below Stairs in Country Houses

Marilyn Palmer MBE

Day 1 Marilyn will offer talks on the following topics:
Landowners and innovation, Below Stairs: the reaction of servants to new technology, Heating and Lighting, Feeding the Household: kitchens and dining rooms, Water supply, bathrooms and WCs
Day 2 Belton House will offer the Four Kitchen Tour at 10.00 with an option for group members to book themselves on a Below Stairs tour later in the day. Marilyn will prepare a study questionnaire for use in the main house visit
Day 3 Plenary session

Churches: their architecture and changing function

John Elkington (Day 1), Roger Willson (Day 2)

Day 1: History of Gothic Architecture from Roman to Tudor times. Early influences from the Roman period and Byzantium on how the early Christian Church developed, evolution of the Gothic style from Romanesque architecture in Italy, France and England, characteristics of Gothic Churches and Cathedrals, styles structure and regional influences. French Gothic Cathedrals, English Gothic Cathedrals including Southwell Minster
Day 2: The changing functions of churches Why were our parish churches constantly changed and added to? The day will focus on this question, looking at how churches have been used from Saxon and Norman times, through the Middle Ages, into the Reformation and then the Georgian and Victorian periods, up to the present day. The course will focus on examples from the East Midlands area which can easily be visited.
Day 3: visit to Southwell Minster on Friday morning

Digital Scrapbooking: a way to share photos

Susan Hewson

Are your precious family photographs mouldering in an old shoe box? hidden away on your hard drive? Learn how to produce beautiful digital scrapbook pages that will become treasured family heirlooms and important social history documents. Create an attractive electronic scrapbook that can be shared online or printed professionally for a more tangible final product. A time consuming, expensive hobby becomes something anyone can do in a few hours. It comes with an array of useful design tools that produce superb finished products. No more worry about dealing with expensive supplies, messy glue or unreliable tape again. Just click, drag and drop your way to a stylish keepsake. We'll be using old photos and taking time out to create new ones for use on the course. Bring your photos, camera, android, or tablet/iPad. Encouraging Participative Learning
Tutor: Mandy Topp

Using a mixture of tutor led sessions, discussion and practical hands-on activity this course will examine some of the current ideas about how adults learn and explore how these can enhance the informal, shared learning experience at the core of U3A activity. The focus will be on understanding and applying learning principles, creating stimulating learning settings and using modern technology to boost presentations. Participants need to have basic computers skills as we will be learning how to use presentational software to its full potential. There will be the opportunity to develop and deliver (if wished) a very short presentation on something of interest in the local area. This course should appeal to all members but would be particularly useful for anyone who organises a group, gives talks or arranges events.

Gardening: the ultimate downsize
Tutors: Anthea Lock, National Subject Adviser on Gardening, Karen Taylor

People usually think of downsizing in terms of their house but of course the new garden is often rather small. This course offers gardeners the opportunity learn what can be achieved in a small garden and how to make things easier as we grow less fit. The course will show how vegetables, small flowers and shrubs can contribute to a well-designed garden and will include visits to a very local garden and nursery as well as practical sessions
Day 1: Planning a garden; Anthea Lock on Vegetables
Day 2: am Practical session on planning an alpine bed; pm visit to Crink Lane farm and nearby nursery
Day 3: What you can grow in a downsized garden; reviewing and planning for the future

Lawrence, Landscape and Literature
Malcolm Gray

An interesting opportunity not only to learn about D H Lawrence but also to visit paces closely associated with him and his work.
Day 1: Why Study Lawrence? Classic Literature of Lawrence and "A Passion for Life", Study of Lawrence short story "Odour of Chrysanthemums": Readings + DVD selections from: Lawrence and coal-mining heritage/ Lawrence and Modernism — poetry study
Day 2 : Visit to Eastwood to include: Birthplace, Heritage Centre, Breach House, Blue Line Trail, Vine Cottage, Brinsley Headstocks: all within 3 - 5 miles radius of Heritage Centre with-some walks. Buffet Lunch at the Heritage Centre & Cream tea at Beauvale Priory — historical site, Lawrence story.
Day 3 Lecture: Lawrence as a traveller / Lawrence's early writing / an illustrated lecture on Haggs Farm and Jessie Chambers. Q&Q closing session.

Environmental studies
Tutor: Mike Benthall

Domestic: Population dynamics of otter, mink and water vole in the UK. a catastrophic collapse in the vole population has yet to be halted despite the recovery of the otter International: can we save the Tiger? This course looks at the fate of the tiger, the world's top predator on land and man's most popular animal. Its survival is threatened by loss and fragmentation of habitat, loss of prey and poaching for traditional Chinese medicine Tutor led sessions with items of practical research work

Walking and Wildlife
Tutors: John Martindale, Steve Lovell

An interesting combination of a Shared Learning Project at Brackenhurst and exploring wildlife opportunities provided by different environments.
Day 1
Morning session - Presentation about the results of the Southwell U3A/Brackenhurst College wildlife shared learning project
Afternoon walk about - identification of flora/wildlife around Brackenhurst - hopefully looking for some of those identified in the learning project

Day 2
Morning session - Wildlife Photography - hints and tips for getting good results.
Afternoon session - Trip to Langford Lowfields RSBP reserve to use the skills learnt in the morning Evening - Walk around Brackenhurst in search of Bats and Owls (and anything else that is around)
Day 3
Morning - Wildlife in the Garden - hints and tips to attract all forms of wildlife into your garden

Registering an interest You can register your interest by signing the sheet at the Regional Conference or by sending your full name, U3A, preferred course and email address to chrisshaw20038@hotmail.com. Those without an email address can ring 0115 974 5512

How to apply Detailed information about the individual courses on the Regional website or from Chris Shaw. Application form with £75 non-refundable per person deposit, to be returned to Chris Shaw, 28 North Road, West Bridgford, Nottingham NG2 7NG as soon possible. Places will be allocated on a first come, first served basis.

EGDU3A Website http://edgamu3a.weebley.com

Information on:- Our monthly meetings; how to join and interest groups information.
Our Webmaster, Steve would particularly welcome comments, ideas, photos and group updates. Please contact him either on stevebar555@yahoo.co.uk or edgamweb@yahoo.com.

Legal Helpline for U3A Members

24 hour legal helpline details are 0344 770 1040 quoting U3A Legal Helpline.

Executive Committee Members – general contact number 0115 974 5512

Steve Barrett	Webmaster	stevebar555@yahoo.co.uk
Cherry Brandon	Business Secretary	c.brandon2@ntlworld.com
Michael Brandt	Membership Secretary	mikebrandt100@gmail.com
Richard Davis	Treasurer	richarddavis970@btinternet.com
George Golledge	Publicity Team	gosh.golledge@ntlworld.com
Michael Groves	Group Co-ordinator	grovesfamily@hotmail.com
Bill Kelly	Vice Chair & Publicity Team	william.kelly60@ntlworld.com
Joan Mayhew	Outings Liaison	joanmayhew@hotmail.com
Chris Shaw	Chairman	chrisshaw20038@hotmail.com

Travel information – Buses to Morrisons stop – no:s 5 or 7 or the L/shopper buses.
If you know someone without transport, could you give them a lift there or back?

Do you have anything for the newsletter? Please mail the editor (Bill) by **29th December**.

Our websites are **http://edgamu3a.weebly.com** and **www.nottsu3anetwork.org**

If you are interested in shaping your future U3A, call/text **0790 607 2251**

or contact the us via **chrisshaw20038@hotmail.com**

Happy Christmas and all the best for New Year

Group	Meetings	Leader	Telephone	Email
Art Appreciation	3rd Wednesday am	Roy Townsend	0115 923 5080	roy.townsend@btinternet.com
Book Club	2nd Tuesday 2:30	Roy Townsend	0115 923 5080	roy.townsend@btinternet.com
Bridge	Every Tuesday 2:15	Ann Widdowson	0115 945 5025	annwid62@gmail.com
Crafts	1st Monday 10-12am	Prue Brandt	0115 923 4383	pruebrandt@hotmail.com
Creative Writing	Please contact leader	Pauline Barrett	0115 937 4817	paulinebarrett@hotmail.co.uk
Family History	1st Monday 2 pm	Ann W/Paul H	see other entries	
French	1st & 3rd Wednesday 11am	Cherry Brandon		c.brandon2@ntlworld.com
History	2nd & 4th Monday 2:00	Paul Hudson	0115 923 1032	phudson8@aol.com
	Meet at Meadow Covert	Looking at Local History	(a) West Bridgford, Edwalton & Gamston	
			(b) Nottingham & suburbs	
		Looking at World War Histories (especially effects on Notts & localities)		
Meditation	every 4 weeks	Karen Singleton	0758 718 1758	kay_christine@hotmail.com
Music Appreciation	4th Wednesday? 10am	Chris Shaw	0115 974 5512	chrisshaw20038@hotmail.com
Painting	3rd Thursday 10-12am	Josephine Cutts		etndil@icloud.com
Photography	3rd Monday 2 pm	Peter Allsopp	0115 921 5008	plaU3A@gmail.com
Poetry	possibly October	Peter Knott	0115 981 0749	peaknutt@btinternet.com
Scrabble	3rd Monday 2 pm	Sue Brittain	0115 937 4751	suebrittain@hotmail.co.uk
Spanish	2nd & 4th Monday 11am	Janet Fishel		janetfishel@yahoo.com
Stamp Collecting		John Todd	0115 914 7074	johnh.todd@yahoo.co.uk
Wine Tasting	4th Wednesday 2pm	Richard Davis	0115 981 2970	richarddavis970@btinternet.com
Walking		Jean Hudson	0115 923 1032	egdu3awalks@gmail.com
Medium (4-7 miles)	normally 3rd Tuesday 10 am		event details above or as advised	
Short (2-3 miles)	4th/5th Wednesday 10.30 am		event details above or as advised	

Leaders are still wanted for
Archaeology, Discussion, Gardening, Singing for Pleasure & Yoga.

<u>For venue details and to join a group please contact the Leader</u>

Time table for regular group meeting

For groups not on this sheet please contact group leaders

	1st Monday	1st Tuesday	1st Wednesday	1st Thursday	1st Friday
am	Craft		French		
pm	Family History	Bridge			
	2nd Monday	2nd Tuesday	2nd Wednesday	2nd Thursday	2nd Friday
am	Spanish				
pm	History	Book Club Bridge		**Main Meeting**	
	3rd Monday	3rd Tuesday	3rd Wednesday	3rd Thursday	3rd Friday
am		Medium Walks	French Art Appreciation	Painting	
pm	Photography Scrabble	Bridge			
	4th Monday	4th Tuesday	4th Wednesday	4th Thursday	4th Friday
am	Spanish		Short Walks (4th/5th) Music Appreciation?		
pm	History	Bridge	Wine Tasting		