**Edwalton, Gamston & District U3A (EGDU3A)**

**Newsletter October 2019**

**Thurs 10 October, 2 pm – Monthly Meeting at Gamston Community Hall, NG2 6PS**

**Chalk to Fork, Heritage and Future**

A presentation by **Kay Gugliotta** about

 Agricultural Societies and County Shows in Nottinghamshire

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

"I'm going to chop off the bottom of one of my trouser legs and put it in a library. That’ll be a turn-up for the books." (*Tim Vine, 1967-present*)

**Our Monthly Meetings** are held on the **2nd Thursday of the month** **at 2.00 pm in Gamston Community Hall (GCH)**.The Hall is near Morrisons supermarket and a short walk from the stop at Morrisons for buses 5, 7 and L/shopper. There is no August meeting.

**In Memoriam John Jeremy Cutts**



We are sad to report the recent death of **Jeremy Cutts**, a founding member of the Wine Tasting group. Until his illness, he was a stalwart member of the group with a great knowledge of world wines and always keen to pass on this knowledge to those of us who were merely enjoyers of wine. His contributions will be greatly missed. Jeremy is also a sad loss for the Bridge group which he helped to establish. An expert player, he firmly believed that the way to teach people to play Bridge was by encouraging them to play hands right from the start. His and Josephine’s generosity in hosting and his sense of humour made Bridge sessions all the more enjoyable. Bridge afternoons at his house were guaranteed to promote lively discussion.

**It’s Time to Come Forward to Support Your U3A!**

The Executive Committee of EGDU3A needs to fill several important positions which include **Membership Secretary** (from May 2020), **Treasurer** (from March 2020) and **Speaker Seeker** (from November 2019).

If you might be interested in filling any of these positions, please contact the Chair, George Golledge, on gosh.golledge@ntlworld.com in the first instance. Current holders of these positions (see below) are willing to offer advice and further information.

**Planned Speakers for 2019-20**

**Thurs 14 November:** Annual Open Meeting. An opportunity to see what EGDU3A has to offer and to recruit new members.

**Thurs 12 December:** Speaker **David Skillen.** Theme **‘Knitters, Nailers and Traitors’** – about Belper and the Industrial Revolution.

**Thurs 9 January:** Speaker **Victoria Preece** from Southwell Workhouse. Theme **‘Tales from the Workhouse’.**

**Thurs 13 February:** Speaker **Rosemary Gibson**. Theme **‘History of the Grantham-Nottingham Canal’.**

**Thurs 12 March:** Speaker **Ann Featherstone**. Theme **‘Understanding Joseph Merrick, the Elephant Man’.**

**Did You Know?**

**Riviera Travel:** EGDU3A members with a membership card who book a holiday via Riviera Travel can benefit EGDU3A itself. When you pay the cost of your holiday, EGDU3A will receive 10% of the purchase price. Tel 01283 742300 and mention Edwalton, Gamston and District U3A when booking. Brochures are available from [www.utariviera.co.uk](http://www.utariviera.co.uk). See Mike Brandt (Membership Secretary) for a membership card.

**Broadway Cinema:** U3A members can enjoy special rates at The Broadway Cinema for their Silver Screen Showing each Thursday at 10.30 am or 1.30 pm unless shown otherwise. Show your U3A membership card and the price is £4.50 including tea or coffee and a biscuit. See Mike Brandt for a membership card.

**Legal Helpline:** U3A members can access a 24-hour Legal Helpline by phoning 0344 770 1040 and quoting U3A Legal Helpline.

**Community Save a Life Scheme:** This is a FREE online national training scheme designed to teach everyone basic life-saving skills. It can be accessed by visiting the following website: [www.virtual-college.co.uk/prepared](http://www.virtual-college.co.uk/prepared).

**Just Go Holidays:** Interested in organising a coach holiday? Just Go Holidays offer tailor-made group travel at home and abroad. They have long experience of organising excursions with varied pick-up points. If interested visit [www.justgoholidays.com](http://www.justgoholidays.com).

**Free Guide on How to Live a Healthier Life:** An Australian doctor (Roger Smith) has published a book entitled ‘Take a Simple Drive to a Healthier Life’ and has made it available for free as an ebook. It is also free via Kindle on Amazon and as a download from the website thesimpledoctor.info.

**EGDU3A Website**

Our website (<https://edgamu3a.weebly.com>) provides information and pictures about the monthly meetings, how to join, range of interest groups and other matters. Our Webmaster, Steve Barrett, would welcome comments, ideas, photos, group updates, etc. Please contact Steve at sbaru3a220@yahoo.com or edgamu3a.weebly.com

Please note that we now have a Facebook page which members can access via our website home page. In addition, news items and photos can be emailed to Sandra Morrey at sandra@morrey.biz

**Your Executive Committee Members**

**Chair:** George Golledge, gosh.golledge@ntlworld.com

**Vice Chair:** Currently vacant

**Treasurer:** Richard Davis, richarddavis803@gmail.com

**Business Secretary:** Sandra Morrey, sandra@morrey.biz

**Membership Secretary:** Mike Brandt, mikebrandt100@gmail.com

**Group Coordinator:** Michael Groves, grovesfamily@hotmail.com

**Outings Coordinator:** Joan Mayhew, joanmayhew@hotmail.com

**Webmaster:** Steve Barrett, sbaru3a220@yahoo.com

**Newsletter Editor:** Terry Mayhew, terry.mayhew@nottingham.ac.uk

**Speaker Seeker:** Frank Hard, hard552@sky.com

**Minute Taker and Door Keeper:** Jill Kelly, william.kelly60@ntlworld.com

**Refreshments:** Sue Ambler, sue.ambler@icloud.com

**Publicity:** Martin Ambler, martin.ambler@btinternet.com

**Past Chair:** Chris Shaw, chrisshaw20038@hotmail.com

**Post Pending:** Carole Shuttleworth, cys@theshuttleworths.co.uk

**Your Interest Groups and Events**

If you have ideas or would like to start an Interest Group, contact Mike Groves (Groups Coordinator) at a monthly meeting or at grovesfamily@hotmail.com. If there is something, e.g. general equipment, that you need for your group, please let Mike Groves or Richard Davis (Treasurer) know so that we can plan appropriate funding. For example, a new group could obtain funding for an invited speaker if their first meeting is open to all members.

**Potential New Interest Groups**

**Board Games Group.** Would you be interested in an afternoon group possibly starting up in September at a date and time to be decided? Board games could include Qwirkle, Rummikub, Tri-ominos or others suggested by members. If interested, please contact Pauline Barrett at tollertonpolly220@gmail.com.

**Concert-Goers Group.** Following a performance by Radcliffe Ladies’ Choir in July, it was suggested that there might be interest in a group organising trips to various concerts. A possible start-up date is September. If you would be interested in such a group, please contact Chris Shaw at 0115 974 5512 or chrisshaw20038@hotmail.com.

**Refreshment Duty Rota at Monthly Meetings**

Interest Group members take turns to manage ‘tea and biscuits’ at our monthly meetings in GCH. For the next meeting, responsibility falls as follows:

**Thurs 10 Oct:** Photography for Fun Group

**Current Interest Groups**

**PLEASE NOTE:** As a matter of courtesy, would members of Interest Groups please advise their Group Leaders/Contacts in advance if they are not able to attend scheduled meetings.

**Art Appreciation.** We meet on the 3rd Wednesday morning of the month. Venues usually rotate through members’ homes. However, we meet next on **Wed 16 Oct** at 2.00 pm at The Showcase Cinema to watch the Paul Gauguin broadcast from The National Gallery. On **Wed 20 Nov**, we meet at 10.30 am at 6 The Paddocks, Edwalton when Ray Dunajko will present on ‘Jeff Koons’. For further information, please contact Roy Townsend at roy.townsend@btinternet.com

**Book Group.** Meets on the 2nd Tuesday of the month at 2.30 pm in a member’s home. New members are welcome. The next meeting will be on **Tues 8 Oct** when we read ‘The Blackwater Lightship’ by Colm Toibin (Roy Townsend’s house). On **Tues 12** Nov, we will read ‘Under the Dragon’s Tail’ by Maureen Jennings (Lesley Manson’s house). For further information, please contact Roy Townsend at roy.townsend@btinternet.com

**Bridge Group.** Meets at 2.15 pm every Tuesday in a member’s home. New members (seasoned players or beginners) are welcome. Come along, you don’t need a partner. For further information, contact Ann Widdowson at annwid62@gmail.com

**Chatterbox Group**. Meets on the 2nd Wednesday of the month at 11.00 am in The Meadow Covert. The next meeting is on **Wed 9 Oct**. Please try and come. For further information contact Chris Shaw at 0115 974 5512 or chrisshaw20038@hotmail.com

**Craft Group.** Meets on the 1st Monday of the month, usually at 10.00 am in The Holy Spirit Social Centre, Victoria Rd, West Bridgford. We meet next on **Mon 7 Oct** when Chris Shaw will lead a session on framing our work such as our cross stitching. For further information, contact Prue Brandt at pruebrandt@hotmail.com

**Craft Project Group.** We are affiliated to the Craft Group but have our own agenda. We meet at 10.00 am on the 3rd Monday of the month at the home of a group member. The next meeting is on **Mon 21 Oct**. For further information, contact Sue Harding at susan.harding66@outlook.com

**Family History Group.** Meets at the Willow Tree pub on the 1st Monday of the month at 2.00 pm. The next meeting is on **Mon 7 Oct**. Do come along if you are searching for your ancestors. For further information, contact Ann Widdowson at annwid62@gmail.com

**French.** This is a small group of learners and competent speakers seeking to improve their reading, writing and speaking skills. We meet at 11.00 am in The Meadow Covert pub on the 3rd Wednesday of the month. On **Wed 16 Oct**, the theme will be ‘Boating’. For further information, contact Terry Mayhew at terry.mayhew@nottingham.ac.uk

**Gardening.** We meet usually on the 1st Thursday of the month at members’ homes or other locations. We will meet next at 2.00 pm on **Thurs 3 Oct** at the café entrance of the Arboretum in Nottingham. The dahlias should be lovely! Please make your own way there. The tram stops just outside the Arboretum. For further information, please contact Fiona Steele, on 0115 981 2780 or at fionasteele23@hotmail.co.uk

**History.** We study many aspects of History and welcome suggestions from members. We meet usually at 2.00 pm on the 2nd Monday of the month in the Willow Tree pub. Our next meeting is on **Mon 14 Oct** when we will continue our local history topic. Members will receive an update nearer the time. Due to size constraints, the group is now full but, if you are willing, you could start up a new group. Please contact Patricia Gammons (Liaison/Coordination) for further information.

**Italian.** We are a mix of beginners and improvers with room for new members. The group met last month to review future meeting dates and times. If you are interested in joining, let Chris Shaw know. The course book is the DK 15 Minute Italian (ISBN 978-4093-7759-7, price £7.99 or, with CD, £25.00), plus any phrase book you can pick up from a charity shop (DK and Berlitz are good). For further information, contact Chris Shaw at chrisshaw20038@hotmail.com

**Lunch Club.** A great opportunity to meet socially over lunch at a different venue each month. Come and join us. Pay for yourself on the day. At each venue, we decide a date and place for the next meeting. We meet next at noon on **Thurs 17 Oct** at The Plough, Old Melton Rd, Normanton-on-the-Wolds. For further information, contact Carole Syson at cazsyson@hotmail.com

**Music Appreciation.** We meet on the 1st Friday of the month at 2.30 pm in the home of a group member. Last month, members met to discuss future ideas for meetings. For further information, contact Chris Shaw at chrisshaw20038@hotmail.com

**Outings Group.** Please sign up at one of our monthly meetings to join an outing. For further information, contact Joan Mayhew at joanmayhew@hotmail.com. Planned events:

**Tues 8 Oct 11.00 am:** A trip around Nottingham Council House. Free.

**Mon 14 Oct 7.00 pm:** Pub Quiz at the Meadow Covert. £6.50. Make you meal choice and payment by **no later than Thurs 10 October**.

**Tues 5 Nov 10.30 am:** Glass Making Workshop, Tollerton, cost £22. Make a Christmas decoration, fused glass bowl or coaster. No places left but you can sign up as a reserve. We may run another class.

**Tues 3 Dec 10.30 am:** Drive On for 50+ Years, cost £5 (incl tea/coffee & biscuits). Via East Midlands Road Safety Team will deliver road safety education, information and an awareness session for over-50 drivers. Many things alter with age and this event is designed for those who may have gained their licence many years ago. It is delivered in a relaxed and light-hearted manner with activities, advice and a quiz to prolong and enhance your driving. We all need updating. Venue: West Bridgford Baptist Church Hall, Melton Rd, NG2 7NF.

**Mon 9 Dec 7.00 pm:** Xmas Pub Quiz at the Meadow Covert. Festive Fayre with 2 courses £16, 3 courses £18.

**\*\*\* The 2020 Outings List coming soon, so Watch this Space! \*\*\***

**Painting.** We meet on the 3rd Thursday of the month at 10 am at the home of Josephine Cutts. We meet next on **Thurs 17 Oct** for 10.30 am with the topic ‘Seeds’. This group is presently full with a short waiting list to join. For further information, please contact Josephine Cutts at etndil@icloud.com

**Photography for Fun.** We meet on the 3rd Monday of the month at 2.00 pm in Holme Pierrepont & Gamston Village Hall. Each session, we allow 8 photos per person to permit more in-depth discussion. However, with a growing membership, we are short of time to evaluate the results at each meeting and so we need to consider how to proceed in future. The next meeting is on **Mon 21 Oct** and the objective is to show 8 different objects denominated by the letter ‘H’. The Group Leader will award a small prize to the shot he considers the most innovative. For further information, please contact Stan Darling at stan@darlings.org

**Science.** We meet at 2.00 pm on the 3rd Wed of the month in Holme Pierrepont & Gamston Village Hall. There is a charge of £2 per group member to cover the cost of hiring the hall. Our next meetings are on **Wed 16 Oct** (topic to be decided) and **Wed 20 Nov** (speaker Julian Ellis; title ‘Tomorrow’s Textiles’). If you are interested in attending, please contact John Todd on johnh.todd@yahoo.co.uk or 0115 914 7074 or 07590 571945

**Scrabble.** We meet on the 3rd Monday of the month from at 2.00 pm at a member’s home on a rotational basis depending on commitments. Our next meeting is on **Mon 21 Oct**. This is friendly, social group and the main aim is simply to enjoy ourselves. We keep no records of winners or losers and there is no league. New members are always welcome! For further information, contact Sue Brittain at suebrittain@hotmail.co.uk

**Shakespeare Play Reading Group.** We meet on the 4th Thursday of the month at 2.15 pm at the home of Josephine Cutts. The next meeting is on **Thurs 24 Oct** when members will continue reading parts from ‘The Tempest’. For further information, please contact Josephine Cutts at etndil@icloud.com

**Singing for Fun Group.** This group normally meets on the 4th Tuesday of the month and is due to meet next at 10.00 am on **Tues 22 Oct** at Holme Pierrepont & Gamston Village Hall with coffee and biscuits. No auditions, just come along and enjoy! For more information, contact Chris Shaw at chrisshaw20038@hotmail.com

**Spanish Group.** We study Unit 11 of Pasos 1 Spanish Beginners Course and meet on the 2nd and 4th Mon of the month at 11.00 am in the Meadow Covert. The next dates are **Mon 14 and 28 Oct** when some general revision will focus on the weather and natural phenomena. Then we will study how to express our feelings, to describe what we do and to use the phone and other means of communication. We will focus on future tenses, the present continuous and expressions using the verbs ‘hacer’ and ‘tener’. For further information, please contact Janet Fishel at janetfishel@yahoo.com

**Stamp Collectors’ Group.** Meets occasionally at the home of John Todd. The stamp collecting group has not met recently. We welcome anyone who wants to show us their collection. We are not experts so meetings are very relaxed. For further information, or to join, contact John Todd at johnh.todd@yahoo.co.uk or 0115 914 7074

**Sunday Singles.** This newly-launched group plans to meet on the 4th Sunday of the month together with other occasional *ad hoc* events. For further information about the group, please contact Cherry Brandon on c.brandon2@ntlworld.com. On **Sun 27 Oct** we meet for lunch at the Dovecote Barn, Barton in Fabis, organised by Carole Syson. If you are interested in attending this lunch, contact Carole at cazsyson@hotmail.com. On **Sun 24 Nov**, we will have a Christmas event as there will be no December meeting. The event will include lunch at Mr Mann’s, Wollaton Park possibly followed by a walk. If interested, please contact Christine Hames at christinehames3@gmail.com.

**Walking Group.** At the moment, this group is on hold while its future is discussed and until a replacement leader comes forward. We are extremely grateful to the previous leader, Jean Hudson, for her commitment, enthusiasm and energy in organising group walks over the last 5 years. **Thank you Jean!**

**Wine Tasting Group.** Meets at 2.00 pm on the 4th Wednesday of the month in Holme Pierrepont & Gamston Village Hall. W meet next on **Wed 23 Oct**. Details of the wines to be reviewed and sampled will be supplied beforehand. Our group is very much centred on the “Live, Laugh and Learn” approach without getting too serious. For further information, contact Richard Davis at richarddavis803@gmail.com or on 0115 981 2970

**Writing for Fun.** We meet at 10.30 am on the 1st Thursday of the month at the home of a group member. On **Thurs 3 Oct**, the topic will be ‘A Story in 100 Words or Fewer’. Due to size constraints, the group is now full. For further information, contact Pauline Barrett at tollertonpolly220@gmail.com

**Our U3A and the Wider Community**

**1. Social Prescribing.** NHS England defines social prescribing as *“a means of enabling GPs and other frontline healthcare professionals to refer to ‘services’ in their community instead of offering medicalised solutions.”*

Within our local communities, there are people who would benefit greatly from social prescribing, e.g.:

(i) Those who have been bereaved or act as long-term carers and feel increasingly isolated owing to the demands of being carers.

(ii) People who have recently retired and have few or no hobbies.

(iii) People who have moved to a new area and find it hard to make friends and become part of their local community.

These are but 3 examples of people who may find an introduction to our U3A and what we offer to be ‘just the thing they need’. We can help by talking to local GP surgeries or an associated social prescribing link worker in order to explain what EDGU3A can offer. It is clear that U3A members see major benefits in terms of confidence, defeating loneliness, feeling supported, learning new skills and feeling valued and able to enjoy life.

**2. Hosting International Students Over Christmas.** Can you make room for an international student to experience British Festive hospitality? Hosting an international student can bring a new dimension to your Christmas, with a chance to learn about another country’s traditions and enjoy the connection and friendship that such sharing can offer. **HOST UK** arranges for international students to enjoy brief visits of one day, a weekend or, over the festive period, a three-day visit, with UK hosts.It is seeking new volunteer hosts. To learn more, go to www.hostuk.org.

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

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| --- | --- | --- | --- | --- | --- |
| **Order of** **Day in** **Month** | **Monday**7th,14th,21st,28th | **Tuesday**1st,8th,15th,22nd,29th | **Wednesday**2nd,9th,16th, 23rd,30th | **Thursday**3rd,10th,17th,24th,31st  | **Friday**4th,11th,18th,25th  |
| **1st am** | 7th Craft Group |  |  | 3rd Writing for Fun3rd Gardening |  |
| **1st pm** | 7th Family History Group | 1st Bridge |  | 3rd Italian | 4th Music Appreciation |
| **2nd am** | 14th Spanish |  | 9th Chatterbox |  |  |
| **2nd pm** | 14th History  | 8th Book Club8th Bridge |  | **10th Monthly Meeting at GCH** | 11th Italian |
| **3rd am** | 21st Craft Project Group | 15th Walking Group  | 16th Art Appreciation 16th French | 17th Painting Group17th Lunch Club |  |
| **3rd pm** | 21st Photography for Fun21st Scrabble | 15th Bridge | 16th Science |  | 18th Italian |
| **4th am** | 28th Spanish | 22nd Singing for Fun |  |  |  |
| **4th pm** |  | 22nd Bridge | 23rd Wine Tasting | 24th Italian24th  Shakespeare Play Reading |  |
| **NB:** The Sunday Singles Group meets on the 4th Sunday of each month (next - **Sun** 27th) |

**Summary Information about Interest Groups**

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| --- | --- | --- | --- |
| **Group** | **Meetings** | **Leaders** | **Contacts** |
| **Art Appreciation** | 3rd Wed am | Roy Townsend | roy.townsend@btinternet.com |
| **Book Club** | 2nd Tue 2.30pm | Roy Townsend | roy.townsend@btinternet.com |
| **Bridge** | Each Tue 2.15pm | Ann Widdowson | annwid62@gmail.com |
| **Chatterbox** | 2nd Wed 11am | Chris Shaw | chrisshaw20038@hotmail.com |
| **Crafts** | 1st Mon 10.00am | Prue Brandt | pruebrandt@hotmail.com |
| **Craft Project** | 3rd Mon 10.00am | Susan Harding | susan.harding66@outlook.com |
| **Family History** | 1st Mon 2.00pm | Ann WiddowsonPaul Hudson | annwid62@gmail.comphudson@aol.com |
| **French** | 3rd Wed 11.00am | Terry Mayhew | terry.mayhew@nottingham.ac.uk |
| **Gardening** | 1st Thurs pm | Fiona Steele | fionasteele23@hotmail.co.uk |
| **History** | 2nd Mon 2.00pm | Pat Gammons | Pat Gammons |
| **Italian** | 1st and 4th Thurs and 2nd and 3rd Fri 2.00pm | Chris Shaw | chrisshaw20038@hotmail.com |
| **Music Appreciation** | 1st Fri 2.30pm | Chris Shaw | chrisshaw20038@hotmail.com |
| **Outings** | See Newsletter | Joan Mayhew | joanmayhew@hotmail.com |
| **Painting** | 3rd Thurs 10.00am | Josephine Cutts | etndil@icloud.com |
| **Photography for Fun** | 3rd Mon 2.00pm | Stan Darling | stan@darlings.org.uk |
| **Science** | 3rd Wed 2.00pm | John Todd | johnh.todd@yahoo.co.uk |
| **Scrabble** | 3rd Mon 2.00pm | Sue Brittain | suebrittain@hotmail.co.uk |
| **Shakespeare Play Reading** | 4th Thurs 2.15pm | Josephine Cutts | etndil@icloud.com |
| **Singing for Fun** | 4th Tue 10.00am  | Chris Shaw | chrisshaw20038@hotmail.com |
| **Spanish** | 2nd and 4th Mon 11.00am | Janet Fishel | janetfishel@yahoo.com |
| **Stamp Collecting** | Occasional | John Todd | johnh.todd@yahoo.co.uk |
| **Sunday Singles** | 4th Sun | Cherry Brandon | cbrandon2@ntlworld.com |
| **Walking** | 3rd Tue 10.00am | Jean Hudson | egdu3awalks@gmail.com |
| **Wine Tasting** | 4th Wed 2.00pm | Richard Davis | richarddavis803@gmail.com |
| **Writing for Fun** | 1st Thurs 10.30am | Pauline Barrett | tollertonpolly220@gmail.com |