

learn, laugh, live



It's good to hear that so many interest groups are continuing through the summer and to hear about the different way you are celebrating and enjoying treats at this time of year.

We all welcome the warmer weather and seeing the gardens full of colour and insects. However, the recent extreme temperatures have been difficult to cope with and I hope you are managing to stay safe and cool.

The second drivers' awareness course was a great success and more of you took up the opportunity to go out with an instructor.

Our last talk on the Sherwood Observatory was very well received and this will be followed up with a visit. We were pleased to hear that our speaker, Dr Steve Wallace had heard that day that he was being awarded an MBE

I look forward to seeing you at our next open meeting to hear about the "Many behind the Few". It will be David Skillen's second visit to talk to us.

Best wishes
Liz McAdam

News items

Sherwood Observatory Visit Friday, 19th September

Following Dr Steve Wallace MBE's excellent talk about the development of Sherwood Observatory, a visit has been arranged for Friday, 19th September from 11.00 to 12.30. It is a private visit, so there will be exclusive access to the exhibition space in the Victorian former reservoir and also to the planetarium to see a show of our choice. The cost will be £7.50 per head payable in advance. A minimum of 20 and maximum of 40 places are available.

If you would like to attend, please let Peter Davison know by email at pgdavison11@gmail.com or by signing up at the monthly meeting.

U3A Peak District Family History Conference

We have been asked to make our members aware of this conference which may be of interest to anyone who is researching their family tree. It is being held at the Palace Hotel, Buxton, Derbyshire on the 6th September. Details of the event can be found at <https://peakdistrictnetwork.wixsite.com/familyhistory/about-5>

Interest Groups News

Travellers' Tales



At the June meeting Peter Davison talked about his experiences whilst working for the European Agency for Reconstruction in Kosovo in 2001. Although the fighting had finished, there was still evidence of the conflict and there was much to be done to establish effective municipal government. This monastery occupied by Serb Christians needed a military guard 24/7



His focus was on a municipality called Malisheve where 85% of all properties had been damaged or destroyed. He also talked about the local culture and he was invited to a wedding where the female guests wore their own wedding dresses.

Interest Groups News

Photography Group

In May we had a complete change from our usual format when Phil Hewitt, the brother of one of our members Steve Hewitt, held a session on 'Storytelling in Pictures'. Phil showed us example pictures, gave us guidance on composition and we tried our hand at editing images by cropping them to be suitable for a newspaper. He also made useful suggestions about how we could improve our own photos which we had brought along to the meeting. We hope all the advice from this enjoyable meeting will lead to visible effects in our future photography. In June, 'Rooftops' featured in our photos taken locally and further afield, whilst the July theme of 'The Moon' was probably one of our most challenging ever. As you can see, this led to a little more manipulation than usual !



Image created by David Swan

Our next meeting is on August 13, when our subject is 'Hidden'.

Tai chi

We celebrated our 7th anniversary at tai chi on Thursday 26th June with drinks (soft drinks only), choices of cakes and punch downs!

We raised a glass to 7 more years! Summer greetings to all. Judy Hasson .



One in one

This month's meeting will be on Thursday July 24th and will feature venues in Beeston.

Starting at 2:00pm at The Crown Inn, Church Street, Beeston. The easiest way to get there is by the tram and the Crown is behind the main stop in the centre of Beeston.

Followed at 3:00pm at The Malt Shovel, 1 Union Street and then 4:00pm at The Commercial Inn, 19 Wollaton Road.

Any members wishing to have a bite to eat afterwards, can either visit The Last Post in Beeston or The Trent Bridge Inn, we'll have a vote on it.

All existing members and especially any new members, will be made very welcome. Pete Wakelin.

Wine Tasting

In June a record attendance filled convenor Paul Clarkson's house to sample wines from Italy, accompanied by antipasti, Italian nibbles. As several members had provided bottles, there was also a record of 10 different wines to taste. As the measures were reduced to 60ml per wine, overall consumption per head was manageable.

There was a wide selection of white, rose and red wines and a prosecco. Three wines were from Sicily, others from Puglia but, surprisingly, Chianti was not represented.

As usual the conversation flowed as well as the wine and an entertaining evening was enjoyed by all.

Brush up your French and Brush up your German.

Both groups continue to meet on their respective days- see Interest Groups pages 6 & 7 for detail. There is currently one vacancy in the French group. Please contact Angela Sell if you are interested. aqibill@gmail.com 07467 102083

Lunch Club



The next Lunch Club meal will be on 7th August at 1.30pm at the Apple Tree on Compton Acres.

Cycling group.

June's cycle ride was on the 16th June, 24 Miles along the River Trent to Spring lakes for coffee. The return journey took in part of cycle route 6 and the university of Nottingham campus before picking up the tram route at Wilford Village.

The next ride will be to Bramcote via Wollaton Park on Thursday 24th July - approximately 20 miles on mainly cycle paths and quiet roads.

Interest Groups

Monday

Brush up your French. Meets weekly in member's homes every Monday at 2:00pm, except the third Monday. Contact Angela Sell angibill@gmail.com 07467 102 083

Gardening. Meets on the second Monday of the month. Time/ location varies depending on the weather, garden/ nursery open times. Contact Mike Davey 0115 9841687 mrdavey004@btinternet.com

Wine Tasting Meet monthly on a Monday 7 - 9pm. Date confirmed by email to members. Contact Paul Clarkson rebus84@hotmail.com 07496 679953

Tuesday

Book Group. Meets on the second Tuesday at 10:00 am in member's homes. Contact Maureen Thompson 07803589966 maureenfthompson@outlook.com

Painting and Drawing. Meets in the Elms Park Pavilion on the second and fourth Tuesday at 10:00 a.m. Contact Liz McAdam 07973 615754 lizmcadam26@gmail.com.

Scrabble Meets on alternate Tuesdays at 2:00 in member's homes Contact Di Brown 07754 008754 or dibrownu3a@outlook.com

Theatre Exploration and Appreciation. Meets fortnightly in member's homes, at 2:00pm. Contact Jae Marriott 07757889562 jaemarriott@gmail.com.

Wednesday

One in one. Meets on a Wednesday afternoon with dates emailed to members. Contact Peter Wakelin peter.wakelin1@gmail.com

Photography Meets in the Elms Park Committee rooms on the second Wednesday at 10:00 am. Contact Ann Hooley annhooley@virginmedia.com. 0115 9211832

Table Tennis Meets on the first and third Wednesdays in the Methodist Church Hall at 10:30 am. Contact Steve Lowe lowe_steve@sky.com.

Walking (5-8 miles). Meet monthly. Date confirmed by email to group members but can change subject to weather. Contact Paul Clarkson 07496 679953 redbus84@hotmail.com

Thursday

Lunch Club. Meets on the first Thursday at 1:30pm in various locations. Contact Margaret Marshall 07914 414848 margaretmarsshall70@gmail.com

Tai Chi Meets every Thursday in Ruddington Village Hall intermediate classes 10:00 am and 11:00 am plus 12:00 for beginners. Still accepting new members. Contact Judy Hasson 07505 844009 judyhasson1@gmail.com

Travellers' Tales. Meets on the second Thursday at the Baptist Church Hub at 2:30pm. Contact Peter Davison 0115 9845733 pgdavison11@gmail.com

Friday

Brush up your German. Meets weekly in member's homes every Friday at 2:00 pm except the last Friday. Contact Angela Sell for both French and German angibill@gmail.com 07467 102 083

Friday Book club. Meets on the first Friday at 2:00 pm in Philo's. Contact Liz Thornton emthornton48@gmail.com.07950563156

Knit and Natter. Meets weekly on Friday, in Philos at 10:00 am Contact Joy Clayton seeseesee_81@hotmail.com.

Spanish (Intermediate to advanced) Meets on alternate Fridays at 2:30pm Contact Debra Lowe debra_lowe@sky.com.

Quiz group. Meets on the last Friday of the month at the Framework Knitters Chapel Room at 2:00 pm. Contact Barbara Breakwell breakwellbarbara5@gmail.com

Various days

CAMEO. (Come and meet each other.) Informal, meets in different locations. Contact Eileen Marlow. eileenbooker27@gmail.com 07730566999

Cycling. Meets on a monthly basis. Contact Tracy Meakin tracymeakin@sky.com 07718 252352

Petanque White Horse car park 1st Thursday 2:00 pm and the 3rd Friday 10:30 am. Contact Chris Murden rudd_u3a@yahoo.com

Monthly speaker meetings.

**2:00 pm Ruddington Methodist Church
Monday 21st July “The Many behind the Few”
by David Skillen.**



Churchill’s famous quote about “the Few” is well known but without literally thousands of virtually unknown people working within a well organised ground based system, the Luftwaffe would not have been defeated.

David will tell us about these unsung heroes and heroines of the Battle of Britain.

We welcome David back for a second time. His last talk was about the Gretna Girls and the Devil’s porridge.

David describes himself as a “consumer of history” and is an engaging, animated and entertaining professional speaker on a variety of historical subjects. David worked for 35 years in the Civil Service speaking to audiences from 5 to 500 people. Since retiring in 2012 he has travelled extensively across the UK giving fully illustrated talks to numerous groups including, Local History Societies, Probus, WI, National Trust, Car and Aviation clubs and U3a.

Monday 18th August Andy Smart speaking about Albert Ball.



Retired journalist including 30+ years with the Nottingham Evening Post, plus regular appearances on BBC Radio Nottingham/Radio Trent. He has written several books including a collection of true-life war stories titled Their Names Will Live On which helps raise money for the Royal British Legion. The story of Albert Ball is featured in the books.