



First of all, thank you to the Committee members who have kept everything running very smoothly while I have been out of action for the last two months. In addition, my thanks to all of you who have helped me and given me much appreciated support during this time. I hope to see you all again as soon as possible.

Liz Thornton, our Groups coordinator, organised two sessions at Philo's to treat and thank the convenors on your behalf for all of their hard work. It was an opportunity for them to meet up, share ideas and thoughts for the future. Liz will organise another session in September for anyone who couldn't make these dates.

Some time ago we had a very inspiring talk from a member of the Nottinghamshire Blood Bikes. It was good to hear that they had a stall at the last village market together with a bike and a car.

The Ruddington Yarn Bombers have once again given us an amazing display outside St Peter's Rooms and brought the seaside to the village for the holiday season. The detail is absolutely brilliant.

Best wishes
Liz McAdam (Chair)

Committee News

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1. In June the total membership was 187, only 7 below last year's maximum. Over 30% normally attended the monthly meetings.

2. Beacon is a cloud-based management system designed by and for u3as. The committee has agreed to use it, one advantage being it will no longer be necessary for personal computers to hold u3a information. The migration process will be ongoing into the autumn.

3. The bank balance as of 9th July was £6693.85 reflecting the 2025 membership renewals. It will decrease as the year progresses.

Visit to Sherwood Observatory

There are still some spaces available for the visit on Friday 19th September at 10.30am It is near Sutton in Ashfield and lifts may be available. Please sign up at the next monthly meeting or contact Peter Davison on 0115 9845733. The cost is £7.50

Interest Groups News

Brush up your French



On July 14th, Bastille Day, most of the members of Brush up your French enjoyed a French themed lunch provided by all of us.

We were celebrating 2 years since the group began, and a good time was had by all .

Wine tasting



As you can see we had a pleasant outdoor July meeting with 18 attending.

The theme for the evening was “wines with a story” and 8 bottles were provided for us to taste. In addition to expected countries like France and Italy there were two very different bottles, one from Morocco and the other from Romania. Reminiscences included being flooded out, being found in airport security with a knife and not being arrested!

The star of the evening was a 2006 Argentinian cabernet sauvignon. In 2012 it had been given as a boxed present and after being kept through two house moves the owner decided it was time to open it, not knowing whether it would still be drinkable.

Travellers' Tales



July's meeting was on the theme of City Breaks in the UK and abroad.

Valencia in Spain, which, unfortunately was recently ravaged by flooding, and Boston, Massachusetts, famous for the Boston Tea Party and its role in American independence were described. Who knew that in

Eastwood there was a blue line trail linking DH Lawrence's homes which was inspired by Boston's red line Freedom Trail? Tallin capital of Estonia with its walled, cobblestoned old town and Berlin with Check-point Charlie were also described.



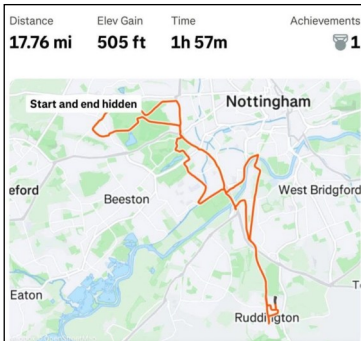
Piece Hall Halifax

Interestingly, UK destinations were well represented with perhaps unexpected recommendations. Bradford, currently the 2025 city of culture, Halifax with the Piece Hall and West Yorkshire in general had provided a number of interesting visits. Liverpool's links with

slavery, its many iconic buildings and of course the Beatles was another city well worth visiting. The meeting concluded with a summer special; Pimms and fruit kebabs.

Do you have a tale to tell? New members who are willing to talk about their travelling experiences would be very welcome.

Cycling group.



In July 7 members of our cycling group rode the 17-mile route to Bramcote and back, via Wollaton Park and the Nottingham University campus.

Intermediate Spanish

The intermediate level Spanish group continues to meet at Philo's in Ruddington on the second and fourth Friday of the month. We concentrate on spoken Spanish and are currently using question prompts and working mainly in pairs to improve our confidence and fluency. The group is up to maximum numbers at the moment, but I am always willing to help anyone set up a second group. Debra Lowe.

CAMEO (Come and meet each other)

A very low-key group of people who, for their own reasons, will often need to go to an event, e.g. out for a meal or -to go to an arranged outing, unaccompanied. I am seeking fresh ideas, new venues and of course, new members. If you are interested either text me or phone on 07730566999 or email on eileenbooker27@gmail.com. Or see me after the Monday meeting Vice Chair Eileen Marlowe.

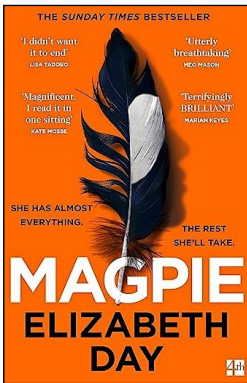
Photography Group

Our August theme of 'Hidden' allows more diversity than the very specific subject of 'The Moon' which challenged us last month.

Apart from some concentration on our particular topic, I'm sure we have all been enjoying the opportunities provided throughout the summer by longer daylight hours and an abundance of nature, even if things are looking a bit parched at the moment.

We'll probably be anticipating the delights of autumn photography by our 10th September meeting, and our theme will be 'Framed', reflecting a popular compositional feature in photography.

Friday Book club.



At our last meeting we discussed *Magpie*, a novel by Elizabeth Day. The plot centres around Marisa, Jake and Kate. Marisa and Jake are a couple, and Kate is their lodger but not is all as it seems. Generally, we felt the beginning was a little slow, there was a good twist in the middle, but the ending was a little disappointing however that is just our view so if you want to read this book Ruddington Library has copies.

If you would like more information about the group, please email Liz Thornton emthornton48@gmail.com

Table Tennis

The Table Tennis group meets up every 1st, 3rd and 5th (if exists) Wednesday each month in the Methodist Church Hall at 10:30.

We are a friendly, mixed ability group who enjoy a bit of a laugh as well as getting a bit of exercise and hopefully improving our table tennis skills. Tea, coffee and biscuits are also available.

We generally play singles in a round robin format with occasional doubles at the end if time permits. Contact Steve Lowe for more information: lowe_steve@sky.com

Pétanque

Pétanque is an outdoor sport that falls into the category of boules sports, along with raffa, bocce, boule lyonnaise, lawn bowls and crown green bowling. All of these sports share something in common, in that players or teams play their boules/balls towards a target ball. In Pétanque the objective is to score points by having boules closer to the target than your opponent after all boules have been thrown. This is achieved by projecting boules closer to the target, called a

cochonnet, or by hitting the opponents' boules away from the target, while standing inside a circle with both feet on the ground. The game is normally played on hard dirt or gravel. It can be played in public areas in parks, or in dedicated facilities called boudromes.

Petanque sessions are held on the 1st Thursday and 3rd Friday of each month at The White Horse pub, Ruddington, starting at 10:30am.

If you are interested in joining the group contact Chris Murden by email: rudd_u3a@yahoo.com to arrange a visit to a 1 hour "taster session", with the option of a longer game if wanted.

Painting and drawing group



The Group recently had a visiting artist and tried something completely new. Jenny Knighton brought heart shaped pieces of slate and acrylic pens and demonstrated the basic techniques. As you can see, everyone had their own ideas and styles. It was a very enjoyable and successful morning.



Lunch Club

The next Lunch Club meal is at The Riverside restaurant at 1.30 on Thursday 4th September.

Tai Chi

Now in August 2025 our tai chi family has grown. There are 21 intermediate members and 20 beginners. At present there is no time to give to new beginners. If there is sufficient interest we could create a small class for newcomers to develop from basics. Four or five people would be enough for a small class.

If anyone is interested and would like to try a taster session please contact me by phone, email or at our U3A monthly meetings.
Judy Hasson 07505 844009 judyhasson1@gmail.com

Sun style
hands



No special
clothing



After class
socialising



Friendships



Groups at tai chi

Interest Groups

Space did not permit the inclusion of the interest group details in this edition, with bumper interest group news items. The u3a website does, however, have full details and can be found at: <https://ruddington.u3asite.uk/groups/> or scan the QR



Monthly speaker meetings.

2:00 pm Ruddington Methodist Church

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.

Monday 15th September Peter Slater The search for my birth family.



A return visit by retired B.B.C. sports presenter and producer Peter Slater.

Every adopted child has their own story about looking for their birth family, some don't want to know others pursue without success. Mine involves secrets and lies, mis-directions foreign travel and a Premier League footballer. Does it even have a happy ending? That's the essence of my talk and also includes some embarrassing photographs.

Monthly speaker meeting Greeters.

I organise and recruit greeters for each monthly meeting. Being a greeter requires you come to the monthly meeting a little earlier and stand/or sit in the front entrance, offering members/prospective members or guests a copy of the newsletter and (if needed) suggest where they might sit. As soon as the outer door is closed your role is over. If you are interested in becoming a greeter please contact Eileen Marlowe either by phone 07730566999 or email eileenbooker27@gmail.com