



This photograph, taken by Ian Robinson, our Newsletter editor, captures the response of Nature to the warmer weather and longer days. Daffodils have become the star of the show and bring joy to everyone.

Our interest groups are thriving and it is the time of year to make sure you stay involved by renewing your membership.

The annual fee is once again staying the same this year and you will have received the details on the various ways to pay and complete the renewal form. This year you are being asked for a little more information in preparation for the introduction of the new Beacon system, so please check these details.

George Nelson, our last month's speaker, was incredibly grateful for your extremely generous donations totalling £242.10. This is on top of the speaker fee paid out of our funds.

He will be giving part of this to a Ruddington care home specifically for activities to engage people with dementia.

On behalf of the committee I hope to see you at the next meeting.

Best Wishes

Liz McAdam (Chair)

## Focus on Petanque



Pétanque is an outdoor sport that falls into the category of boules sports, along with raffer, bocce, boule lyonnaise, lawn bowls and crown green bowling. All 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.

On a rather wet Thursday afternoon last September, newsletter editor Ian Robinson caught up with members of the u3a Petanque group in the White Horse Car Park. Convenor Chris Murden commented that because of the heavy rain, at their normal start time, members had "unfortunately" had to take shelter in the White Horse pub. The group meets in the pub car park on the 1st Thursday 2:00 pm and the 3rd Friday 10:30 am. of the month.

If you are interested in joining the group contact Chris Murden, by email, [rudd\\_u3a@yahoo](mailto:rudd_u3a@yahoo) to arrange a visit to a 1 hour "taster session", with the option of a longer game if wanted.

## Interest group news

### Travellers' Tales

At our March meeting Peter and Chris Davison talked about their recent trip to Oman, Abu Dhabi and Dubai. This was both very interesting and somewhat arduous. They averaged 17300 steps each day in high twenty temperatures! During a whirlwind tour they visited oases, ancient forts, world heritage sites, enormous mosques, the Abu Dhabi Louvre museum and some of the more recent iconic buildings including the Burj Khalifa in Dubai, the tallest building in the world. Fortunately Donald Trump decided to let them return home before starting a war.



Burj Khalifa Dubai



Al Ain Camel Market



Bahla Fort Oman

## One in one



This month's meeting will be on Thursday March 19th and will involve 3 venues in Gotham. The first venue at 2:00pm will be The Star Inn, which has a number 1 bus stop close by. Followed at 3:00pm at The Cuckoo Bush and finally The Sun Inn at 4:00pm. Buses to Gotham run about every 10/15 minutes. The Number 1 can be caught at Wilford, outside The Co-op, or get a number 10 and get off outside County Hall, cross the road and get a

number 1 outside the Tesla garage. All existing group members and especially any new members, will be made very welcome.

Many thanks,  
Pete Wakelin.

## Wine Tasting group

Led by convenor Paul Clarkson our enthusiastic group has a different theme each month. The aim to educate is embraced enthusiastically! Members of the group volunteer to find bottles meeting the chosen theme.



For example past themes have been wines from a single country or the same grape type eg sauvignon blanc from different countries.

In February the challenge was to select wines, under £10 per bottle, which were similar to more expensive types.

We tasted a Cremant de Bourgone which is made using the same method as the protected Champagnes. Other bottles chosen were to represent Saint Emilion, Chablis, Sancerre, and Rioja. The Rosso Veneto pictured at £8.95 impersonated the Italian Amarone but at less than a third of the normal price. Amarone grapes are picked late and air dried before fermentation, thus losing over a third of the volume of grape juice. Less quantity increases the price significantly.

As usual a very convivial meeting was enjoyed by all. The wines chosen are normally at or below £10 but we look forward to our next meeting when we will be tasting fine wines costing up to £20.

## Photography Group

Our February photos of 'Wood' (but not trees) featured buildings, carvings, and some household objects and ornaments, so many were shot indoors.



Gruffalo Ann Hooley



Sarah Thomas



Love spoons Mike Davey

At our March 11 meeting we'll present our interpretations of 'Wheels', moving or stationary. Preparing for this reminded us of the visit to Ruddington by The Tour of Britain, some years ago, and how difficult it can be to take a good shot of cyclists on some very fast moving wheels.

For our April 8 meeting we may be getting together for some photography at Highfields, then in later months have a visit from a local wildlife photographer to show us his work and the equipment he uses. The month after, we would look at our own photos on the subject of

'Animals'. At present the dates for these need to be finalised so should you be interested in joining the group during these months, please get in touch to check the arrangements. [annhooley@virginmedia.com](mailto:annhooley@virginmedia.com)

## Theatre Exploration & Appreciation Group

This group now meets on the first Tuesday of the month. Still at 2:00pm, still at member's Home, still eating biscuits and still watching recordings of world class theatre, courtesy of the extensive archive of the National Theatre @Home.



At our last meeting we thoroughly enjoyed the comedy antics of James Corden as he clowned his way through the highly acclaimed 'One Man, Two Governors.'

Our next meeting is on Tuesday 7th April. New members are always welcome, just contact Jae ( [jaemarriott@gmail.com](mailto:jaemarriott@gmail.com) ) for full details.

## Tai chi

Firstly a reminder to tai chi members that there are NO TAI CHI CLASSES ON THURSDAY 19th MARCH.

On that day I will hopefully be improving my tai chi and teaching skills in workshops attended by Master Trainers from the Tai Chi for Health Institute. . I will update my existing qualifications and hopefully gain a new qualification.

January and February are dark months and consequently " special days" can lift a dreary week.

It is not surprising that comfort foods feature prominently in February e.g. National Pizza Day(9th February), Pancake Day (17th February) plus the non food related but heart warming National Love Your Pet Day( 20th February).

In March there are multiple special days. Favourites are World Book Day (6th March), International Women's Day(8th March), Mother's Day (15th March) and my absolute favourites "Awkward Moments Day and "Sloppy Joe Day" , both on 18th March.

World Story Telling Day, World Oral Health Day and the International Day of Happiness share with the Vernal Equinox on 20th March. At the Equinox the length of darkness decreases and daylight length gradually increases.

So there is much to lift the spirits (and remind us to keep the next dental appointment)!

We love to celebrate at tai chi.

I am sure that many of us have enjoyed and marvelled at the Winter Olympics. Tai chi exercises do not compare in any way with the ex-

tremes in Winter Sports perhaps with one exception. In Tai Chi there is a movement known as “the snake creeps down “which is similar to a “Curling” posture and movement.

So in celebration of the Winter Olympics, we tried to recreate the experience in class. With a couple of props and a bucket load of imagination we had a go! With or without success but with a lot of fun. Regards to all. Judy Hasson.



## Lunch Club



The Lunch club went to the Frame breakers Public House in Ruddington where we all enjoyed the meal. The next Lunch is at The Willow Tree in West Bridgford on the 2nd April at 1.30.

Everyone welcome.  
Contact Margaret Marshall for more information.

## Monthly speaker meetings.

### **Monday 16<sup>th</sup> March. 2:00 p.m. Mike Burton—The History of the River Trent**

Mike Burton is a former newspaper journalist and teacher, now retired. As a young man he spent many years in New Zealand, working as a reporter for the country's national daily newspaper. He specialised in politics, crime, Maori affairs and environmental issues.

Join Mike as he traces the story of the River Trent in the Heart of England. England's prosperity was built along the waterway which, since ancient times, has been a great border – the country's north-south dividing line. Great men, great queens, and great innovation mark the Trent's history. Yet it is, for all that, a mysterious river; silently and secretly doing its own thing and not fully known or understood.

### **Monday 20th April 2:00 p.m. Annual General Meeting followed by guest speaker Helen Caldwell “The A-Z of Falls Prevention.”**



One in three people over 65 will experience a fall each year - but many of these falls can be prevented.

In this talk, local physiotherapist Helen Caldwell from Home Physio Care will share an A-Z of Falls Prevention, drawing on her experience supporting older adults across Nottingham to stay mobile, confident and independent at home.

Helen will explain the key factors that influence falls risk - from balance and strength to footwear, home hazards and everyday habits; and highlight the simple steps that can significantly

reduce the risk of falling.

Whether you're thinking about your own health, supporting a partner, or helping an older relative; this informative session will offer practical tips, useful insights and reassuring advice for anyone interested in maintaining strength, stability and independence as they age.