



THE UNIVERSITY OF THE THIRD AGE

Newark and District

<http://newark-u3a.org.uk>

Newsletter Nov/Dec 2011



View from the (Vice) Chair

We are definitely into the "season of mists and mellow fruitfulness". *To Autumn* by John Keats speaks volumes in his first verse. His colourful adjectives and adverbs create thoughts and feelings we experience each year at this time. This year's hedgerows are exceptionally abundant with fruit - crab-apples, hips, haws, guelder rose, sloes and rowan berries. In our gardens we are seeing a similar abundance of holly, firethorn and cotoneaster berries.

Most of us are familiar with making jams and jellies in our youth from crab-apples, blackberries and the seasonally earlier berry fruits and of using sloes and junipers for gin. But can you remember making rose hip syrup for your children - a practice subsequently frowned upon by dieticians as being dreadful for their teeth? Perhaps you may not know that even haws, medlar fruits, quince and even ash keys and guelder rose berries can be used to make jellies.

It is possible, of course, that in the autumn of our lives we can sit back and say "done that ... been there ... got the T-shirt" and enjoy sampling others' culinary efforts

Speaker for November 10th :-

Ian Morgan 'Footpads, Kings and Highwaymen'

The A1- renowned as being the route from London to Edinburgh has changed it's path and even it's name many times. Our journey covers just 34 miles as we take the route of the old Great North road through Nottinghamshire. In that short distance we see scenes of horrific battles, haunts of highwaymen, the sites of murder and much much more.

Dec 8th An afternoon of Christmas Entertainment.

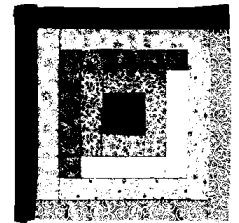
Jan 12th Bob Oakes 'Iron in the Blood - the work of a creative blacksmith'.

Feb 9th Steve Jackson - Royal Commemorative ware.

News from the groups

Craft

Monday Nov 21st - log cabin patchwork. Please bring scissors, thread and four different 12" squares of co-ordinating material.



Lunch Club

The Christmas venue will be at The Staunton Arms on **Wed Dec 7th** and NOT as previously stated The Crown Rolleston. Sorry for any mix up! Also we will be meeting at The Roman Way **January 2012 on Wednesday 17th**. Please let me know if you are interested.

Peggy Strellis tel 01636 679392

Archaeology Group

Thursday, 17th Nov. 2011, 2.30pm.

Hawtonville Methodist Church Hall.

Talk by Graham Beaumont "The history of windmilling in Nottinghamshire and beyond".



Thursday, 15th Dec. 2011, 2.30pm.

Hawtonville Methodist Church Hall. Picture show covering this year's visit to Northumberland and the places we will be visiting on next year's visit to Cheshire and Shropshire. Peter Foden, 704241

Music Appreciation

For our next meeting on **Monday, the 14th November**, we are inviting members to bring along a CD track of choral music - this can range from Gregorian Chant to Gospel Singers and from cathedral Choirs to Male Voice Choirs. The range is immense and we hope to turn up a few surprises - come along, even if you haven't been before and either listen to what others bring or stick your own two penn'orth in. No doubt we shall have some feedback from our trip to the Birmingham concert and, hopefully, ideas for future concert visits.

The **December meeting is on the 12th** of the month and will have a festive theme with a light-hearted quiz, simple competitions and Christmassy music - together of course with mince pies and refreshments. If you haven't already given us a try, you will be very welcome to come along - as long as you don't eat all the pies. Meetings are in the small room at Hawtonville Church Hall on the first Monday in each month.

Early Bird

Thursday 24th November – The White Hart, Newark (to be confirmed) 6.15pm.

Organised by Pat Allen and David Hall
Please sign at the monthly meeting (10th Nov) or contact Pat & David (613312) or Jacq.



The Garden Group

December 6th - Meeting will be a visit to Pennells Garden Centre, Lincoln to see their Christmas display. Anyone that requires a lift please ring me on 683640 by Monday, 5th December, mid-day, otherwise make your own way to Pennells, to be there by about 2.30pm.

See you in the Coffee Shop, if not before.

Barbara Hatton

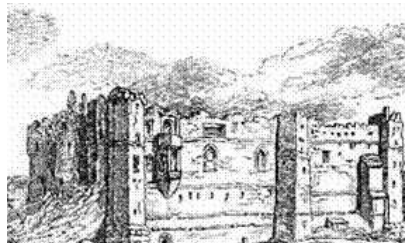
Dance Group

We are continuing to thrive with new members joining us each session, but we are taking a break during December with both the circle and line dancing. There will be no circle dancing in January, but line dancing will be on the 4th Thursday of the month as usual, (**26th January**). If there are any new members wishing to join the group, and get a bit of exercise in the process, they would be very welcome.

Audrey and Sonya.

Local History

Tuesday December 13th 2pm, Hawtonville Methodist Church.



Mr George Wilkinson, local historian and former chairman of the Civic Trust will be giving a talk on 'Old Town Buildings'.

Photography

The next meeting is **Tuesday 22nd November, 2pm** at Hawtonville Methodist Church. This month's project is 'Patterns in Nature'. There will be no meeting in December.



Note from the Editors.

The calendar reflects what takes place on a normal month. Many groups will not be meeting in December, or have changed times and venues. Please check with your group leader before turning up, especially if you are a new member.



Once again the Craft Group are decorating a tree for the following.

**St. Mary's Church
Christmas Tree Festival, 3rd
– 11th. December.**

The theme for our tree is 'What is in your stocking?'. Do go to see our handiwork.

Barbara Hatton

Try for a triple word score, - an afternoon with the Scrabble Group.

When I was little, Thursday night was always games night. Family and friends came round and we played card games, board games, and then we discovered Scrabble. It became my Mum's favourite game. Not having played for a long time, I was eager to renew my acquaintance with the game. The Scrabble Group is hosted by Brenda Williams, in her home. On Monday, there were enough players to make up two tables of four, and we were all able to play two games each, with Peggy and Bob keeping the score for each game.



A lovely 'deluxe' scrabble board, and a turntable made the game easy to play, a far cry from my Mum's battered old box version. With a stack of dictionaries, and a list of the two letter words acceptable, even duffers like me could play, and manage to enjoy a good old fashioned 'gossip' at the same time. No wonder the group is popular and full to capacity. Half way through the afternoon, Brenda served us tea and biscuits, which was the perfect finish to a lovely afternoon.

As there is a lot of interest in the Scrabble group, would anyone like to start a second group?

Spotlight on the Recorder Group

We try to meet on alternate Monday afternoons, but we sometimes have to vary this to accommodate the various appointments that can crop up in our lives. As, at the moment, there are only four of us, if one cannot make it that's 24% of the group absent.

However, the good news is that we two new starters, both male and we're running special sessions to get them going, so if there is anyone else interested in an absolute beginners group now is the time to let me know - musical knowledge is not a pre-requisite!

The group also extends a warm welcome to anyone who might have played before - perhaps at school or later. We've all found that it's a bit like riding a bike, you don't really forget how.

Our learner group is meeting weekly at ad hoc times, but the main group looks as though we can maintain nearly every alternate Monday up until Christmas.
Sheilah Andrews



We have had an influx of new members recently so for their benefit, here are the contact numbers for group leaders. Please keep this page for future reference.

Group	Leader	Phone
Archaeology	Peter Foden	01636 704 241
D Y O T Art	David Blake	01636 650 676
Bird Watching	Reg Robinson	01636 702 388
Book Circle	Barbara Hatton	01636 683 640
Craft	Joan Shankland	01636 626 553
Creative Writing	Barbara Hatton	01636 683 640
Dance	Audrey Blake	01636 650 676
Discussion	Maggie Johnstone	01636 708 624
French Improvers	Derek Middlemiss	01636 892 821
French Conversation	Tony Williams	01636 813 763
Gardens	Barbara Hatton	01636 683 640
German	Corri Moss	01636 706 573
Local History	Janet Robinson	01636 702 388
Investment	Reg Goodall	01636 651 838
Literature	Geoffrey Foulds	01636 659 239
Luncheon Group	Peggy Strellis	01636 679 392
Mah Jong	Sonya Sinclair	01636 672 921
Music Appreciation	Geoffrey Foulds	01636 659 239
New Technology	Reg Robinson	01636 702 388
Philosophy	Tom Chamberlain	01636 636 508
Recorder Playing	Sheilah Andrews	01636 703 219
Scrabble	Brenda Williams	01636 704 282
Walking	Reg Robinson	01636 702 388
Canasta	Ray Smith	01636 671 084
Early Birds	Jacq Cartwright	01636 650 411
Photography	Duncan Boreham	01636 893 016

U3A Insurance Matters

To protect members, group leaders/organisers and our U3A itself, we have a range of insurance policies covering public & products liability (including member to member cover), tour operator insurance, money cover and trustees' indemnity.

All these can be ignored by most of us – until there's an accident. Then it's vital for everyone to know that these insurances may be seriously undermined if there's a claim at a U3A event* where any non-members are present.

There are exceptions to this firm rule, which allows visitors to be covered if:-

- they are prospective members who have attended no more than 2 U3A events*; or
- they are casual visitors – friends or family – who have attended no more than 2 U3A events* in any 12 month period.

Those visitors who attend more than the maximum of 2 events* will not be covered by our insurances. But more significantly for members, no-one else at such events* will be fully covered either.

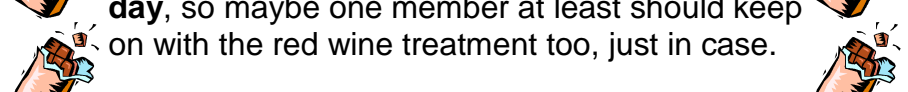
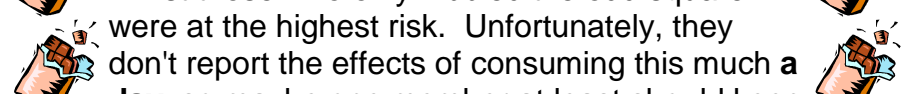
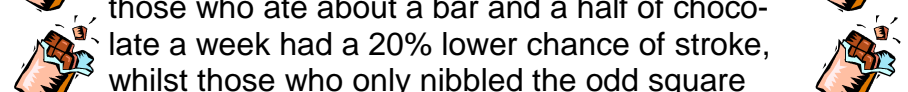
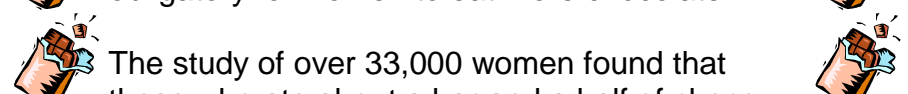
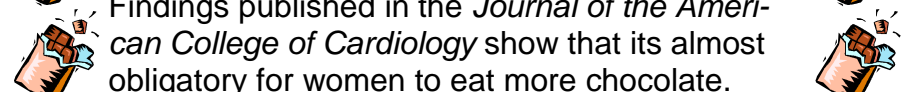
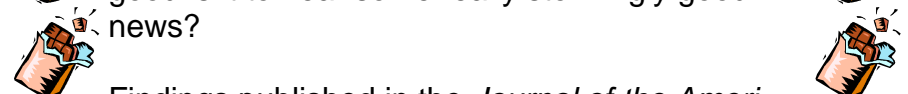
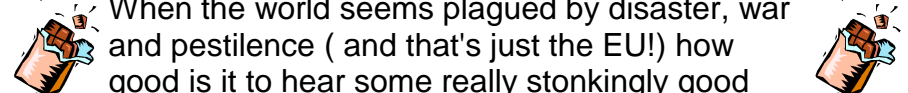
This means that the mere presence of any visitor, outside the above exceptions, will cancel the insurance cover for all the rest of us present.

It could lead to an individual member or a group leader/organiser being sued and becoming personally liable for unlimited damages. To avoid this risk the Committee expects all group leaders/organisers to monitor our visitors, keep a record of attendance, and share this information with our Groups Co-ordinator on a regular basis.

* "Events" include any monthly meeting, group meeting (including in private homes), trip, visit, excursion or any other U3A gathering.



The Best News, Ever!



When the world seems plagued by disaster, war and pestilence (and that's just the EU!) how good is it to hear some really stonkingly good news?

Findings published in the *Journal of the American College of Cardiology* show that its almost obligatory for women to eat more chocolate.

The study of over 33,000 women found that those who ate about a bar and a half of chocolate a week had a 20% lower chance of stroke, whilst those who only nibbled the odd square were at the highest risk. Unfortunately, they don't report the effects of consuming this much a **day**, so maybe one member at least should keep on with the red wine treatment too, just in case.

Correction

Please note the corrected telephone number for Corri Moss, Group leader of German Beginners and Improvers. **01636 706573**

A Message from Kathleen Robinson
Kathleen sends thanks and best wishes to those who kindly contributed to the flowers sent to her new home. She is happily settled and enjoying life.

Nov/Dec 2011 calendar as normal—please check with group leaders for the Christmas/New Year period

Monday	Tuesday	Wednesday	Thursday	Friday
			10 Monthly meeting	11 Philosophy 10.00 Coffee Morning 11.00 French Conversation 11.00 Discussion 14.00
14 Walk 09.30 Investment 10.00 Music Appreciation 14.00 Recorder group 14.00	15 DYO Art 10.00 New Technology 14.00	16 Creative writing 10.00 Literature (Corri's) 10.30 Mah Jong 14.00	17 Circle Dancing 10.00 Archaeology 14.30	18 French Conversation 11.00 Coffee Morning 11.00
21 Craft 09.30	22 Photography 14.00	23 German Beginners 10.00	24 Line Dancing 10.00 Book Circle 14.00	25 Philosophy 10.00 Coffee Morning 11.00 Discussion 14.00
28 Walk 09.30	29 DYO Art 10.00	30 Literature (Sheilah's) 10.30		
			1 <u>December</u>	2 Coffee morning 11.00
5 Recorder group 14.00 Scrabble 14.00	6 Gardens 14.30	7 German Beginners 10.00	8 Monthly meeting	9 Philosophy 10.00 French Conversation 11.00 Coffee morning 11.00 Discussion 14.00
12 Investment 10.00 Music Appreciation 14.00 Recorder group 14.00	13 DYO Art 10.00 Local History 14.00	14 Literature (Jenny's) 10.30	15 Circle Dancing 10.00 Archaeology 14.30	16 Coffee morning 11.00 French Conversation 11.00
19 Craft 09.30	20 New Technology 14.00	21 Creative writing 10.00 German Beginners 10.00 Mah Jong 14.00	22 Line Dancing 10.00 Book Circle 14.00	23 Philosophy 10.00 Coffee morning 11.00 Discussion 14.00
26	27 DYO Art 10.00	28	29	30 Coffee morning 11.00

No walks, bird watching, dancing in December