

NEWSBITES!

DECEMBER 2022



**Best Wishes for
Christmas and 2023**

A MESSAGE FROM THE CHAIR OF THE NETWORK

Season's Greetings Everyone,

As 2022 draws to a close it is time to reflect on the year we have had and the ongoing development of our Network. It has been another eventful year, but things have gradually returned to something like normal and we are now meeting face-to-face as well as on Zoom.

We had many wonderful 40th Anniversary celebrations, culminating in our event at Highfields Park, with banners, batons, bands and a flash mob.

It is at this time of year that I need to say thank you to our wonderful committee and other helpers who have kept things going through thick and thin and ensured that our Network flourished.

A special thank you to Jean Hogg, our now-retired Regional Trustee, who has advised and supported us with her knowledge and expertise.

Finally, a thank you to Jane Pavier for putting together Newsbites for us, keeping us up to date with what is going on in Nottinghamshire. Following consultation with the members, Newsbites will now be published bimonthly.

Have a super Christmas everyone and a Happy and Healthy 2023.

Best wishes

Chris Niven



A MESSAGE FROM THE EDITOR OF NEWSBITES

Dear u3a Members

I have edited Newsbites now for more than two years, but have decided that the time has come for me to stand down and pass the baton to someone else. I have enjoyed reading everything you have sent in and have done my best to keep it interesting, including scouring the internet for the inspirational (?) quotes. Please be as kind and considerate to my successor as you have been to me.

The Committee will appoint a new Editor and will let you know when the deadline is for the next issue, which I understand will be in February, as u3as have indicated they would prefer Newsbites to be published bi-monthly. Please contact Chris Niven, at chrisniven1@yahoo.co.uk if you would like to volunteer. It is an enjoyable task and keeps you in touch with what is happening.

Best wishes for Christmas, for 2023 and the future. I will miss you all.

Jane Pavier

NEWS FROM u3as IN NOTTINGHAMSHIRE

CALVERTON & DISTRICT u3a



Calverton
& District u3a

Calverton & District u3a Press Release 221125

Getting the Message Out There!

As we all know, members of the u3a are a very friendly bunch – but getting that message across to potential new members can be a difficult task – especially to those who may be a little reserved or out of the habit of socialising.

Michael Dobbs, a member of Calverton & District u3a decided to try a new tack – producing a short promotional video showing members enjoying a wide range of group activities. Of course, the Data Protection Act means that everyone appearing in the video had to give permission - fortunately after a promise that any wrinkles would be removed in post-processing, everyone agreed to be recorded.

After filming at over 15 different group meetings, it was time to put together a presenter script that covered all the points we wanted to get across – using the very minimum of words to keep the video duration as short as possible. With a little persuasion, two of our members, Jude Cordell and John Suggett, agreed to act as presenters, and put themselves through the ordeal of appearing on camera whilst sticking to a script. I think you'll agree that they both did very well!

Editing the material brought its own difficulties, not least finding a suitable copyright-free piece of music (the production budget was £0) with the required duration to fit the visuals. To make the video more accessible, chapter points and subtitles were added to the edit.

After uploading the finished edit to YouTube, a link was put on our website homepage, and promoted on all of the local Facebook pages.

If you would like to see our video, please go to our website at www.calvertonu3a.co.uk and click on the picture link.

If you are looking at making a promotional video for your u3a, Michael is happy to offer support and advice – contact him on mhdkad@gmail.com

Michael Dobbs, Webmaster



FOREST TOWN & DISTRICT u3a

7th Birthday Bash goes with a Bang

What an incredible morning we had on 7th November with so many cakes made by our talented bakers! A massive thank you to everyone who baked or donated cakes. We couldn't have had our party without them.

Bob Hunt, who has been a member from the start, was asked to cut the cake.

Kathryn and Kevin did a great job with the quiz, tombola and bingo and rounded off the morning with a fun game of Scattergories. There was a great atmosphere. All in all we had a brilliant morning celebrating Forest Town & District u3a's birthday.

Helen Riby, Newsletter Editor



ASHFIELD u3a

As I sit down to write this there is already an excitement in the air as we start to prepare for Christmas. Quite a few of our groups are planning Christmas meals, socials and 'fuddles' to take place in December to round off their very successful year.

We will not be holding our usual meeting in December instead our Social Committee will be hosting Ashfield u3a Christmas Celebrations and festive food, a free raffle and in-house entertainment are all planned. I know that our very own Entertainments Unlimited (Am-Dram) Group have not only written a Panto but will be enthusiastically performing this Panto at the celebration together with poems and sketches from members. There will also be a performance from the Ashfield u3a Ukulele Group who will be sharing their music and encouraging everyone to join in with their programme of Christmas Carols. I am looking forward to this Christmas Celebration and I take this opportunity to thank our Social Committee for all their efforts during the year.

The Social Committee has also arranged a St. Patrick's Day Beetle Drive and Ploughman's Supper, a very popular Afternoon Tea to celebrate The Queen's Platinum Jubilee, A Caribbean Night with Steel Band and Caribbean Buffet and now our Christmas Celebrations with festive food. Well done to the Social Committee for such a lovely varied and very enjoyable programme.

I have obtained permission from a member of Ashfield u3a to share with you her poem Learn, Laugh & Live. This poem was performed to music by the author at our September meeting and I think it sums up what the u3a is about and can offer.

Merry Christmas and very best wishes for 2023.

Val Scott

Learn Laugh & Live

by Jay Fairburn

What do you want to do –
Study Rome or go to Timbuktu?
Or trace your ancestors to Waterloo
And you can learn, laugh and live

Where do you think you'd like
To have a stroll or take a six mile hike?
Or learn to fix your car or motorbike
And you can learn, laugh and live

Yoga, pickleball, make your own clothes,
Knit and natter, learn Shakespeare
Grow your confidence, bonsai or rose,
You can always learn it here

Where would you like to go
To bead, or taste some cake and see a show?
Discuss and study art or Edgar Allan Poe
And you can learn, laugh and live

Bridge, canasta, scrabble, mah-jong
Or ukulele to tap your feet,
Kurling, badminton or singing a song
Or going out somewhere to eat

Someone you don't yet know
Shares your passion! So it's time to go
And join the u3a so you can show
That you can learn, laugh and live
Learn, laugh and live
Learn, laugh and live

RETFORD u3a

At Retford U3A we have organised a two-course dinner at Retford Golf Club for Friday 13th January 2023. There will be a fun quiz for each table to enter and the winning table will receive a prize! But remember, it's a light-hearted way to get to know your fellow u3a members, not "Who wants to be a Millionaire?". The first dinner/quiz night was a roaring success and tickets for this one sold out within a week.

Sue Paul, Membership Secretary



AN INVITATION TO A FILM SHOW

U3a 40th Anniversary Film Show & Refreshments

Arnold u3a would like to invite members from u3as across Notts to a film show on 20th January 2023 from 2 – 4 pm at the Bonington Social Club, High Street, Arnold.

Two films will be shown one of Arnold u3a and Carlton & Gedling passing the beacon on 20th September and the other about the Highfields event on Saturday 24th September. The videos were filmed by Arnold u3a members Greg Foster and Brian Cluff and Brian put it all together into the films.

Tea/coffee and a jam scone with cream will be provided during the break.

The cost of the event is not set yet and will depend on the number of people who come but it is likely to be £4.

Please would you publicise this widely to your members and get back to me asap with numbers. These can be individuals contacting me or u3as giving group numbers. My email address is **rosieallen21@outlook.com**

I will need payment in advance but we can sort that out in January.

I have seen the films and they are very good. It is great to see, for example, the flash mob dancers performing, and hear the Worksop steel band.

Come and join us.

Rosie Allen



RAVENSHEAD u3a

In November Ravenshead u3a was pleased to welcome Dr Tim Gray MBE from EMICS to our monthly meeting. EMICS is the East Midlands Immediate Care Scheme, a charity of volunteer emergency doctors who are called out to severe emergencies across the region, working alongside the ambulance, fire and paramedic teams.

After Dr Gray's talk at our meeting, the generous Ravenshead u3a members donated a total of £428.46 to their cause.



A team of professional videographers, engaged by the Third Age Trust, visited the home of Ravenshead u3a member Alex Fraser to record a feature for the u3a & Specsavers Home Visits #GenerationWOW series, where Alex demonstrates his skill in an eight minute video entitled 'Calligraphy with Alex' which can be viewed with this link : <https://youtu.be/bIEKCvOGMpA>

100 members of the Ravenshead u3a were entertained at their 'Christmas Bash' monthly meeting on 13th December by an

organised programme including a Themed Christmas Quiz, a Yuletide Monologue, a hilarious Musical Singalong to the 12 Days of Christmas, and a performance from our U3Acoustic Guitar group. This was followed by a yummy finger buffet lunch.



Ravenshead u3a is congratulating itself as our Quiz Team, led by Clive & Margot Aveyard, won the u3a East Midlands Region Christmas Quiz on Monday, 12th December.

John Butler, Business Secretary



LEARN, LAUGH, LIVE

DUKERIES u3a

Dukeries u3a sends very best wishes to all our u3a friends for a Happy and Healthy New Year.

2022 was the 30th Anniversary for Dukeries u3a and the 40th Anniversary of the u3a movement in the UK. This was marked with a special celebration during our AGM in May and the Nottinghamshire event in September. Looking back over the year, it has been a time of growth for us, with new activity groups starting and the number of members growing to 157 in December. We now have 16 different activity/interest groups with ideas in the pipeline for new subjects in 2023. In addition to activity group meetings and the monthly meetings to hear a visiting speaker, members enjoyed social events such as a quiz night, coffee mornings and parties. A highlight of the year was the 1950's themed Jubilee Party held in honour of Her Majesty's 70th accession to the throne. Sadly, this was to be followed by a reflection on Her Majesty's life during the beacon handover in the u3a movement's 40th Anniversary week.

Dukeries u3a continues to liaise with other community groups and were happy to help Santa Claus (on loan to Edwinstowe & Dukeries Lions) with his Christmas collection at Tesco, New Ollerton. We were also happy to take part in the Christmas tree festival in Edwinstowe and New Ollerton churches. Members Jane, Jean, John and Pam made a great job of decorating the Dukeries u3a tree.

We are pleased to be joining with other local u3a groups to provide more opportunities for their members. Members recently enjoyed a barn dance arranged by Warsop & District u3a, while friends from Mansfield, Rainworth and Forest Town u3as took part in the Dukeries u3a quiz night, superbly presented by Stefan and Karen. Plans are being made for future collaborations next year for trips and holidays which will help to keep costs down.



The Ramblers in Sherwood Forest

Our walking groups were able to find good weather, with the Ramblers walking along the old military road in Sherwood Forest where they saw previous military training grounds while the Whatsapp Walkers walked by the Chesterfield Canal at Worksop. The Scrabble group enjoyed a Christmas lunch at South Forest in Edwinstowe before tackling the Scrabble board. The Allsorts group had fun planting winter tubs and making crafting cards. Our Jubilee Ukulele group goes from strength to strength and was the star turn at our Christmas party.



Speakers for the members' meetings in 2023 are now booked with varied topics including health, travel, local history, sporting legends and humour. The speaker programme starts in January with a light-hearted talk on 'Great British Eccentrics' by Geoff Harris who is returning by popular demand. February's speakers will be specialist nurses Helen and Rebekah who will give information on osteoporosis, a condition which can affect many people. There is an extra talk in February by John Perry at the Ambleside Centre, New Ollerton, which had been postponed from September 2022. He will tell members about the role of magistrates in the criminal and civil justice systems and give members the chance to try sentencing. A trip to Mansfield Magistrate's Court follows later in the month. More trips planned for 2023 include a visit to David Austin Roses and an evening cruise on the River Trent.

Ann Street, Publicity Officer

QUOTES FOR THE MONTH

"When one door of happiness closes, another opens; but often we look so long at the closed door that we do not see the one which has been opened for us."

— Helen Keller

"Logic will get you from A to Z; imagination will get you everywhere."

— Albert Einstein



LEARN, LAUGH, LIVE

MANSFIELD & DISTRICT u3a

Our Current Affairs Group met recently at the Mansfield Bowling Club, and had a visit by the Mayor, Andy Abrahams, photographed alongside the Group, plus several visitors. The Mayor had brought along copies of the Mansfield Plan for the Group to see in detail the proposals for the different quarters of the town. This enabled a full and frank discussion about local affairs, which was of interest to all the members. Members were able to ask questions which were all answered fully. A very positive meeting, led by Graham Headworth, and very well attended.



The Current Affairs Group



Flower Arrangements for the Gardening Group

The Gardening Group once again had the return of an excellent Speaker, Janet from Minster Flowers at Southwell. Janet never ceases to amaze with her creations, which she kindly donated for the raffle, so five members went home very happy indeed with their Christmas creations.

Thursday 1 December saw Mansfield Museum launch their annual Christmas Tree Caper. The entrance arcade becomes an avenue of themed Christmas Trees created by local schools, charities and businesses. Mansfield & District u3a once again provided a tree to showcase their extensive range of Groups and members hand-crafted new decorations for the tree.



Christmas at the Museum

A new Crafty Chat Group starts in January at the Quaker Room in Mansfield.

(Photographs courtesy of the Newsletter Editor)

Carole Harrison, Secretary

NEWS FROM THE u3a OFFICE

Could you help u3as across the movement?

We have an exciting opportunity to volunteer on the Third Age Trust advice line. By volunteering, you'll be supporting u3as nationally with your personal knowledge and experience of what it means to be a u3a member. If you are interested in volunteering, please register your interest by emailing u3a.office@u3a.org.uk



This is a home-based Trust Volunteer role which is part of the Advice and Information Team. The volunteers will join three members of staff and a small team of existing Advice Line Volunteers to provide high quality advice and information to all those who get in touch.

A full role description can be found via the December issue of the national newsletter or by contacting the office.

NATIONAL NEWSLETTER



Have you signed up for the national newsletter, which comes direct to your inbox every month? Do you read it and do you enjoy it? The publicity office is always looking for interesting articles on anything your u3a has been doing, so please keep sending them stories and photographs.

