



# ARNOLD

## SEPTEMBER 2016 NEWSLETTER

### INTEREST GROUPS QUESTIONNAIRE - Update

Thanks to everyone who responded to the questionnaire. Seventy members have given us their views and between them they have suggested 61 topics for new interest groups! These cover a very wide range including bread-making, amateur dramatics, medical advances, easy listening music, creative writing, sculpture, antiques and collectables, history, learning the ukulele and Greek dancing. There's no shortage of ideas but turning them into a reality will prove more of a challenge, especially as each new group we set up needs someone to lead / facilitate it.

Terry and I have contacted those members who indicated that they might be willing to lead, some are already on offer (see under proposed new groups). Thanks also to those of you who have offered to provide admin help for new groups, we'll be in touch with you once we have a clearer idea of what new Interest Groups we'll be running and what support they need. *Pauline*

### DON'T FORGET

The General Meeting has changed its times back to:

**1.15 Doors open**

**1.45 Meeting starts**

**2.15 Break**

**2.45 Speaker**

**3.45 end of meeting**

### MEMBERSHIP RENEWAL

Renewals are due on 1st November 2016. Each member will receive a personally addressed envelope containing a renewal invitation and a 2016/17 renewal form, and these will be available for collection at the October and November main meetings. So bring a pen and your cheque book and you will be able to renew at these meetings. Membership is £15.00 (£11.50 for associate members). Any envelopes not collected will be posted after that. The 2016/2017 renewal form will also be available on the website from 1 October. *Marion*

### HEALTH AND WELLBEING

*Please think of yourself and others before undertaking an activity or going on an event.*

*Are you well enough for the activity or outing?*

*Will you affect or even infect others?*

*Please be considerate!*

## **CHAIR'S CHATTER – AUGUST 2016**

*I hope you have all enjoyed August as much as our fellow members of Arnold U3A who have visited a variety of events such as Horsley Woodhouse garden, the Caribbean Carnival and the Princess boat trip. Sandra Tucker has posted the most splendid photos on our website of the garden and the carnival and I thank her for helping to make the website interesting to peruse.*

*At our August main meeting we reverted to a former format of timings and in the Comments Box there were three messages criticising aspects of how it went. On the other hand, there have been many comments pleased at the new arrangements. There were definitely more teas and coffees requested! At our Committee meeting we decided to leave things as they are as we need to give time to bed down but will obviously review it in the future. We would ask that people return to the hall in a timely fashion, though, as it is difficult for speakers when there is a lot of milling around and chatter.*

*The U3A National Conference was held at the East Midlands Conference Centre, University of Nottingham on the 24<sup>th</sup> and 25<sup>th</sup> August. For the fourth year running Arnold U3A provided a team of 'Stewards' who generally helped to point delegates in the right direction, manned the microphones in the auditorium and sold merchandise in the shop. Many thanks to the 'Team' who were universally praised. We have purchased various items for sale to you such as U3A 2017 diaries, pens, trolley tokens and credit card size magnifier cards.*

*Such sad news that John Horton, who, along with Barbara, joined Arnold U3A at the inaugural meeting 2<sup>nd</sup> November 2010, has died. We remember such a lively, cheerful person who we got to know through walks and trips out. Sincere condolences to Barbara and family.*

*For so many of us September is a time for holidays and trips away as the children are back at school. As we read this Mavis and her group of Isle of Wighters will be packing for their holiday and hard on their heels will be the merry band of walkers joining Dieter in Germany. We wish both a really special trip.*

*Let us hope that September brings an Indian Summer of weather to finish the ripening of the tomatoes and allows us to continue to benefit from all that is on offer with Arnold U3A.*

*Best wishes to you all Rosie Allen, Chair*

## **SPEAKER PROGRAMME**

6th September                      Don't Forget To Remember – Scott Creasey  
An entertaining intro to applied memory systems from his memory techniques workshop.

4th October                      A day In The Life Of The English Language                      William Ruff  
After hearing William's talk about the often surprising origins of words we use everyday, you may never think of chocolate, squirrels, bulldozers, toilets or crossword clues in quite the same way again - let alone avocados and orchids! You will also find out why your television should really be renamed, why explosions were originally made by theatre audiences and why a Shakespeare tragedy should make you think of goats.

1st November                      "Wills, Power of Attorney, Care Fees and lots of other things" - Richard Howard - brief overview of the above plus tax, trusts, equity release, attendance allowance – plus he is happy to take questions. This is not a pitch for business!

6<sup>th</sup> December                      Tracey Akehurst                      Once Upon A Time At Christmas

*Don't forget to take your membership card to all meetings, interest groups and activities please*

## NEW AND PROSPECTIVE MEMBERS' MEETING

Many thanks to Mike Anthony who has led this meeting for the last three years.

Next date: **Friday 15<sup>th</sup> September** at The Friar Tuck at 11.15am.

Pat Jackson,  
Terry Pears

telephone 9263797  
telephone 9208553

email [patjackson181@hotmail.co.uk](mailto:patjackson181@hotmail.co.uk)  
email [tjpears@gmail.com](mailto:tjpears@gmail.com)

### Arnold U3A Christmas Lunch at

The Belgrave Rooms (Ionic Suite), 25 Goldsmith Street, Nottingham

Friday 9th December 12.45

Entertainment by Rob Mason with humour and song

Tickets £15.50, on sale from the September meeting

*Marie*

### Christmas Party Raffle and Tombola

At the Christmas party we plan to have a raffle and tombola. This is a plea for each member to provide some items. If everyone were to provide something we would have an excellent result. There will be a box beside the booking desk for the Party at Arnold Methodist Church on 6<sup>th</sup> September for you to deposit your offerings. Thank you in anticipation of your support. *Rosie*

## SOCIAL ACTIVITIES – OPEN TO ALL

### ACTIVITIES

**Tank Driving** is confirmed as Sunday 2<sup>nd</sup> October. This is near Lutterworth in Leicestershire, leaving Arnold at 08-30 by car – arrangements to be confirmed. There are now only a few places available on this date. Please notify me by phone or email if you wish to go, getting a cheque for £65 to me so I can book places as I will not be at the next meeting. Alternative dates may be available but need sufficient numbers to book this on a different day.

The **Murder Mystery Evening** will take place on Monday 24<sup>th</sup> October, with a maximum number of 50 tickets available. This will be at Mapperley Golf Club, starting at 7.00 with a two-course meal (excluding drinks available to buy from the bar). The cost will be £15 per head. However to make this work we need volunteers to play the parts of characters who might or might not have committed the murder. So willing actors and actresses please contact me or make yourself known at the September meeting, when tickets will be on sale. Remember your input is needed.

*Neil*

### ART PAINTING AND DRAWING

*During our "summer break", some of the Art Group have occasionally met to have fun and visit art exhibitions in the city, the Contemporary, Nottingham Trent Uni., Djanogly & Lakeside, Castle and New Art Exchange. A few fun pictures of our visits. Eve at Lakeside 5 Mona Lisa's at the Castle Nottingham Trent Uni.*



## CINEMA

*Our latest cinema trip to see "The Shallows" left us all scared witless but, true to form, our merry band recovered afterwards in the usual fashion!*



Our next visit to the Broadway Cinema will be on Sunday 18th September to see "Bridget Jones's Baby". Starring Renee Zellweger and Colin Firth this is the latest update in Bridget's chaotic life and sure to be as entertaining as the previous two films. We shall meet in the Broadway Cinema Cafe from 2.30pm, the film starts at 3.30pm and please purchase a ticket (£6.50) on arrival or online beforehand. Afterwards for supper locally (optional). All welcome. *Sue*

## LUNCHEON

Hoggs Head at Awworth on the 15th of September.

*Mavis*

## OUTINGS 4U

***Additional Group Leaders needed***

Please have your membership card to hand when you come to book your outing.

### September 27th Day trip to Worcester

A beautiful Cathedral and University City with a wealth of history, heritage and culture, Worcester Porcelain and the most picturesque cricket ground in the Country. There really is something for everyone! The Cathedral, Guild Hall and Crown Gate Shopping Centre are all within a half mile radius. A guided tour of the Cathedral is included within the cost of the trip. Cost for the trip £17

*Mary*

### HOLIDAY TO KENT SUNDAY 18TH - FRIDAY 23RD JUNE 2017

Kent is known as the Garden of England and for the duration of our stay we will be staying at the Best Western Manor Hotel in Gravesend. Thames sailing barges, paddle steamers and yachts sail from the Gravesend Town Pier Pontoon and the town is rich in links to one of Victorians greatest authors with compelling Charles Dickens connections in the quaint villages of Chalk, Shore and Higham Marshes. Just a stone's throw away from Gravesend you can enjoy superb shopping at Bluewater billed as Europe's largest most innovative shopping centre. During the stay we will visit a selection of places from this list: Canterbury, Chartwell (home of Winston Churchill), Leeds or Hever Castle, Historic Dockyard at Chatham, Bluewater shopping Centre and Dickens World. Cost £369 per person for dinner, bed and breakfast (this does not include the cost of entrance fees for any trips). Twin, double and single rooms are available. Single supplement £9 per night. A non-refundable deposit of £75 per person is required when booking. If further information is required, please contact Mary Patterson on 07771586961 or email [marypat7364@gmail.com](mailto:marypat7364@gmail.com).

### PROPOSED SPAIN HOLIDAY MAY 2017

After much research in an attempt to find a hotel in Spain with as many strengths as this year's, I have decided upon the Hotel Port Denia, Costa Blanca. This will be a 7-night Saga holiday on an all-inclusive basis and flying from East Midlands. I am thinking of 23<sup>rd</sup> to 30<sup>th</sup> May which would cost £629 before any extras or discounts. The hotel is 50 metres from the beach and also has a swimming pool. Set at the foot of the Montgó mountains beneath a ruined 12th-century castle, charming Denia has more character than most of the resorts along this stretch of coast, and it still retains its provincial charm as a thriving fishing port. You can enjoy strolls to the bustling harbour, visit seafood restaurants, or explore Mount Montgó National Park, where there are many well-marked walking routes. Perhaps visit the Monday market for a few souvenirs too. I would be pleased to begin to develop a list of interested members in the next few weeks and, particularly, at the main meeting, so do come and talk to me about this.

*Rosie*

*Don't forget to take your membership card to all meetings, interest groups and activities please*

**THEATRE GROUP** - Tickets must be paid for, by cheque, on booking. *Shirley and Sue*

| Venue                      | Date                                    | Time    | Production                                      |   |
|----------------------------|---|---------|---|---|
| Theatre Royal              | Wednesday<br>14 <sup>th</sup> September | 2pm     | The Glenn Miller<br>Story with Tommy<br>Steele  | Pick up tickets   |
| RSC Stratford              | Thursday<br>15 <sup>th</sup> September  |         | King Lear with<br>Antony Sher                   | One ticket left £36 plus<br>£10 mini bus.<br>Leave 8.30am |
| Theatre Royal              | Wednesday<br>28 <sup>th</sup> September | 2pm     | The Full Monty                                  | Pick up tickets   |
| Nottingham Arts<br>Theater | Wednesday<br>28 <sup>th</sup> September | 7.30pm  | Singing in the rain                             | £12   |
| Theatre Royal              | Wednesday<br>26 <sup>th</sup> October   | 2.30pm  | The Producers<br>Nottingham Operatic<br>Society | £17.60  |
| Theatre Royal              | Wednes. 29 <sup>th</sup><br>March 2017  | matinee | Matthew Bourne's<br>Red Shoes                   | Pick up tickets   |
| Royal Concert Hall         | 28 <sup>th</sup> March<br>2018          | 2pm     | War Horse                                       | £52.50. Secure place<br>with a £10 deposit                |

#### **THEATRE – PLAYHOUSE**

|                    |   |        |
|--------------------|---|--------|
| SLEUTH             | Friday 9 <sup>th</sup> , Saturday 10 <sup>th</sup> , Monday 12 <sup>th</sup> September  | 7.45pm |
| DARKNESS DARKNESS. | Friday 30 <sup>th</sup> Sept., Saturday 1 <sup>st</sup> Oct, Monday 3 <sup>rd</sup> Oct | 7.45pm |
| REVENGERS TRAGEDY  | Friday 28 <sup>th</sup> , Saturday 29 <sup>th</sup> , Monday 31 <sup>st</sup> October   | 7.45pm |
| TOUCHED            | Friday 17 <sup>th</sup> , Saturday 18 <sup>th</sup> , Monday 20 <sup>th</sup> Feb. 2017 | 7.45pm |

We have to have a minimum of 8 tickets for each performance to qualify for the £7 reduced rate.

*Wendy*

#### **WEEKEND GROUP**

*Three of the costumes seen at the Caribbean Festival, more of Sandra's photos on our website.*



Weekend Group meeting Sunday 25 September at 12.15 in the Djanogly Centre Lakeside for coffee then, weather permitting, a stroll around the lake. The tram stops outside Lakeside, all welcome just turn up!

*Pat and Gilly*

### **NEWS FROM THE INTEREST GROUPS – Contact the group leader!**

#### **BIRD WATCHING**

*The Friday group enjoyed lovely weather for walking around the Country Park but not many birds were to be seen. However, we were delighted to see there is a family of Little Grebe on the pond, and*

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*we watched a kestrel hunting over the beacon. We also enjoyed flower/grass/butterfly spotting, aided by the very knowledgeable Gay.*

Next meeting is on Friday 23<sup>rd</sup> September at Skylarks.

*Brian*

### **BIRD WATCHING WITH A WALK**

*A glorious morning was had at Attenborough in August, so pleased we agreed to change the venue as we spotted forty species, including a juvenile Yellow Wagtail playing with the Pied Wagtails, a tree quite white with Little Egrets, some less usual waders like Snipe, Greenshank and Bar tailed Godwit, Sedge Warblers, Blackcap and Lesser Whitethroat in amongst the blackberry bushes then some Red Crested and ordinary Pochards on the water, and even a Kingfisher!*

Next session: Monday 19<sup>th</sup> September RSPB Fairburn Ings

*Terry*

### **BOARD GAMES**

Next board games sessions are September 30th, October 28th, and November 25th in the upstairs Bar of the Bonington theatre, from 2pm to 4pm. (last Friday in the month) We look forward to seeing both new and returning members.

*Linda and Anne*

### **CHARLES DICKENS APPRECIATION GROUP**

We next meet on Thursday 8th September, then every Thursday (except for the first Thursday of the month) at 2pm in Woodthorpe Library, which is on Wesley Road.

We have decided that our next Dickens novel will be "Bleak House ", which many consider to be his finest novel. Those of you with better memories than mine will remember the highly successful 2005 BBC production with John Dance cast as the villainous lawyer Mr Tulkinghorne, Gillian Anderson as Lady Dedlock, a lady who harbours dark secrets, and a memorable performance by Finn Morrell as a street urchin. Copies of the novel are available to order from Waterstone's (Wordsworth Classics edition, costing an unbelievable £1.99). It is also available from Amazon for the same price. Amazon also offer it free as a kindle down-load.

Our group is enthusiastic, friendly and inclusive. If you are curious about Charles Dickens, this is your opportunity to enjoy this master-storyteller. If you wish to know more please contact Barry or Mary.

### **'CHAUCER' GROUP: SPENSER'S FAERIE QUEENE BOOK 1 (6 sessions)**

The Chaucer Group is taking a temporary break from The Canterbury Tales in September and jumping from the middle ages to 1590, the year when Edmund Spenser published The Faerie Queene. This would be an excellent time for newcomers to join us, as we shall all be in the same boat, tackling an exciting text for the first time. Anyone who has enjoyed Chaucer, Shakespeare or Milton is bound to enjoy Spenser.

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*William*

### **CLASSICAL MUSIC (6 sessions)**

Each session will introduce music featured in the new series of Nottingham Classics. It is another exciting season, featuring (in the autumn) music played by the Brussels Philharmonic, Hallé, CBSO and Sinfonia Viva. Highlights include Beethoven's Pastoral Symphony and Emperor Concerto, Brahms's 2nd Piano Concerto, Berlioz' Symphonie Fantastique and Korngold's Violin Concerto. Everyone is most welcome, whatever their knowledge of classical music and whether they intend to go to the concerts or not.

A: Monday mornings (10.30-12.00) Sept 19; Oct 3, 17; Nov 7, 21; Dec 5  
B: Tuesday afternoons (2.30-4.00) Sept 20; Oct 11; Nov 8, 22; Dec 13, 20  
All in Woodthorpe Library. *William*

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## **CRIB**

Restarts on Friday 16<sup>th</sup> September 2-4pm Friar Tuck.

*Terry*

## **CROQUET**

This is the month of excitement! Our final Taster of this season Thursday 15th September 2.00 - 5.00pm, newcomers welcome. Then our Burton Joyce U3A Friendly Challenge to round off the season - likely to be 29th September. Please let me know if you can join us, *Maggie and David*

## **CRYPTIC CROSSWORD CLUB**

Our Crossword Club runs on alternate Thursday afternoons in Arnold Library, and we have room for more participants. We look at cryptic crosswords, and try to cater both for beginners and for those who already dabble with these intriguing puzzles: we tackle them in small groups so that we can each bounce ideas off one another. So do get in touch if you'd like to join us. It will help if you have a warped mind, and if you can see that a number, as well as being, er, a number, might also be an anaesthetic, you'll have a head start, and apparently working through cryptic crosswords can actually forestall dementia. Hope to hear from you. Our meetings in October are on the 6th and 20th. *Gordon*

## **DEBATING**

Hello Debaters. Hope you had an enjoyable holiday. We will be launching our new season's programme on the usual fourth Thursday of the month, on September 22nd, at the usual venue, at Robin Hood and Little John at 2pm sharp. The next date for your diary will be October 27th. I look forward to seeing you. *Ken*

## **DISCUSSION**

*The meeting on the 1st of August talked about:*

- *A student who committed suicide but the parents were not told of the problem.*
- *Cathy come home.*
- *The Australian students who are to be deported from Scotland.*
- *Should all Russians have been banned from the Olympics?*
- *Russians who are feeding info from Edinburgh.*
- *Why are prison sentences halved?*
- *Is Mr Cameron's honours list OK?*
- *Should Hinkley Point be built?*

The next meeting is at The Robin Hood and Little John at 1430 on 5th Sept., all are welcome. *Bob*

## **FAMILY HISTORY**

Who do you think you are? Who were your ancestors, where did they live, what did they do for a living, were they war heroes, or criminals? Answer these and other questions or knock down those brick walls you've reached when Family History restarts on Friday 30th Sept. *Sylvia and Anne*

## **GARDENING – Short visits AT RISK OF NOT CONTINUING NEXT YEAR**

*In August we visited the garden of Alison Napier at Horsley Woodhouse. After years of hard work from removing a large horse shoe shaped concrete drive and a great depth of rubble from below to conditioning the soil with soot, Alison has made the garden what it is to-day. There are hot coloured borders near to the house and softer colours beyond to give the idea of depth. There is a large wildlife pond in the main lawn. The garden slopes away from the house to show magnificent views of the surrounding countryside. After the visit we went to Morley Hayes golf club for refreshment.*

*Many thanks to Isobel for once again arranging another enjoyable visit and for all her hard work as group leader. Isobel is standing down in October, during her time as leader she has arranged some wonderful garden visits, where we have acquired new gardening ideas, bought plants, drunk tea, eaten cake, enjoyed wonderful weather we have had a good time. Thank you Isobel. Val Disney*

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*There is a gallery of photos from our visit to Horsley Woodhouse on our website but here's just a sample.*



***Have you enjoyed the garden visits we have had this year? We really need someone, or perhaps a couple of friends, to take this over. Don't risk losing this popular interest group!***

**Tuesday 20<sup>th</sup> Sept. - The Flower Pod, Home Farm, Brackenhurst Lane, Southwell NG25 0QL**

The Flower Pod is run by the 'Reach Trust', which is a horticultural based social enterprise based on the Nottingham Trent University Brackenhurst Campus. The garden incorporates a terraced growing area with views of Southwell Minster. There is a large commercial polytunnel which enables the team to grow and sell flowers all year around, they have a traditionally constructed straw bales workshop which allows activities to take place whatever the weather. They sell cut flowers daily as bouquets and table arrangements for functions including weddings and funerals. We shall be meeting at the 'Flower Pod' at 2.00pm. Our visit starting with a talk by Anna Joyce telling us all about the project with a cost of £5.00 which includes refreshments and a raffle. Expecting our visit to end at 4.00pm. Maps at the garden table to help you find your way!

*Isobel*

**LANGUAGES**

**Spanish and Italian leaders/convenors needed.** There are members keen to begin to learn Spanish and Italian and all that is holding them back is someone to organise the group. You don't have to be a linguist, although it would help, all that is really needed is the ability to think of ways of running a self-help group. If you are interested have a chat with Rosie, Languages Coordinator, as there is a lot of help available.

Italian classes are recommencing in September after a summer break and those involved know who they are.

*Rosie*

**MILTON GROUP (5 sessions)**

We have now read to the point in Book IV when Satan spies on Adam and Eve in the Garden of Eden and expresses his hatred and envy of them. If anyone is thinking of joining us but is perhaps put off by the fact that we have already read to this point, you would be very welcome and would still enjoy both the narrative and Milton's wonderful language. The aim is to read the central books of *Paradise Lost* quite quickly before spending more time on Books IX and X. We meet in Woodthorpe Library on Tuesday afternoons (2.30-4.00) Sept 13, 27; Oct 18; Nov 15, 29

*William*

**WALKING – LONG**

*Once again the sun shone as we arrived in Edale and walked along to Baber Booth before ascending Rushup Edge via Chapel Gate. Suddenly the skies greyed and coldness fell, with the threat of heavy rain to come. Well not so, and by the time we were at the summit of Mam Tor, sunshine prevailed. We descended via Hollins Cross with its splendid views, back to Edale. Here fortified with Prosecco and biscuits to celebrate Sally's 21st(?) birthday we headed for home. Thanks to Dave for a lovely walk and to Peter, Paul and Steve-our minibus driver for transport.*

Our next walk on Sept 14 will hopefully be another Derbyshire venture led by Peter Beastall. Details to follow

*Gay*

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### WALKING – MEDIUM 1

*On a very pleasant Summer day 32 of us (majority men!) gathered in the hillside village of Farnah Green above Belper. Our walk took us along some ancient pathways including Roman roads. It was very much up and down with some superb views of the River Derwent and Belper Town. Squeeze stiles caused some hilarity, especially to those over size 12 or with short legs. The Bluebell Inn provided us with an al fresco lunch in the garden - superb. David*

Next walks:

28 September - Osmaston and Shirley villages - "A walk in the park" - 5 miles.

19 October - Parwich and Tissington

### WALKING – MEDIUM 2 (PUBLIC TRANSPORT)

Meet at Friar Lane at 10.10am for the 10.20am Rushcliffe Mainline bus.

Distance 5.5 miles minimum, with an option en-route to visit a wildlife site where one can get a close view Stoke Lock from an unusual viewpoint. This option will increase the walk to 6.4 miles. We will start the walk in Radcliffe on Trent and walk over the cliffs to Shelford. As we go over the cliffs we will get an unusual view over the River Trent. We will also visit the site of the old ferry and then carry on to Shelford Village where there is a lovely old church and then a pub where we will stop for drinks only (having had our picnic previously). We will then take a steady climb back up to the Radcliffe on Trent cliffs. At this point there will be a choice, a rest in a delightful garden or a steep climb down to visit the wildlife site at the base of the cliffs where one can get an unusual view of Stoke Lock and a close view of Stoke weir. Unfortunately, this will be followed by a steep climb back up! We will finish the walk at Radcliffe on Trent Church where there are cafes and a pub if you need them, and frequent buses back to Nottingham. For those who think they would like to extend the walk we can use the Trent Valley way and finish near Holme Pierrepont Hall, adding another 2.5 miles. Bring a picnic and wear suitable shoes because the area can be muddy and slippery after rain. Toilet facilities en-route

Future walks:

October Saturday 22nd Linby, Papplewick and Newstead Abby using 141 bus service.

November To be announced

December Wollaton Park

January Hardwick Hall

February Sherwood Forest

### WALKING - SHORT 1



*August and a lovely walk in South Nottinghamshire, starting from the Durham Ox in Orston, walking along the River Smite to Aslockton, the birthplace of Thomas Cranmer (who became the Archbishop of Canterbury and married Henry VIII to Anne Boleyn), on to Whatton and then back to Orston.*



*The turnout was great: 25 walkers not only enjoyed the walk and its varied terrain, but also the fine, if somewhat blustery weather.*

*A big 'Thank You' to Chris and Helena Butler who ably led this walk with perfect timing and for showing (some of) us a new area of Nottinghamshire. Dieter (I thoroughly enjoyed not having to be at the front)*



Next walk: 12 September Woolsthorpe, (Vale of Belvoir)  
Length of walk: 4.4m ( 7 Km) Meet at 10.15, walk starts 10.30. in the car park  
of the Dirty Duck (former Rutland Arms, NG32 1NY (OS 843 351)

A circular walk, easy and mainly flat, from the Locks at Woolsthorpe Wharf, along the Grantham Canal, turning right towards New Cottage, along Longmore Lane back to the canal, then following the Viking Way head up (gently) towards Fanny's Wood, enjoy a great view of Belvoir Castle and back to the pub, for lunch if wanted. If you want to join us for the walk, see me at the meeting or contact me by phone or email. Dieter

## WALKING – SHORT 2



*In August we met in Car Colston, going across the huge area of common land that splits the village in half, through a kissing gate we came across 'Jupiter' and his family! Luckily all he did was glance round, lift his rear leg to scratch his tum and then ignored us! After climbing Parsons Hill we went onto Scarrington where a group photograph was taken adjacent to the 17 foot high pile of horseshoes (weighing about 10 tonnes, containing around 50,000 horseshoes and erected by the blacksmith between 1945 and 1965 who worked at the forge there). Back to the pub and clocked at 5.25miles. Phil*

Next walk: Bilsthorpe 7<sup>th</sup> September Length of walk: 4.2 m (= 6.8 Km)  
Meet at 10.15 - walk starts 10.30 Meet at NG22 8SS (car park of the Copper Beech Pub) The walk takes us from Bilsthorpe towards Eakring and back, across fields, firm footpaths and tarmac footpaths. The area is slightly hilly. It could be muddy, so firm footwear, and poles are recommended. After the walk, lunch is available in the Copper Beech. Brad

## WALKING – STROLLERS

*On 9<sup>th</sup> August we went for a stroll to Papplewick Ponds. We were lucky as we finished the walk just before it started raining. After a coffee stop we had lunch at the Vale.*

On 13<sup>th</sup> September we will be going for a stroll along George's Hill ridge, with views over Calverton. Meet at 10.15 at the car park at the playground on Thackerays Lane, behind the Vale pub. We will leave at 10.30, combining cars and giving lifts to those without cars. There is a seat at the half way point but no toilets or refreshments at this venue. We can decide where to go for refreshments on the day

Hope to see you soon, and please suggest ideas for further strolls. We walk for about an hour, at a very gentle pace, with no stiles and not over rough fields etc and enjoy a chat as we go, and usually a drink/lunch afterwards. Val

## YOGA

Time to get back to our regime on 1st and 3rd Mondays. Classes with Ros restart Monday 5th September 10.00 for 10.30am prompt start, at Arnold Old Peoples Welfare as usual. Look forward to seeing you all there. Maggie

## OTHER INTEREST GROUPS AVAILABLE:

|                  |                       |       |             |             |
|------------------|-----------------------|-------|-------------|-------------|
| ART APPRECIATION | BOOKS                 | CRAFT | CRIB        | GAMES NIGHT |
| PHOTOGRAPHY      | SHAKESPEARE MADE EASY |       | SUPPER CLUB | WINE CIRCLE |

**SING FOR FUN****AT RISK OF NOT CONTINUING**

A Group Leader (s) is urgently needed for this popular interest group. Marilyn has decided not to continue, and we thank her for stepping into lead it rather than let it fold last time and it's has gone from strength to strength. The room has not yet been booked for the Autumn start so there is an opportunity for a new group leader to decide on the when and where it could be offered! *Terry*

**PROPOSED NEW INTEREST GROUPS****FOOD FROM THE WILD**

A new Interest Group to be formed for those with an interest in "food for free." It is hoped to gather together like-minded U3A Members wanting to explore the fields, woods and hedgerows for fungi, leaves, fruit, nuts, etc that are edible. This Group would meet spasmodically according to the season. If you are interested to join us please add your name to the start-up list at the September Meeting, or contact David Edwards. (details under medium walks 1 in your handbook)

**MAH JONG**

Second Wednesday of the month 1.30-3.30pm at Arnold Labour Club, starts September 14th.

**DOMINOES**

To try and ensure we have enough members to cover the room hire costs, there is an opportunity to play dominoes at the same time as Mah Jong group i.e. 1.30-3.30pm on the second Wednesday of the month Arnold Labour Club, starting September 14th.

**CHICAGO BRIDGE**

I am thinking of starting a Chicago bridge group, using the original and traditional rubber bridge scoring method. It is a very fast moving and social game as you change partners every four deals! It is provisionally booked for the fourth Wednesday afternoon 1.30-3.30 at Arnold Labour Club, starting in October, if we get enough to sign up. Are you interested? Can't play bridge but want to join in? Then contact me and you've time to learn the basics between now and then!  
*Terry*

**PATCHWORK AND QUILTING**

For people who enjoy this craft and would like the opportunity to meet on a regular basis to share this activity. It is likely to be a fortnightly meeting, probably 2-4pm on the 1<sup>st</sup> and 3<sup>rd</sup> Thursdays of the month. Venue will depend on numbers. Interested? Sign up at the main meeting or contact Jackie Brett by telephone 07580340014 or 8086192 or email jackiebrett88@google mail.com.

**SOCIAL EVENTS**

Did you enjoy "Ladies Day at the races" or the ceilidh? Got any ideas for new social events? Could you help organise these? The Committee would like this to run as an interest group in its own right. Interested? Sign up or contact Terry.

## COURSES

### MEMORY COURSE

This is a four-date course running over four consecutive weeks, which was developed a few years ago by a retired neuropsychologist. Although it was developed by experts, the content is very practical and explains how memory works and then offers ideas for stimulating memory and maintaining a healthy lifestyle. The fifth Arnold U3A memory course will take place in September and October and the twelve participants have been contacted. If you would be interested in a course in the New Year please complete an application form at the main meeting. This will not commit you to anything but will mean we can contact you once the new dates are known. *Rosie*

### DARK AGES

This course will be resuming on 15th September and will run for 6 consecutive weeks (Sept. 15th, 22nd, 29th, Oct. 6th, 13th, 20th) on Thursday mornings 10am-12 in Meeting Room 2, Arnold Library. There are a few places if people want to join this second part. *Pauline*

### SHORT MAT CARPET BOWLS TASTER SESSIONS

Two taster sessions of indoor bowls arranged at The Beacon, Birchfield Road, Arnold, on Thursday 15th September, at 10am-12 noon and 12.30-2.30pm. Maximum of 15 per session. To secure a place £3 will be required to cover the cost of room hire. This can be paid at our stand in the main hall on meeting days. Kindly note flat shoes or trainers must be worn, no open toed sandals. Should this event prove popular we will consider it becoming an interest group. For further details please contact Geoff Stobbs 07733411193 or Arthur Pember 01158408358.

### U3A DAY AT THE NATIONAL HOLOCAUST CENTRE 5<sup>TH</sup> OCTOBER

A very special day for all Notts U3As at the National Holocaust Centre will involve a full day of activities such as tours of the exhibitions, hearing from a Holocaust survivor and discussion sessions. Refreshments and lunch will be provided within the cost of £20 as will an open ticket for return to the centre for a year. There is still time to book your place but I will need payment by 6th September if you wish to be included in our group booking for whom we aim to organise transport at extra cost. Cheques made payable to Arnold U3A and sent to Rosie Allen (address in the Members' Handbook).

Everyone will need to choose one workshop to attend from the three listed so please let me know at the main meeting or contact me by email:

➤ Faith and the Holocaust

A discussion-based workshop which considers members' responses to the question 'Does the Holocaust show that God cannot exist?'

➤ Art and the Holocaust

A practical session which will enable members to produce a creative piece, reflecting what they have seen and considered throughout the day

➤ Challenges for Today

A discussion-based workshop which focuses on the continuing existence of prejudice and persecution within society and internationally, and the challenges which these raise

Do come and join us. We are sure you will feel it to be a day to be remembered. *Rosie*

## AMENDMENTS OR ADDITIONS TO HANDBOOK ISSUE 3

### May

Gloria Spencer Business Secretary email changed to [gspenc@sky.com](mailto:gspenc@sky.com)

### June

Sue Read Theatre 9607859 email [susan.read10@btinternet.com](mailto:susan.read10@btinternet.com)

### July

Geology for the curious and Historical Architecture come to an end

*Don't forget to take your membership card to all meetings, interest groups and activities please*