



THE UNIVERSITY OF THE THIRD AGE
NEWARK AND DISTRICT

Newark and District

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

October/November 2016

Craft and Chatter

The group tackled iris folding with some beautiful results.



Boccia

The group is now up and running again after the summer break. Why not come along and have a go?



www.alamy.com - EG4F4E

Art for All

The best thing about belonging to a Newark U3A Group is the camaraderie and support you find from your fellow members. This was exactly the case when we tackled Portraiture and, in particular, Self Portraits at the last Art for All meeting.

We were armed with a useful Guide on Measurements and Guidelines. For example, did you know that your eyes lie halfway down your face and are on the same line as the tip of your ears? Or that the width of your mouth is about equivalent to the space between your pupils?

So, with our instructions and a mirror each to gaze into, we embarked on creating our Self Portraits - not that easy, chum! We worked hard; we concentrated hard. Silence reigned for a good while, but something, or someone, had to give – “Oh dear, I didn't know I had wrinkles there.”

And, "I don't want to draw my glasses but I can't see myself in my mirror without them!"

We might have become a little humorous, or was it hysteria, but we continued 'til the end of the session, trying to get it right. One of our members started to refer to his drawing as "him" rather than "me". Another was more perturbed by her serious disposition, especially when her friend remarked that the painting reminded her of her Mother. The best, or worst, comment of the day was, "If that's how you really see yourself, you need to see a Psychiatrist."

The results, as seen in these photographs, were mainly regarded as possibly, but not quite, representational. I wonder if you can recognise any of us?

Jacq

Our programme is on the Groups' Website. For further information contact me on 01636 650411.



The walking group visited Farndon in September in glorious weather. Half the group were away on holiday but the rest enjoyed a lovely walk with coffee at the Riverside as a reward.



What is Circle Dancing?

The aim of modern circle-dancing is to create a sense of well-being, peace and communion. By holding hands, the energy received in your right hand is passed on to your neighbour through your left hand as you all quietly stand at the end of each dance breathing deeply with closed eyes whilst letting the peace and calm waft over you. It is also an excellent form of gentle exercise. Our Circle Dancing group, which meets at the Coddington Community Centre each month, is by no means perfect, and we will certainly never be asked to appear on "Strictly", but we all do it simply for the sheer enjoyment of dancing and fun. Some of our group are not able to attend every session, so each month we simply pick-up where we had left off and, as there is no such thing as a wrong step - only a variation, there is usually a lots of hilarity at each session. New Members are always more than welcome to come along and join us. In the words of our group leader Sonya, "That's all there is to it!"



Music Appreciation

Having had no meeting in August, it was good to be back. To start the autumn season David introduced us to 'Country and Western' music. David's knowledge of this subject is limitless! For October, John will present the works of Bizet. To update Terry's sale of CD'S at £1 each; he was able to present £100 to Beaumont House. Thank you to all who helped raise this sum. The group is looking forward to our visit to The Royal Concert Hall, Nottingham on October 12th. Val

Out & About Group trip to Birmingham, to visit the Frankfurt Christmas market on Thursday 1st December 2016. The bus leaves the corner of Cow Lane/Northgate (Aldi) at 9.00 am, return at 3.00 pm from Birmingham . There are over 150 stalls. This is the largest market of its type in Europe! Seat price is £15. See Chris at the monthly meeting or ring 01636 677514.

Ever wondered how your rubbish is recycled?

We are organising a visit to Veolia's recycling unit in Mansfield. The visit will take approximately 2 hours with refreshments provided and is completely FREE! They can show up to 20 people round so I will need to know who would like to come. Please telephone me, Anne Handson, on 01636 677514, or tell me at the monthly meeting.

The facility is accessed by an external metal gridded staircase and is not suitable for those with severe mobility issues. You will have to make your own way there, though I'm sure car sharing will be an option. There is parking on site and the visit is almost completely indoors.

I have booked this trip for Tuesday 29th November 2016 at 10.30am The address for Veolia's site is:
Mansfield MRF, Warren Way, Crown Farm Industrial Park, Forest Town, Mansfield NG19 0FL.

Tea and Coffee Rota

October	Barbara Cook Peggy Zwaif Pam Dawson Jean B	Maj Britt
November	Janet Hatton Krystina Materna Neil Hinchley	
December	Val Johns Pat Harcus Eileen Hudson	

If you have volunteered and realise that you cannot make it, please let Sheila (673797) know in plenty of time so that she can organise a replacement.

Note from Editor

Please make sure you send any contributions to this email address newarku3a@outlook.com and not to my personal email. I will always acknowledge anything you send but don't worry if you don't get an immediate reply, as I don't log on to this account until I am ready to compile the newsletter. If you haven't heard from me by the 27th of the month, please resend your article.

It would help me a great deal if you would send in articles using

Walking Group

November 14th—Clumber Park. Meet in the main car park at 09.30

Forthcoming Speakers

October 2016: 'The Saratoga Trad Jazz Band. A first class 6 piece playing the more tuneful songs such as Acker Bilk's 'Stranger on the Shore' or 'Sweet Georgia Brown' made famous by the Harlem Globetrotters.

November 2016: Stuart Bramwell, 'Cantabria and the Picos de Europa'.

December 2016: Samantha Glasswell, 'A Tudor Christmas'.

January 2017: Mike Cox talking about 'Newark signs on famous people.'

February 2017: Stuart Rose. He is a farmer in Laxton and will be talking about the medieval open field farming there and how farming has changed.

All monthly meetings are held on the second Thursday in the month from 2pm-4pm

I'm an idiot!

Last month I gave you an incorrect email address for this publication. If you sent in an article and it is not in this month's magazine, please accept my apologies. If you resend it I will make sure it is in the next edition. The correct address is on page 10 but here it is again.

newarku3a@outlook.com

I hope no one has been too inconvenienced by this. Janet

Creative Writing

The next meeting of the creative writing group is on Wednesday 19 October, at 15 California Road, Farndon. The subject to write about is "A Woollen Shawl".

Armchair Travel

Wednesday 19th October at Hawtonville Methodist Church hall. 1:45 for 2:00 pm start.

Part 1 – Time Travelling: Brian Unger goes where ordinary travellers can't, using eye-popping computer-generated graphics to visually travel back in time telling stories from yesteryear in search of the Philadelphia Liberty Bell (USA) hidden by the British in 1777. Also discovering Mary Coltra's Grand Canyon monumental designed treasures. Film 25 minutes.

Part 2 – Expedition Unknown: Columbus – Legend or Liar?

Film hosted by Josh Gates, who has a degree in archaeology and a passion for exploration. Josh spans two continents to discover whether Christopher Columbus was a hero or history's greatest villain, and also hopes to find the remnants of Columbus' flag ship the Santa Maria. Film 50 minutes.

All new members welcome as we resume our autumn/winter armchair travelling program with refreshments and free parking. For further information contact June Halford on 01636923648

Archaeology Group

Thursday, 20th October. Talk by Steve Boothroyd, member of the Arkwright Society "The History and Archaeology of Cromford Mills". The talk will be at 2.30pm at the Hawtonville Methodist Church Hall. New members are very welcome to join the Group. Peter Foden, 704241

Bird Watching news

Due to other commitments, Reg will no longer be running this group. Hopefully another leader will come along who will resurrect it in the future.

COMMITTEE MEMBERS

Chair	Chris Handson
Vice Chair	Sheila Harris
Treasurer	Alan Williams
Secretary	Bob Cawson
Membership Secretary	Tony Marriott
Electronic Media	Reg Robinson
Speaker Seeker	Anne Handson
Members	Reg Goodall
	Jacq Cartwright
	Neil Hinchley
	Ron Watkins

Useful contacts

Minutes Recorder	Gill Peterson
Coffee/tea rota	Sheila Harris
Newsletter Team	Janet Robinson. Jackie Leitch, Bob Leitch, Sheila Harris

Getting your Newsletter

If you or a friend are unable to collect a copy from the foyer or lounge at the Thursday meeting, a newsletter can be obtained from the café next to Pratt and Gelsthorpe (London Road car park) during the Friday coffee mornings, 11-12 noon.

Please note the new contact details for the newsletter and website

Newsletter: newarku3a@outlook.com

Website: u3anewark@outlook.com

Here are the contact numbers for group leaders. Some groups can cope with unlimited numbers whilst others are limited by lack of space. So, if you would like to join a group please contact the group leader to make sure there is space.

Archaeology	Peter Foden	01636 704241
Armchair Travel	June Halford	01636 923648
Art for All	Jacq Cartwright	01636 650411
Art Appreciation	Pat Thompson	01636 685097
Bird Watching	Reg Robinson	01636 700188
Indoor Boules	John Proctor	01636 673736
Book Circle	Brenda Williams	01636 704282
Craft Group	Carole Tweedale	01636 672989
Craft and Chatter	Eileen Kenny and Sue Endows	01636919728 01636921373
Creative Writing	Maj Donovan or Jean Johnson	01636 702381 01636 688954
Comparative Religion	Sheilah Andrews	01636 703219
Dance (Line & Circle)	Audrey Blake	01636 650676
Discussion	Muriel Price	01636 672883
Digital Photography	Richard Harcus	01636 684511
Early Birds	c/o Sheila Harris	01636 673797
French Conversation	Tony Williams	01636 813763
Geology	Niki Whitburn	01636 706339
German	Corri Moss	01636 706573
Improvers Rubber Bridge	Clive Morrissey	01623 860311
Investment	Reg Goodall	01636 651838
Knit and Natter	Alma Ratcliffe	01636 701096
Literature	Glynda Green	01623 860311

Local History	Colleen Bergman	01636 689294
Mah Jong	Sonya Sinclair	01636 672921
Media Group	Contact Jacq	01636 650411
Motor Home& Caravan	Marjorie Goss	07822484010
Music Appreciation	Terry Bowler Or Tony Marriott	01636 650751 01636 659239
Nordic Walking	Alan Williams	01400 281986
Out and about	Chris Handson	01636 677514
Philosophy	Tom Chamberlain	01636 678571
Play Reading	Gill Peterson	01636 672154
Recorder Playing	Alison Wilson	01636 673298
Science Club	Robert Anderson	01636 687909
Scrabble 2	Pat Harcuff	01636 684511
Singing for fun	Alison Wilson	01636 673298
Ukulele Happy Band	Bob Cawson	07801 056296
Walking Group	Reg Robinson	01636 700188
Wine Appreciation	Ed Carson	01636 674211

Singing for Fun

We have been invited to sing at 'Open Doors', at Flowserve, Hawton Lane, Balderton on MONDAY 31st OCTOBER at 1.30pm.

Also, together with the U3A Recorder Group, we will perform a variety of Christmas music on MONDAY 12th DECEMBER at 1.30pm. If you enjoy singing, do come along to the group.

Next meeting is on MONDAY 24th OCTOBER at 2.00pm in St. Giles Community Hall, Main Street, Balderton. Alison Wilson

October/November

Monday		Tuesday		Wednesday		Thursday		Friday	
10	Walking 09.30 Investment 10.00 Music Appreciation 14.00	11	Art Appreciation 10.00 Motor Home Group 14.00 Local History 14.00	12	Improvers Rubber Bridge 10.00 Literature 10.15 Ukulele Happy Band 14.00	13	Nordic Walking 10.00 Monthly meeting 14.00	14	Philosophy 10.0 French Conversation 10.30 Coffee morning 11.00 Discussion 14.00
17	Craft 09.30 Knit and Natter 14.00 Boccia 14.00 Recorders 14.00	18	Art for All 10.00 Craft and Chatter 14.00	19	German Intermediate 10-00 Creative Writing 10.00 Literature 10.15 German Beginners 13.00 Ukulele Happy Band 14.00	20	Circle dancing 13.30 Archaeology 14.30	21	German Conversation 10.00 French Conversation 10.30 Coffee morning 11.00 Wine Appreciation 13.00
24	Singing for Fun 14.00	25	Science Club 10.00 Digital Photography 14.00	26	Literature 10.15 Improvers Rubber Bridge 10.00 Ukulele Happy Band 14.00 Geology 14.00	27	Line Dancing 10.00 Bird Watching 09.30 Early Bird 18.15	28	Philosophy 10.0 Coffee morning 11.00 Discussion 14.00
31		1	November Art for All 10.00 Craft and Chatter 14.00	2	German Intermediate 10.00 Ukulele for Fun 14.00 Mah Jong 14.00 German Beginners 10.00	3	Nordic Walking 10.00	4	German Conversation 10.00 Coffee morning 11.00
7	Scrabble 14.00 Play reading 13.30 Recorders 14.00	8	Art Appreciation 10.00 Motor Home Group 14.00 Local History 14.00	9	Improvers Rubber Bridge 10.00 Literature 10.15 Ukulele Happy Band 14.00	10	Nordic Walking 10.00 Monthly meeting 14.00	11	Philosophy 10.0 French Conversation 10.30 Coffee morning 11.00 Discussion 14.00
14	Walking 09.30 Investment 10.00 Music Appreciation 14.00	15	Art for All 10.00 Craft and Chatter 14.00	16	German Intermediate 10-00 Creative Writing 10.00 Literature 10.15 German Beginners 13.00 Ukulele Happy Band 14.00 Armchair Travel 14.00	17	Circle dancing 13.30 Archaeology 14.30	18	German Conversation 10.00 French Conversation 10.30 Coffee morning 11.00 Wine Appreciation 13.00
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28		29		30	German Intermediate 10-00 German Beginners 13.00				

As always, check with your group leader to make sure your group is running.