



# NOT SO IDLE TIMES

## Retford U3A Newsletter - JUNE 2024

### CHATTER "FROM THE CHAIR"

Welcome to the June edition of the Not So Idle Times and a big Thank You to Christine Cook who compiles our newsletter each month. Here we are half way through the year and by the time you read this we will have marked the Summer Solstice. To be fair things have perked up a bit weather wise, but it's not exactly Flaming June is it? I have had to resort to watering plants though. I'm keeping my fingers crossed that we get some consistent warmth so that choosing the right clothing is less of a challenge each day!

We have reached the time of year when our grandchildren and other young people have taken their exams and are in limbo as they wait for their results in August and when they can work out the next stage of their futures. I well remember the agonies for myself and my family. In the meantime there is plenty of sport in the calendar. As I write, the Queens Tennis tournament will have been and gone. Wimbledon will have fewer familiar faces and names (but strawberries & cream don't need an excuse to be eaten) For the lovers of footie there are the Euros and then the Olympics in Paris at the end of July running into August. For the less sporty members of our u3a there are all the interest groups to enjoy with plenty of

indoor and outdoor activities to take part in. I have sent out by email an invitation from East Midlands Ambulance Service (EMAS) to attend a 1 hour training/refresher session about Resuscitation and the use of a Defibrillator. If you would like to take up this opportunity please contact Lorraine Sulman who will coordinate a list of members and will liaise with EMAS. [speakerfinder@retford-u3a.org.uk](mailto:speakerfinder@retford-u3a.org.uk) (See article below)

The shape of our November General meeting is developing. It will be a Creativity & Performance Showcase. Group leaders of relevant groups have been invited to take part in some way and we hope many of you will take an active part as well as supporting on the day.

I am looking forward to meeting our speaker, Andy Smart, at the next meeting on Thursday 27th June. His talk is entitled What Ruddy Cucumber...notes on a life in journalism. It is a collection of stories & anecdotes from more than 40 years working in newspapers and broadcasting.

Pippa Ramsay Chair Retford u3a 01777 704550  
[chair@retford-u3a.org.uk](mailto:chair@retford-u3a.org.uk)

### EMAS

East Midlands Ambulance service (EMAS) is offering 1 hour free training sessions to familiarise with what to do in an emergency and how to help save lives. It will cover CPR (cardiopulmonary resuscitation) and how a defibrillator works. A small charge will need to be paid for the hire of a room/hall. The date, time and venue are to be confirmed.

If you would like to take the opportunity to attend this training, please send your expression of interest by email to Lorraine Sulman [speakerfinder@retford-u3a.org.uk](mailto:speakerfinder@retford-u3a.org.uk).

If there is sufficient interest then we can arrange a training session.

**NHS**  
**East Midlands  
Ambulance Service**  
NHS Trust



## INTEREST GROUP NEWS

### STRIDERS WALKING GROUP

Hi Everyone - A group of 12 gathered at the start point of this months walk at Wortley Hall to the north of Sheffield. Unfortunately Geoff, who was to lead the walk was injured but June very ably took over and lead the walk. The weather was overcast with a possibility of rain but apart from a few drops no wet weather gear was required and we even had some sun! The walk took us downhill from Wortley towards the Trans Pennine trail before turning southwards and slightly uphill through woodland until we reached the edge of Wharnccliffe Chase. The route became a bit more challenging at this point as we continued gradually uphill and on to Wharnccliffe Craggs where we were greeted with some great views to the North and West. This part of the walk was very rocky and care had to be taken and the 2 mile section was successfully traversed by the whole party. From the far point we headed back towards Wortley again experiencing some great views to the North and East with glimpses of the Holme Moss transmitter and Emley Moor in the distance. We completed the walk in just under 4 hours and covered a distance of just over 7 miles ascending and descending just less than 700ft. Many thanks to June and Geoff for offering the walk and to June for leading on the day. Thanks also to Harry for back marking

and to all who came along and contributed to a great days walking. Weather allowing next months walk on Monday 15th July will be in the Lincolnshire Wolds in the Tealby, Walesby area and will be lead by Andrew and Carrie. Full details will be sent out nearer to the time.

**Finally for those still to decide we have a few places left on the coach trip to Ilkley on Monday 1st July. The cost is £15 and providing the weather is OK we have three walks available and members can choose to go on any of them according to how much time they would like to spend looking round the town. However there is no obligation to go on any of the walks if members wish to spend the whole time in the town. Please let me know if you are interested.** [rod@fortynine.f9.co.uk](mailto:rod@fortynine.f9.co.uk) Rod



### PHOTOGRAPHY GROUP

Here are the photos of the month from the June Photo Group meeting.

The theme was "Storage"



Max looking what's in the Bag from the Grocery Store - Adrian Hetherington.



My Store Room - taken with a Fish-Eye Lens Andy Merrick

### SOCIAL NIGHT OUT

A night out with our friends! Arrive at 7:00 pm and sit down at 7:30 in the luxurious Retford Golf Club Members Bar and Dining Room.

Four times a year (January, April, July and October). Members are welcome to bring a non-member guest but there are only 64 places and every event so far has sold out, so book early.

#### Sample Menu:

Main Course choices

- (1) Roast chicken breast with stuffing wrapped in bacon
- (2) Baked breaded cod with pea purée
- (3) Vegetarian risotto- tomato, pepper & mushroom with garlic bread.

Dessert course choices

- (1) Banana split, (2) Treacle sponge & custard, (3) Cherry tart with ice cream, or (4) Cheese & biscuits
- Coffee/tea to finish £20.00 per person

Contact Sue Paul at [Social@retford-u3a.org.uk](mailto:Social@retford-u3a.org.uk) or on 01777 705008 to book a place and make your menu choices.

## MILITARY HISTORY GROUP

This month saw a talk given to the Group on the work carried out by the railways in Britain during the Great War of 1914 - 18. The involvement of the 132 different railway companies meant a supply of troops, horses and arms were able to get to and from the Western Front in France all through the war. Our June Zoom talk was given by Retford u3a's old friend David Skillen. This month we were given a talk called 'A Line in the Sand' and covered the events leading up to and involving the Battle of the Alamo in 1836. We now get on a regular basis between 35 and 40 members coming to meetings at Hallcroft and on Zoom we often have over 30 guests. This is encouraging as we are beginning to get offers for talks from other u3a Groups. Over the next three months members from Dukeries u3a are providing the speakers and in January the speaker will be from North Norfolk u3a.

Last Tuesday over 35 of us went to the Lincolnshire Aviation Heritage Centre. It's five years since the group last went and there have been many changes. They now have more aircraft but the jewel in their crown is still the Lancaster NX611, and it was a thrill to see it again and hear the roar of four Merlin engines.

If you want more information on the Military History Group go to the Retford u3a Website and click on Events. Just scroll down and you will see our meeting and Zoom program running through for the rest of the year. Alternatively drop me an email on: roy@clarborough.gmail.com and I'll pass on any information. Roy Evans



## OBITUARY

It's with great sadness that for the third month running we have lost a good friend to the Retford u3a Military History Group.

In April of course we lost Kate and last month Nick Prouse, but over the weekend I heard we had lost Phil Drummond. I first met Phil when Kate and I were running the u3a Family History

group in 2014 and when in 2016 Kate suggested I start a group looking at Military History, Phil was one of the original 15 members who came to our first meeting. He was an enthusiastic and loyal member of the group and can best be described as genuinely a good bloke. We shall all miss his wit and input.

**Roy Evans**

## NEWSLETTER CONTACT

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The last date for receiving articles for JULY edition is **Friday 19th July 2024**



Help improve a child's literacy and communication in a local primary school

## LITERACY VOLUNTEERS ENJOY MAKING A DIFFERENCE

Become a Literacy Volunteer and work with children 1-1 in your local primary school to inspire a love of reading and open doors for life-long achievement.

Enjoy a volunteering role that is transforming the lives of children. Just half a day a week commitment from you can make all the difference in a child's life. It's fun for everyone.



An enhanced DBS check with checks on barring lists and safer recruitment vetting checks will be required for all volunteers who are based in school.

FOR MORE INFORMATION CONTACT:  
[contact@literacyvolunteers.org.uk](mailto:contact@literacyvolunteers.org.uk)  
[www.literacyvolunteers.org.uk](http://www.literacyvolunteers.org.uk)

Registered Charity No. 1167357 Literacy Volunteers



### NORTH NOTTS NETWORK CONFERENCE

You are invited to attend to attend the Notts Network Conference on September 21st at the Girls High School, Nottingham. Admission is £30.00. The speaker is Chris French. His talk is The Science of Weird Sh.....Why our minds Conjure the Paranormal. Full details about Registration other activities can found in NEWSBITES.

### INTERESTED?

Would anyone like to have this basket for flower arranging?

The oasis may need changing but the basket is quite large and would make a good display. You don't need to be a member of the flower arranging group.

Reply to [secretary@retford-u3a.org.uk](mailto:secretary@retford-u3a.org.uk).



### 2024 SPEAKER PROGRAM June - August

Date	Speaker	Title of Talk
June 27 <sup>th</sup>	Andy Smart	What Ruddy Cucumber - notes on a life in journalism.
July 25 <sup>th</sup>	Bob Blatchford	"A Justice in the Arctic" This is about his trip to Northern Canada.
Aug 22 <sup>nd</sup>	Dr Tim Gray MBE Chairman - EMICS – East Midlands Immediate Care Scheme	Talk about EMICS,a network of volunteer doctors with specialist training in pre-hospital emergency medicine.