



NOT SO IDLE TIMES

Retford U3A Newsletter - AUGUST 2024

CHATTER "FROM THE CHAIR"

Welcome to the August edition of the Not So Idle Times -NSIT, I hope you have been able to manage in the sudden onset of summer and the warmth. I'm certainly not complaining although the gardens could do with some rain.

It has been a long season of sport recently hasn't it. I've really enjoyed watching the Olympics in Paris for the past few weeks and I'm full of admiration for the contestants who prepare for so long for their events and realise the huge impact that it has on their personal lives during that time. That's dedication.

My learning for this week was about the Olympic Mascot. The curious red figures were seen in the TV studio with the commentators. They are called Phryges pronounced free -jes and are based on the Phrygian cap which became a symbol of the freedom or 'Liberte' that the French fought for in the late 1700's during the Revolution. So now I'm looking forward to the Paralympics starting soon, & the Phryge representing this has a physical disability, it has a running blade! For those less interested in sport I hope you have followed your own particular interests or have had time with family or friends.

In September there are a couple of events that would benefit from some members volunteering their support. On Saturday 14th September Retford holds their annual Heritage Day and we have been invited to have a stall. This will be an ideal occasion to spread the word about Retford u3a to the general public, to share what you get out of being a member, and hopefully gain some new members as a result.

National u3a week also runs from 21st – 29th September and this year we will have a stall in Retford market on Thursday 26th September (morning only). Again this is an opportunity to promote our u3a and recruit new members. Please come forward and volunteer to assist at these stalls and share what you get out of being a member of the U3a.

Saturday 21st September is the Notts Network Conference in Nottingham to which all u3a members are invited. Details have been circulated. I would be pleased to have your company on the day. It will be really interesting and has quite varied content. Please follow the link to book your place <https://www.trybooking.com/uk/DOTV>

We now have a Retford u3a Facebook. This development to use social media is a way to gain more public awareness of our organisation. I ask those of you on Facebook to Like, Share & follow our page.

The speaker at the General meeting on Thursday 22nd will be Dr Tim Gray MBE from East Midlands Intermediate Care Team EMICS. These Doctors provide specialist skills at the point of an accident or injury. They are all volunteers. It will be a most interesting talk. I look forward to seeing you there.
Pippa Ramsay - Chair@retford-u3a.org.uk
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CINEMA GROUP

There has been no film for the u3a in August due to school holidays. For followers of ballet there will be a live viewing at the Savoy Cinema of Matthew Bourne's Dance Version of Tim Burton's classic Edward Scissorhands. It features Luke Murphy from Retford, son of Kevin a U3a member. Dates as follows:
Wednesday 25th September 18.30- 20.45 and
Sunday 29th September 15.00
For further information and booking please go to the Savoy website, Event Cinema section, and scroll down.

NEWSLETTER CONTACT

Design, Production & Printing Christine Cook
Contact newsletters@retford-u3a.org.uk
Mobile 07939 476676

The last date for receiving articles
for September edition is Friday 20th Sept

WINE APPRECIATION GROUP

This month the Wine Appreciation Group met at Brewery Cottage and were fortunate enough to be able to sit outside in the garden in the sunshine. The theme was Lidl's French Selection which started off with Bissinger Premier Cru Champagne. This is a champagne with flavours of orchard fruits, good length on the palate and a pleasing finish. Everyone agreed it is good to drink now although it is advertised as better to save for a year. The price is £19.99 but on offer for a while at £17.99. A good one to lay down for a special occasion perhaps.

This was followed by two whites: Confidence de Gascogne (Colombard/Sauvignon) and Domaine De Deux Vallons, which is a Muscadet de Sevre et Maine Sur Lie. Both were very good and reasonably priced.

The final wine was Seguret Cotes du Rhone Villages 2022. At 14%, this is a full-bodied red, delicious Grenache-dominated Rhone wine, filled with flavours of sweet red fruit. Seguret, a Provencal word meaning safety, is an old medieval village which, despite its name, was taken by the Protestants in 1563, who murdered 130, or one in seven, of the of the inhabitants.

Pauline Crawshaw



NEW CROQUET GROUP



Gainsborough Croquet club can offer u3a Wednesday mornings from 10.30 till 12.30 with coaching on the practise lawn then 1hr 30 mins on playing surface.

If you would like to join, please contact

Lorne Carnacha on 07812891011

POTENTIAL NEW ITALIAN GROUP

We have a few members who would love to learn Italian conversation, but as yet no one has come forward to lead the group. So if you speak Italian and would like to help others learn please consider leading this new group.

I know you would have a warm benvenuto!

Thanks Caroline



POTENTIAL NEW GROUP - MURDER MYSTERY



There has been some interest in this, so how we believe this will work is the host purchases a murder mystery game with all the character backgrounds, plot, clues etc.

The individuals then can dress up as the characters (if they wish) to bring atmosphere to the event.

We are currently taking names of interested parties. I have been given a list of names from Pat (membership secretary).

It could be hosted in different peoples homes. As usual we will be looking for a leader/s to take this new group forward.

Carol Knowles

Group coordinator

co-groups@retford-u3a.org.uk

FUN WITH FLOWERS GROUP

Our theme this month was to produce an arrangement based on "The Old Masters" paintings.



WATERCOLOUR PAINTING GROUP

For our July session we visited Clumber Walled Garden to paint "en plein air". Everyone enjoyed it and we've decided to do it again perhaps with lunch and for longer.

The next session is on Thursday 22nd August at 9.30 in Maypole Court Community Centre, Wellow when our topic is "Capturing light in glass". If you are interested in joining us contact Andrew Young either via the link on the website or by calling 01623 863327.



MILITARY HISTORY GROUP

On the 14th August we as a Group took 39 members to Bletchley Park. Here we saw examples of both the Lorenz code breaking machine and the more famous Enigma code breaker. This is the second time in eleven months that the group have visited Bletchley Park and there were many changes since last year.



Lorenz machine



Enigma machine



Bletchley Park

Our speaker this month was Adrian Sumner and we had 30 members attend his 'live' presentation and another 30 joined us on Zoom. He talked about the Berlin Air Lift which occurred from the middle of 1948 until towards the end of 1949. Next month Milan Petrovick from Dukeries u3a will be giving us the history of RAF Ossington. Adrian again will be at the same meeting telling us about RAF Norton near Sheffield. We run an open membership. Have a look at the events section of the website and if there is a subject you think might be interesting just come along to our meeting at Hallcroft. If you can't attend these but are free to watch the presentation on Zoom contact me and I shall add you to the invitation database. You can contact me on: roy.clarborough@gmail.com

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 co-groups@retford-u3a.org.uk

Anyone who has emailed Lorraine Sulman initially we have made a note of these names and you do not need to re-apply.

We are still in the process of arranging this training. Please bare with us.

Carol Knowles Group co-ordinator

SECRETARY VACANCY

- ◆ Have you had secretarial experience? Are you computer literate? Retford u3a will be needing a new Secretary by next April, to record the Minutes of Committee Meetings, attend General Meetings and help to manage (with other members) the ongoing affairs of this vibrant u3a. You will get to meet other Committee members, many of whom will also be newly appointed, as we are not permitted to stay in post for more than 3 years.
- ◆ You will need to think ahead, preparing Agendas for Committee Meetings and liaising with the Well so they know which dates we have General Meetings and how many tables will be needed for various groups.
- ◆ At the moment, the Treasurer is dealing with the Council in regard to the room we use for Committee Meetings, but in future the secretary may have to take on this role. The Treasurer will, of course, take responsibility for paying the bill for this.
- ◆ Once the Minutes have been put together, the Secretary will take them to the next Committee meeting to be signed by the Chair or other authorised person. Then they will have to be filed in various places, including a pdf version for Retford's web page.
- ◆ The Secretary is often the first port of call for other organisations, such as Third Age Matters and the Charity Commission. It may be necessary to forward such correspondence to the rest of the Committee if you cannot deal with it yourself.
- ◆ In brief, the Secretary will need to check e-mails regularly, prepare Agendas, take Minutes, and keep abreast of what is happening in the u3a generally. A few hours per week should cover everything and the job gets easier with experience.
- ◆ If you feel you could take on this voluntary but vital role in the future, please contact the current Secretary, Pamela Mann. Tel. No. 01777 700307. E-mail: secretary@retford-u3a.org.uk. Full training and support will be given. I can guarantee you will not be bored.

OBITUARY

It is with great sadness that we have to advise you of the passing of Tom Bell, Tom died on the 25th July after battling with a long illness.

Many of you will know Tom who was the force behind the setting up of all the walking groups in the U3A, without Tom we would not be enjoying our monthly walks.

He was a very friendly and helpful man with a great sense of humour, it was Tom, in fact, who kept us all smiling throughout the COVID crisis with his weekly emails full of jokes and humour.

Tom will be missed by all who knew him.



2024 SPEAKER PROGRAM August - November

Date	Speaker	Title of Talk
Aug 22 nd	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.
Sept 26 th	Alistair Littlewood Storyteller	"Grimm Tales" which looks at the life of the Brothers Grimm and tells their (surprisingly unfamiliar) versions of Cinderella, the Frog Prince and Greedy Gretchen
Oct 24 th	Peter Slater	Stories from a BBC Sports Reporter, meeting the rich and famous
Nov 28 th	Retford U3a showcase of groups	Details to be confirmed at a later date