



November 2024
Newsletter



Founded October 2000
Registered Charity No. 1181961

**Bingham u3a meetings are held in the Methodist Centre,
Bingham at 2pm on the third Wednesday of the month**



MONTHLY PROGRAMME NEWS

November – *A Talk on Jane Austen* by Ailish Darcy

December – *Funny Turns*, a live show with Dave Moylan

January – *The Golden Age of Children's Books* with Danny Wells

February – *Fraud Protection* and how to beware of scams

March – *The River Trent* with Michael Burton

GROUP NEWS FROM THE BINGHAM u3a AGM, OCTOBER 2024



At the end of the AGM, The Chair asked Group Facilitators to provide any important news about their Groups:

Veronica discussed two of the Walking Groups. The **4th Wednesday Group**, walking 5 to 6 miles is running well, not quite

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as well is the **1st Wednesday Group** which walks 3 to 4 miles



Veronica also reported that the **Bridge Group** is running successfully. This is a friendly group that meets on alternate Thursday mornings at the Bowls Club. Members need to be able to play bridge to join this group.

Beryl Kemp spoke about the **Knit and Natter Group** that meets at the library every Tuesday morning and currently has up to 19 members.

Jean Oates facilitates the **Spanish Improvers Group** that meets fortnightly at the Old Courthouse. She reported that there are about 8 members that come regularly and they try to speak only Spanish at each meeting.

Martin Cox spoke about the newly-formed **Canasta Group**. There have been four meetings to date and they meet on the first and third Fridays of the month at the Methodist Centre.

Mary Ball spoke about the **Creative Stitching Group** that is now meeting in the library every week on Thursday afternoons. Any level of experience is welcome as well as hand stitching of any kind.

The **Beer and Cider Group** has grown in numbers and meets on the last Thursday of the month. A relaxed group at venues depending on bus time-tables.

Linda Walden and Ann Lewis run an **Exercise Group** on



Tuesdays and Fridays respectively. A Simon Roll video was run at the meeting for all to sample and join in.

Linda Molineaux reported that the **Book Club** meets on the last Tuesday in the month in Bingham

Library. The Library can supply up to twelve copies of a book – the current book club membership is coincidentally the same number.

If more u3a members are interested, another could be set up.

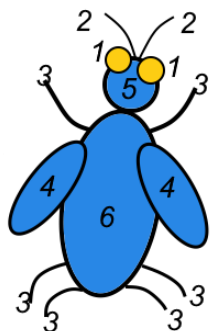


NOTTINGHAMSHIRE NETWORK OF U3As NEWSBITES

[The October issue](#) of this excellent, bi-monthly newsletter includes a report on the Network Conference in September with lots of photos and news from fifteen u3as as well as presentations, workshops, a guided walk around the Arboretum and a talk on plans for the future of the u3a movement.



SOCIAL EVENTS



Beetle Drive

The Beetle Drive at the Methodist Centre was well attended and a pleasant afternoon spent playing what used to be thought of as a child's game. Although the rules seem simple, it was surprising what variations or questions arose. As the game progressed, there was an increase in the speed of

rolling the die and excitement in the air as people strived to be the first to call Beetle! Some of the drawings resembled frogs, cats or aliens, rather than a beetle. We played twelve rounds, progressing up a table if we had the highest score or moving down a table with a lower score. Tea and biscuits were served while we gathered our breath, then on to the final rounds. The winner received a chocolate prize, as did the recipient of the booby prize.



Bingham u3a Quiz Night

On Saturday 2nd November at the Rugby Club, Bingham u3a held a well-attended annual quiz

written and delivered by John Perry. Thanks to Dave and Marion Downs who helped with the marking and the sound system and other helpers. The winning team was led by Brenda Boggilld.



COMMITTEE NEWS

The late Michael Moseley was involved in making a TV documentary about ways we can help ourselves combat the

aging process. In a recent episode, he advocated some ways of keeping our brains working, generating new neural pathways and leading to improved general wellbeing. Research has shown that starting a new hobby, learning new skills and regular practice show very positive results. Learning a new skill such as juggling, painting, German conversation, whatever the interest, together with sharing the new skill with others to maintain interest and improve social connections is vital in maintaining the process. Perhaps joining a different u3a group when renewing membership in January might be a starting point? Something to take us out of our comfort zone, to stimulate interest in a new skill or activity. There are plenty of groups to choose from, (see back of Newsletter) and if not, we might consider setting up a new one if there is enough demand. Moseley was a well-liked personality who made his subject accessible – you can find the programme on catch-up TV.



INTEREST GROUP UPDATES



History Group – Jo McHugh

The speaker was Adrian Creswell who gave a fascinating talk on *Flying on the Front Line in the Cold War in the 1980s*. It was a very personal story outlining his career as an RAF Pilot flying Jaguars and other fighter planes

during the Cold War. His father had been involved in the Berlin Airlift and Adrian served in the RAF for 15 years until retiring in 1989.

Supported by excellent slides and photos, he gave a very

interesting insight into the background of the Cold War and some of the sensitive, dangerous and delicate operations he was involved in as an experienced pilot. He showed pictures of the planes he flew including the Jaguar and also the different airbases he was stationed at including Germany, Gibraltar and in the UK. Following his service in the Airforce, Adrian flew as a BA Captain of Boeing 747s for several years before retiring .

Our November speaker will be Alan Molineaux on the subject of *My Grandfather's Role in the Great War* on 27th November at 2.00 pm at the Methodist Centre.

Proposed Ukulele Group

I would like to add a Ukulele Group to the range of activities offered by Bingham u3a. Playing the ukulele is fun and easy to learn. You do not need any special music knowledge or a singing voice to enjoy playing one. Many genres of music can be played, from 1920s to 2020s. The only thing you need is a ukulele. If you don't have one why not put one on your Christmas present list!

If you would like more information or to register your interest please email me at davidmeagland@btinternet.com or come and talk to me at next month's coffee morning or monthly meeting.

Book Group, Linda Molineaux

An eagerly-awaited title of the book *Unruly* by David Mitchell was the subject of discussion this month. Oh dear! Only one person had read the book all the way through. Others were put off to a greater or lesser extent by the over-use of questionable language, including strong swear words. The tone of the book was rather frivolous with school-boy humour throughout. Some people who had skipped through the book found parts of it amusing and witty, but gave up. Maybe Mitchell was making the point that the sovereigns throughout the history of England were

far from exemplary in their behaviour or competence to govern a country, with the exception of very recent times. In Mitchell's defence, it was well researched and provided a continuous look at the role of monarchy from the Saxons onwards. Yes, they all had similar names, yes many of them died of exploding stomachs, but the author gave a clear-eyed account of their good and bad points.

Overall, the Group were disappointed in the book, knowing Mitchell as a witty comedian and quiz panellist. We are not encouraged to try his other titles.



Monday Ambling Group – Ann Lewis

The Monday Amblers had a lovely autumn walk at Upper Saxondale. Not only were the trees looking beautiful but there was added interest from fungi spotting.

The deadline for the December 2024 edition of the Newsletter is 25th November. Please send any copy to Dave Hobson at appletrees.hobson@gmail.com. The Newsletter will be available on our website at www.binghamu3a.org from the beginning of the month, from Bingham Library and at the Monthly Meetings.

GROUP CONTACT DETAILS AND MEETING POINTS



Monday am

Ambling Group 1 meets at Church House weekly at 10:20.
Contact Ann Lewis, bingham.u3a.vicechair@gmail.com, 01949 831530

Monday pm

Film Group meets at Butler's Coffee House on second Mondays at 2pm. Contact Lindsay Evett at lindsay.evett@outlook.com

Spanish Conversation Group meets at Laura's house on alternate weeks at 2pm. Contact Laura Rennie on 07722 499111

Table Tennis Group meets upstairs at Bingham Arena every 2nd and 4th Monday from 3.30 to 4.30. Contact Linda Munroe at linmun.linda@gmail.com

Wine Tasting Group. Contact Lynne Barnett on 01949 875151 or lynnieb.barnett@ntlworld.com

Tuesday am

Knit and Natter Group meets at Bingham Library weekly at 10am. Contact Beryl Kemp on 01949 839728, bkemp1910@gmail.com or Judy Soar on 01949 837108

Tuesday pm

Ambling Group 2 meets in the main car park fortnightly at 1pm. Contact Jackie Hutton on 01949 838140 or Sue Eaton on 01949 839946

French Conversation Group 2 meets on the second and fourth Tuesdays from 2pm to 4pm. Contact Barbara Savage on 01949 838782 or savagepeterm@hotmail.co.uk

Gentle Exercise Group meets at Old Church House weekly from 1pm to 2pm. Contact Linda Walden on 01949 836717

Book Club Group meets in Bingham Library on the fourth Tuesday at 2pm. Contact Linda Molineaux at bingham.u3a.programme@gmail.com

Board Games Group meets at the Bowls Club from October to April at 7pm on the first Tuesday of the month. Contact Jeff Peters on 01949 875406 or jeff.peters369@gmail.com.

Music Appreciation Group meets at 2pm on the second Tuesday. Contact Anthony Watts or Derrick Gierth on 01949 875968

Wednesday am

Petanque Group meets at The Grange on alternate weeks from 10am to 12am starting in May. Contact Beryl Kemp on 01949 839728 or bkemp1910@gmail.com

Walking Group 1 meets by Church House on the first Wednesday at 10am. Contact Veronica on 01949 875231 or vperry1951@gmail.com

Walking Group 2 meets at Church House (car share) on the second Wednesday at 9:30. Contact Esme Smith on 01949 875148 or esmesm74@yahoo.co.uk

Walking Group 4 meets at 10:15 on the fourth Wednesday at various locations. Car share may be possible. Contact John and Glyn Greenwood 011598999798 or johnandglyn@btinternet.com

Wednesday pm

Spanish Improvers Group meets in the Old Courthouse fortnightly from 2pm to 3pm. Contact Jean Oates on 01949 850864, 07898 895274 or us@theoates.net

History Group meets at the Methodist Centre on the fourth Wednesday at 2pm. Contact John Perry at jkp1951@gmail.com

Thursday am

u3a Coffee Morning meets in Bingham Methodist Centre at 10:30 on the 2nd Thursday of the month. Contact Chris Butler at kenbutler1@btinternet.com.

STEM (Science, Technology, Engineering and Mathematics) Group meets at the Methodist Centre on the fourth Thursday of alternate months from 11am to 12am. Contact Dave Hobson on 01949 836042 or appletrees.hobson@gmail.com

Bridge Group meets at the Bowls Club on alternate weeks from 10am to 12am. Contact Dave Cobley on 07966 370385 or dfcobley@hotmail.com

Thursday pm

Beer and Cider Group meet monthly on Thursday evenings, the time depending on public transport and the venue. Contact John Perry on jkp1951@gmail.com or 01949 875231.

Croquet Group meets at the Butt Field Pavilion fortnightly starting on April 25th at 1:30 until September. Contacts – Jackie Hutton, 07443 595653 and Judith Wilkin, 07769 293621

German Conversation Group meets fortnightly at 2:30. Contact Valerie Morgan on 0115 9332353, valdave_morgan@btinternet.com

Creative Writing Group meets on the first Thursday of every month from 11 am to 1 pm at the Wildflower Cafe, Coach Gap Lane, Langar. Contact Lynne Boardman at Southam2610@gmail.com.

Creative Stitching Group meets every Thursday from 2pm to 4pm in the Library. All levels and types of embroidery/ patchwork, etc. For details contact Mary on 01949 851110.

Friday am

Mobility and Movement Group meets at the Methodist Centre weekly from 10am to 11am. Contact Ann Lewis on 01949 831530 or annl_uk@yahoo.co.uk

Recorder Group meets at the Old Court House on the first and third Fridays from 10:30 to 11:45. Contact Viv Dyer on 01949 838614 or vivien.dyer@ntlworld.com

Friday pm

French Group 1 meets fortnightly from 2:30 to 4pm. Contact Lis Leslie on 01949 831602

Canasta Group meets in Room 2 at the Methodist Centre at 2pm on the first and third Fridays. Contact is Martin Cox, martin.cox1@outlook.com

Practical Gardening Group meets at 2pm. Contact Jo McHugh, jomchugh@outlook.com.

Sunday

Sunday Lunch Group meets on the first Sunday at 12:30. Contact Jill Kent on 0115 9334516

Various days

Explorers Visits Group – Contact Ann Lewis, 01949 831530

Position	Name	Contact number and email
Chairperson	Veronica Perry	01949 875231 bingham.u3a.chairperson@gmail.com
Vice Chairman	Ann Lewis	01949 831530 bingham.u3a.vicechair@gmail.com
Business Secretary & Publicity	John Perry	01949 875231 bingham.u3a.secretary@gmail.com
Minutes Secretary	Jennifer Jones	01949 839572 jenniferlesley55@gmail.com
Treasurer	Leila Kirkham	07772 303328 bingham.u3a.treasurer@gmail.com
Membership	Margaret Blythe	01949 831537 bingham.u3a.membership@gmail.com
Programme Speakers	Linda Molineaux	07855 762775 bingham.u3a.programme@gmail.com
Database/Data Protection	Steve Aremia	01949 831537 bingham.u3a.database@gmail.com
Website	Dave Hobson	01949 836042 appletrees.hobson@gmail.com
Groups Co-ordinator	Ann Lewis	01949 831530 bingham.u3a.vicechair@gmail.com
Newsletter	Dave Hobson	01949 836042 bingham.u3a.newsletter@gmail.com
New Member Support	Chris Butler	01949 851860 kenbutler1@btinternet.com
Refreshments (non-Committee)	Sue Eaton and volunteers	01949 839946
Equipment Handler (non-Committee)	Judy Soar	01949 837108

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