



**June 2024
Newsletter**



**Founded October 2000
Registered Charity No. 1181961**

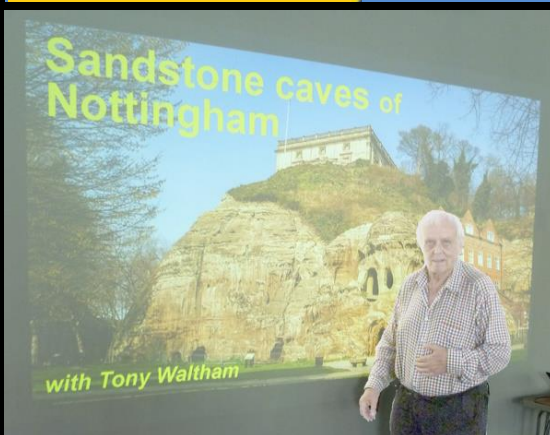
**Bingham u3a meetings are held in the Methodist Centre,
Bingham at 2pm on the third Wednesday of the month**

**19th June – Drive On, a Workshop for Older Drivers with
Autumn Rose and Amy Longworth**

17th July – From Radio Caroline to Classic FM with Nick Bailey



MONTHLY MEETING – THE GEOLOGY OF NOTTINGHAM CAVES WITH TONY WALTHAM



Dr Tony Waltham, the well-known local geologist, photographer, author and lecturer, gave a very entertaining talk on the geology of Nottingham Caves including Mortimer's Hole beneath Nottingham Castle, the Rock Cemetery, the City of Caves visitor attraction and The Tunnel in the Park, large enough for a coach

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and four horses to drive through. There is no evidence that any of the hundreds of caves were ever lived in, instead all were used for storage.

GROUP CO-ORDINATOR'S REPORT JUNE 2024, ANN LEWIS



The new Canasta Group will be starting in August, following an initial meeting on 21st June at 2pm in Room 2 at Bingham Methodist Centre. Thereafter it will meet on the 1st and 3rd Fridays. The contact is Martin Cox at martin.cox1@outlook.com.

The revived Table Tennis Group is in the process of being set up and should be starting soon.

For the time being Ann Lewis will be the contact for the Monday Amblers and Veronica for 1st Wednesday Walking Group.



PROGRAMME NEWS FROM RADIO CAROLINE TO CLASSIC FM WITH NICK BAILEY



Nick's talk will cover his fifty-year career in broadcasting starting as a newsreader on Radio Caroline in 1966 followed by many overseas jobs in Gibraltar, Cologne, Berlin and Hong Kong until in 1992 when he joined Classic FM for the following 25 years. He now works for Boom Light and present a programme every Sunday

morning between 10 and 12. He has written a book, *Across the Waves: From Radio Caroline to Classic FM*, and will bring along copies to the meeting.



BINGHAM U3A NEWS

Methodist Church Flower Arranging Festival

We have decided to participate in the Methodist Church Flower arranging festival on 19th to 21st July. We need volunteers to come up with ideas and arrange the flowers. The theme of the festival will be along the lines of *origin, creation, beginnings*.

If you have any interest/experience/enthusiasm for this, please contact Jo McHugh on jomchugh@outlook.com.

Possible future course

What would you do if you came across someone who appeared to be dead? Would you be able to apply CPR and maybe save a life? This and many other potential life-saving measures are part of a talk offered freely by The Red Cross organisation. You would learn what to do and how to operate a defibrillator. We could arrange a talk if there is enough interest, so please contact Linda Molineaux on 01949 21060 or email bingham.u3a.programme@gmail.com.

Where is your nearest defibrillator? Find out using the app *defibrillator locator* for anywhere you might be. Want to tell emergency services exactly where you are (to within three metres)? Use the app *What three words*.

Antiques Quiz



After an introductory welcome from Chair Veronica Perry, James Lewis (*Bargain Hunt* and Bamfords Auctioneers) hosted a fascinating and highly informative Antiques Quiz in Bingham on 30 April. In a packed Methodist Church Hall, those present – in tables of up to 10 – were presented one by one with a variety of objects (10 in all), which they had to quickly attempt to identify, date, decide on country of origin and the value.

James then gave detailed answers with some interesting facts and amusing anecdotes about each object, followed by an auction for each item, with their actual values ranging between £10 and £2000. The objects included a snuff grinder once used by Oliver Cromwell, a wooden railway engine used as a tea caddy, a Roman gladiator's metal thumb protector and a currency piece from the 1645 siege of Newark. A prize was given to the table closest to James's answers.



The event was covered by local radio station, 103 The Eye. A highly entertaining and enjoyable evening was had by all (as can be seen from the photographs).

Tai Chi and Qi Gong Taster Session

Our next social event is a taster Tai Chi and Qi Gong session at Bingham Ruby Club on 27th June at 2pm led by Chris Mace. Members are invited to have a go at this form of gentle exercise and moving meditation. We are hoping to hold this event outdoors but have booked the Rugby Club in case of inclement weather.

Please contact Margaret Blythe to secure your place on 01949 831537 or Bingham.u3a.membership@gmail.com.



INTEREST GROUP UPDATES



Croquet Group

We were fortunate with excellent weather for the first Croquet session on Butt Field on May 9th with a great turnout of 17 players! Let's hope the sun continues all summer as everyone had fun playing and enjoyed catching up and chatting whilst watching some closely contested games! We meet

fortnightly (weather permitting) so fingers crossed for the rest of the season.

Jackie and Richard Hutton, Judith and Mick Wilkin.

Practical Gardening Club

The Practical Gardening Group visited the Newark Garden Show on Sunday April 21st. It was a cool but sunny afternoon, and 4 of us made the trip to the Newark Showground. We had a really nice afternoon browsing the many plant stalls – and as you can see, we had to make some purchases to spruce up our gardens for the summer! Now we just need to get planting.



The visit replaced our April meeting – as we've had so much rain, no one felt their garden was ready for the Group to look at just yet. We are also considering other visits later in the year, when we hope more members will join us.

If you'd like to come along to one of our meetings, please contact Tina Patrick on 07801150567 for more information.



History Group – The Peninsular War of 1808 to 1824

At the History group meeting in May, Barry Boggild gave us an excellent presentation on the Peninsular War between Britain (and its allies Portugal and Spain) and France. Barry started by giving

us some background information on Wellington and Napoleon and then continued on the origins of the war, where and how it was fought and the main characters on both sides.

Barry then went into some detail – with illustrations, maps and

photos – about how the campaign unfolded and the major battles, right through to Napoleon's defeat in 1814. A really interesting talk on an often forgotten war, featured in the TV series *Sharp*.

Real Ale and Cider Group

The newly formed Beer and Cider Group had an excellent afternoon/evening at the Newark beer and cider festival on Friday 24 May. The festival took place in the Castle grounds – an iconic venue – and over 120 different beers and ciders were on offer, enough choice for everyone! There was also some great food and music to accompany the drinks – no doubt we will be back next year.



STEM Group – Applications of Fluid Dynamics



Fluid dynamics is a discipline of mechanical engineering, and describes the flow of fluids – liquids and gases. The subject has been largely an experimental one, dating back thousands of years

when water supply and sailing were two of the main application.

Even today, experiments play a large part but applied mathematics and numerical analysis play an increasingly valuable supporting role.

June's meeting covered a wide range of topics from water and wind power; to airplanes and Formula 1 cars; oceans and atmospheres; and flow-induced structural disasters.

Monday Ambling Group

It was Miriam Bingham's final Monday Ambling Group on the 13th of May. We had a lovely walk in the sunshine along the Grantham Canal. Miriam is leaving the UK for sunnier climes in Spain and we will all miss her and wish her the best of luck in her new venture. She has family in Spain and I am sure that she will be an asset to her local community.



Here to Help – Tech Workshop

Do you have trouble sorting your files, uploading photos, emailing using bcc or any other problems with using your laptops, tablets or mobile phones? On the third Thursday of each month, several members with technical expertise are available to help with these issues or to give general advice on how to improve your computer skills. Come along to Room 1 at Bingham Methodist Centre between 11 and 12 – no need to join the group as it is a drop-in session. There is a small charge to help cover room hire. To find out more contact Louise at sawdoc2002@aol.com.

LITERACY VOLUNTEERS

u3a
learn, laugh, live



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
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Registered Charity No. 1167357 Literacy Volunteers





NEWSLETTER DEADLINE

The deadline for the July 2024 edition of the Newsletter is 23rd June. 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 10:30. Contact Ann Lewis, 01949 831530, bingham.u3a.vicechair@gmail.com

Coffee Social Group meets at the Buttercross Pub on the second Monday at 10:30. Contact any Committee member or 01949 839946.

Monday pm

Cinema Group meets at Butler's Coffee House on second Mondays at 2pm. Contact Lindsay Evett on 01949 851115 .

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

Board Games Group meets at the Bowls Club from October to April on the second Monday at 7pm. Contact Jeff Peters on 0744 3528048 or jeff.peters369@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.

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, 01949 875231, bingham.u3a.chairperson@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 from Bingham. Contact John

and Glyn Greenwood on 01159 899798 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

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

Tech Workshop Group meets at 11am on the third Thursday of each month in Room 1 at the Methodist Centre. Contact – Louise Hunt, sawdoc2002@aol.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

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

German Conversation Group meets fortnightly at 2:30pm. 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, Southam2610@gmail.com

Sewing Group meets in Room 2 of the Methodist Centre on the first and third Thursdays. Contact Mary on 01949 851110 or

maryannball@tiscali.co.uk

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 2:30pm 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 Tina Patrick on 07801 150567.

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 .

Beer and Cider Group – Contact John Perry at jkp1951@gmail.com.

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	Judith Axtell	01949 839097 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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