



**April 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**

**17th April – A Step in Crime with Richard Povey
15th May – The Geology of Nottingham Caves with Dr Tony
Waltham**

MEET YOUR COMMITTEE



Each month we will introduce you to one of your Bingham u3a Committee – this month it's the turn of the Speaker Seeker, Linda Molineaux.

I joined Bingham u3a sometime in the era BC (before Covid) when we were new to this area. The first group I joined went for short walks to explore flora and fauna in the locality.

Encouraged to attend a Committee meeting to find out more

www.binghamu3a.org

www.facebook.com/binghamu3a

about the u3a, I drifted into the role of Speaker Seeker when the previous incumbent suddenly left. This involves researching subjects and speakers which might appeal to our audience's tastes and interests (suggested topics welcome). I'm also helping organize social events and helped with the short course in March.

GROUP CO-ORDINATORS REPORT
APRIL 2024, ANN LEWIS



Firstly the bad news – the **Travel Group** has been wound up as there have been no volunteers to take over from Carol Habieb who has run the group successfully for many years but has had to step down. Thank you Carol for all your hard work. It is hoped to restart the day trips if there is sufficient interest, but this will depend on numbers booking to go..

Now for the good news. The first outing for the **Real Ale and Cider Group** took place on 21st March, and it is hoped that the **Table Tennis Group** will be restarting soon (see below). The **Petanque Group** will resume on 24th April and **Croquet** on 25th April, both for the summer season. Members interested in the **Cinema and Theatre Visits Group** have been invited to a meeting on 4th April, and the new Canasta Group will soon be starting.

Don't forget, if you have a special interest and would like to pass on your enthusiasm to others, contact me on bingham.u3a.vicechair@gmail.com.

17th April – A step in Crime with Richard Povey

Richard's talk on forensic podiatry will help you to understand how expert witnesses such as podiatrists are able to use their knowledge of the human foot and, alongside Scientific techniques, evaluate evidence in criminal cases. It really is being one step ahead for or against a defendant. It may also make you look at your own feet in a different way.

15th May – The Geology of Nottingham Caves

Dr Tony Waltham, the well-known local geologist, photographer, author and lecturer will be giving a talk on the geology of Nottingham Caves. This could be followed by a visit for the Explorers Group.

19th June – Autumn Rose is offering a presentation entitled *Drive On*, in which we can consider our driving skills possibly by a quiz and questions. I suggest mugging up on the recent changes to the Highway Code!

The Committee would like to express a warm welcome to the following new or returning members: Lindsey Pettifer, Charlotte Attwood, Barbara Spinks, Mamie Bishop, Carolyn Thomas, Barry Boggild, Tracey Partridge and Felicity Milner. We hope they will enjoy being part of Bingham u3a and participating in the activity groups of their choice.

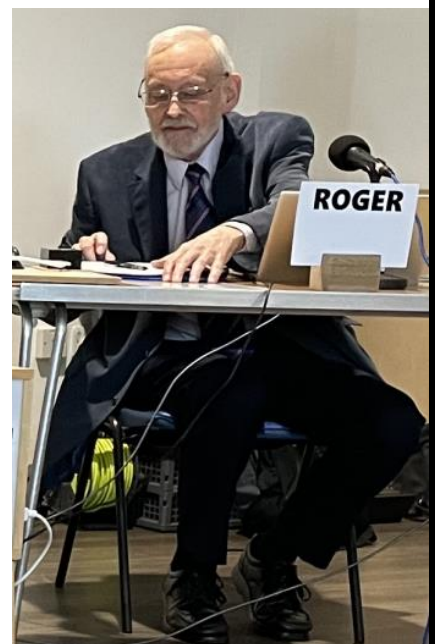


A BBC recording studio was the imaginary set for a Juke Box Jury presentation by Roger Prescott at this March Social Event. He made the set himself during lockdown and as a

u3a member, presents it free of charge, for which we thank him. A recent record (!) number of people were the audience for a fun-packed afternoon.

Roger gave a short history of how the BBC programme started, then explained what we were going to do. The jury was made up of Chris, Dave, Linda and John, who after listening to the record, were asked to comment on whether they thought it might be a Hit or a Miss. This was shown on the score board and in the event of a tie the audience members were asked for their votes. Roger then told us whether it had been in the Top 10 in the 1960s or not.

It was great fun to take part and we may see Roger in future, with records from a different era or with a Christmas flavour.



UPCOMING SOCIAL EVENT



Antiques Roadshow Quiz with James Lewis, Bamfords

Antiques

Tuesday 30th April at 7pm at the Methodist Centre



The antiques evening will be hosted by Guinness World Record holding TV celebrity auctioneer and antiques expert James Lewis. James has been an advisor on the antiques held at No10 Downing Street and has also been an auctioneer for Hollywood stars and members of the royal family. Tonight he will give some anecdotes from his experiences in the antiques world whilst engaging you in an interactive evening of antiques.

Tickets are available from Committee members or from Bingham Library – £5 for members and £7 for guests. Get yours early for this popular and fun event!.



SHORT COURSE

Tying up your loose ends with Tina Patrick

Twelve u3a members recently attended a short course on *Tying Up Loose Ends* given by Tina Patrick, a Bingham u3a member and a funeral celebrant. This interactive course ran over two consecutive mornings and aimed to help us prepare for the inevitability of our own demise. We aimed to reflect on our own mortality in a positive and practical way, consider legal and advisory documents to deal with death and/or any future chronic ill-health or incapacity. Also, to gather practical tips to

get our affairs in order and to think about instructions for any funeral or memorial event for ourselves. Having got organised, we should feel ready to focus on living rather than dying! Attendees mostly found the sessions very useful and thought-provoking, and several said they were going away with lots of ideas on what they were going to do next.

THIRD AGE TRUST ONLINE



Are you interested in AI? Then tune in to the online Zoom meeting *AI News: April* on 11th April at 3.30pm. Or perhaps you would like inspiration for some new Spring recipes from Alex at the *Live Cookery Demonstrations* on 11th April and 18th April at 10.30am

Other April topics include *The Arts and Crafts Designs of May Morris* (11th), *Laughter Yoga with Judith* (10th and 30th), *Bollywood Laughter Yoga Dance* (15th), *The Key to Longevity, Happiness and Global Change* (16th), *The Road to Clean Water: Beginnings of a Sewage System in Victorian London* (17th), *Mindfulness and Meditation* (18th), *The Sonnets of Gerard Manley Hopkins Part 2* (18th), *The Climate Crisis – and some solutions* (19th), *Secrets of the Human Brain, Part 4* (24th).

Something for everyone! For more information and to register for these free events, go to u3a.org.uk/events. The Third Age Trust would also love to hear from anyone who would like to share knowledge of a subject of interest to other u3a members.

Recordings of the March meetings can be found by following links at u3a.org.uk/events.

Spreading the Word

Did you know that the Third Age Trust is currently running an advertising campaign on Boom Radio to raise awareness of the u3a amongst the potential membership. If you have never heard Boom, it is a programme playing popular music from the '50s, '60s and '70s, i.e. for the 'Baby Boomer' generation and is available on DAB, Freeview 277, the Boom phone app, and the internet. Additional fact – one of our own Bingham u3a members is a presenter on the sister programme, Boom Light, but can sometimes be heard on the main programme!



INTEREST GROUP UPDATES

Cinema and Theatre Visits Group

This group is now resuming after its recent break. We are intending to visit The Nottingham Theatre Royal and the Playhouse together with productions staged in local villages. We may even pull in occasional visits to London theatres. If anyone is interested in joining this group please contact Aileen Beet at aileen.beet@gmail.com.

Tech Workshops

The Workshops are held on the third Thursday of the month, and are open to all members. You can come along with computer/smartphone problems and seek help from members of the group. In addition it is hoped that there will be some sessions devoted to specific topics of interest. For more information contact Louise Hunt on sawdoc2002@aol.com.

Table Tennis

Linda Munro is considering re-starting the table tennis group if enough people are interested. The days and times available at the Bingham Arena are as follows: Monday 3–4pm or 3.30–4.30pm; Thursday 3–4pm or 3.30–4.30pm.

If you are interested in joining this group, please email Linda at linmun.linda@gmail.com.

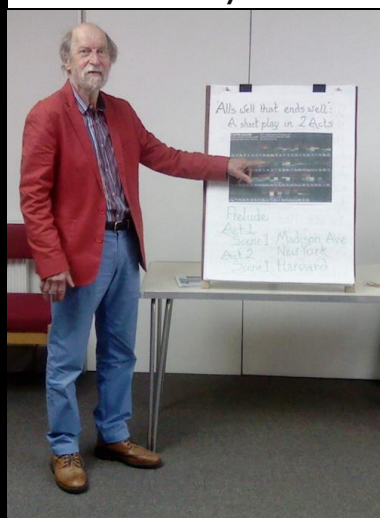
Book Club

In February a lively discussion took place on *SAS Rogue Heroes* by Ben Macintyre. Members had mixed opinions on the book, some wishing to read more books by this author, others unsure. The discussion became more general on various aspects of heroism and war.

In March, our book for the month was *In Old Gods Time* by Sebastian Barry. The book was liked and disliked by the group. Some found it confusing (who was alive and who was dead?).

It was very descriptive or was it over descriptive? A slow read in parts but as the story developed it was a page-turner. What had really happened and what was in his imagination was discussed. All in all, a controversial book in many ways but with beautiful descriptive prose. It provoked much discussion.

Next month's book is *The Dreams of Bethany Mellmoth* by William Boyd. We meet on 23rd April.



STEM Group

The group welcomed back John Hudson who gave a talk on *Three Women of Astronomy* from the 19th Century, Williamina Fleming, Annie Jump Cannon and Henrietta Swan Leavitt. They were some of the Harvard 'computers', so named because their work was to carry out the many repetitive calculations necessary for scientific

astronomy. John began by pointing out how the elements in stars could be identified by lines in their spectra when viewed through telescopes fitted with spectrographs.

Using such equipment at the Harvard College observatory, Fleming identified distinctive features in each star's spectrum and developed the first widely used star classification scheme.

Cannon's work consisted of studying astronomical plates and she discovered 300 variable stars and five novae. She has been credited with manually cataloguing around 350,000 stars and classifying them in seven groups based on their colour and spectrum as the main distinguishing features.

Using data from the small Magellanic Cloud which contained stars with periodically varying brightness, so-called Cepheid variables, in 1912 Leavitt found a relationship between a variable star's period and its luminosity that eventually enabled astronomers to determine the distance to the star. This breakthrough enabled astronomers of the 1920s such as Edwin Hubble to show that the Universe contained other galaxies beside our Milky Way and that it was expanding..

History Group

With twenty five in attendance, the History Group were given a fascinating and interesting talk by John Todd on the Gallipoli campaign of 1915 in WW1. This was very much a personal view as John's father had taken part in this campaign and John himself had visited the campaign sites in 2019.

The next meeting will be a discussion on the UK's involvement in the 2003 Iraq War and will take place on Wednesday 24 April.

Croquet Group

The new season of croquet will start on Thursday April 25th at the slightly later time of 1.30pm (weather permitting as usual). We play on Butt Field at a cost of £25, divisible by the number of players on the day, on alternate Thursdays. This is a friendly group who enjoys chatting between games and as we are not too competitive it is a fun afternoon hopefully in sunshine.

So please come along,, bring a comfortable chair and any refreshments you might need to play this entertaining and not too physically challenging game.

To join the group or for any further information please contact Jackie and Richard Hutton at randjhutton@gmail.com or 07443 595653.



The **4th Wednesday Walking Group** walked from the Poppy and Pint towards Holme Pierrepont, round one of the nature reserves and back along the Trent. It didn't rain and we all enjoyed a good lunch at the Poppy and Pint.



NEWSLETTER DEADLINE

The deadline for the May 2024 edition of the Newsletter is 26th April. 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 Miriam Bingham on 01949 836390 or miriam.bingham@yahoo.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 Judith Williams on 07523 645105 or judith10r@icloud.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 alternate months from 11am to 12am. Contact Dave Hobson on 01949 836042 or appletrees.hobson@gmail.com.

Technology 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 2pm to 4pm 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 .
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 .

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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