

NEWSLETTER

JANUARY 2023

Meetings are held in the Methodist Centre,
Bingham at 2pm

Third Wednesday of the month
NEXT MEETING : 18 January 2023



Bingham u3a

Founded October 2000

Registered Charity No. 1181961

LEARN, LAUGH, LIVE

UPCOMING MEETINGS

7 th January 2023	<i>'No Such Word as Can't'</i> with Emma Sheardown
15 th February 2023	<i>Time Through The Ages</i> with John Hope
15 th March 2023	<i>Fire Safety</i> with Jack Hibbert

ARE WE BEACH BODY READY? BUT SERIOUSLY.....

The Third Age Trust's mission in the past year has been *"Fit for the Future"*, and this New Year gives us the opportunity as never before to step back and think about the movement we're all part of and love and what we do that makes it so special. High on the list have got to be:

- doing things for ourselves rather than expecting others to do them for us
- ensuring that every u3a member is always in our thoughts and never made to feel alone or friendless
- making our skills and life experience available for each other's benefit
- having fun doing it
- telling other people that u3a is good for you

SO, WHAT HAVE WE DONE SO FAR?

Well,

- we've put together a varied programme of meetings and events and a great team of people to deliver them
- we've enthusiastically joined in
- we've met and worked with new friends and other community groups along the way
- we've run some very strong activity groups, including new start-ups and some with quite unusual interests
- we've budgeted very carefully so that we can afford to deliver on all our plans
- we've been very active in the u3a Notts Network
- publicity being the oxygen of progress, we've got a fine team helping to ensure that Bingham u3a is always in the public eye [and ear]

WHAT IS THERE STILL TO DO?

Several key members of the Committee, including myself, will soon need to be replaced by new recruits who are already familiar with their role, so *let's be hearing from you!*

John Lewis



A National and International organisation that provides companionship and enables members to share many educational, creative and leisure activities.

Programme News

Starting 2023, on 18th January we have an inspirational talk from Emma Shearwater, World Para Dressage Champion and on 15th February we will hear about ***Time Through The Ages***. We shall need to prepare for a quick whizz through Time, with the aid of John Hope, a Time-Lord. John refers to his talk as follows:



“Time Through the Ages.

A journey through time telling over the centuries showing the development and improvement of time telling devices from sundial and water clocks through the introduction of mechanical clocks, railway time, domination of pendulum devices to the atomic clock.

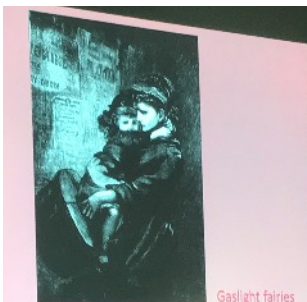
The audience are advised to fasten their seat belts as they are taken through a journey of over 3000 years in just 60 minutes.”



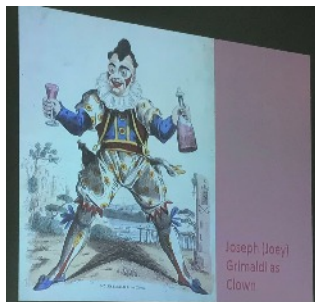
Then on 15th March, Jack Hibbert from the Fire Service will give an interesting and informative talk on ***Fire Safety***.

Do come along to the monthly meetings to hear these interesting speakers and and maybe bring a friend to try Bingham U3A?

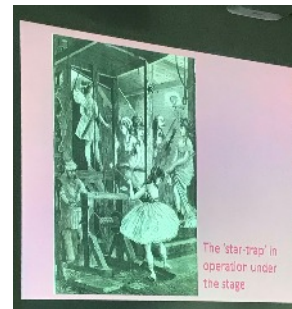
The Panto talk went down well.....Oh Yes it did!



Gaslight fairies



Joseph (Joey) Gimalai as Clown



The 'star-trap' in operation under the stage

With some members joining in the fun **very** enthusiastically...!!!





TRAVEL GROUP

Only U3A Members can go on U3A Holidays or
Excursions

TRAVEL GROUP

SPRING HOLIDAY TO NORTHEAST WALES

13TH – 18TH MARCH 2023

We will be travelling with Emjay Tours on their deluxe coach and will be staying at the 3* Beaufort Park Hotel where we will have dinner, bed & breakfast. It is a short distance from Mold, a friendly market town in Flintshire near to the Clwydian Mountains. The hotel does not have a lift but ground floor rooms are available. Excursions are available and will include Chester & Llandudno.

Price £349.00 No single supplement but availability is limited.
Please contact **Pat Antcliff 01949 875471** if you wish to reserve a place.
Booking forms will be available at the Monthly Meeting.

MEMBERSHIP REMINDER 2023

A reminder that membership fees are due this month for 2023.

Standard membership this year is **£15 per person.**

If you require the Third Age Matters Magazine delivered to you. You will need to pay **an additional £4 to cover the cost of postage.**

Payment can be made by BACS, Cash or Cheque, (payable to **u3a Bingham**).

When paying by BACS please use your surname as the reference.

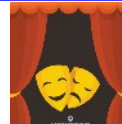
Bank details Name Lloyds Sort Code 30-96-18 A/C 03247919

Postal payments to:

**Margaret Blythe, Bingham u3a Membership Secretary,
7 Mill Hill Road, Bingham, Notts, NG13 8YR.**



THEATRE NEWS



Although only 5 of us watched The Northern Ballet perform *The Nutcracker* recently everyone thoroughly enjoyed it with amazing performances and a beautiful set. A wonderful start to the Christmas season.

Forthcoming visits

THE BEEKEEPER OF ALEPPO on Saturday 25th February at 2.30pm at The Nottingham Playhouse

From the acclaimed novel by Christy Lefteri this compassionate and beautiful play follows Nuri the beekeeper and Afra his wife when all they love and care for is destroyed by war and they are forced to leave Aleppo.

Cost £25 or £16.80 group rate Payment date 12th January

TITANIC THE MUSICAL on Saturday 29th May at 2.30pm at the Theatre Royal Nottingham

We all know the history of RMS Titanic but this Tony & Emmy award winning musical is focused on some of the real people who each boarded with hopes and aspirations regardless whether they were 3rd/2nd or 1st class passengers. With a stunning set this production is emotional and stirring.

Cost £44.50 Payment date 15th March

NEW - STEEL MAGNOLIAS on Saturday 15th April at 2,30pm at the Theatre Royal Nottingham

Hilarious and heart-warming comedy true story that inspired the hit film that starred Dolly Parton and Julia Roberts. Six women come together in a small town beauty salon in then American deep south and prove that female friendship can unite and conquer all!

Price £41 no discounts available. Payment date 13th Feb so quite soon

NEW - ANNIE THE MUSICAL on Wednesday 14th June at 2pm at The Royal Concert Hall

This production comes directly from the smash hit revival in the West End and stars Craig Revel Horwood as the tyrannical Miss Hannigan with an unforgettable score including "It's a hard knock life" and "Tomorrow".

Price £ 40/ 36.50 group rate or £46/£42.50 group rate. Payment date March 15th.

NEW - BIZET'S THE PEARL FISHERS performed by Opera North on Saturday July 1st at 7pm at the Royal Concert Hall

A love triangle set against the backdrop of ancient Ceylon this concert staging of Bizet's imaginative music has magnificent choruses and tells the story of two men whose vow of friendship flounders on their love for the same woman, the priestess Leila.

Price £40.50 or £ 31.50 Payment date March 28th

Please contact me with any queries and information or ideas for future visits and let me know me when booking if you would like to have lunch before these outings. 07443595653 /01949 838140 email randjhutton@gmail.com

Jackie Hutton

GENERAL GROUP UPDATES

Explorers Group

Hands up, all those going to Nottingham Castle in February? Sorry, no, not you. The Castle has gone into administration so is closed. Oh well, we didn't have enough names of interested people to qualify for the group rate anyway.

There was a meeting of Explorers Group last January and another in the autumn, to generate ideas for venues and outings and plan when we might go to them. Alan organised a visit to Bomber Command Memorial, Ann did one to Veolia recently, Linda took a small group to The Clock Museum in October and a hands-on museum visit in December.

Apart from these, we have several proposals for visits but **NONE** organised. We have volunteers to coordinate the group (see contact details on newsletter). With a membership of about 70, who in this group will take on the organisation of the next outing? It's not my turn.

It's not a difficult task: decide on a venue, find out opening times, prices, facilities etc then pass info to coordinators for distribution around group.

To paraphrase Uncle Sam, your Group needs YOU!

Linda Molineaux

Book club met on 20th Dec with a much depleted group due to illness and seasonal visits. A discussion took place of our Christmas selection and other books members had read. There were also reviews from absent members:

Recommended were:

The twelve days of Christmas by James Patterson

A very murderous Christmas - Various

The Day of the Locust - Nathaniel West. (Good descriptive writing though not much of a story.)

There was some discussion of ***The High House*** by members who'd missed the last meeting. This once again provided some differing opinions.

Our next meeting is on 24th January and the book we are reading is ***The Spice Box Letters*** by Eve Makis.

The book for February will be available on this date. Please don't access the book before that date to ensure enough copies are available for members who attend the meeting.

Thanks

Linda and Veronica

Music Appreciation Group



Because of holidays this is being written rather early but the December review will appear in the February issue.

The January meeting on the 19th will be at Esme's home, 8 Gillott's Close, Bingham when we will be listening to Beethoven's mighty 9th Symphony – the Choral. I think this might be a recording from this year's Proms which could be rather special.

Please ring Esme on 01949-875148 if you would like to attend.

All very welcome.

French Club

The advanced French group celebrated Christmas with a little soiree. Carols were sung in French. James bond charades played in French and the group asked French or Christmas related quiz questions in French. A good way to end the year for this popular group.



Singers wanted!



In the last issue Val Leaver asked if anyone was interested in joining a singing group in Bottesford u3a.

She would like to remind you of the details and hopes there might be some New Year's resolutions that need fulfilling! Singing is so enjoyable and according to scientific reports, very good for your health and mental well-being. How about it?

"No auditions are required, just a love of singing. We sing a wide range of music for our own enjoyment, not for performance, and are led, currently, by one of our singers, Isabel Daw. We have a good pianist, Deb Cosgriff, who accompanies us.

We charge just £1.50 per session.

The atmosphere is friendly and informal. A full range of voices, soprano, alto, tenor and bass would enable us to sing in four part harmony.

We meet in the Methodist Church on Devon Lane, Bottesford, NG130BZ on 2nd and 4th Fridays of the month 2.00-4.00 except for August and Bank holidays and we aim to restart on 27th January 2023.

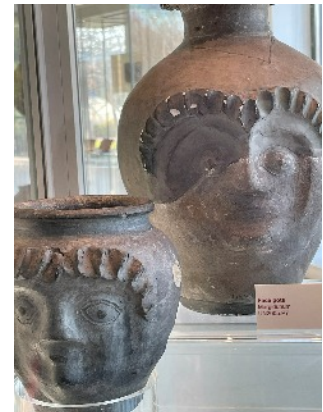
Explorers Trip

Lakeside Arts museum of Archaeology was the recent venue for an outing organised for the Explorers Group. Although small in number, the group were treated to an amazing and interesting morning. Dr Clare Pickersgill briefly introduced us to the range of artefacts on display in the museum, then we went to a study area where Clare talked mainly about artefacts found at Margidunum near Bingham.

As an introduction, we were allowed to handle and pass round two axes made in Britain thousands of years ago, found in this area. An axehead made of greenish stone from Great Langdale in the present Lake District felt heavy but still serviceable, and we held in our hands a flint axe, to assess its usefulness in Palaeolithic times.



Fragments of Samian ware pottery, produced mainly in France, were passed around next. The photos show similar ware in the display cabinets. Local people made copies of this pottery, inspired by its shapes, colour and sturdiness, but it was mostly inferior in quality.



We held a delicate bone hairpin, a glass vessel for kohl to put eyelashes, an instrument for cleaning wax from ears, window glass and other objects. Handling these items made us realise how similar life might have been in Roman time. Clare spoke about everyday life and we admired objects such as the grid iron and metal cooking pan which a soldier probably carried with his other equipment.

A brick with a figure of eight on it was a flue tile from a hypocaust, the system which kept houses warm and has been replaced by our present central heating. Clare explained that a man on horseback holding a shield and weapon, was probably Celto/Romano because the head is round, a typical feature of Celtic art. Without the input from our guide, we might not have noticed this and many other interpretations.

This was such a worthwhile visit, and a privilege to hold ancient items, and we hope to follow up by attending future events and lunchtime talks at the museum at Lakeside. Have a look on www.nottshistory.org.uk or google Nottinghamshire History Margidunum



on

SHORT COURSES

These have proved very popular in the past and indeed, the STEM talks delivered by Dave Hobson currently are well attended.

Is there anyone out there in the membership who could deliver a similar short course on any topic that they are interested in and knowledgeable about? Science, history, literature, art, music, crafts, culture of any kind - it could be anything really that you think other members might like to hear about.

Just speak to anyone on the committee if you think it's feasible and we will give you all the help you need to set something up.

Ed.

u3a 40th Anniversary Film Show & Refreshments

Arnold u3a would like to invite members from u3as across Notts to a film show on 20th January 2023 from 2 – 4 pm at the Bonington Social Club, High Street, Arnold.

Two films will be shown, one of Arnold u3a and Carlton & Gedling passing the beacon on 20th September and the other about the Highfields event on Saturday 24th September. The videos were filmed by Arnold u3a members Greg Foster and Brian Cluff and Brian put it all together into the films.

Tea/coffee and a jam scone with cream will be provided during the break.

The cost of the event is not set yet and will depend on the number of people who come but it is likely to be £4.

Please contact Rosie Allen if you are interested in attending on : rosieallen21@outlook.com. Payment will be needed in advance.

I have seen the films and they are very good. It is great to see, for example, the flash mob dancers performing, and the Worksop steel band.

Rosie Allen

COFFEE MEETING reverts to 10.30 am on the second Monday of the month. All welcome.



GROUP CONTACT DETAILS AND MEETING TIMES

Monday am:

Group	<u>Ambling 1</u>	<u>Coffee Social</u>
Contact	Miriam Bingham	Any committee member
Telephone	01949 836390	01949 839946
Venue	by Church House	Buttercross Pub
Frequency	Weekly	2 nd
Time	10.30 am	10.30 am

Monday pm:

Group	<u>Cinema</u>	<u>Table Tennis</u>	<u>Board Games</u>	<u>Welsh</u>
Contact	Lindsay	Chris Skingle	Jeff Peters	Beryl Kemp
Telephone	Evet	01949 876221	01949 875406	01949 839728
Venue	01949 851115	Leisure Centre	Bowls Club	Library
Frequency	Butler's Coffee Hse	1 st & 3 rd	Oct to April	2.30pm
Time	2nd Monday 2.00 pm	4 pm to 5 pm	2 nd Monday	
	<u>Spanish Conversation</u> Laura Rennie's house 2pm - alt weeks 07722499111	skinglec@gmail.com	7 pm	<u>Wine</u> Lynne Barnett 01949 875151 Various 3 rd or 4 th 2.30 pm

Tuesday am:

Group	<u>French Improvers</u>	<u>KNIT & NATTER</u>
Contact	Joanne Collie	Beryl Kemp
Telephone	01949 831899	(839728) or Judy
Venue	Venue TBC	Soar (837108)
Frequency	Every other Tuesday	Bingham Library
Time	10 am	TBC
		10am

Tuesday pm:

Group	<u>Ambling 2</u>	<u>Gentle Exercise</u>
Contact	Jackie Hutton/Sue Eaton	Linda Walden
Telephone	01949 839728/837376	01949 836717
Venue	Car Park	Old Church Ho.
Frequency	Fortnightly @ 1 pm	Weekly
Time		1-2 pm
Group	<u>French Conversation 2</u>	<u>Book Club</u>
Contact	Barbara Savage	Linda Molineaux or Veronica Perry
Telephone	01949 838782	01949 875231 or
Venue	Various	07855 762775
Frequency	2 nd & 4 th	Every 4 th Tuesday
Time	2-4 pm	Library
		2pm

GROUP CONTACT DETAILS AND MEETING TIMES

Wednesday am:

Group	<u>Walking 1</u>	<u>Walking 2</u>	<u>Walking 4</u>
Contact	Judith Williams	Esme Smith	John & Glyn Greenwood
Telephone	07523 645105	01949 875148	01159 899798
Venue	By Church House	Church Ho./Car Share	Church Ho./Car Share
Frequency	1 st	2 nd	4 th
Time	10 am	9.30 am	9.30 am

Wednesday pm:

Group	<u>Spanish</u>
Contact	Jean Oates
Telephone	01949 850864/07898895274
Venue	Old Courthouse
Frequency	fortnightly
Time	2 - 3 pm

Thursday am:

Group	<u>STEM</u>	<u>Petanque</u>	<u>Bridge</u>	<u>Cycling</u>
Contact	Dave Hobson	<u>(Seasonal)</u> Beryl Kemp	Dave Cobley	Charles Richardson
Telephone	01949 836042	01949 839728	07966370385	01949 831602
Venue	Venue TBC	The Grange	Bowls Club	The Buttercross, Market Place
Frequency	Last Thursday	Alternate w'ks	Alternate weeks	2 nd & 4 th
Time	11:00-12:00	10 - 12 midday	10 - 12 midday	10.30 am

Thursday pm:

Group	<u>Croquet (Seasonal)</u>	<u>German Conversation</u>
Contact	Trish Tilley	Valerie Morgan
Telephone	01949 837923	0115 9332353
Venue	Pavilion Butt Field	Various
Frequency	Fortnightly May to Sept.	Fortnightly
Time	1.00 pm	2.30 pm

Group	<u>Music Appreciation</u>
Contact	Anthony Watts/Derrick Gierth
Telephone	01949 875968
Venue	Various
Frequency	3 rd of the month
Time	2 pm

Friday am:

Group	<u>Mobility & Movement</u>	<u>Recorder</u>
Contact	Ann Lewis	Viv Dyer
Telephone	01949 831530	01949 838614
Venue	Methodist Hall	Old Court House
Frequency	Weekly	1 st & 3 rd
Time	10 - 11 am	10.30 - 11.45 am

GROUP CONTACT DETAILS AND MEETING TIMES

Friday pm:

Group	<u>Writing</u>	<u>French Group 1</u>
Contact	Gordon Wallace	Lis Leslie
Telephone	07809 226285	01949 831602
Venue	Scarrington	Various
Frequency	Monthly	Fortnightly
Time	12.00	2 - 4 pm

Group	<u>Explorers</u>	<u>Gardening</u>
Contact	David Heppenstall	Tina Patrick
Telephone	Heppenstalldavid@hotmail.com	07801 150567
Venue	com	Various
Frequency	Venue TBC	TBC
Time	Last of the month 12.30 pm	2.00pm

Sunday:

Group	<u>Sunday Lunch 1</u>
Contact	Jill Kent
Telephone	0115 9334516
Venue	Various
Frequency	1st
Time	12.30 pm

Groups meeting up on various days:

Group	<u>Theatre visits</u>	
Contact	Jackie Hutton	
Telephone	01949 838140	
Venue	Various Theatres	

Group	<u>Explorers Visits</u>	<u>Popular Music Group</u>
Contact	David Heppenstall	John Lewis
Telephone	Heppenstalldavid@hotmail.com	01949 831530

HAVE YOU VISITED OUR WEBSITE?

Lots of photos, contacts and other information. www.binghamu3a.org

Why not follow us on Facebook? www.facebook.com/binghamu3a



Your Committee

POSITION	NAME	Contact Number	EMAIL
Chairman	John Lewis	01949 831530	bingham.u3a.chairperson@gmail.com
Vice Chairman	Veronica Perry	01949 875231	bingham.u3a.vicechair@gmail.com
Treasurer	Judith Axtell	01949 839097	bingham.u3a.treasurer@gmail.com
Secretary	Ann Lewis	01949 831530	bingham.u3a.secretary@gmail.com
Programme	Linda Molineaux	07855 762775	bingham.u3a.programme@gmail.com
Membership	Margaret Blythe	01949 831537	bingham.u3a.membership@gmail.com
Publicity	John Lewis	<u>01949 831530</u>	bingham.u3a.chairperson@gmail.com
Website	VACANCY		
Groups Co-ordinator	Veronica Perry	01949 875231	bingham.u3a.vicechair@gmail.com
Newsletter	Tina Tringham	01949 839153/07 941 279189	bingham.u3a.newsletter@gmail.com
Database Manager	Steve Aremia	01949 831537	bingham.u3a.database@gmail.com

POSITION	NAME	Contact Number	EMAIL
New Members Support	Beryl Kemp	01949 839728	bingham.u3a.beryl.newmembers@gmail.com
Equipment Handler (non-committee)	Judy Soar	01949 837108	
Refreshments (non-committee)	Sue Eaton & Volunteers	01949 839946	

***The deadline for the February 2023 edition is
Contact Tina Tringham 01949 839153/07941 279189
e-mail : bingham.u3a.newsletter@gmail.com***

27 January