

Ravenshead U3A Magazine



THE UNIVERSITY OF THE THIRD AGE



Ravenshead



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RAVENSHEAD
University of the Third Age
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THIRD AGE TRUST

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National Representative body
of U3A's in the UK.

Jan Searle
CHAIRMAN

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Website : www.u3asites.org.uk/ravenshead

Welcome

Welcome to the first edition of the Ravenshead U3A magazine.

The aim is to produce something that is interesting and informative , with articles produced or submitted by our members. The magazine will be

published three times a year, so we are already looking for new items for the next edition! If you think you can produce an article for publishing in the next issue please submit it (preferably in a word processed format) by the deadline date below.

Autobiographies, quizzes, interests, recounts of trips and visits, book reviews, recipes and poems are all things that could be included. What do you think should be in the magazine?

Please send your thoughts and articles to the editor, Judith Moore by email XXXXXXXXXXXX or contact by phone (number below).

Deadline date for next edition : **June 21st 2013**

We hope you enjoy this, your magazine. Judith.

Ravenshead U3A Committee Contacts

Bob Ford	Chairman	
Lionel Castle	Vice Chair	
Peter York	Treasurer	
Paul Craddock	Business Secretary	
Chris Dean	Membership Secretary	
Sue Owen	Welfare Officer	
Margaret Craddock	Minutes Secretary	
Rona McCann	Speaker Finder	
Val Ford	Groups Coordinator	
Judith Moore	Groups Coordinator	
Alan Paul	Web Editor	
David Morton	Special Events Organiser	

Thoughts from the Chair!



My name is Bob Ford and I have been Chairman of Ravenshead U3A since its conception in December 2011. Originally from North London I have gradually moved up the country until finally arriving in Ravenshead in 1992. I have been married for 48 years and have 2 sons and 2 grandchildren. I started my working life as a qualified Engineer and retired 4 years ago after working in export.

I was just one of the staggering number of people who initially turned up at St. Peter's Church to find out what the U3A was all about. It certainly sounded like a wonderful idea to get people together to share ideas and expertise and I was moved to volunteer to help out. Little did I know what that would mean and I still do not know how I ended up as Chairman.

I have always wanted to learn to play the guitar and joined the Guitar Group. Harder than I expected! I will never be a Hank

Marvin and John has certainly got a few more grey hairs since I joined his class. The Thursday walking group has introduced me to walks in and around the area. I have started to learn to read a walking map and have enjoyed good company and had a lot of laughs. As a fully qualified BWY yoga teacher I am thoroughly enjoying teaching yoga classes 2 and 3 and hope everyone is enjoying the experience.

Our first year has flown by. Although we have faced many challenges over the year I would like to think that Ravenshead U3A has developed into something we can all be proud of. It has been a pleasure to meet and get to know so many new people. With your help we will continue to introduce new ideas to keep our U3A vibrant. Thank you.

Bob Ford, Ravenshead U3A Chair³

The Big Care Debate

House Of Lords—December 2012

Having been involved with politics for most of my adult life, I was delighted and excited to be given the chance to participate in a debate in the House of Lords.



Around 100 U3A members and 100 sixth formers from ten schools around the country were organised into three groups, representing The Family (my group); The State and The Voluntary Sector. We were tasked to discuss which group would best provide for the elderly, the disabled, and the vulnerable in our society.

As a dedicated speaker, I had 90 seconds to prove my point and liaised by email with others in my 'lens' group beforehand so that we didn't duplicate arguments. We also enjoyed dinner together in Covent Garden the night before the debate.

At the House, we met others in our groups, had briefings and short tours of the Lords and Commons chambers, the opportunity for official pictures and I gave a short filmed interview for inclusion on the Lords website.



After lunch, - the debate itself, - chaired by the Lord Speaker, Baroness Da Souza, with Lords officials in full rig, recorded for broadcast and Hansard. Wide ranging views were expressed, the young people were particularly impressive and the result of the final vote no particular surprise.

What a privilege to sit on the Lords red leather benches, the echoes of history all around us. Thanks U3A for the opportunity.

Carol Wright, Ravenshead U3A Current Affairs Co-ordinator

The Suspicious Death of Florence Weatherall

The News of the World dated 25th February 1951 carried a front page account of a tragic murder, that of Florence Jean Weatherall who lived in a bungalow in the woods opposite Newstead Abbey Gates. She was 24, daughter of John Divito, a Mansfield ice-cream seller, and wife of Edward (Ted) Weatherall. She had recently given birth to twin girls, Ann and Elizabeth.

On 2nd February Florence's mother Violet babysat for her whilst her husband was at work and she went shopping on the bus to Mansfield. At half past nine Florence's husband returned from work and her mother went home. When there was no sign of Florence after the last bus had passed, Ted became worried and rang the police. An intensive search followed, but proved negative.



Photo: Nottingham Post

Three weeks later her body was found lying face down in a ditch near Goosedale Farm on Moor Road. Tests revealed she had been strangled. Although there was a bus stop close by, the police theory was that she had accepted a lift from a passing motorist. The inquest held at Hucknall in June returned an open verdict ('found dead'), but the death was obviously suspicious and no murderer was ever caught.

In July 2011, sixty years after the event, Nottinghamshire police were contacted by a member of the public in relation to Florence's death. A spokesman said they had not been given any new information or evidence, but would be looking again at the file of this historic unsolved murder.

A member of the u3a local history group is looking in more depth at this case.

Philip Jones, Ravenshead U3A Local History Group Co-ordinator

Thoresby Hall

Imagine the scene: several inches of snow on the ground, it's very cold with that penetrating British dampness in the air, and, "All I want is a room somewhere.....". Well, you got it; not just any room, but a spacious, warm and comfortable four-star hotel room, also a large dining-room where sumptuous meals are served, a snack-bar, games room, further bar with waitress service, heated swimming pool and spa. "Oh, wouldn't it be lovely?" You bet, and it was! No chores, shopping or cooking to be done for four whole days, and plenty of good company. Of course, you could do a spot of leisure shopping in the gift shop, especially if you wanted "lots of chocolate for me to eat....", or wander around to the Courtyard during a sunny interval, to browse in the boutiques or have a coffee in the Barn. Didn't the place have a lounge? Certainly, but the word 'lounge' doesn't quite get it, not for either of them.

You have a choice here. You could make your way across to the other side of the hotel and discover the Great Hall, magnificent in its mock-medieval style, where you can while away the time relaxing, chatting, playing games, or simply enjoy the fantasy of living in a stately home. During the evening you could do all this to the accompanying melodies being played on the grand piano, er....., automatically. I'm sorry if that has slightly punctured the rather grand picture being built up; but you know, entertainers can be so unreliable these days, just like the servants. (Indulge me here.) If you've not quite been able to find "that one enormous chair" just yet, (there are plenty there but not always vacant) then follow me through one of the many doors or arches into the Library, and you're sure to find one. And now, with your "warm face, warm 'ands, warm feet", you can curl up with a book. Of course, if you prefer one of the settees, you could arrange, I'm sure, to have "someone's 'ead resting on my knee": whether "e's warm an' tender as 'e can be" or not, is however, entirely beyond my remit. (But play your cards right....) Oh, and while you're in there, be sure to have a good look at the fireplace, with its wonderful carvings of Sherwood Forest, and Robin Hood and Little John there too. You'll just love the log fire (not "lots of coal" nowadays) "makin' lots of 'eat".

If you can't sit "abso-bloomin-lutely still" for too long, you could always go and take part in the 'killer' darts, the curling, rifle-shooting, or the Pop Choir. Learning more about grapes and wines does book up fast (no surprise there then), but do make sure you catch the vignette, 'Seeds of Love', the romantic true story of the gardener and the house-maid, or indeed, the comic sketch of Robin Hood as if taken into modern police custody: you won't be disappointed. The historical tour too is a hoot, as well as very interesting.

Now, about that choice you had to make: one evening after dinner, you'll probably want to make your way over to the Late Lounge, a sizeable auditorium with plenty of seats and small tables where you can enjoy the entertainment with a drink, and do some dancing too, line, ballroom or disco. I can certainly recommend the shows put on by the young entertainment team, and the comic MC cause a huge amount of fun by interacting with the



audience and seemingly creating a great show out of almost nothing. (You just had to be there.....!)

If you want to venture out of doors, you couldn't do better than take a short walk down to the village of Perlethorpe or further to Clumber Park. Picture the scene once more: a country landscape all thickly snow-covered, including the trees, a clear blue sky, the sun shining. You've gone perhaps a quarter of a mile and you look back to take in the grandeur of the Hall in its perfect setting: you see it rising out of an expanse of white mist lying just above the snow, a view with an almost ethereal air, only to be seen for a very short time. And the beauty of a fresh unsullied snowfall all around – pure magic. We were fortunate enough not only to have the Estate church of St John's opened up for us, but to be given a talk on its history and an opportunity to examine the elaborate and unique wooden carvings.

These and many other experiences (the visit to the Regimental Museum, the quizzes, the talk on Music Hall by Trevor Lee, accompanied by guitar) were enjoyed by between twenty and thirty members of Ravenshead Branch (some having dual membership) in January during the Monday to Friday break at the Warners Hotel. We also met many members of Mansfield, Ashfield, Hucknall, Sherwood, Chesterfield and Newark Branches (apologies to any omitted). A huge vote of thanks plus the gift of a cheque was quite rightly awarded to Terry Whitehead for his feat of organisation, without whom none of this would have happened. And I haven't even told you about the food! But I hope to have at least given you a flavour of the holiday. Coming away happier, and heavier, was pretty much inevitable. Why fight it, I say?

Jill Rogers, Ravenshead U3A member

Geocaching

Geocaching is a worldwide treasure hunt game using GPS navigation systems.

We were introduced to geocaching by some friends about 18 months ago. They explained that the idea is to find hidden caches by using satellite navigation and clues from the geocache website (www.geocaching.com). The idea originated in America and there are now nearly 2 million caches hidden around the world.

To get started you need to log on the website and look for your home location (postcode is fine) and a list appears on the screen showing the caches located in your area. You can change this to a map view by clicking on the tab. It is free to participate but you can join as a Premium Member for a small fee which gives access to Premium Member caches. If you want to join in the 'game' you need to give yourself a name (ours is Coachman * * * *) and each time you find a cache you sign the log book and also log your find on-line.

Ideally you need a GPS navigation system and there are ones specifically designed for geocaching. Both Garmin and Magellan make ones that are suitable. You can download a free app for either iphone or ipad which gives access to the geocache website and which can also be used for navigation. You can also use a car sat. nav. on pedestrian mode.

As we enjoy walking we have found this adds a new dimension to a walk and it can sometimes be challenging but rewarding. There are various types of caches including ones that are called 'drive bys' which can be done by stopping the car by the side of the road. There are caches hidden around Ravenshead, Thieves Wood and also a new series of caches laid around Newstead Abbey, Linby and Papplewick. Caches are hidden all over the country and wherever we go on holiday we always look to see what are hidden in the area. Our furthest find was near Mont Ventoux in the South of France. We have also geocached with our grandchildren who found it most exciting.

Caches are hidden in a variety of containers, many are the size of a small click-type box. The old type 35mm film canister is very popular but there are also those that are known as 'nanos'. These are extremely tiny and are disguised in various ways.

If anyone is interested in having more information about geocaching we would be more than happy to help.

WARNING: IT CAN BECOME ADDICTIVE!

Mike and Jackie Salmon, Ravenshead U3A members



This Geocache is located in the 'Table Top Tree' at the junction of the A60 and Ricket Lane.



Family History Group

I started researching my family history a few years ago and it is amazing what you can find out doing this. Born in Yorkshire, I always believed that is where my roots were. However, imagine my surprise to discover, just as we had come to live in Ravenshead, that my mother's line originated from this area and that my great-great grandmother lived only five miles away in Oxton. We visited Oxton churchyard and were thrilled to find the most wonderfully preserved slate headstone, with a very moving epitaph.



Searching back further I discovered that her father had been born in Cropwell Butler another Nottinghamshire village where our youngest son had just bought a house! What a coincidence!

I have now joined the U3A Family History Group and I am enjoying learning how to take my research even further.

Incidentally, my mother's family name was Willoughby. Will I find that I am descended from the Willoughbys of Woollaton Hall!!!! Who knows?

Joyce Newton, Ravenshead U3A member

RAVENSHED U3A – INTEREST GROUPS

Group Name	Leader	Phone	Meeting Day and Time	Location	Full
Angling	Lionel Castle		Please ring for details		No
Art (Watercolour)	Audrey Leech		Monday 9.30 – 12.00	Robin Hood Activity Centre	No
Art Gallery/Museum	Antony Gordon		Various visits arranged	Please contact for details	No
Bird watching	Peter York			Please contact for details	No
Bridge	Cicely James		2.00 – 4.00 Every Monday	Brammer Room	No
Chess and Backgammon	Jan Fraser		1 st & 3 rd Mon 10.00-12.00	Home	No
*Computing (Beginners)	Alan Paul Chris Dean		Monday 2pm – Please ring for details of new classes	Alan Paul's House	No
*Computing (Intermediate)	Alan Paul Chris Dean		Wed & Friday 2pm – Please ring for details of new classes	Alan Paul's House	No
Current Affairs	Carol Wright		3 rd Wednesday 2.00 -3.30	Brammer Room	No
Family History	Barbara Jukes Philip Jones		4 th Tuesday in month 10am	Blidworth Methodist Church	No
Folk Dancing	Mike and Mary Adams		2 nd & 4 th Mon 2pm - 4pm	Ravenshead Village Hall	No
French Beginners	Jill Rogers		Wednesday 10.00 – 12.00	Please telephone for details	No
French Conversation	Brian Machin		1 st & 3 rd Mon 10.00-11.30.	Please telephone for details	No
Guitar	John Bewick		1 st & 3 rd Thur 10.15 - 12.45	Ravenshead Church Lounge	No
Knitting and Crochet	Anne Lovegrove Liz Corner		2pm – 4pm Friday.	Brammer Room, Village Hall	No
*Local History	Philip Jones		2pm – 4pm 2 nd Tuesday	The Hutt	No
Luncheon Club	Chris Dean Sue Owen			Please ring for details	No
*Mah Jong	Judy Bragg Peter York		Tuesday - 1.30 – 3.30	Brammer Room, Village Hall	No
Music Appreciation 1	Joan Harvey		2 nd Tuesday 2.00 – 4.00	Members' Homes	Full
Music Appreciation 2	Val and Mike Willson-Lloyd		2 nd Thursday 2.00 – 4.00	Members' Homes	No
Music Appreciation 3	Fay Garrison		3 rd Tuesday 1.30 – 3.00	Members' Homes	No
Occasional Visits	Various			Please see website, U3A4U or info at monthly meeting	
Pastels	Wanda Parker		Weekly	Please ring for details	No
Photography	Dennis Harvey Glynne Payze		Last Wed at 2pm	Brammer Room	No
Reading Group 1	Carol Payze		3 rd Tuesday 2pm	Carol's house	No
Reading Group 2	Pat Brown		3 rd Tuesday 2pm	Members' Home	Full
Scrabble	Susanne Smith		3 rd Tuesday 10am	Brammer Room, Village Hall	No
Long Walks	Ivan McNulty			Ring for info or see website	No
Strollers (short walks up to 1 hour)	John West		3 rd Friday 10.30	For more info see website	No
Thursday Walks	Paul and Margaret Craddock		2 nd & 4 th Thursday - 1.30 prompt start.	Details on the website or contact Paul and Margaret	No
• Wine Group 1	Lionel Castle		3 rd Friday	Members' homes	Full
Wine Group 2	Brenda Beale		1 st Tuesday	Members' homes	Full
Wine Group 3	Michael Neville		2 nd Monday	Members' homes	Full
Wine Group 4	Judy Vaughan		3 rd Tuesday	Members' homes	Full
Wine Group 5	Sue Tidbury		1 st Wednesday	Members' homes	Full
Yoga 1 (Beginners)	Jean Cooke		Wkly 1.30 – 3.00 Wed	Village Hall	No
Yoga 2	Bob Ford		Wkly 2.00–3.30 Tuesday	Village Hall	No
Yoga Group 3	Bob Ford		Wkly 10.00–11.30 Friday.	Village Hall	No

*Groups marked with an asterisk are either new groups or groups yet to set up

If you are interested in joining any of the above Groups but they are showing as full, please contact the Group Leader to ask to be put on a waiting list. You will then be contacted once a place becomes available or there are enough people to form a further Group.

- If you wish to be put on the reserve list for the Wine groups please have a word with Lionel (Wine group 1)

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D.H. Lawrence Study Group, a regional U3A initiative!

Last September there was an opportunity to join a U3A study group looking at the life and work of local author David Herbert Lawrence. Three members of Ravenshead U3A joined others from around the region in an initiative designed to encourage in-depth study across U3A groups. Malcolm Gray, a member of Oadby U3A in Leicestershire, who is also Chair of the D H Lawrence society, has helped to put together a programme of visits and lectures which includes a visit to the Phoenix Film theatre in Leicester to watch a screening of *The Priest of Love* and hear from Professor Christopher Miles, who is a leading expert on D H Lawrence and a film director. This is a unique opportunity to hear him and to see his work. Also Dr. Hilary Hillier will speak to the group about Lawrence's use of dialect.

As a group we read and discuss a wide variety of this prolific writer's work, including novels, short stories and poems and his lesser known travel books. Many works of reference have been studied, and we are enjoying sharing views and ideas. There are innumerable aspects of Lawrence's life and work which inspire more individual study, and amongst us we are looking at such diverse topics as

- Lawrence as literary critic
- Lawrence's reputation today
- Lawrence's experience as a student teacher in Nottinghamshire and in Croydon, and how this translates into his novels
- The Chambers family and their influence
- A study of Lawrence's short stories
- Lawrence and nature, the symbolism of flowers in *Sons and Lovers*

The in depth study group will run for a year and it is hoped that we will all have expanded our understanding and appreciation of Lawrence, and maybe produced some written account of our chosen area of study.

Judith Moore, Ravenshead U3A Committee Member



John Rollinson's Indian Cookery Page



This is a short simple recipe which is quick to make. The title is a little misleading since there is very little in the recipe to make this sour.

1. Most of my recipes make little mention of the ubiquitous fresh chopped coriander leaves as a garnish. Yes, they look nice but they are optional - I don't happen to like them. Feel free to adjust any of these recipes to taste. I rarely follow a recipe exactly: some things I don't have or like. It only makes a little difference.
2. In any recipe involving whole spices, they should be removed before serving.
3. Cardamom pods can be split open to yield the seeds which can then be ground. Bay leaves fall under the same rule.
4. Prawns and other seafood should be completely shelled. Leaving the tail on because it looks pretty is a chef's trick to save time and effort. Everything on the plate should be readily edible

Sweet & Sour Balti Chicken

1 tbsp tomato puree 2 tbsp tomato ketchup 2 tbsp Greek yoghurt
1 tsp garam masala 1 tsp chilli 2 tsp mango chutney 1 tsp salt
1 tsp crushed garlic 1 fine chopped shallot
½ tsp granulated sugar (or black treacle) – do not overdo
3 tbsp oil 675g skinless boneless chicken 150 ml water
2 chopped green chillies 2 tbsp single cream

Method

- In a small bowl, thoroughly mix the puree, ketchup, yoghurt, masala, chilli, chutney and salt.
- Heat the oil and fry the shallot and garlic on gentle heat for 2 min.
- Add the bowl mixture and cook.
- Add the chicken pieces, stir and cook for 8 min. Add a little water to thin the sauce as required.
- Cook until the chicken is tender then add the chopped chillies.
- Stir in the cream and cook on low for 2 min.

John Rollinson is the leader of the Indian Cookery interest group, which is currently inactive. In the meantime John would like to share his love of Indian cooking with you. If you try this recipe, please let us have your comments for the next edition. (editor)

The Computer Swallowed Grandma

*The computer swallowed grandma,
yes, honestly it's true.
She pressed 'control' and enter,
and disappeared from view*

*It devoured her completely,
the thought just made me squirm
She must have caught a virus,
or been eaten by a worm*

*I've searched through the recycle bin,
and files of every kind
I've even used the Internet, but
nothing could I find*

*In desperation, I asked Jeeves, my searches to refine
The reply from him was negative, not a thing was found online*

*So, if inside your 'inbox', my Grandma you should see
Please Scan, Copy and Paste her
In an e.mail back to me.*

by Mrs Valerie Waite, Derbyshire



This is a tribute to all the Grandpas and Grandmas Nanas and Pops who have been fearless and learned to use the computer. They are the greatest. We do not stop playing because we grow old, we grow old because we stop playing. Never be the first to get old.

Submitted by Chris Dean, Ravenshead U3A Committee member.

If you are concerned about being swallowed by your computer or just wish to improve your computing skills, contact Chris Dean or Alan Paul, coordinators of the Computer Group. (Telephone numbers are in the Committee list on page 2).

We talked about growing old gracefully

Dedicated to Jean, Bob and Val and all those who attend the Yoga groups on Tuesdays, Wednesdays and Fridays.

*We talked about growing old gracefully,
And Elsie, who's seventy-four
Said, a) it's a question of being sincere,
And b) if you're supple you've nothing to fear.*

Then she swung upside-down from a glass chandelier!

And I couldn't have liked it more!



**From "I went to a marvellous Party" by Noel Coward 1938
Submitted by Judith Moore.**

Bob's Quiz

Answers on page 19

How well do you know the old money? Twelve clues to identify twelve amounts of pre-decimal currency	£	s	d
A stone			
Old transport			
A man's name			
A singer			
A kind of pig			
A leather worker			
Part of a primate's leg			
Sun, moon and Pluto, for example			
50% of pants			
Hit repeatedly			
Unwell sea creatures			
Royal head dress			
15			
TOTAL	32	17	8½

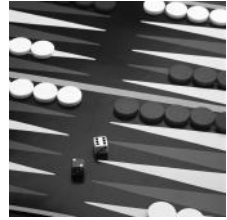
The games we play!

Backgammon

Backgammon is one of the oldest board games for two players. The playing pieces are moved according to the roll of dice, and players win by removing all of their pieces from the board. It is a member of the tables family, one of the oldest classes of board games in the world. Excavations in Iran have shown that the game existed there around 3000 BC. Variants have also been found in Egypt, Rome and China.

The game then travelled to Europe and first appeared in France during the 11th century becoming a favourite pastime of gamblers. In England

in the sixteenth century, Elizabethan laws and church regulations prohibited playing tables, but by the eighteenth century backgammon was popular among the English clergy. In English, the word "backgammon" is most likely derived from "back" and Middle English "gamen", meaning "game" or "play". The earliest use documented by the Oxford English Dictionary was in 1650. The most recent major development in backgammon was the addition of the doubling cube. It was first introduced in the 1920s in New York City.



Bridge

Contract bridge, or simply bridge, is a trick-taking card game using a standard 52-card deck. It is played by four players in two competing partnerships, with partners sitting opposite each other around a table. Millions of people play bridge worldwide in clubs, tournaments, online and with friends at home, making it one of the world's most popular card games. Bridge is a member of the family of trick-taking games and is a development of Whist, which had become the dominant such game enjoying a loyal following for centuries.

According to the Oxford English Dictionary, Bridge is the English pronunciation of a game called Biritch, which was also known as Russian Whist. The oldest known Biritch rule book dated 1886 is by John Collinson. In 1904 auction bridge was developed, in which the players bid in a competitive auction to decide the contract and declarer. The object became to make at least as many tricks as were contracted for and penalties were introduced for failing to do so. The modern game of contract bridge was the result of innovations to the scoring of auction bridge.



Chess

Chess is a two-player strategy board game played on a chessboard, a square gameboard with 64 squares arranged in an eight-by-eight grid. It is one of the world's most popular games, played by millions of people worldwide. Chess is believed to have originated in northwest India during the sixth century. The game reached Western Europe and Russia by at least three routes, the earliest being in the 9th century. By the year 1000 it had spread throughout Europe. Writings about the theory of how to play chess began to appear in



the 15th century. In the 18th century, the centre of European chess life moved from the Southern European countries to France and chess was played in coffee houses in big European cities like Café de la Régence in Paris and Simpson's Divan in London.

Mahjong

Mahjong is a game that originated in China, commonly played by four players. Mahjong is a game of skill, strategy and calculation which also involves a certain degree of chance. It is played with a set of 144 tiles based on Chinese characters and symbols. Because of the solid form of the tiles, mahjong is sometimes classified as a domino game but has similarities to card games such as rummy. Indeed games scholar David Parlett has written that the Western card games Conquian and Rummy were derived from Mah-jong. All these games involve players drawing and discarding tiles or cards to make melds. One of the myths of the origin of mahjong suggests that Confucius, the Chinese philosopher, developed the game in about 500 BC although many historians believe it was based on a Chinese card game called Mǎdiào which was popular in the early Ming dynasty. In 1895, Stewart Culin, an American anthropologist, wrote a paper in which mahjong was mentioned. This is the first known written account of mahjong in any language other than Chinese. By 1910, there were written accounts in many languages, including French and Japanese. The game was imported to the United States in the 1920s. In 1977 British author Alan D. Millington revived the Chinese classical game of the 1920s with his book *The Complete Book of Mah-jongg*.



Scrabble

Scrabble is a word game in which two to four players score points by forming words from individual lettered tiles on a gameboard marked with a 15×15 grid. The words are formed across and down in crossword fashion and must appear in a standard dictionary. American architect Alfred Mosher Butts created the game in 1938 as a variation on an earlier word game he invented called Lexiko. The game is sold in 121 countries and there are 29 different language versions. In an English-language set the game contains 100 tiles, 98 of which are marked with a letter and a point value ranging from 1 to 10. The number of points of each lettered tile is based on the letter's frequency in standard English writing. Approximately 150 million sets have been sold worldwide with the game reaching the UK on January 19, 1955.



Ravenshead U3A gives you a chance to play all these games. See the groups list in this magazine or on the U3A website.

My introduction to Yoga

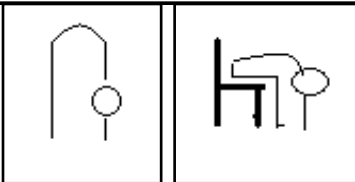
A few years before I retired, I started going to the gym to exercise and get fit but more importantly to try and keep up with my grandchildren – where do they get their energy? I quite enjoyed it initially but after a while I began to find the repetition a little boring.

Working away on the treadmill one day I noticed a class going on in one of the studios and thought that looks fun - not too aerobic - I think I could manage that!

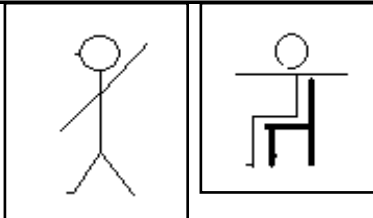
Having waited for the class to finish I went and spoke to the teacher and asked her what she was teaching. Her answer was yoga. Would you be prepared to take someone of my age I asked? (The students had all looked an awful lot younger than me). Many years on I was to remember her reply which was “anyone can practise yoga”. That was fourteen years ago and now a lot older and I hope wiser, I have witnessed for myself that yes indeed anyone can practise yoga.

Sadly as we age we begin to lose our flexibility and our balance suffers. The beauty of the practice of yoga is that it can be adapted to suit the needs of each individual. As you will see from the postures below it is perfectly possible for someone who is unable to stand for very long or walk too far, whatever the reason, to practise the postures from or with the aid of a chair.

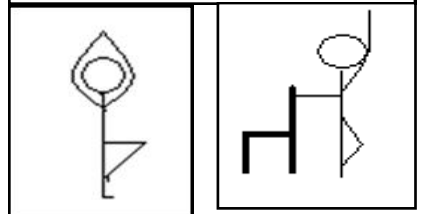
Forward bend and forward bend from a chair



Standing twist and sitting twist



Tree and tree using a chair



Yoga is not all about being bendy or being able to put your legs behind your head!!! And just in case you are wondering the answer is “NO I CAN'T”.

Valerie Ford, Ravenshead U3A Committee member.

Notice Board



Mini-interest Groups

Your Committee is aware that in a U3A branch as large as ours (over 300 members) there is a wide variety of interests and expertise, probably more than is reflected in our programme of groups that meet regularly.

We propose, therefore, to make available this notice-board in the magazine to enable any member to contact another member with a similar interest that does not figure in our current programme.

All you need to do is as follows:

- register your name, telephone number and a very short statement of interest (possibly just three or four words),
- phone or email the magazine editor on XXXXXXXXXXXX.

The details will then appear on this notice-board, in the next available issue, and thereby enable another member with a similar interest to contact you and arrange a mutually convenient time and place to meet.

Such mini-group meetings might consist of no more than two or three people; they would be private meetings and incur no cost to the U3A.

Please also bear in mind that the U3A has a policy of non-religious and non-political activity and that the editor's decision on all material to be published is final. Nevertheless we hope this notice-board will meet with members' approval and be well used.

David Morton, Ravenshead U3A Committee member.

Quiz Answers:

Total: £32. 17s. 8½ d.

1: £14.

5: £1. 1s (guinea pig)

9: 10s. (half a knicker)

2: 1 ¼ d. (penny farthing)

6: 6d. (tanner)

10: £1 (pound)

3: 1s. (Bob)

7: ½ d. Ha'penny/Ape-knee

11: £6 (sick squid)

4: £10. (tenor)

8: ¾d. (three far things)

12: 5 s. (crown)

Dates for Your Diary

(check website for latest information)

Monthly Meetings

Tue May 14th 2013	London from the Monopoly Board. Speaker Clive Holliday
Tue Jun 11th 2013	Annual General Meeting
Tue Jul 9th 2013	Mrs Simpson and the Crown's Jewels. Speaker Geoff Dyer.
Tue Aug 13th 2013	David Darby (Subject to be announced)

Social Events

Mon May 20th 2013	"Coffee and Conversation" from 10 a.m. at St. Peter's Church Hall.
Wed June 19th 2013	"Coffee and Conversation" from 10 a.m. at St. Peter's Church Hall.
Mon Jul 15th 2013	"Coffee and Conversation" from 10 a.m. at St. Peter's Church Hall.

Occasional Visits

Wed May 15th 2013	Kelham Island Museum. Details on website occasional visits page.
Fri May 17th 2013	Back to Back Houses Birmingham (National Trust) Details on website occasional visits page.
Tue May 21st 2013	Trip to the Barber Institute, University of Birmingham. Details on Art Gallery / Museum group page.
Sat Jun 15th 2013	NEC BBC Food and Drink Show. Details on website occasional visits page.
Wed Oct 23rd 2013	Westonbirt Arboretum Trees in Autumn. Details on website occasional visits page.
Thu Dec 5th 2013	Chatsworth House at Christmas. Details on website occasional visits page.