

NEXT MONTHLY MEETING - 10 am on TUESDAY 8th October 2024



Monthly Meeting

Tuesday October 8th 2024 10.am
St. Peter's Church, Ravenshead



Speaker: Geoff Harris

Title: "The London No-one Tells You About"

Geoffrey Harris' talk "The London No-one Tells You About" is a fast-paced, amusing and at times downright funny talk as he sheds a light upon some of the lesser-known facts about London, its laws and its strange inhabitants. You will be left wanting to know so much more about human lavatories, coffin-escape devices and one-legged escalator testers that you will just have to go there yourselves!



Our **Members' Christmas Lunch** will take place at the **Oakham Suite, 155 Nottingham Rd, Mansfield NG18 4AE** on **Tuesday 10th December**

Book your tickets at our Monthly Meeting or at the Weekenders Group

More information on Page 2

Good News after Last Month's Appeal
Thanks to Mike Fanfarillo for coming forward to take over from Alan Walker as our Social Treasurer from January 2025



Our Trips are now back on for 2025



Chair's Chat

Find out what John Butler has to say on page 25

Ru3a CHRISTMAS LUNCH AT THE OAKHAM SUITE - 12.30pm TUESDAY 10th DECEMBER 2024

We are pleased to announce that the annual Members' **Christmas Lunch** will take place at the **Oakham Suite, 155 Nottingham Rd, Mansfield NG18 4AE** on **Tuesday 10th December** starting from 12 noon for 12.30pm. Pronto buses stop about 100 metres from the venue.

There is a choice of either a 2 course meal for £24.95 or £29.95 for 3 courses.

Tickets will be on sale at our Monthly Meeting and at Weekenders

Starters

Calamari with Lime mayo served on a bed of leaves
 Soup of the Day served with a warm bread roll
 Chicken Liver Parfit served with homemade croutons and chutney
 Creamy Garlic Mushrooms Served on a toasted Ciabatta

Mains

Turkey Christmas Dinner served with all the trimmings
 Roast Beef Dinner Served with creamy mash, seasonal Vegetables and homemade Yorkshire pudding
 Poached Salmon Served with New potatoes, Side of seasonal Vegetables with Dill and Prawn Sauce
 Vegetable Wellington Served with new potatoes, Seasonal Vegetables (VEG/V)

Desserts

Traditional Christmas Pudding served with Brandy Sauce
 Lemon Posset served with homemade Shortbread
 Terrys Chocolate Orange Cheesecake served with pouring cream
 Fudge Cake served with Pouring Cream
 Chocolate Fudge Cake served with pouring cream (Vegan)



WHAT A SUCCESSFUL u3a DAY!

We were thrilled that so many more Ravenshead residents than we expected dropped in to our u3a Day event on Friday, 27th September... and so pleased that a phenomenal number decided to join us as new members.... A Big Welcome to you all!

It was a large effort by our Committee Members and Group Leaders to put together the displays that showcased all of our active Interest Groups, and also none of it would have been possible without the help of our support team volunteers!



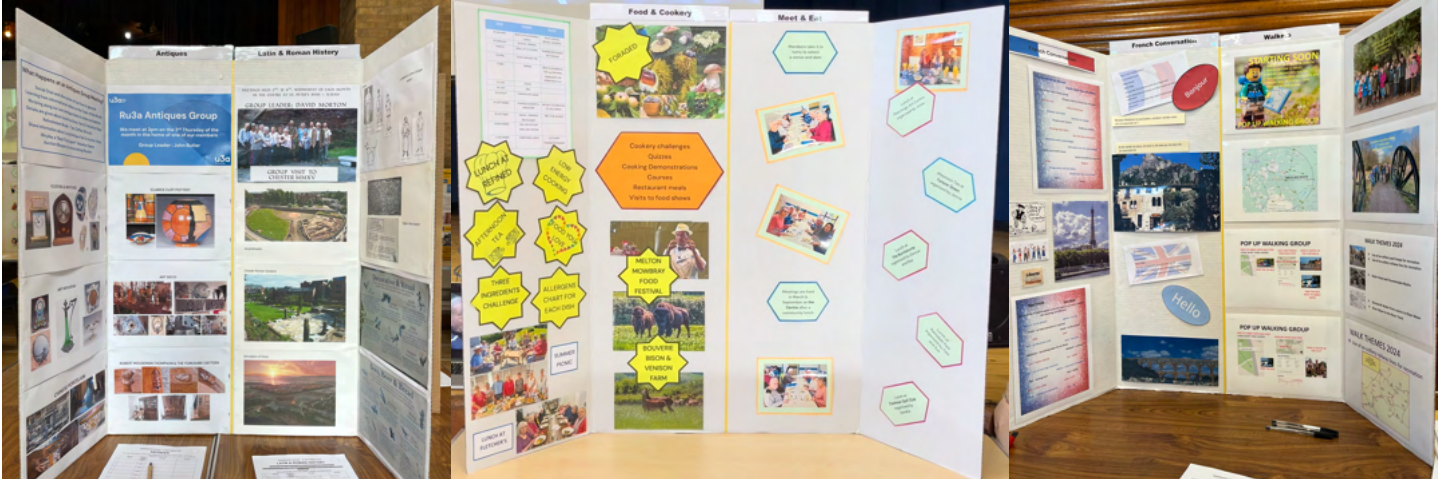
A PHOTO RECORD OF OUR RAVENSHEAD u3a DAY - FRIDAY 27th SEPTEMBER 2024



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RAVENSHEAD u3a ALFA TRAVEL COACH HOLIDAY TRIP TO ISLE OF WIGHT IN JUNE 2025

Shanklin Coach Holiday

2 Excursions

Leaves 21st June 2025 for 5 days

ONLY
£465
pp

Join us for an Alfa Travel Coach Holiday to the Isle of Wight

Alfa Travel Coach (New) Holiday to Shanklin

5 days/4 nights at the Shanklin Hotel, Isle of Wight (half board)

Excursions included to :
Alum Bay/Yarmouth & Osborne House/Whippingham Church

Leaves 21st June 2025

£465 per person
(sharing twin/double room)

£50pp deposit payable now



ALUM BAY & YARMOUTH

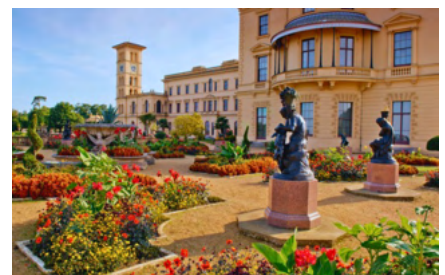
Alum Bay is well known for its multi-coloured sand cliffs and stunning views across the Solent.

Close to Alum Bay is probably the Isle of Wight's most famous landmark : The Needles

OSBORNE HOUSE & WHIPPINGHAM CHURCH

'It is impossible to imagine a prettier spot,' said Queen Victoria of Osborne House, her beloved home on the Isle of Wight

The village of **Whippingham, and St Mildred's Church** as its parish church, are best known for their connections with Queen Victoria, and are in the centre of the royal estate.



GROUPS UPDATE FROM ANNE ELDRIDGE - GROUPS CO-ORDINATOR

If anyone needs any further information on the following, please contact Anne by email at: groups@ravensheadu3a.org.uk or the relevant Group Leader via the **website**.



1. EXPRESSIONS OF INTEREST

These are groups I hope to be able to set up in the future. If you think you may be interested, please let me know - no obligation if you later decide that the group doesn't meet your needs.

1.1. **Walking - 2 to 3 miles (New Expression of Interest)**

This Group is intended for those who would like shorter walks than those currently offered.

1.2. **'Hearts' Workshop and Tournament.** 'Hearts' is a card game that I am assured isn't difficult to learn. We are hoping to run this Workshop over two sessions. The first session will consist of learning how to play the game and the second (possibly a week or fortnight afterwards) will take the form of a Tournament. As always we will provide you with a cuppa and are aiming for two enjoyable sessions to brighten up your autumn days.

1.3. **Spanish Conversation** - Unfortunately we had to postpone the planned meeting on 16th September and a new date will be organised as soon as possible. In the meantime, please put your name on the list. This group is intended for those with an intermediate level of Spanish and/or as a follow-on from the Holiday Spanish Group.

1.4. **'Persons in Sheds'** (working group name only)

This is an opportunity for anyone with an interest in joinery or 'pottering around' to develop and/or learn new skills. (It is intended that the group name will be re-considered once we have sufficient members to form a viable group).

1.5. **Madrigal Singing** - unaccompanied singing - please note that it is necessary to be able to read music.

1.6. **Art Appreciation** - It is envisaged that this group will involve discussions, visits, possibly visiting speakers - you don't need a knowledge of the subject just a desire to learn a bit more.

2. WALKING GROUP REVIEW - What would you like to see in Ravenshead u3a?

A meeting was held on the 18th September to review our Walking Groups to ensure they still reflect the current needs of the membership. I would like to extend my thanks to all those who attended and offered their ideas and suggestions. Thanks to their input and the guidance of current Group Leader, Paul Craddock, we are working on some very exciting developments.

These include:

- the continuation of the existing 5 mile walks but on a slightly revised basis,
- 'Pop-Up' walks (last minute notice walks to take advantage of 'promised' good weather and availability of Walk Leader) and,
- a new 2-3 mile walk will be researched (Expression of Interest shown above) for those who want a shorter distance.

Watch this space for further developments - in the meantime, if you would like to join in, please let me know.

GROUPS UPDATE FROM ANNE ELDRIDGE - GROUPS CO-ORDINATOR

3. BITE SIZED SESSION - TAI CHI WORKSHOP

Another workshop will be run on the 21st November from 3 until 4 pm in the Centre.

As numbers are restricted, we will work on a first-come, first-served basis. Bookings with full payment (£1.50 per person) will only be taken at the monthly meeting in the church on the 12th November from 9.40 until 10 am and again during the coffee break. I am sorry if this causes anyone any problems but we have to ensure that all members have an equal opportunity to participate if they wish.

4. SHOWCASE GROUP OF THE MONTH - Cinema and Theatre Group

This month's showcase is devoted to the Cinema and Theatre Group who meeting dates & times vary according to scheduled performance dates.

This group is for anyone who loves the performing arts. They try to support local events, which includes using The Bonington Theatre where they see current movies plus national streamed shows, ballets & opera.

Come over to the display table before the meeting starts and during the break and speak to Group Leader, Gilly Hagen.



NEWS FROM OUR ACTIVITY & INTEREST GROUPS

ARMCHAIR TRAVELLERS GROUP

This month the group looked at the culture of Paris away from the usual tourist traps.

We started off by learning about the history of the Paris region, going from a small settlement in 8000BC, and moving forward to the tribe Parisii, a Celtic group that settled on the banks of the Seine around 259BC.

In 52 BC, a Roman army led by Titus Labienus defeated the Parisii and established a Gallo-Roman garrison town called Lutetia. The town was Christianised in the 3rd century AD, and after the collapse of the Roman Empire, it was occupied by Clovis I, the King of the Franks, who made it his capital in 508.

However in 508 AD, following the collapse of the Roman Empire, Paris developed through the Middle Ages, becoming the largest City in Europe. The University of Paris was established and Paris was the birthplace for Gothic style of architecture.

Paris became the book publishing capital of Europe during the 16th Century, but there was intellectual ferment which led to the revolution and the subsequent rise of Napoleon Bonaparte, a strong man who pulled the nation together. He was a bit of a warmonger, and for nearly every victory he organised the building of significant buildings, boulevards, monumental squares and parks.

We then started to look at the Palais Bourbon, the meeting place of the National Assembly with its beautiful library and chambers.



Following that, we had a quick look at the Elysee Palace, the official residence of the President, and quickly moved on to the Luxembourg Palace, the home of the Senate, which has fantastically painted ceilings done in the classical style and we had a quick look at the Luxembourg Gardens which sit to the rear of the building.

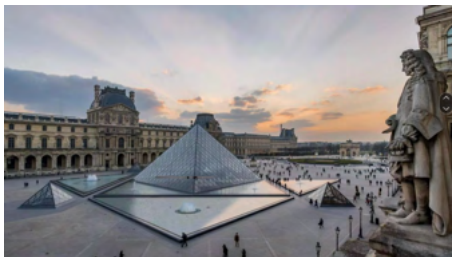
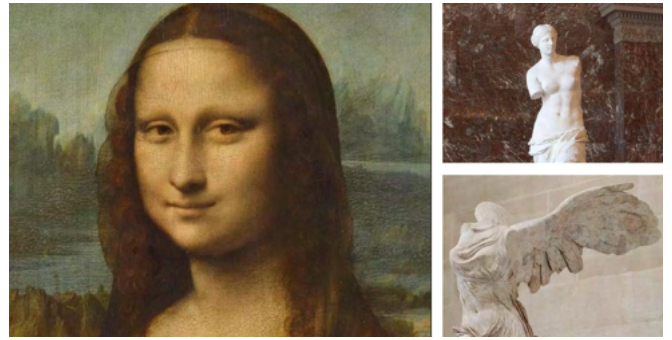


North facade of the Palais Bourbon

NEWS FROM OUR ACTIVITY & INTEREST GROUPS

We moved on to look at the Louvre with a video tour. Obviously the Mona Lisa , Venus de Milo and Winged Victory were highlighted but there were many more enormously large paintings on display.

Rick Steve, a Canadian travel host, gave us a tour of several museums, where he concentrated on special paintings and embroideries, delving into their significance. He told how it is the painting techniques which make them special.



We also had a short video tour of the Palace Versailles. Several members of the Group could recall how it was when they visited the Palace several years ago and of course we all saw the grounds which were used during the Paris Olympics.



There was a quick visit to the Musee d'Orsay and Picasso Museum, and finally we were introduced to the more modern art of the Centre Pompidou.

This was a rapid tour of the Museums and Palaces of Paris.

It was difficult trying to keep up with this non stop display of art, and it ensured that everybody was made aware that the next time they go to Paris there is a lot more to see and enjoy.

WRITING FOR FUN! GROUP

This is the background to the Creative Writing Workshop at the u3a Notts Network Conference on Saturday 21st September 2024 that Halinka Rajchel attended :

- A word was chosen from a list (I selected the word tree)
- A cluster of words was created from the word
- Then followed a 5 minute non-stop writing session using ideas, etc., from the cluster
- About two thirds of the writing was to be eliminated
- A condensed poem was created from what remained



My Poem - **DIARY OF A FELINE** - by Halinka Rajchel

Cat settled under tree
 Bird song heard from above
 Sun, not friendly today
 Curious cat under canopy
 He waits, motionless.

You can find out more details on our group page at the website here:

[Writing for Fun - Ravenshead \(u3asite.uk\)](http://www.u3asite.uk)

Halinka Rajchel - Group Leader

NEWS FROM OUR ACTIVITY & INTEREST GROUPS

ANTIQUES GROUP



In September, the Antiques Group members again gathered at Judy Walker's home to view a presentation prepared by GL John Butler about **Glass & Crystal Paperweights**.

Although small enough to fit in the palm of your hand, these beautifully crafted miniature masterpieces attract dedicated collectors and sell for amazing amounts of money at auction.

We started by looking at a BBC Antiques Roadshow programme from 2016, where the antiques expert, Ferguson Gambon, spotted a rare French Clichy paperweight brought to the valuation day by a member of the public, that he valued at £22,000.

Starting as a sideline by 3 famous French glassmaking families :- Clichy, Saint-Louis and Bacarrat, paperweights rapidly gained popularity with the aristocracy and wealthy businessmen in the Victorian era.

There then followed several videos showing how paperweights are made today, from an expert in the USA and also the last remaining glass paperweight maker in France, the original Saint-Louis company, whose paperweights retail new at around £10,000.

The afternoon finished with the members watching a video recording of the vintage "Going for Song" BBC Antiques TV programme from 1976 featuring Arthur Negus.

The group meet in the afternoon of the 3rd Thursday of the month at 2pm. For more information about the group, contact **Group Leader - John Butler** via the website.

FOOD & COOKERY GROUP

The theme for the group's September home "Fuddle" was originally "Forage & Harvest", but was extended to include "Gruesome" food as it was agreed that members should visit a Lebanese restaurant during October instead of having another "fuddle" based on Halloween..

The "Gruesome" theme seemed to be popular, with not only the members' food contributions, but some arriving in appropriate fancy dress.

Amongst the contributions to the food table there were :

- Beetroot Soup
- Maggot Cocktails
- Mummy Dogs
- Slimy Worms on Buns
- Spooky Pizzas
- Blood & Guts
- Ghoulash & Maggots
- Pumpkin Pie
- Velvet Cake with Black Icing



For more information about the group, contact **Group Leader - Maria Gabrielczyk** via the website.

AN A TO Z OF OUR INTEREST AND ACTIVITY GROUPS

[Antiques](#)

Status: Active
on Thursdays
2 pm 3rd Thursday

[Armchair Travellers](#)

Status: Active
on Wednesdays 2:00 pm–4:00 pm
4th Wednesday

[Belly Dancing](#)

Status: Active
on Thursdays 12:45 pm–1:45 pm
In term time only

[Book Reading](#)

Status: Active
on Wednesdays 2:00 pm–4:00 pm
Last Wed. of the month

[Bridge Buddies](#)

Status: Active
on Wednesday afternoons 2:00 pm–4:00 pm
4th Wednesday

[Canasta](#)

Status: Active
on Tuesdays 2:00 pm–4:00 pm
2nd & 4th Tuesday

[Chair Yoga](#)

Status: Wait list only
on Fridays 2:00 pm–3:00 pm
2nd & 4th Fri.

[Chess and Backgammon](#)

Status: Active
on Mondays 10:00 am–12:00 pm
1st & 3rd Monday

[Cinema and Theatre](#)

Status: Active
Various times and dates: The group meeting dates vary according to scheduled performance dates.

[Country and Folk Dancing](#)

Status: Active
on Mondays
2 pm 2nd, 4th Monday

[Craft](#)

Status: Wait list only
Weekly on Thursdays 9:00 am–12:00 pm
Every Thursday

[Creative Writing](#)

Status: Active
on Fridays 2:00 pm–4:00 pm
Last Friday of the month

[Cryptic Crosswords](#)

Status: Active
on Thursdays 10:00 am–12:00 pm
1st & 3rd Thursday ZOOM Meeting

[Dog Friends](#)

Status: Active
Monthly on Monday mornings 11:00 am–12:00 pm
4th Monday usually for meeting (Portland, but places can vary)

[Food and Cookery](#)

Status: Full
on Fridays
2nd or 3rd Fridays but not always!

[French Conversation](#)

Status: Active
on Mondays 10:00 am–11:30 am
1st & 3rd Monday

[Garden](#)

Status: Active
on Wednesdays 10:00 am–12:00 pm
3rd Wednesday

[Guitar](#)

Status: Wait list only
on Thursdays 9:45 am–11:45 am
1st & 3rd Thursday

[Hikers \(5–8 miles\)](#)

Status: Active
Monthly on Wednesdays 9:30 am
2nd Wednesday usually meets in Ranger car park

[Holiday Spanish](#)

Status: Dormant
on Tuesdays
Dates and times for 2024 to be decided.

[Knitting and Crochet](#)

Status: Active
on Fridays 2:00 pm–4:00 pm
1st (NOT Jun–Aug) and 3rd Friday

[Knitting and Crochet](#)

Status: Active
on Fridays 2:00 pm–4:00 pm
1st (NOT Jun–Aug) and 3rd Friday

[Latin and Roman History](#)

Status: Active
on Wednesdays 10:00 am–11:00 am
2nd & 4th Wednesday

[Local History](#)

Status: Active
on Thursdays 10:00 am–12:00 pm
4th Thursday

[Mah Jong](#)

Status: Active
on Tuesdays 2:00 pm–4:00 pm
1st & 3rd Tuesday NO EXPERIENCE NECESSARY!

[Meet and Eat](#)

Status: Active
Various venues, days and times, every other month or more often if arranged.

[Molky](#)

Status: Active
on Thursday mornings 11:00 am–12:00 pm
2nd & 4th Thursday

[Pétanque](#)

Status: Active
on Thursdays 11:00 am–12:00 pm
1st & 3rd Thursday

[Photography For Fun](#)

Status: Active
Monthly on Wednesdays 1:30 pm–3:30 pm
1.30 pm 1st Wednesday

[Salsa](#)

Status: Active
on Wednesdays 12:00 pm–1:00 pm
2nd & 4th Wednesday

[Science and Technology](#)

Status: Active
on Fridays 2:00 pm–4:00 pm
1st Friday

[Scrabble, Cribbage, Rummikub](#)

Status: Active
on Tuesdays 10:30 am–12:30 pm
1st, 3rd & 5th Tuesday

[Sprich mal Deutsch](#)

Status: Active
Times: Variable – am/pm/lunch/evening.
Venues: Variable – members' homes, pubs, café, restaurant and others

[Table Tennis](#)

Status: Active
on Mondays 2:00 pm–3:00 pm
1st, 3rd & sometimes 5th Mondays

[Thursday Walking](#)

Status: Active
on Thursdays 1:30 pm
4th Thursday. Venues vary

[Topical Discussion Group](#)

Status: Active
on Fridays 2:00 pm–4:00 pm
4th Friday

[Topical Discussion Group](#)

Status: Active
on Fridays 2:00 pm–4:00 pm
4th Friday

[Weekenders](#)

Status: Active
on Saturdays
1st Saturday Coffee & Chat 10.30am – 12.30 & 4th Saturday Games 2.00pm – 4.00

[Weekenders Sunday Lunch](#)

Status: Active
on Sundays
2nd Sunday. Venues vary

[Wine Group 1](#)

Status: Wait list only
Monthly on Fridays

[Wine Group 2](#)

Status: Wait list only
Monthly on Tuesday evenings
3rd Tuesday

[Wine Group 3](#)

Status: Active
Monthly on Monday evenings 7:30 pm–10:00 pm
4th Monday

[Writing for Fun!](#)

Status: Active
on Thursdays 2:00 pm–4:00 pm
2nd Thursday

[Yoga](#)

Status: Active
Every Tuesday at 2pm or Friday at 9.30am

RAVENSHEAD u3a ALFA TRAVEL COACH HOLIDAY TRIP TO TORQUAY



At the end of September, on the Saturday immediately after u3a Day, it was a bright and early start for nearly 30 Ru3a, Ashfield & Hucknall u3a members who had booked to go on the first ever 5 day 4 night Ravenshead u3a Coach Holiday, to Torquay, organised by Halinka Rajchel, and facilitated by Alfa Travel.

After about 7 hours of travelling, with a compulsory stop at Strensham Services on the M5 for the driver to rest, we arrived at the Metropole Hotel in Torquay in time for our bags to be taken to our rooms, a drink in the bar, and then evening dinner. Outside, the rain and the start of a storm force gale started to build, and the holidaymakers were fearing the worst for the first outing the following day.

TEIGNMOUTH

The wind was still howling around the hotel when we went down for breakfast on the Sunday morning, so when the coach left for the short journey to the small coastal town of Teignmouth we were expecting a drenching. Upon stepping down from the coach it was evident that the wind hadn't abated, and if anything it had increased, but for the 2+ hours we were there in the town the rain held off, and the only time we got wet was between the coach and the hotel entrance upon our return to the hotel.



TEIGNMOUTH

Most members headed into town to get away from the extreme wind, and fortunately there were plenty of coffee shops and charity shops open to offer shelter!



RAVENSHEAD u3a ALFA TRAVEL COACH HOLIDAY TRIP TO TORQUAY

Monday was designated as a "Day at Leisure", so members separated into groups to explore both Torquay and other local towns such as Babbacombe, Paignton & Brixham, by bus and taxi. Although still windy it was dry and cloudy, so still a great day for discovering some of the local sights and attractions.

BRIXHAM



RAVENSHEAD u3a ALFA TRAVEL COACH HOLIDAY TRIP TO TORQUAY

BABBACOMBE MODEL VILLAGE

A little gem, just along the coast from Torquay, and down the side of a steep cliff, is the Babbacombe Model Village. It is famous for its glorious gardens that help to set it aside as one of Europe's premier model villages. The gardens provide a stunning backdrop for the hundreds of miniature models and animated scenes. .



RAVENSHEAD u3a ALFA TRAVEL COACH HOLIDAY TRIP TO TORQUAY

PLYMOUTH

The final outing of the holiday was to the maritime city of Plymouth. The group was dropped off at Pheonix Wharf, close the historic Barbican area.

After a coffee in the restaurant by the wharf, the members boarded a tourist boat trip that took them out into Plymouth Sound, with views of The Hoe, Drakes Island, and up the Tamar River to the Devonport Dockyard and back.

Piece courtesy of Alan & Sally Brotherston



The cruise round Plymouth Harbour was a most interesting and informative sail. There was a chill wind blowing on the upper deck, where some of us braved the conditions, but thankfully no rain.

We packed a huge amount of historical information into that 1 hour sail & I must confess I've had to resort to looking up some facts to refresh my memory.

Ship building in Plymouth dates back before Tudor times & the world's oldest dry dock was built in Henry VII's time in 1495 . The first Royal Dockyard was built in 1690 .

No visit to Plymouth can pass without a mention of The Mayflower & The Pilgrim Fathers in 1620 who endured much at the start of their new life - the weather was atrocious & they had to spend most of their time below deck in very cramped conditions



The breakwater was built from 1812- 1841 with the aid of French prisoners at a cost of £1.5 million, equal to £26 million today. It was built to defend the entrance to Plymouth Sound as well as a fort & gun emplacements on both shores.

Moored up at the Devonport's Dockyard were several nuclear submarines awaiting decommissioning. Evidently it takes 30 years for their nuclear reactors to cool down.

A new dry dock was opened in Devonport in September 2024 in a £200 million revamp, which brings things right up to date.



RAVENSHEAD u3a ALFA TRAVEL COACH HOLIDAY TRIP TO TORQUAY

PLYMOUTH - A RETURN TO THE PLACE OF MY CHILDHOOD - By Sue Robb

Aged eight I moved to Plymouth, a city still regenerating from the devastating bombing of WW2.



Although there were bomb sites throughout the city, the centre had been rebuilt with wide streets and large department stores on Royal Parade. The Civic Centre, a controversial high rise block, was being constructed.

Aircraft Carriers and other naval vessels were often seen in Plymouth Sound and uniformed sailors were a common sight walking along Hoe Road past the art deco lido filled with freezing seawater.

On Plymouth Hoe was a statue of Sir Francis Drake and you could climb to the top of Smeaton's tower.



The Barbican had a couple of antique shops in the cobbled streets, a folk club, and the Mayflower steps. I saw a replica of the Mayflower sail from the steps on its voyage to America.

What's happened to these areas since I left in 1969? I found out on a nostalgic walk on the day trip to Plymouth, part of the u3a Torquay holiday.

The Barbican has been commercialised and is full of restaurants, bars and galleries. Boat tours are on offer, a museum has replaced the replica Mayflower, but the cobbles remain.



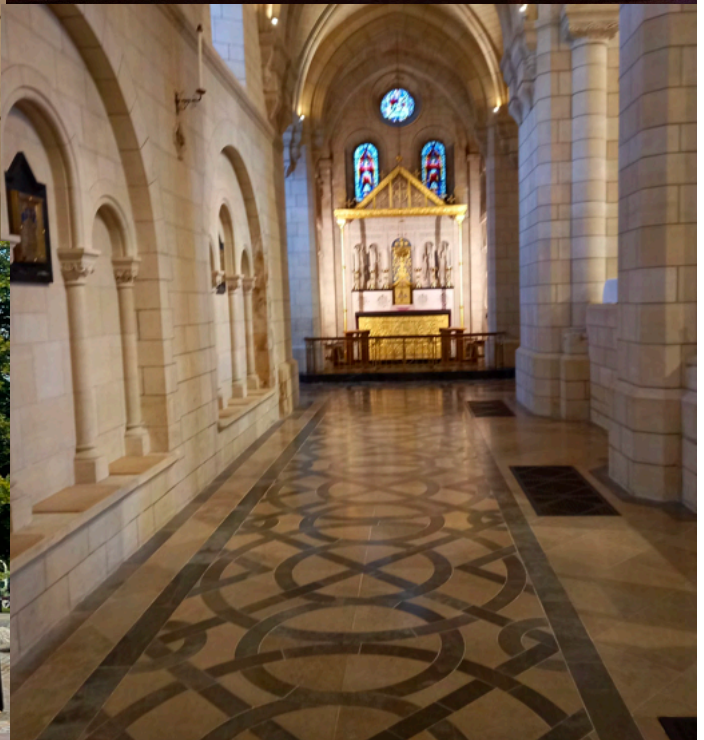
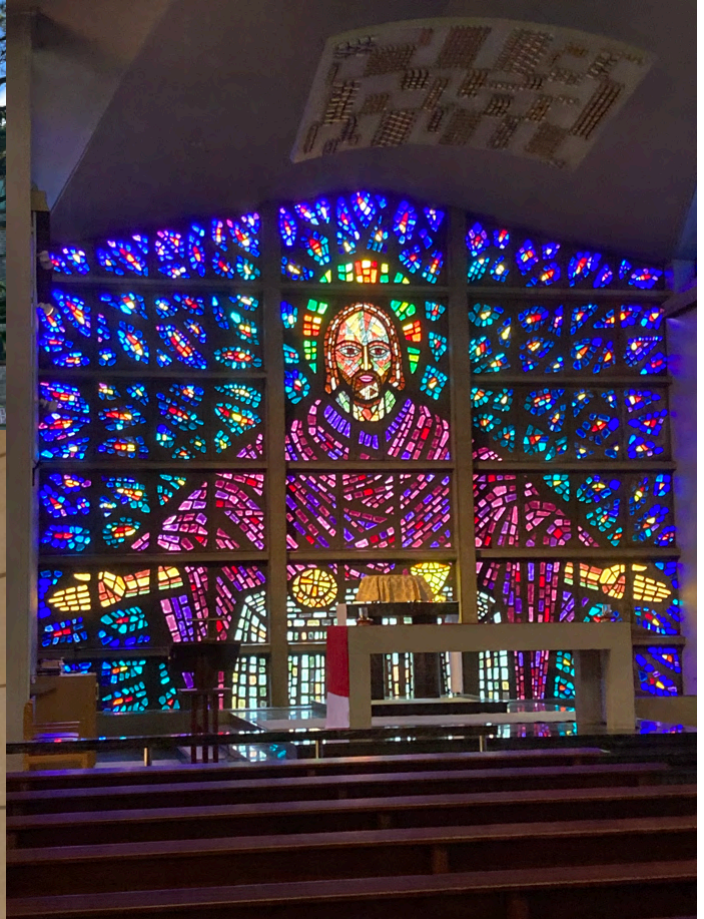
The Hoe is little changed, Drake is still staring out to sea and Smeaton's Tower painted red and white. The lido is being refurbished, although the large number of sailors have disappeared, along with their ships, and the dockyard that maintained them is a shadow of its former self.



RAVENSHEAD u3a ALFA TRAVEL COACH HOLIDAY TRIP TO TORQUAY

BUCKFAST ABBEY

A planned diversion to this famous Benedictine Monastery, on the fringe of Dartmoor, was the last visit on the holiday. In beautiful sunshine, we enjoyed the extensive grounds and admired the stunning interior of the abbey.



RAVENSHEAD u3a ALFA TRAVEL COACH HOLIDAY TRIP TO TORQUAY

BABBACOMBE THEATRE



The Babbacombe Theatre sits comfortably at the southern end of the Babbacombe Downs. Our coach driver took us directly from the hotel to the theatre after an early sitting for dinner.

This was my second visit there.

The show opened with a great blast of pop music and the presence of six glamorous girls cavorting about. They were enhanced by the addition of two even more stunning ladies able to sing and dance to enliven the proceedings.

The compère appeared with his usual jolly collection of jokes and remarks.

Further glamorous dance routines followed throughout the course of the show.

We were treated to a magician's tricks, excerpts from the Musical Shows, one of the best of which was the Kidz' Company's rousing and punchy rendition of "Matilda".

Sadly Miss Trunchball did not put in an appearance!

A long original sketch followed on the theme of Marriage Guidance Counselling : the hen-pecked husband versus the glamorous wife. The fun was in the sudden emergence on the sound track of well-known lyrics of pop songs to complete the sentences.

So when the counsellor asked the wife what she wanted, the Spice Girls blasted in with "I'll Tell You What I Want, What I Really, Really Want".

When the husband seemed to be getting the worst of it, he was urged to "Search for the Hero Inside Yourself".

So things moved on to the rousing finale of the whole cast, ending with a vote of thanks from the compère to us for supporting live theatre.

Thanks to **Geoff Rogers** for this review



Ru3a TRIPS UPDATE FROM HALINKA RAJCHEL - TRIPS CO-ORDINATOR

TRIPS INFORMATION for October & November 2024

IF YOU WISH TO BOOK A TRIP PLEASE SEE HALINKA RAJCHEL AT OUR MONTHLY MEETING OR AT A 'WEEKENDERS' GROUP MEETING.

If paying by BACS, please make payments to :

Ravenshead u3a Social Account

Co-op Bank Sort Code:- 08-92-99 Account number:- 65552700

Add your Surname followed by the Trip e.g Smith-Eastwood



Contact details for Halinka Rajchel: Mobile: 07762 802112. Email: trips@ravensheadu3a.org.uk

IMPORTANT NOTICE: Once you have paid for a trip, it is very important to let Halinka know if you are unable to go for whatever reason, as we have reserve lists and members may be able to go in your place. If someone goes in your place, you will be entitled to a refund!

TRIP CANCELLATIONS

Although we advertise our upcoming trips well in advance and each and every month, there is a minimum number of bookings that we have to achieve for each trip in order for it to be viable.

Unfortunately, if that minimum number is not achieved, then we do on occasion have to cancel the trip, as our trips are not subsidised from our membership income.

In these instances, which are fortunately few and far between, our Trips Coordinator, Halinka Rajchel, will contact you to advise you of the trip cancellation. Bookings for cancelled trips will be fully refunded.

TRIP REFUNDS

Where refunds become payable, they can be claimed in person at the Trips Table at our Monthly Meetings or at the next Weekenders meeting..

Carnegie Museum, Melton Mowbray

Tuesday 22nd October 2024 - TRIP FULL - SOLD OUT!

Trip leaves the Sherwood Ranger at **9.30am**

Cost : £9 (RCT Mini Coach Travel)

We will be visiting a special exhibition in the Carnegie Museum about the Parachute Regiment in the Melton District during the Second World War, created by local historian Brian Fare.



Set up in 1941 in response to the effective German paratroopers, by June 1944, there were five parachute brigades comprising 17 battalions. Five parachute battalions landed prior to D-Day (June 1944) to destroy bridges and gun batteries and to cut off German reinforcements. Six battalions, 1st, 2nd, 3rd, 10th, 11th and 156th, fought at the Battle of Arnhem in Holland, during Operation Market Garden in September 1944.

We will then have free time in Melton Mowbray on its market day to try out the local delicacies such as pork pies & cheese, and to visit the shops and eateries. There will also be a St Mary's Church lunchtime organ recital at 1pm with the trip finally departing at 3.30pm.

Ru3a TRIPS UPDATE FROM HALINKA RAJCHEL - TRIPS CO-ORDINATOR

Charnwood Museum & Loughborough Fair Friday 15th November 2024 - 2 PLACES AVAILABLE

Trip leaves the Sherwood Ranger at **9.30am** returning at 3.30pm
Cost : £8 (RCT Mini Coach Travel)

Charnwood Museum is situated in a former Victorian swimming baths. It showcases the rich heritage of the local area, featuring a wide range of exhibits reflecting the history, geology, archaeology and industries of Charnwood and the surrounding area.



Afterwards we will visit the Loughborough Fair in the town centre, and enjoy free time in Loughborough.

TRIPS FOR 2025

You may be asking **“Where have all the Trips Gone?”**

As you may know from our appeal in last month’s issue of the Newsletter, and at our September monthly meeting, we were unable to schedule any further trips after the end of the year due to our current Social Account Treasurer, Alan Walker, stepping down at the end of this year, a key role required for trips.

Fortunately, after our appeal, Mike Fanfarillo has volunteered to take on the role from January, so Halinka Rajchel can again start to make arrangements to resume trips from the New Year.



Traditionally, in the past we haven’t organised trips out in January and early February due to the high possibility of disruption because of winter weather, but please be rest assured that work is again going on in the background to bring a schedule of trips together that we will advertise at our January Meeting, and will be available to book from that time onwards.

In the meantime, if you have any suggestions of places we could visit based on your own prior past experiences, then do please reach out to Halinka with ideas.

TRIP REPORT FOR THE VISIT TO CROMFORD & MATLOCK - A GRAND DAY OUT!



On Tuesday 17th September, a second trip was arranged to Cromford and Matlock.

Taking advantage of the warm and exceptionally sunny weather, several members walked along the Cromford Canal while others visited Scarthin bookshop, which has a vegan cafe.

Moving on to Matlock, we visited Hall Leys Park with good views of Riber Castle and some visited interesting local shops.

We had lunch in the Duke William pub (dated from the 1700s) at Old Matlock and finished the day with a tour of St Giles Church, where the wedding scene from ‘Women in Love’ (1969) was filmed.

A walk to the nearby War Memorial offered panoramic views of the Derwent Valley. What an interesting church, lovely views, superb weather and good company throughout the day.

TRIP REPORT FOR THE VISIT TO CROMFORD & MATLOCK - A GRAND DAY OUT!



Thanks to GE and BG for the report, Halinka for the arrangements, to Clive Aveyard acting as Trip Assistant, and our driver.

We enjoyed a Grand Day Out!

YOU KNOW YOU'RE GETTING OLD WHEN.....

YOU KNOW YOU'RE GETTING OLD WHEN...



You sit in a rocking chair but can't get it going.

Your back goes out more than you do.

The clothes you threw out 20 years ago are back in fashion.

You have more slippers than shoes.

You feel like the morning after but you haven't had the night before.

You keep repeating yourself.

A passing funeral procession pauses to see if you need a lift.

Everything hurts; and what doesn't hurt, doesn't work.

You keep repeating yourself.

People are constantly putting a mirror under your nose while you nap to see if you are still breathing.

You video tape cookery programmes.

You turn out the lights for economic rather than romantic reasons.

You know all the answers but nobody asks you the questions.

Tightening your belt becomes uncomfortable under your armpits.

Your knees buckle but your belt won't.

Your house is too big and your medicine cabinet is too small.

WHAT'S IN STORE? - COMING UP AT OUR FUTURE MONTHLY MEETINGS

NOVEMBER 2024

u3a learn,
laugh,
live

Monthly Meeting

Tuesday November 12th 2024 10.am
St. Peter's Church, Ravenshead

Speaker: Neil Hallam

Title: Policeman to Crime Writer

Neil's talk From Policeman to Crime Writer weaves his real-life experiences through the creation of his 10 books. Explaining the creative process, and where fact meets fiction. An accomplished mountaineer and adventure cyclist, he has travelled to some of the world's most fascinating places, including the Himalayas and the Mongolian Steppe. His Police career, in both uniform and as a detective, took some unusual turns including spending five years leading an anti-corruption team (the real Line of Duty).



LEARN TO LIVE REPORT FROM THE THIRD AGE TRUST

To mark the **International Day of Older Persons**, the Third Age Trust have published a new report, **'Learn to Live: A blueprint for better health and wellbeing'** 🍷

The report showcases the positive impact of the non-formal learning model within u3a. 📖

Here are some of the key findings...

Read the report on the Trust's website at : <https://www.u3a.org.uk/our-impact/learn-to-live>

1. Non formal learning is vital for healthy ageing

Lifelong learning is recognised as a pillar of active ageing according to the WHO. It may help improve older peoples' mental and physical health due to the promotion of:

- social connectedness
- cognitive stimulation
- learning and skill sharing.

2. Social prescribing is an underused tool

Referral to non-formal learning organisations like u3a could be more effective for health issues related to loneliness than medication.

There is a lot of potential in this area to ease pressure on public health services and promote non-formal learning.

u3a learn,
laugh,
live

Learn to Live

A blueprint for better health and wellbeing



3. Non-formal learning tackles ageism

Ageist attitudes and structures hinder opportunities for retired people. But u3a members challenge stereotypes and promote a positive view of ageing.

Having a positive view of ageing can actually add seven years to your life.

CHAIR'S CHAT

The Third Age Trust AGM takes place on Wednesday 16th October, and your Committee decided to vote in favour of the "Fit for the Future" resolution that proposes changes to the governance structure of the National organisation for u3as. At the same AGM the newly elected Alan Walmsley and Margaret Fiddes will take over respectively as Chair and Vice Chair of that organisation.

Moving back to Ravenshead u3a matters, it is with an enormous sense of relief that we're able to resume our schedule of organised day Trips from early next year.

Many thanks to Mike Fanfarillo for coming forward and volunteering to take over from Alan Walker.

It was encouraging that so many villagers came to our u3a Open Day event, and I'm especially thrilled that so many signed up as new members. A Big Welcome to all our new members.

I am also indebted to the dedicated support team volunteers and committee members who worked tirelessly in the background to make the day such a success.

We used a combination of posters in local shops and lamp post signs around the village to advertise the event, and they certainly seemed to raise awareness about our u3a.

Finally, here's a reminder that you can still contact us using old fashioned phone technology on **0300 030 2990** so feel free to reach out to us at any time.

John Butler

Chairman - on behalf of the Committee of Ravenshead u3a