

ARNOLD

u3a learn,
laugh,
live

DECEMBER 2023/JANUARY 2024 NEWSLETTER



SEASONS
GREETINGS



Sylvia's Snippets

“May you have the gladness of Christmas which is hope; the spirit of Christmas which is peace; the heart of Christmas which is love.” *Ava V Hendricks*

December already, another year reaching its end and all the joys and festivities of Christmas to look forward to. Many of us enjoy dining out enjoying the company of friends during the weeks leading up to the 25th with lots of shopping and writing Christmas cards in between. I have started writing mine early this year but I will probably end up, as I usually do, last minute with some!

A time also for reflection and thought about the past year. Have you made the most of your u3a membership? Have you tried something new, joined a new group? Started a new group? Volunteered to join the committee?

“The book is called Opportunity and its first chapter is New Year’s Day”
Edith Lovejoy Pierce

As the new year starts I think it could and should be the start of new beginnings. Why not introduce a friend, a neighbour or someone you know who is just about to retire to all that Arnold u3a has to offer. Break out of your routine and try something different. Remember you only regret the things you didn't do, so now that 2024 is on the horizon take this time to reflect on the things you always wanted to do and look for the right opportunity within Arnold u3a to fulfil those dreams.

I wish you all a very joyful festive season and a very Happy, healthy and peaceful 2024.

Sylvia Hale – Chair Arnold u3a

A.G.M Notification

As we do not have a newsletter in January the December one serves as a double edition. That being so you will find that the Notification of our AGM papers are included. Please make a note in your diaries as attending this meeting is important.

With these papers are nomination forms to be completed and posted to the Business Secretary or can be brought to the A.G.M.

There are still two vital roles to be filled. **TREASURER AND BUSINESS SECRETARY. If we do not fill these positions there will be no Arnold u3a.** Please take a moment to consider joining the committee, to shadow a role, to be able to step in in an emergency. New committee members are always needed and welcomed.

Sylvia Hale - Chairman



CHRISTMAS PARTY



**Arnold u3a Christmas party Thursday 14th December
1.00---4.00**

**At The Bonington Club on High Street
Tickets £10.00**

**On sale at the Main meetings starting in October
Buffet, Raffle, Tombola and Entertainment
From Arnold u3a Drama Group**

**If you have any raffle prizes you would like to donate please
bring to the meetings and hand them in to Jean Cussons
who will be selling the tickets.**

To order any tickets please ring Jean on 07963 495814

Speaker for Main Meeting

We don't have a speaker for the December main meeting but we are going to be entertained instead by the 'Poppy Carol Choir' who have giving the theme as 'Not the Usual Carols'. This has been arranged by Martin Smalley on their behalf.

They will share with us a programme of carols and seasonal songs mostly from the Jack Goodison collection of carols sung in Stannington and other hill villages north west of Sheffield, now sung every Sunday at the Royal Hotel Dungworth from the Sunday after Remembrance Sunday until the New Year.

I am sure this will be a very pleasant festive afternoon do join us if you can. In January we don't have a guest speaker but our own members will be giving you a taste of groups to which they belong – perhaps it will enthuse some of you to try out a new group and expand your experience of Arnold U3A!!

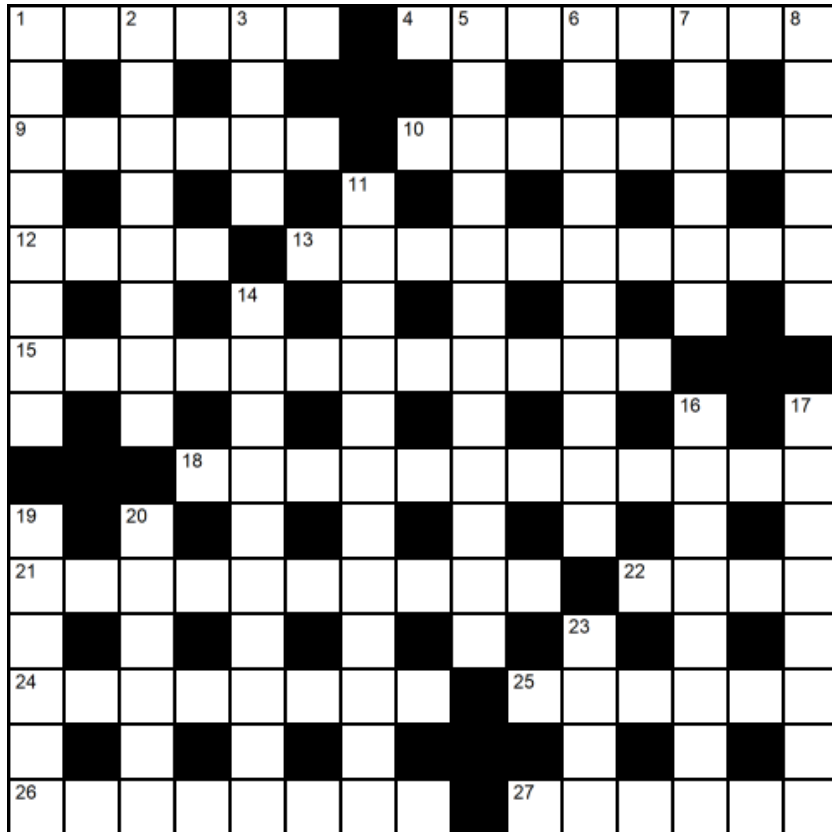
Helen Catchpole - Speaker Finder.

IMPORTANT NOTICE

DISCLAIMER

When attending any u3a event or activity including the monthly General Meeting and individual Group Meetings all u3a Members need to ensure:-

- 1. They have their Membership Card and the buff Emergency Information Card with them.**
- 2. Wear appropriate clothing/shoes for the activity being undertaken.**
- 3. Be confident that they are able to carry out the activity without aid from other u3a Members or the Group Convenor. This includes boarding transport.**



Across

- 1 Shoot top fiddler (6)
- 4 Title for star at festival (8)
- 9 Discover whodunnit with dipstick (6)
- 10 First instruction to those seeking cup of tea: knock at the door ... (4,4)
- 12 Overworked horse hit on the shins (4)
- 13 Noisy, posh artist returns after expert to collect debts (10)
- 15 In being independent, 50% of adults would be this (4,3,5)
- 18 Flash: Burglary - key points to follow (8,4)
- 21 Openly gay bouncer who doesn't like to be inside (7,3)
- 22 Game losing party hint (4)
- 24 Airgun ad irritated caretaker (8)
- 25 Occasionally play each tuneless ending in rags (6)
- 26 Maybe cub's on beer (8)
- 27 Description of grass cutter too (6)

Down

- 1 Food carrier is part of man's equipment (8)
- 2 Tiny pieces that don't start are still pieces! (8)
- 3 Water flowing upwards to work on 2 (4)
- 5 Suitable approach to word history got oily camel confused (12)
- 6 Make a mess of grinder as a cook (10)
- 7 Some judo positions upset woodlouse, for one (6)
- 8 He's serious on the phone (6)
- 11 Appropriate relationship for a roaming peer misbehaving? (4,8)
- 14 Sovereign's household arrangement could be fine (5,5)
- 16 Knowledgeable and very left-wing, reportedly (4-4)
- 17 Weighed up stupid people, leaders of stubborn, enraged devotees (8)
- 19 Blacksmith, one making money? (6)
- 20 Alternative technology initially affected where tents are pitched (2,4)
- 23 Protective metal post (4)

Activities Group



On 23rd November, 28 members sat down to a fine Christmas meal then had a super guided tour around the **Great British Car Journey** at Ambergate. With well over a hundred cars on display, our guide Ian gave us the back story to some of the cars there – some still in pristine condition after one careful owner, others lovingly restored – but all with a tale to tell. Cars that once belonged to Elton John and Princess Anne for example! Folks tried to spot their first car, and nostalgia was in the air! A great way to start Christmas.



The **Christmas Quiz**, is taking place at the Bonington Club on High Street, Arnold at 7.00pm on Thursday 7th December. I now have 11 full teams of four with about half a dozen singletons who we will make into a team on the night. Might be able to squeeze a few more folks in! Which team will win the grand first prize?!

Neil Hunt

Cinema Group

As in previous years our December cinema visit will be between Christmas and New Year as this is often quite a dull time for lots of people. So on Friday 29 December we will be going to see *Wonka* at the Broadway cinema. The film is directed by Paul King and stars Timothée Chalamet, Olivia Colman and Hugh Grant.

Based on the extraordinary character at the centre of *Charlie and the Chocolate Factory*, the jewel in the Roald Dahl crown and one of the bestselling children's books of all time, *Wonka* tells the wondrous story of how the world's greatest inventor, magician and chocolate-maker became the beloved character we know today. Paul King, director of the Paddington films, presents this irresistibly vivid and inventive big screen spectacle.

The film starts at 2.45 so we will meet in the cafe area from 2pm onwards. After the film we will be having a meal in Dolce so do join us if you can. It is always advisable to book your ticket before the day if possible to ensure you get a seat.

We wish you a very happy Christmas and look forward to seeing you soon. We will be sending emails and announcing at the January meeting the film we will be going to see in January as Broadway has yet to publish the films they will showing in January.

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Judy Briggs and Helen Catchpole

BAGS OF BLESSINGS.

Can I just say a huge thank you to all who brought gifts for the Bags Of Blessing charity at the November meeting. My boot was overflowing with toys, books, sweets, stationary and knitted items which I took the next day to their headquarters on Morley Street, Arnold. They were overwhelmed with your generosity and these gifts will make for a very happy Christmas time for lots of local children. Thank You.

Helen Catchpole

Coffee Morning Group

Our next coffee morning is on Friday 24th November from 10.00 til 12.00 at The Friar Tuck pub. There will be no meeting in December. The January meeting will be on the 26th.

Jean Cussons

THEATRE GROUP

WHITE CHRISTMAS at the Crucible, Sheffield on Wednesday 20 December.
Buses will leave Arnold Leisure Centre at 11 a.m. Unfortunately the buses are more expensive than we originally budgeted and we will need an extra £1 per person on the day.

SWAN LAKE at the Theatre Royal Nottingham Wednesday 24 January 2024 at 2.30 pm.
Varna International Ballet with live orchestra and special effects. Tickets still available £37.

BONNIE & CLYDE at the Theatre Royal Nottingham on Thursday 16 May 2024 £36.80.
The winner of the Best Musical Awards in 2023.

Sue Read and Shirley Brooks

Outings 4 U

Birmingham Christmas Market Saturday 2nd December 2023

Cost £15 - cheques payable to Arnold U3A

Meet Arnold Leisure Centre, near bus stop at 9.15am, Depart 9.30am

Back to Arnold 5-5.30pm

There are only 2 seats available.

Contact Cynthia Marett 0115 953483

LINCOLNSHIRE AVIATION CENTRE

A lovely day was had by all at the Lincolnshire Aviation Heritage Centre.





Thirty four of us left Arnold at 9.30am and arrived in East Kirkby just after 11am. A guide map and information sheet was given to us on entry and we were then free to wander around the site. A huge hanger contained the Lancaster bomber plane which was being restored. Several other planes were on display as well as a bouncing bomb and plenty of Bomber Command memorabilia.



A lot of other huts could be explored including a billet hut, briefing hut, a wireless room, an escape museum and a vehicle museum. A small memorial chapel with a Welsh choir quietly singing had a roll of honour on the wall naming the 848 air and ground crew who gave their lives whilst serving in either the 57 or 630 squadron between 1943 and 1945.





The NAAFI had plenty of choice for a lunch or snack. There was also a shop to browse in. So much to see that 3.30pm arrived very quickly for our departure back to Arnold.

Many thanks to Cynthia for organising such an interesting and thought provoking day out.

Theresa Hewitt

Paris trip including a visit to Van Gogh exhibition.

This is the last chance to let me know if you are interested in this trip. There have been changes to the original information I gave about it. I will be emailing those on my list about the changes in the next few days.

We are planning a 4-day, 3-night trip to Paris to take place at the end of January 2024.

We will stay in the 3* Hôtel André Latin on a bed and breakfast basis.

Travel will be return Eurostar and include transfers in Paris.

There will be a programme of daily tours and visits including:

City tour of Paris

Evening tour of Paris by night

Visit to Montmartre and Sacre Coeur

Coach travel and visit to the Van Gogh exhibition at the Musee d'Orsay.

The cost of the trip will be £735 per person with a sole occupancy supplement of £150.

Please would you email me on rosieallen21@outlook.com or telephone 0115 9679959 to express your interest in joining us for this trip as soon as possible.

Rosie Allen

Playhouse Theatre Group

A notice to those who have already paid for the new productions in 2024. I have been informed by the theatre that the cost of tickets will remain at £7.50. Can you please contact me to arrange a refund.

Wendy Quickfall

Mallorca Holiday September 2023

This year's holiday to Spain was a truly great experience. Twenty one of us flew to Palma airport and after a very short drive arrived at the Iberostar Playa hotel. We soon discovered what a good choice this was. The rooms were spacious and some of us even had our own sunbeds outside our rooms. The pool area was very pleasant and although the water was cool it didn't matter as we were very ready to cool off.

Temperatures were in the high 20s to 30s all week with bright blue skies and not a cloud to be seen. We had some great trips to the Caves of Drach where we listened to music while looking over the limestone formations lit up with different colours before taking a small boat across the lake.

To Formentor beach where we swam in the crystal blue sea and on the way visited Alcudia market and Cap de Formentor, a look out point.

To Soller on the little train and Port de Soller on the tram returning on the bus along the narrow lanes skirting the coast through the Tramantana mountains.

To Palma to ride on the hop on hop off bus with stops at the Cathedral, the castle and the Joan Miro gallery.

The photo shows us waiting for the coach at the end of our week, we were sad to be leaving but with great memories of a really enjoyable week shared with u3a friends.



Come to the January main meeting to see a slide show of our holiday.

Rosie Allen

Astronomy November Meeting

As usual we had a lively meeting!

David gave the group a presentation on Space Solar Probes.

In September, NASA's Parker Solar Probe broke its own speed record by travelling at 394,736 mph and achieved the closest a spacecraft has been to the sun at 4.51 million miles distance. PSP was launched in 2018 on a seven-year mission to understand the sun's corona. A flyby of Venus helped it achieve high speeds with another flyby expected next year. The probe is named after Eugene Parker who died in 2021. There have been a number of solar probes since 1960 and include the following series Pioneer, Helios, Ulysses, Soho and DSCOVR.

Keith talked about Earth Blobs! It is thought that a collision between Earth and a protoplanet called Theia 4.5 billion years ago caused blobs in the inner part of the Earth. Part of Theia penetrated the earth's surface during the collision causing a bulkier earth. Meanwhile, vast amounts of dust and rock were blasted into orbit where they came together to create the moon.

Martin told us about the Barnard Star which is a small red dwarf. It was only discovered in 1916 by Edward Barnard. Barnard's Star is among the most studied red dwarfs because of its proximity, at a distance of 5.96 light years, from the Earth.

June told us that Jupiter, rising in the east, was close to the Earth at the beginning of November.

Sylvia had prepared an Astronomical quiz for us!

Next meeting 10am 7th December 2023, Arnold Library Room 1

Tanya Jones

British History

Pauline welcomed the group and reminded us all of the important conversations we had last month with regard to the future of the Group, saying that after our two presentations she had set aside approximately one hour, for us to decide the future.

The first presentation was given by Pat who had researched James Lindan eighteenth-century Scot who successfully diagnosed the condition Scurvy, one of the oldest and widespread killer diseases which over time had wiped out huge numbers of the world's population. During her research Pat found that James Lind was really a pioneer for improving public health and that he, together with other likeminded individuals, realised that significant change in attitudes towards diet and cleanliness would be required if diseases such as scurvy and typhoid were to be overcome .

Our second presentation given by Gill was on 'The Census ' which, she reminded us was a means of measuring population. Other lists organised by the Church, parishes et al were more to do with tax gathering and land ownership rather than population growth. Gill gave the rationale and methodology for carrying out the census and more importantly she was able to inject some humour into the subject.

We then moved on with a group discussion about our need for a new Chairman and Secretary. Very speedily both positions were filled by husband and wife team Chris & Helena Butler, Phew !!

We then had some reflection of past successes and now we look forward to further progress with the next stages of our investigations into Britain's past.

The meeting ended by Margaret saying 'I love this group'. A sentiment which in my view summed up the feelings of us all.

Our next meeting is our Annual Christmas Fuddle and entertainment by Martin and his friend, Len.

Gordon Bridges

Cryptic Crosswords Group

What does the word 'entrance' mean to you? A door, a gateway? What if you stress the second syllable? If this kind of problem interests you why not come to our Cryptic Crossword Group? It's aimed at those of you who dabble at these stimulating puzzles and then give up. This is your chance to improve your skills, working with a group of about 4 other people through a few puzzles in the course of the afternoon. The key is practice, and working as a group is a terrific way of gaining confidence, and good fun too.

We meet on alternate Thursday afternoons, (2-4) in Arnold Library, and the cost works out as £1 per session.

Our next meeting is on the 11th January. Do feel free to get in touch. (gordontodd11@gmail.com or 07526 739752.

Gordon Todd

Discussion Group

The discussion group met on the 6th of November 2023. There was a good turnout, and the following was discussed: -

1. Should parents decide on extreme treatment for their babies
2. Can we rely on any of the outcome of the Covid enquiry
3. Should those with the cancer mitochondria have ovaries removed during
4. C-sections
5. Should there be a ceasefire in Gaza
6. Due to land shortages should we build more flats then houses
7. During Remembrance Day, should all none arm forces or British Legion parades be cancelled.
8. Why has Nottingham city council not published in full its financial audit

December's meeting is cancelled.

Next meeting is the 8th of January 2024 at Coopers Brook Mansfield Road. At 2:30 pm

Tina Edge

LANGUAGES GROUP

We are always keen to give members the opportunity to take up or further extend their language learning.

Groups are available in French, Italian, Spanish and German and different levels are catered for as well as different styles of learning.

New Opportunity to learn German

A request has come in for another German group to start.

We wonder whether there are any members who would be prepared to help out with the group. Perhaps you have lived in Germany in the past or learned German at school and have enjoyed holidays over the years. The nature of your involvement could be as a teacher, a discussion leader or general aide to a self-help group.

We also need members to sign up to join the new German group as a learner. We will need about 6 to 8 people to make the group viable so if you would like to be one of them, please let me know.

If you would like to join a language group or register interest in a new group please contact Rosie Allen, Languages Coordinator, on rosieallen21@outlook.com or 0115 9679959.

Rosie Allen

LOCAL HISTORY GROUP

At the eleventh hour, on the eleventh day of the eleventh month, the guns fell silent on the Western Front in 1918. It is a time and date that most nations around the world honour and respect, remembering the fallen of the two world wars and other conflicts since. In many of the cemeteries up and down the country, a sign on the gate to the cemetery says 'War Graves', letting people know that there are graves within the cemetery that honour the war dead.

In and around Nottingham you can see the same and especially in the Church (Rock) Cemetery and the General Cemetery where a 'Cross of Sacrifice' honours the fallen. Designed by Sir Reginald Blomfield in 1918 for the Imperial War Graves Commission, the cross symbolises the sacrifice made by those who went to war and made the ultimate sacrifice. A cemetery must have forty or more war graves to have one of these cross's erected. It is a simple design, the cross representing the main religious faith of those who fought in the conflicts and a bronze sword pointing downwards. This represents the 'sword of conflict'. The fact that it is pointing downwards shows the conflict is over.

At our November meeting our talk was entitled 'War Graves and History'. The General Cemetery here in Nottingham has a large number of war dead, but it also has graves of men who survived a 'war' and returned home to Nottingham, not the First or Second World Wars, but the Peninsular War 1807-14, the Crimean War 1853-56 and the Indian Rebellion (Mutiny) 1857-58.

We looked at various soldiers who fought in these conflicts, two who were awarded Victoria Cross's, a man who fought at Quatre Bra and Waterloo and two men who fought in both the Crimean War and The Indian Rebellion, also, the last Nottingham man to ride in the 'Charge of the Light Brigade' in October 1854.

Then there is Isaac Chetham, Nottingham's own Richard Sharpe from the Bernard Cornwell novels, telling the exploits of a soldier in Wellington's army during the Peninsular War. Like Sharpe, Isaac Chetham rose from 'scum of the earth to commissioned officer'. Wellington always referred to his 'rank and file' soldiers as 'scum of the earth', but always added..... 'But what fine soldiers we have made them'.

In addition to these soldiers and their graves, we looked at the history behind the conflicts that they had gone off to fight in.

We also looked at four soldiers from the first world war and two civilian war dead, a father and son who were killed when the passenger ship they were on was torpedoed in the Irish Sea in 1918.

At the end of the meeting we duly honour the men and women who made the ultimate sacrifice.

Our next meeting is on Monday 4th December at 2.00 in Arnold Library, Room 1. This meeting will be our usual 'Christmas fuddle' and a short slideshow of 'Nottingham in the Past'.

The Local History Group does not meet in January, so we will commence our meetings again on Monday 5th February 2024.

Kevin Powell

Railways Group

Did you know that Arnold u3a has a Railways Group? Possibly not, because it has been dormant since pre-Covid. The Group was set up to run in parallel with Carlton & Gedling u3a Railways Group who held monthly meetings to talk about trains and watch archive footage of railways. However, the pandemic put a stop to that and then there was a change of Group Co-Ordinator their end, so nothing really happened. But now their group is active again and has arranged a couple of visits to local heritage railways.

So is there any interest from Arnold u3a to get going again – possibly to meet up somewhere or to visit local attractions together with our colleagues from over the hill? I still have the list of names from folks who showed interest last time and I will have a sign-up sheet at my table at the next meeting for anyone interested. Let me know if you wish to get involved.

Neil Hunt

Psychology Group

Our November meeting was led by two members on the overall topic of Memory in older age.

We looked at the three-stage memory system model:-

Sensory input
Short-term working memory
Longterm memory recall

We discussed memories from our past and tried out our own memories on a game. I can still remember that there were shoes, custard powder, a spoon, cuddly shark, computer mouse and a book but not many more of the 15 items.

In January we will continue with the Memory theme considering hints and tips to “Use it or Lose It”.

Our next meeting, on 18 December, will be a christmas fuddle (bring something to eat) and we will hear snippets from members of the group.

We welcome new people to our group so, if you would like to join us do contact me on rosieallen21@outlook.com or sign up at the next meeting.

Rosie Allen

Science for the Layperson Group 15th November 2023

Once again a good turn-out of 8, everyone anticipating not only a further fascinating discussion, but some delightful Christmas goodies brought by Maralyn.

Tina kicked off with the shock news that humans have extracted so much groundwater from underground reservoirs, since the early 1990's that our planet's axis of rotation has shifted. Between 1993 and 2010 more than 2 trillion tons of water has been pumped out of these reservoirs. Add in some rise in sea levels, it amounts to the True North Pole moving a total of 80cms during those 17 years, second only to the impact of melting glaciers and icecaps.

Continuing with her series about famous scientific females, Lindley told us about Gladys West, an American woman known for mathematical modelling of the Earth's shape and development of satellite geodesic modelling. She became one of only four black women at the Naval Surface Warfare Centre. Among many skilled accomplishments, she became project manager for the Seasat radar altimetry project, halving the work of her team's project. She was also one of the 'hidden figures' in the film of that name.

Signs of heart disease are not always picked up early enough to determine the right treatment. Carol reported that research at Massachusetts General Hospital has developed a deep-learning AI model that can reliably predict a patient's 10-year risk of death from heart disease or stroke by analysing a single X-ray. A success rate of about 65% was achieved.

Brian's first 'quickie' assured us that snoozing after the alarm goes off can be good for you, allowing us to adapt more easily to the shock of waking up, though the benefits wear off soon. He also revealed the secret of the BBC's knowledge of the numbers watching Doctor Who. Representative people have remote controls that record exact details of what and when they watch.

Then the surprise of the humble peanut that flowers, but as the self-pollinating blooms shrivel, the stems curve down, develop underground into pods that contain the seeds—peanuts, also known as 'groundnuts'.

Finally, farting in space won't help to propel you very far. Spacemen have tried it, but 'we don't have the right type of propulsive nozzle'.

Brian reminded the Group that we shall be arranging with Astronomy Group early next year to pay a visit to the National Space Centre in Leicester. It is open daily—10.am to 4.pm mid-week, 10 am to 5.pm at weekends.

Brian Cluff

Singing for Fun

Our first Singing for Fun took place on Tuesday afternoon in the Arnold Methodist Church and I am delighted to tell you that 31 people turned up for an enjoyable 90 minutes. A wide variety of songs were sung including Abba, the Beatles, Gerry and the Pacemakers and songs from the Shows.

My grateful thanks to Geoff, our pianist, for guiding us through and then leading us in a round to the tune of Frere Jacques, which was great fun.



Our next meeting is on the afternoon of 19 December when we will have a Christmas theme so don't forget to wear your Christmas jumper and Santa hat and bring your £2!!

Theresa Hewitt

STROLLERS



Hello everyone, thanks again to all of you who joined us on our strolling this year and for your lovely comments about the walks and that how friendly the group was.

We have already been asked when we will be starting Strollers again next year, we hope to start all being well in April 2024.

We just want to finish off with some photos from the Arnot Hill Park walk, the weather wasn't as bright as usual, but it kept dry, and we enjoyed ourselves.



Maralyn Wilson (0115 9277188) and Linda Birch

Given the soggy conditions Martin rerouted our return and we enjoyed road and dry track until reaching Horsedale.- no horses here that day but plenty of water and bog in this very attractive green valley, We had enjoyed watery sunshine throughout the afternoon and on reaching Bonsall somewhat earlier than expected we were able to take advantage of a boot wash always appreciated.



Thank you Martin for an interesting and enjoyable walk,

Gay Wood

Medium Walks November 2023

November and a glorious sunny, autumn morning for ten adventurous walkers to set off to Derbyshire for a 6.5 mile circular walk, Rowsley up through the Haddon and then Chatsworth estates and back down to Rowsley and the 'Grouse and Claret' Inn for a fine lunch.

Arriving at Rowsley we were now with very heavy grey cloud above us.



The route took us through a fine woodland, the colours were magnificent and the gradient gently steep, for a few members they used the word ‘challenging’.



We were rewarded by a distant view of Stanton-in- the – Peak.



Two horse riders also enjoyed the seasonal woodland’s beauty. One mile on and leaving the trees behind a landscape opened up on the other side of the hills to show a valley of green fields with a variety of foot paths ahead.



Taking timeout for coffee/ refreshments and to enjoy the view it was then our route to descend into the valley and onto the farm animal tracks, yes, bog, mud and sludge dare I say slurry. With all the recent heavy rain it was a struggle to pass through and I think we all just walked through it, (time to clean the boots later).



Reaching the carpark boots were changed and lunch taken. Upon leaving to come home a crowd of people had gathered along the road side. Enquiring what was going, on we were told Vernon Kay, the BBC radio 2 presenter was about to pass on his 4 day marathon for 'Children in Need' Leicester to Bolton, 115 miles.



This was the second day a stretch from Derby to Hope 40 miles. Runners ran- jogged with him and money was being collected in buckets along the way. People clapped and others shook his hands. Two ladies showered him with golden ticker tape from a firework rocket. For a few moments it became quite a special place. We later found he had already raised more than £1,500,000.00. We were glad to have supported him. "Well done Vernon, and good luck for tomorrow with the climb over Kinder Scout, the highest point of the Peak Distri

Peter Beastall



The Four Stages of Life

1. You believe in Santa Claus
2. You don't believe in Santa Claus
3. You are Santa Claus
4. You look like Santa Claus

The Funniest Face

**The funniest face
looked out at me
From a silver ball
On the Christmas tree!**

**At first I thought
It was Santa's elf,
But I looked again and
It was just myself!**



**I made myself a snowball,
As perfect as could be,
I thought I'd keep it as a pet,
And let it sleep with me.**

**I made it some pyjamas,
And a pillow for its head,
Then last night it ran away,
But first - it wet the bed!**

Medium Walks 2 – Public Transport

Our December walk will be led by Steph. We will be walking through Bestwood Park and on to Bulwell Hall Park. The distance will be 4 – 5 miles. There will be a coffee and toilet stop on Bulwell Golf Course. We will be using a bus from Arnold to get to the start of the walk. This walk is a well-liked favourite.

More details will be given to those on the list nearer the time and these will be sent out by Margaret.

Our January walk will be led by Barbara. The date will be Saturday 20th January

We will meet at Queen Street at 10.05am, Q1 for the 45NCT to Chase Farm, due at 10.15am.

We will do a circuit of Gedling Country Park and then do the Greenway to Arnot Hill Park. The nature of the walk will mean that we are never far away from public transport options if you cannot complete the full walk.

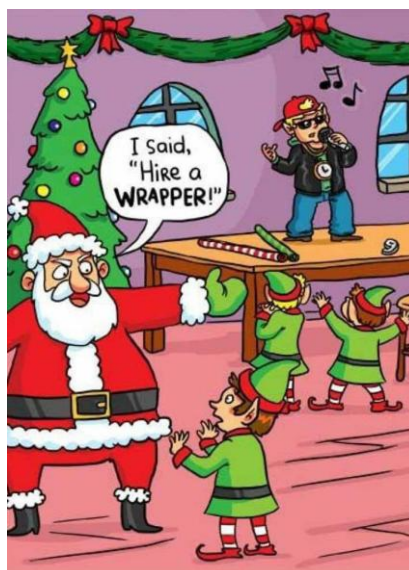
We are moving house and we are not sure how this will affect our internet. Hence the advance notice and an explanation of why connections may be difficult.

Stella Lane

CRYPTIC CROSSWORD ANSWERS

Across: 1 Leader, 4 Headline, 9 Nitwit, 10 Eyes down, 12 Hack, 13 Uprarious, 15 One's own woman, 18 Breaking news, 21 Outdoor man, 22 Clue, 24 Guardian, 25 Papers, 26 Reporter, 27 Bladed.

Down: 1 Lunchbox, 2 Articles, 3 Edit, 5 Etymological, 6 Disarrange, 7 Isopod, 8 Ernest, 11 Open marriage, 14 Court order, 16 Well-read, 17 Assessed, 19 Forger, 20 At camp, 23 Mail.



**Notice of Arnold u3a Annual General Meeting (AGM)
Tuesday 5th March 2024 1.30 pm at Arnold Methodist Church**

It will soon be our AGM and these papers are in preparation for the event.

At the AGM the membership has to vote for the four Honorary Officer posts of Chairman, Vice Chairman Treasurer and Business Secretary. Hazel Ward (Vice Chairman) is standing for Chairman. Viv Purkiss is standing for Vice Chairman There are still vacancies for **TREASURER AND BUSINESS SECRETARY**. However all these posts are open for nominations and the nominating and seconding process is necessary for each office.

Sylvia Hale is standing down as Chairman as she has held the post for three years. Christine Gardner is standing down as Treasurer as she has held the post for six years. John Gardner is standing down as Membership secretary as he has held the post for six years. Gwen Isherwood is standing down as Business Secretary as she has held Officer posts for three years. Cathy Van Baalen is standing for Membership secretary.

All other existing committee members have indicated their willingness to remain in Office. More positions are available and nominations are essential from members wishing to join the Committee. Actual roles will be determined at a later date so you do not to choose which particular role you wish to take on at this stage. The forms are included with this document, as is the one for any proposals to go to the AGM, and must be received back to Gwen Isherwood **by Wednesday 7th February 2024**; the votes will then be taken at the AGM.

Present Committee

Sylvia Hale	Chair	
Hazel Ward	Vice Chair	
Christine Gardener	Treasurer	
Pam Gant	Assistant Treasurer	
Gwen Isherwood	Business Secretary	
John Gardner	Membership Secretary	
Sue Matthews	New Groups & Course Co-ordinator	
Jean Heeson	Website and Beacon Liaison	
Peter Hewitt	Meetings Co-ordinator/Minute taker	
Gwen Whitehouse	Newsletter Editor	
Vacancies	Network representative	
	TREASURER	
	BUSINESS SECRETARY	
	COMMITTEE MEMBERS	

Committee Membership. Could this be for you?

The committee holds one meeting a month, usually the Tuesday morning following the General Meeting. The meeting is currently held in the Salvation Army building and lasts about 2 hours. Reports are submitted and topics discussed range from Membership numbers, publicity, new Courses and funding . A real interest from you in the u3a is more important than skills and abilities though these are also very welcome. New committee members who bring fresh and new ideas are always welcome, so please consider joining.

ARNOLD u3a ANNUAL GENERAL MEETING TUESDAY 5th March 2024

NOMINATION FOR HONORARY OFFICER

Post nominated for.....

Name of Nominee.....

Signature

Address.....

Telephone..... Email

Name of proposer

Signature

Name of Seconder

Signature

Return to the Business Secretary, Gwen Isherwood 92 Sandfield Road Arnold Nottingham NG5 6QJ no later than **Wednesday 7th February 2024.**

NOMINATION FOR COMMITTEE MEMBER

Post nominated for.....

Name of Nominee.....

Signature

Address.....

Telephone..... Email.....

Name of proposer

Signature

Name of Seconder

Signature

Return to the Business Secretary, Gwen Isherwood 92 Sandfield Road Arnold
Nottingham NG5 6QJ no later than **Wednesday 7th February 202****Proposals to go
to the AGM**

ARNOLD u3a ANNUAL GENERAL MEETING TUESDAY 5th MARCH 2024

Motion to be Proposed

Motion

.....

.....

Name of Proposer..... Signature

Address

Telephone.....

Email.....

Secunder

Signature

Return to the Business Secretary, Gwen Isherwood 92 Sandfield Road
Arnold Nottingham NG5 6QJ no later than Wednesday

7th February 2024

FORGOTTEN GRAVY

I love imperfectly mismatched rooms
homemade decorations
and trinkets
that tell stories of the past

I treasure impromptu gatherings
with food rustled up from nowhere
it's always just *enough*

I see the beauty in gifts handed over
with words of *oh it's nothing*
for that simply means the giver
cannot begin to convey
how they really feel about you

I value both the quiet moments
when the lights twinkle privately
and the raucous occasions
when laughter fills the room

and I can't get enough of burnt carrots
forgotten gravy
and failed attempts at dessert

because that's where the love lives
in the imperfect
in the messy
in the real

love lives in the forgotten gravy
look for it.

Donna
Ashworth
rWild
Hopes
❤️