

ARNOLD ARNOLD

u3a learn,
laugh,
live

MARCH 2025 NEWSLETTER



**OUTINGS 4 U
VISIT TO
WAKEFIELD RHUBARB FESTIVAL
AND THE HEPWORTH GALLERY**

Hi from Hazel

One of our members messaged me about our group but she added the line “You are doing a good job with the u3a” and I promptly replied “Thanks for your kind words, it's always nice to feel appreciated”

She then said, “A lot of people appreciate what you are doing but they don't always say so.”

I have not told you this to sing my own praises – just the opposite. It made me realise that all volunteers need to know how much they are appreciated. I need to tell everyone in our u3a what a brilliant job you are all doing, to help me but, more importantly to help all of us – to help each other.

So this is me saying a heartfelt “Thank You” to all of my fellow u3a volunteers. You are too numerous to mention individually but I am saying this to each and every one of you. I couldn't do what I do for Arnold u3a without your help.

Now that my first year as our Chair comes to a close, I say “With your continued help, here's to the next one!”

Hazel Ward Arnold u3a Chair

DISCLAIMER

When attending any u3a event or activity including the monthly General Meeting and individual Group Meetings would all u3a Members please 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.**

Thank You

PROGRAMME HUNT

After my mass mailing in search of The Mousetrap programme I received a reply from Judy Briggs the next day. I went round on Thursday to see her and collect the programme & others that she had and by Monday 10th I had taken it into the theatre. It is the Jewel in the Crown of the collection!!! We have scanned it on to the digital archive where it is there for all to see on www.ourtheatreoyal.org. Thanks again to Judy for her donation.

If anyone else has any programmes/memorabilia that they would like to donate please get in touch with me. Thanks in anticipation.

Pete Hewitt

Activities Group

Falconry Experience

The falconry experience at Thoresby Hall is taking place on Thursday 6th March at 2.00pm. Those booked on this have paid and arrangements are in hand for transport to the venue. One place is being held for someone, but if this is not confirmed, one additional place will be possible at a cost of £30. Check with me at the meeting.

Skittles

The skittles session is booked for the Balfour Club in Arnold at 11.00am, at the club on High Street in Arnold (opposite the back of the Bonington Theatre / Swimming Pool), on Wednesday 12 March. There are still three places to fill so if interested see me at the next meeting. The event includes a buffet lunch. The cost is £8.50.

Day at the Races

There was very little interest in this at the last meeting so I will not be pursuing this at present. I may arrange another night at the dogs later in the year as this proved popular last time.

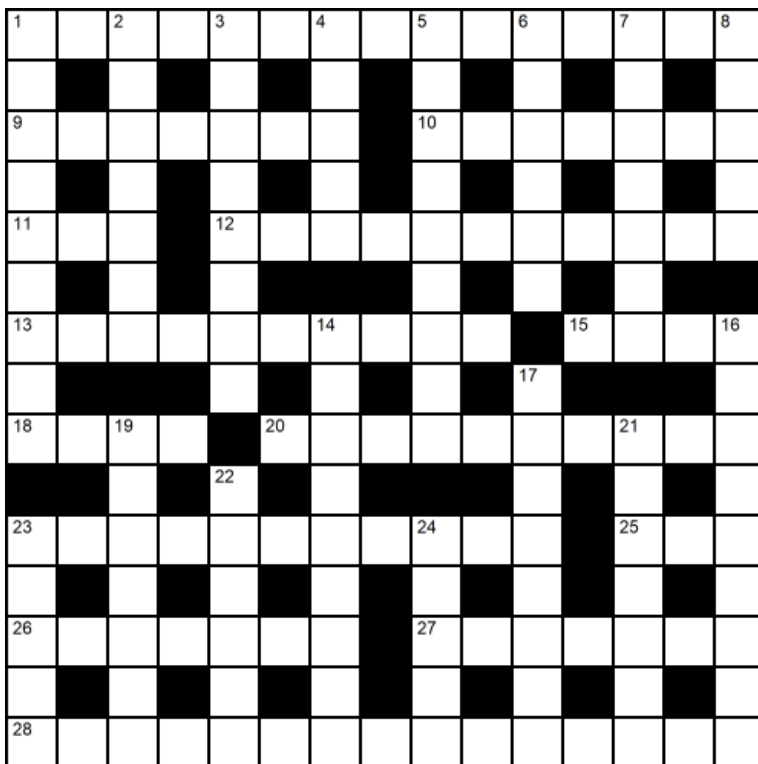
Visit to Holme Pierrepont Hall



A chance for a guided tour of Holme Pierrepont Hall and Gardens on Tuesday 20 May, at 11.00am. The tour lasts for about two hours and includes the church as well as the hall. The guide will be Robert Brackenbury, whose family have lived at the hall for generations. The cost is £14 per person plus an optional charge of £4.50 if you wish to stay for tea/coffee and biscuits. The tour does involve a couple of staircases so make sure you are up for that. Members would need to make their own transport arrangements but hopefully there will be car share opportunities. We need a group of ten people to make this happen, and I estimate a maximum of fifteen, given the nature of the rooms in the hall. This is a chance to see close up a splendid Tudor manor house right on our doorstep, and one that is not always open to the public. Sign up at the next meeting.

Neil Hunt

Cryptic Crossword Set by Bob Rotheram More puzzles at bobrotheram.com/crosswords



Across	Down
1 Beg curtailed NHS to build tourist attraction (9,6)	1 Pain-killer to stop unfortunate child exchanging AI letters (9)
9 Bin record and revised document headings (7)	2 Detains criminal as an alternative (7)
10 Get together again on set (7)	3 Possibly, general supporters rested outside hospital (5,3)
11 Reported bitter cereal (3)	4 Artist fellow makes gas (5)
12 Something remarkable: it's infinitely dense here (11)	5 Extremely difficult: a normal beginning's beneath Poirot at home (9)
13 Brickie's mate is Spooner's fish hunter (3,7)	6 Three consecutive letters with two 26s about Asian citizen (6)
15 Part of speech and clever babbling (4)	7 Be unfaithful and upset - discharge anything in Yorkshire ... (3-4)
18 Nothing in Spain's about leaving country (4)	8 ... Discharge anything in vacant state is this (5)
20 Uncle deals with three golden balls (10)	14 Hammer complaint yields traditional dish (5,4)
23 Under agreement to deliver sandwiches? (11)	16 Incline to be filling more exposed drinks dispenser (9)
25 Old setters are in debt (3)	17 Draw out press release that's over the top about breakdown service (8)
26 Maybe the thing (7)	19 Posh girl chewed over central closing arguments (7)
27 Spots journalist after time in ruins (7)	21 Skill of trivia expert doing headstand held by TV doctor (7)
28 London landmark constructed to cope with write-offs (4,6,5)	22 Switch on chosen content for boss (6)
	23 Overwhelm service workers initially taking measure of current (5)
	24 Ancient Greek room (5)

Coffee Morning Group

We meet at Sprinters on the 4th Friday of the month from 10.00 until 12.00. Everyone is welcome. Our March date will be the 28th. Our April date will be the 25th.

Jean Cussons

Singing For Fun at the AGM

The Singing For Fun group are providing the entertainment at the AGM on March 4. This is not a concert but a Singalong . Songs from the 50's 60's and 70's, all of which I hope you will know and be able to join in. The words will all be on the screen in the church. We would hope to start singing after the business of the AGM and the tea/coffee break at approximately 2.45pm.

We would love to see you there.

Theresa Hewitt.

Garden Visit

Oasis Community Gardens 2a Longfellow drive, Kilton Estate, Worksop S81 0DE

Mon 28th April 2pm. A tour and visit arranged for our group.

Oasis Gardens is a community project transformed from an abandoned field to an award winning garden. Managed by volunteers the gardens boast over 30 project areas. Take a look at the cactus Kingdom, the Liquorice Garden, the Aviaries, Pre-school play village, Wildlife Wonderland and the variety of trees, plants, seasonal flowers and shrubs.

From Kilton Hill (leading to the Worksop hospital, take 1st exit right (uphill) onto Kilton Crescent, then 1st exit on right Longfellow Drive. Car park off Dickens Road (1st right).

Admission including tea/coffee and cake £6 Bedding plants and cut flowers plus other items will be available to buy.

Two minibuses have been hired but both are full. If you would like to go but would need a minibus place, please let me know because I can set up a waiting list. Alternatively, you can make your own way there.

I will need to let the owners know numbers so do please let me know if you plan to join us. My email is rosieallen21@outlook.com

For those travelling on the minibus:

Payment of £8 is needed by 1st April. You can pay by cash or cheque made out to Arnold u3a with your name and Oasis Gardens on the back, at either of the March or April main meetings or by posting to Rosie Allen at 21, Lowcroft, Woodthorpe, Nottingham NG5 4JR.

OUTINGS 4 U

Our day in Wakefield was a wonderful and varied day for everyone. The weather was perfect, our coach driver taking us the picturesque routes, both on the outward and homeward journeys.

There was so much to see at the Festival, the numerous stalls in separate sheds around the beautiful Cathedral quarter. Rhubarb was the subject of the day, and it was amazing to see the variety of ways rhubarb was used in recipes, from bread, shortcake, gingerbread, pickles, wine, cocktails, cake etc. Everyone seemed to be walking around with bundles of rhubarb sticking out of shopping bags. Refuge in the cathedral was enjoyed over coffee, tea or afternoon tea with a welcome sit down.



Those wishing to visit the Hepworth Gallery were rewarded by fantastic paintings, including Salvador Dali, various sculptors' exhibits including Hepworth, all originally displayed in the spacious, light modern building. As the gallery is next to the River Avon, the strategically placed windows offered views of the lively weir and the cathedral in the distance.



Thankfully, Wakefield council had provided a courtesy coach between the gallery, mill and the town.

Everyone was happy to rest their legs on the coach on the homeward journey after another wonderful day out. Needless to say, I slept like a log!!!

Bletchley Park, Codebreakers.

Saturday 15 March 2025

Cost £38 including entry fee.

Departing from Arnold Leisure

Centre car park 8.30am prompt.

Due to general interest a larger coach has been booked, the reserves accommodated, leaving 6 seats available. Contact me a.s.a.p. if you wish to take up a place.

We'll Meet Again Museum & Boston

Saturday 5th April 2025

Cost including entry to museum £25

Departing from Arnold Leisure Centre
car park 8.30am prompt.

I shall be at the next u3a meeting on 4 March to take your bookings and payments, so please be prepared with your cheque book, or cash in clearly marked envelope with your name, outing and phone number, and cheques already made out to Arnold u3a with the appropriate amount.

PLEASE NOTE I cannot take bookings without payment as all cheques have to be cleared well before the outing to cover the cost of the coach.

Your kind co-operation will be greatly appreciated.

Thank you.

Cynthia Marette
2 Albemarle Road, Woodthorpe, Nottingham NG5 4FE
Tel. 0115 9534 836

THEATRE GROUP

We have quite a few performances on offer:

Saturday 22 March 2 p.m. The Crucible, Sheffield £29.70 "Streetcar Named Desire"

Sunday 1st June 3 p.m. The Royal Concert Hall £36 "Sensational 60's"

Wednesday 23 July 2.30 p.m. £53/58 Theatre Royal "TINA"

TOLETHORPE 1.30 p.m. £22 + bus. Bring picnic

Saturday 21 June "The Taming of the Shrew" (2 tickets remain)

Saturday 19 July "Macbeth"

Saturday 16 August "The Mirror Crack'd" (Agatha Christie)

RSC STRATFORD 1.15 p.m. £40 + bus

Wednesday 21 May "Much Ado About Nothing"

Wednesday 20 August "The Winter's Tale"

If you are interested Sue will be at the Meeting on 4 March to take bookings (with payment) or you can contact her at susan.read10@btinternet.com.

Sue and Shirley

ASTRONOMY February 2025

Gary talked about Space Flights through the ages. Hundreds of people have visited space during the six decades of space travel. The Cold War between the USA and Russia spurred a race to achieve space goals.

The USSR Vostok programme achieved the first man in space in 1961 when Yuri Gagarin orbited the earth once. Meanwhile, the USA had its own Mercury project from 1958 to 1963. Alan Shepherd was 3 weeks behind Gagarin when he was sent into space but John Glenn was the first American to go into orbit in 1962. Glenn's next flight was when he was 77 but William Shatner (Captain Kirk!) beat that when he went into space at age 90.

Other programmes since then have been Voskhod (USSR), Gemini (USA) and Soyuz (USSR/Russia). Due to popular demand, Space Flights through the Ages will be continued...We also learnt, from David, that the fuel tank on GAIA (the European Space Observatory) is now approaching empty, but it is still releasing data. Over its 12 years it has racked up more than three trillion observations of about two billion stars. We enjoyed a short quiz!

Next meeting 10am Thursday March 6, Arnold Library Room 1

Tanya Jones

BRITISH HISTORY GROUP

Pauline chaired the meeting which covered three presentations this morning. Our first one was given by Derek about Henry Bessemer. Henry was a prolific inventor and made his first of many fortunes inventing a cheap process of making gold paint. He invented many different methods of improving engineering processes and procedures. He is best remembered for improving steel manufacturing via a process of reducing the amounts of impurities in Pig Iron, thereby producing clean steel faster and cheaper. He was also a very astute businessman making a fortune from his various inventions and licensing schemes.

Our second presentation given by Rosie was about the London Underground. In 1864 the proposed building of a London Underground system was started by the Metropolitan Railway Company. They built the first section between Paddington and Farringdon. The successful completion and initial popularity prompted further building. However, because they used steam engines to pull the carriages, passengers were experiencing breathing difficulties due to smoke Inhalation. Electrification came to the rescue. Later the Tube, as it became known, allowed the network to expand to a point where it is now the second largest network in the world, making 1.181 billion passenger journeys a year.

Our final presentation given by Martin was about William Gladstone. He covered Gladstone's periods as Prime Minister, Chancellor of the Exchequer, the various constituencies he represented and the many causes he supported which were carried into Law, one of which was the continuation of Income Tax, first legislated for by William Pitt.

Gordon Bridges

CROQUET

Come and try the Croquet experience. A game that anyone can play - a sport with a competitive edge played in the fresh air. Meet new friends and enjoy some fun.

You are invited to a free Open Day for family and friends at Southwell Croquet Club, Morton on Sunday 27 April. All equipment available to try.

Following this, our regular Croquet Tasters will start on 4th Wednesday afternoon of each month during the season, beginning 28th May.

Please contact David Edwards, Group Leader, tel. 0115 9263624

LOCAL HISTORY GROUP

At our February meeting we looked at the 'Dissolution of the Monasteries', a brutal part of this islands history, when a King decided to divorce his wife, Catherine, so he could marry his new love Anne. That would be easy you might say, but what do you do when the 'Church of Rome' says 'No!' and not just 'No' you can't divorce your wife.' They said 'No' to a King and not just any King, but the King of England, Henry 8th.

So what did Henry do,....Simple..... he changed the faith of the country from catholic, whose overall loyalty was to the Pope and the Church of Rome to one that was 'more English' and owed its allegiance not to the Pope, but to Henry, the King of England..... and so the Church of England was established.

Being a catholic was deemed a treasonable offence and its punishment was gruesome and something to be feared. The penalty for treason was to be hung, drawn and quartered. However, changing the faith of the country was not an easy thing to do, so the King ordered his chief minister, Thomas Cromwell to draw up the plans and instigate the changes, the result would be the dissolution of the monasteries and religious establishments across England and so between 1536 and 1541, the landscape of the country would be devastated as the Kings commissioners visited all the religious establishment. Many of these establishments were founded in Norman times, and the great monasteries were dissolved and the building destroyed across the length and breadth of the country.

Many of the religious hierarchy who ran the monasteries and priories would not give up their faith or their allegiance to Rome, so suffered ultimate punishment.

Nottinghamshire was at the heart of the country and would not go unscathed. Even the town of Nottingham would lose its great monastic and religious buildings.

Today we see the ruins of the old buildings that once reflected the glory and the grandeur of the catholic church across the country. We see and visit the various abbeys and sites, like Newstead, Rufford, Beauvale and Welbeck. Further afield we can visit the ruins of Fountains, Rievaulx and Jervaulx abbeys in Yorkshire and many more across the country.



FOUNTAINS ABBEY

At our next monthly meeting on **Monday 3 March** in Arnold Library, Room 1, between 2.00 and 4.00 pm, we will be looking at some of the stately homes and gardens the group members have visited and enjoyed. This meeting will be led by the members of the group and will continue into our April meeting.

Kevin Powell

DISCUSSION GROUP

Our topics discussed this month were: -

- *Should knife points be blunted to help with preventing crime?
- *Trophy wives
- *Trumps tariffs
- *The positives and negatives of social media
- *European train travel
- *Should cats be banned?

We meet at The Coopers Brook on the first Monday of the month from 2.30 until 4.00. Everyone is welcome.

Jean Cussons

Mindfulness

To be mindful, to be present, is our natural state (Consider how babies move from happy to sad in a few moments without getting caught up in the past or future).

We, as adults need to re-learn this and train ourselves to be present, being here in this moment, without holding on to our judgemental mind. We need to try and be present for a few seconds (or even just one second at a time!).

It is called practice because we must practice it, over and over again.

We pay attention, on purpose, without judgement and with a sense of curiosity and openness. The moment the mind kicks in, you are back in the world of thought but not in the present moment..... It is suggested that to train the mind you have a formal practice of about 30 mins each day. Here you sit, spine upright and watch the breath, or the thoughts and there are many techniques, so it is useful to find one that works for you and stay with it for a good while. This will allow you to gain stability of practice.

During the day you bring it in here and there, whenever you remember. Bring your attention to the breath, doing some mindful movement, or using any of the senses to come back into the here and now. These may only take a couple of minutes but can be invaluable in re-programming the mind. We move from the automatic to the conscious time and time again. From this we begin to be **IN** our lives rather than missing from them.

During the sessions we will learn various techniques to bring the mind back into the moment and there will be time for questions and sharing.

The Mindfulness group will meet initially once a month on a Thursday afternoon (3rd Thursday of the month) at Arnold Library meeting room 2 at 3.00pm – 4.00pm. The dates booked so far are March 20th. April 17th & May 15th

There will be a cost involved, for the room hire, and this will depend on numbers. I would suggest bringing £3.00 in cash to the first session and then we can see how it goes. (If we get a reasonable number, it will be much cheaper)

The group will be run by Amarajyoti who a trained teacher of mindfulness, Yoga and Meditation with 40+ years of teaching experience is and over 50 years of Meditation/Mindfulness practice. (I have a special interest in practices for mental health).

Please come along.

PSYCHOLOGY GROUP

At our February meeting Tina led on the topic of “The Psychology behind Advertising”. We heard about subliminal messaging and the powers of persuasion. Many of us were surprised to have pointed out to us certain tricks that the advertisers use which we hadn’t even noticed but which may still very well be influencing us.

Our March meeting on the 17th will be led by Amarajyoti on ‘Screen Addiction’. We welcome new people to our group so, if you would like to join us do contact me on rosieallen21@outlook.com or come along to the next meeting on the 17 March at Arnold library meeting room 1 at 13.30.

Rosie Allen

SCIENCE FOR THE LAY PERSON

Minutes of the Science Group 19 February 2025

Three members were absent through illness and one through business, but seven enjoyed a varied meeting. Good to see Kevin, Martin and Paula return.

First, Brian invited members to a PowerPoint slide show he will be giving at the next Astronomy meeting 10.00 am on 6th March in the library, revealing secrets of the long-term baffling mystery called Dark Energy.

Tina opened contributions with an item about graduated students who are diagnosed with dementia. They are likely to die more quickly than the less well-educated, but this is because their education allows them to function longer before contracting the disease. It is more advanced by the time it is diagnosed.

Artificial Intelligence is well in the public eye, but Glynis related how it is possibly costing too much in energy, carbon dioxide and infra-structure, especially from casual or unnecessary usage.

Lasers powered by sunlight could transform Space travel and provide clean energy on Earth, said Lindley. This is inspired by plants that use sunlight for photosynthesis.

A short quiz of ten science questions from Brian was answered by members, first individually, then after conferring together. Their success was significantly better at the second attempt, as we expected, but no-one scored ten...Teacher said we must do better next time.

Brian Cluff

SWG1

10 March 2025

Calverton/Woodborough

Meet: by 10.00

Start: 10.30

Finish: 12.45 -13.00

Meet: in the car park of The Gleaners Inn (NG14 6FS)

Toilet facilities will be available prior to the walk

You may also consider using public transport, i.e. Calverton Connection. The 09:42 from Arnold Front Street gets you to The Gleaners by 09:55.

This walk will be led by Brian Davies. It is about 5.25 m (8.4 km) long. It is a pleasant walk through undulating countryside around Calverton across to Woodborough. Passing through Fox Wood, site of Iron Age and Roman settlements across via fields to Woodborough. A brief stop at Woodborough will offer time to enjoy any refreshments you bring. Returning back to Calverton via Roe Lane and Spring water Golf Course finishing at the Gleaners Inn Calverton approx 12.45 to 1 pm.

The path can get muddy at times and there are some slopes but no stiles so please wear suitable footwear and use walking pole(s) if required.

Short cuts are available if required.

Please note: depending on weather and footpaths conditions a different walk from The Gleaners may be considered, with the decision to be taken in the morning of the walk.

After the walk lunch is available at The Gleaners.

The pub requires us to pre-order our lunch. So, if you would like to take part in this walk and/or lunch, please contact Brian by email at the **latest by Thursday, 6 March**. Non-walkers are welcome to join us just for lunch.

Please make sure that you clearly state which menu you chose from. Also clearly state which option(s) you would like, if a meal offers options (e.g. garden peas or mushy peas).

Brians email address: briandavies537@gmail.com

Dieter Hecht

LONG WALK



Another grey day dawned, and it was time to try and find a decent mud free walk, a challenge for all of our walking group leaders once again this wet year. It is fortunate that the Long Walking Group has several people with leadership ability to share the load and so it was Chris Helmore's turn. He chose the mostly well surfaced paths of the old Silver Hill Mine at Fackley, where upon the top of the old spoil heap it has been bulldozed up a few extra feet to create Nottinghamshire's highest point, it is topped with a Miners Statue and is now part of this popular country park. In this area there are many old railway lines that once served all the local pits with their mineral lines, fortunately now returned to nature as trail paths and well surfaced. We walked through the grounds of Hardwick Hall stopping for morning coffee and later we found a pair of well sheltered picnic benches on the trail for our lunch.



Close to the end of this 10ml walk, on passing the Camarthen Arms, several members were tempted inside and found one of the local brews so good that some members were tempted to a second pint to celebrate the conclusion a good social days walking.

Peter Beastall

P13

MEDIUM WALKS



The third Wednesday in the month and the medium walkers were off again on a 6.5 mile circular walk, this time around Ogston Reservoir, positioned on the map west of Alfreton. Sad to say it was another, one of those grey days, but we made up for it with camaraderie. Due to the wet weather much of it was on very quiet lanes to avoid the mud but also across grassy fields. Crossing field to field we were proud to prove how energetic and fit we all were navigating the best way through muddy, boggy gate ways and mounting the 12? Styles. Our walk ended with a welcome meal at the “Horse and Jockey” at Wessington. It was good to see Davis Arnold returning to our walks and we also welcomed a new walking member Linda Sharp.





Ogston reservoir was completed in 1959 and is now owned by Severn Trent Water and supplies water to North East Derbyshire, Chesterfield & Sheffield. The reservoir takes its water from the [River Amber](#) and was originally created to supply the [National Coal Board's](#) Carbonisation Plant at [Wingerworth](#) which produced coke initially for the Iron works at Clay Cross. The Ashover Light Railway follows the course of the river Amber and contributed lime stone to the iron works, the old track bed now lies beneath the reservoir. The dam is an earth fill embankment with central puddle clay core. It's 19.8 metres deep. Looking for wildlife we found a group of cormorants standing together on an earth mound in the dam.

Besides Ogston reservoir having this circular walk it also can be used for an attractive cycle route.

Text; Rosie Bolton, Pictures by Group Members.

MEDIUM WALK Public Transport

Public Transport Walking Group

The destination for our March Walk will be Cotgrave Country Park. This walk will be led by Reg Simpson who has been a volunteer ranger over many years and knows all the secret corners of this park. We will use the Cotgrave Connection bus to get to our destination. When we surveyed the walk, it was definitely muddy in places. There is a good restaurant in the area and you can choose to enjoy a meal there after the walk. However, there will still be a break in the middle of the walk for a snack or a drink at midday for those not using the restaurant.

Please note that the date for this walk is not the usual Saturday but **Friday 21 March**.
If you are thinking of joining our walks for the first time, please remember the following things;
Wear proper walking boots, we do not always walk on good made-up surfaces.
We do our best but sometimes there are no public toilets on our walks.
Bring a packed lunch and a drink because we do not always pass refreshment stops. Carry this in a backpack or rucksack.
Generally speaking, we start walking about 11am, have our lunch break about 1pm and finish walking at about 3pm. All-in-all, we walk for about 3-4 hours and carry our gear on our backs. This can be quite tiring for some people as they get older. However, if you think this is not a problem for you, and you would like to try us, contact stellalane@talktalk.net, and we will put your name on our list.
Our April Walk will be on Easter Saturday, 19th April and will be in the Gedling Country Park and Burton Joyce area and using the 61 bus.

Stella Lane

Cryptic Crossword Answers

Across: 1 Edinburgh Castle, 9 Discard, 10 Regroup, 11 Rye, 12 Singularity, 13 Hod carrier, 15 Verb, 18 Nada, 20 Pawnbroker, 23 Subcontract, 25 Owe, 26 Article, 27 Trashed, 28 Post Office Tower.

Down: 1 Endorphin, 2 Instead, 3 Brass hat, 4 Radon, 5 Herculean, 6 Afghan, 7 Two-time, 8 Empty, 14 Roast beef, 16 Bartender, 17 Protract, 19 Debates, 21 Knowhow, 22 Honcho, 23 Swamp, 24 Attic.