

MAY 2026 NEWSLETTER

Hi from Hazel

Does Arnold u3a want more members? Yes, definitely. To do that we need to make sure our u3a is sustainable. We need to be able to grow in a way that we can continue to organise and support each other at our meetings, groups and activities. So, along with looking for more members, we need to ask if we'll also be able to find more volunteers for ensuring a successful future.

Do you have an interest in helping others? Arnold u3a committee does a very good job in helping all our members – every single month. They are keeping our charity running smoothly. Would you, or someone you know, like to step behind the scenes and come to our next committee meeting? Or maybe you'd like to shadow one of our committee, to help them do their role. New committee members will help Arnold u3a to grow in a sustainable way. Speak to me or to any of our committee and we'll tell you how, when and where. hazelshortward@gmail.com

Let's Grow Together. And feel more fulfilled ourselves, as we contribute to helping others to feel happier and achieve their goals.

Hazel Ward, Chair, Arnold u3a

Our main meetings

We're one month into our trial for the format of our main meeting and I'd really like to thank the people who suggested this. Some of you have asked if Arnold u3a have tried this before and the answer is 'No'. This is different to what was attempted previously.

Did we get it all right with our April main meeting? Probably not entirely.

What could we have improved? Even though we started at the exact same time as we usually do, a few people came late and felt they couldn't come into the meeting. We've addressed this by suggesting keeping a few chairs near the rear door for latecomers. Alternatively, members could stay near the reception area and hear things through the speakers.

Were there other problems? Yes. I understand that some people didn't know when the meeting was over and group leaders didn't have a clear idea of when to pack away their boards, etc. We'll try to address these issues, as we're determined to improve things for everyone. I ask that you please give this a fair trial, although if you have other positive suggestions, then please put them into the Suggestion Box.

Here is a clear picture of the order for the main meeting during this trial period.

13.15: Doors open – Members arrive
 13.15 – 13.40: As normal, dealing with business and sign-ups for groups/activities
 13.45: A brief welcome to the meeting and introducing the Speaker
 13.45 -14.15: (or up to 14.25): Speaker
 Then brief notices finishing between 14.25 and 14.35
 Close of meeting in the main room – although people may stay on to socialise there
 14.30 - 14.50: Refreshments and further sign-ups etc plus socialising.
 14.50 – 15.00: Packing away of boards, tables, chairs etc
 Members leaving at times to suit themselves
 15.30 Doors closed

On a positive note, thanks to all who spoke to me following the April meeting to tell me how much you enjoyed the trial format. Those wishing to get away to collect children from school were able to do so more easily. Others were able to take advantage of the two hours free parking in local car parks. Yet others liked the additional time to chat to friends. These advocates of the trial format were in the majority, but we will be asking again at the end of the trial period.

Hazel Ward

Speakers at the main meeting

In April we had a brilliant talk from Catherine Pinco-Allen who is a family descendant of Richard Thomas Parker, the last man to be publicly hanged in Nottingham in 1864. Catherine gave us a detailed background to the case, and then asked for a show of hands as to whether the audience would have found him guilty of murder, manslaughter, or no case to answer. It was interesting to see how the audience was divided!

In May we will welcome Andy McKinnon, Chair of the Arnold Local History Group, to talk about “Arnold’s Mighty Army.” The talk outlines the part played by Arnold folk in the Great War. As well as showing the statistics, he will tell the stories of several Arnold men who fought with the Army, Navy and Air Force. Andy has published on this and if you are interested, he will have a couple of books available, should anyone wish to buy one.

Viv Purkiss

Murder Mystery

Last chance to book your seat for:

Murder at The Bake Off

at The Arnold Liberal Club, Friday 5th June starting at 12.00 noon. There will be a buffet and prizes for those who manage to solve the **Murder**.

Tickets will be on sale at the main meeting at the reasonable price of £10.00.

To reserve tickets if unable to attend the meeting please Email sylviahale@hotmail.com
 Thank you

Sylvia Hale



Activities Groups

Public Transport Walks

Eleven of us took the Kinch Bus to Loughborough Station and descended on to the Grand Union Canal and were soon into some lovely tranquil countryside. Unfortunately, we did not see the promised water birds. There were lots of birds twittering in bushes but not many on the water, although we did see one proud swan on the River Soar.



We had our lunch at Pillings Lock and crossed over the bridge to walk by the River Soar. We finished our walk in Barrow-on-Soar, a lovely place, and had to wait for an hourly bus back to Loughborough. How lucky we are in Nottingham and Nottinghamshire to have frequent reliable bus services! There were pubs and cafes in Barrow if you had the inclination but infrequent hourly buses get in the way of enjoying a drink.

Our next walk will use the reliable and frequent NCT 26 bus and our walk will include Bulcote, Gunthorpe, the Trent and Caythorpe.

If you would like to be on our list let me know on stellalane@talktalk.net, and Margaret will send you more details.

Stella Lane



Coffee Morning

We are a friendly group who meet at Sprinters on the 4th Friday of the month from 10.00 till 12.00 with the option of staying for lunch if you wish. Everyone is welcome on a pop in, pop out basis. Our June meeting is on the 26th and our July meeting is on the 24th.

Jean Cussons



Medium Walks

A rather reduced party of 6 met for the medium walk on 15th April. Starting from Beeley we made our way up to Calton Lees and on to the green upland. Here the views across Derbyshire and beyond to the North and of Chatsworth house down to our right were spectacular. We descended to Edensor which boasted banks of daffodils still in full bloom and colourful Spring gardens. Our return route followed the river Derwent through the estate. Having made good time, we opted to do the "optional extra." This involved taking a metalled track up to Beeley Hill Top. From here we had a delightful descent across meadows to Beeley, where the Devonshire Arms provided us with an ample lunch.

It was a brilliant walk with periods (albeit brief) of sunshine and dry weather despite a somewhat unpropitious forecast.

Thanks, Peter, for a very good day.

Gay Wood



Long Walks

Thirteen Arnold and Burton Joyce walkers met for a 9+ mile walk on a lovely sunny and warm day. We climbed up to Riber and then descended to Lumsdale with its spectacular waterfall. We then walked on to Cuckoostone dale and, apart from a bit of difficulty finding our route across the dale to join our return route, the walk went well and we returned to Tansley that had been our starting point. The weather had stayed fair all day and folk seemed to enjoy the walk.

Gay Wood



Our May walk will take place on Tuesday May 26th 2026 when we will be visiting Nottingham University grounds.

We will be walking around the boating lake, where the paths are quite good and fairly flat and as well as the wildlife, we hope to see a colourful display of Rhododendrons.

The trams to Toton Lane run quite regularly from the city centre and you will be getting off at the stop right outside the University. Take the path that leads to the cafe, right next to the Boating Lake. We will meet outside the cafe at 10.30am and will commence our walk. We will then return back to the cafe for coffee and lunch if desired.

We both look forward to seeing you on May 26th

Maralyn Wilson and Linda Birch

Astronomy Group

Day visit to Cambridge
Thursday 30 July £25.00

The Astronomy group are visiting Cambridge University for a talk by Dr Matthew Bothwell. These talks have been extremely interesting in the past, and many members of Arnold u3a who don't belong to the astronomy group have found them enjoyable. This visit is open to all Arnold u3a members even if you just want to enjoy a day in Cambridge as we drop off at the University and the coach will then go into Cambridge.

Pick up time 8.30am at the bus stop at the back of Asda.

Booking will be available at the main meeting or please contact: Sylviahale@hotmail.com

Sylvia Hale

Gardening Group

A few of us enjoyed a visit to Hilltop Nurseries on 8th April. We were pleased to be shown places where the public are not usually allowed! This is a family-run business established in 1971 and we were shown around by the owner. They source and grow on many plants and we were shown bedding plants in different stages of growth receiving tender loving care from the staff. We were told that the plants we saw would be ready for sale in about 3 weeks' time so I'm thinking another visit from me will be in order, as I saw quite a few things that I would like in my garden. Over the summer we are planning to meet in our gardens, weather permitting, where we will discuss gardening and particular problems we might be facing, and I am sure tea and cake will be involved!

Viv Purkiss



Tolethorpe Hall theatre performances

I have a few tickets available for the following two plays being performed over the summer at Tolethorpe Hall, Stamford.

TREASURE ISLAND - 1st August 2026. Ticket price £24.00 + coach fare £22.00

ONE MAN TWO GOVERNORS - 29th August 2026. Ticket price £24.00. Coach £22.00.

Why don't you come and enjoy a lovely day out? You can picnic in the grounds before the performance. There is a bar selling a variety of alcoholic or non-alcoholic drinks and a cafe where coffee, tea and nibbles can be purchased. The audience are seated under cover and the setting is magical. I will be at the meeting in May or you can contact me by email or mobile, details on the U3A website. I look forward to seeing you there.

For those of you who have already booked, I am now asking for the coach fare. The cost will be £22.00 each. A slight rise as not so many tickets have been sold for these two plays.

Wendy Quickfall

Outings 4 U

There is one place on the St. Albans outing, 16th May £19, and four places available on the Port Sunlight outing, 13th June, £20. Make bookings at General meeting on 5th May please.

PORT SUNLIGHT, Victorian houses, Lady Leivers Art Gallery, Museum (extra cost) cafes etc.
Saturday 13th July 2026, £20
Due to popularity a 53 seater coach has been booked.

Both outings meet at 8.15am, depart at 8.30am from Arnold Leisure Centre and return by 6.00pm. Cheques should be made out to Arnold U3A with either St. Albans or Port Sunlight on reverse side please. Book online, and hand in cash or cheque at the next general meeting on 5th May 2026.

Burton Joyce have invited any Arnold member of u3a to join them on an outing to Trentham Gardens, Tuesday 19th May costing £35.63 including entry to Gardens, Shopping Village and Blue Diamond Garden Centre. Please contact Elaine if interested.

Cynthia Marrette





March meeting

A fascinating variety of articles were presented followed by lively discussion:

- New study suggests Volcanic Eruptions triggered the cycle of events which led to Europe's deadly Black Death plague
- A description of the Tardigrade: an indestructible life form, the size of a grain of salt, which has survived mass extinctions and is common in vastly different environments.
- The sinister reason Gruinard in Scotland came to be known as 'Anthrax Island'.
- How an Electric Car was powered for two hours by five hundred disposable vape batteries
- Vitricification: the answer to an ice-free method of freezing brain tissue which prevents damage, so allowing the successful return of brain function after thawing.

April meeting

- Video presentation by Nottingham Trent University on T cell and cancer treatment in immunology
- Benefits and significant drawbacks of tooth cleaning and various cancers
- Next good genes and longevity?
- Patricia Wiltshire, forensic botanist and her investigations to help solve crimes
- Micro plastics and how researchers avoid contamination data by the use of scientific gloves.

Event on Wednesday 29 July: the Nottingham Astronomical Society are supporting the Helios Exhibition at Southwell Minster displaying a sculpture of the Sun, seven metres in diameter. Solar telescopes will also be available for use.

Our next meeting is the third Wednesday in May which is the 20th at 2 pm room two of Arnold library.

Anyone is welcome as without science we couldn't bake cake or watch our flowers grow!

Kate Castleton and Tina Edge

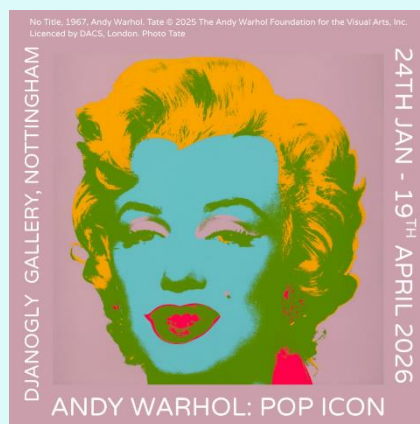
Art Appreciation

On March 25th we spent a very interesting morning at the Andy Warhol exhibition at Lakeside Djanogly Gallery. Sue and Maralyn organised the visit and arranged for the group to be shown round by Ashley from the gallery. He gave us a fascinating look into the life of Andy Warhol and how he rose from an impoverished childhood to global fame and fortune, with his artwork becoming possibly the most instantly recognisable in the world.

Our programme over the next three months includes a session on sculpture, a visit to Southwell Minster to see "Helios" by Luke Jerram and a day trip to York to see an exhibition of Japanese Prints.

My thanks to all the members of the group for making it such a pleasure to attend each month.

Lorna Weir



Croquet

CROQUET TASTERS

By the end of the month the Croquet Season 2026 will be underway. As previously, we have been invited to Croquet Taster Sessions with Southwell Croquet Club at Morton. This is ideal for a bit of gentle exercise and a great deal of fun, in the fresh air, making new friends and playing a game of cunning competition.

These will be run on the 4th Thursday afternoon of each month, 1.30pm to 5.00pm latest, starting 28th May through to September. The cost is £10 per session (cash on the day) including some tuition, loan of mallets etc with refreshments available.

We have a core of regulars who enjoy to play as often as they can, but we would welcome any of you to come along for any or all of the sessions to give it a try. We are expecting to have a qualified coach with us in the beginning.

Contact David or Maggie Edwards to find out more, and book a date. There will be a board and Signup sheet at the Main Meeting in May.

A date for your Diary is National Croquet Day on Sunday 3rd May when you are invited to watch Croquet being played at the Club.

Maggie Edwards

Discussion Group



We had a very interesting meeting this month. Our topics were

- * Magistrates' Courts are being instructed not to impose sentences of less than 12 months. Do we think this is acceptable?
- * How much does the price of fuel have to rise before we change our driving habits?
- * Should there be a break between the Church and the State as the King has stated he is now the Defender of Faiths?
- * Epstein's Bank has agreed to pay 72.5 million dollars to his victims as they say the Bank should have realised his money was from illicit sources. Do we agree that this is right as it will be the Bank's money used, not Epstein's?
- * Will Prince Harry ever reconcile with the Royal Family?
- * Do we really need to go back to The Moon?
- * The lower age limit for various activities varies e.g. driving a car, getting married, riding a motor scooter. Should this be more standardised?

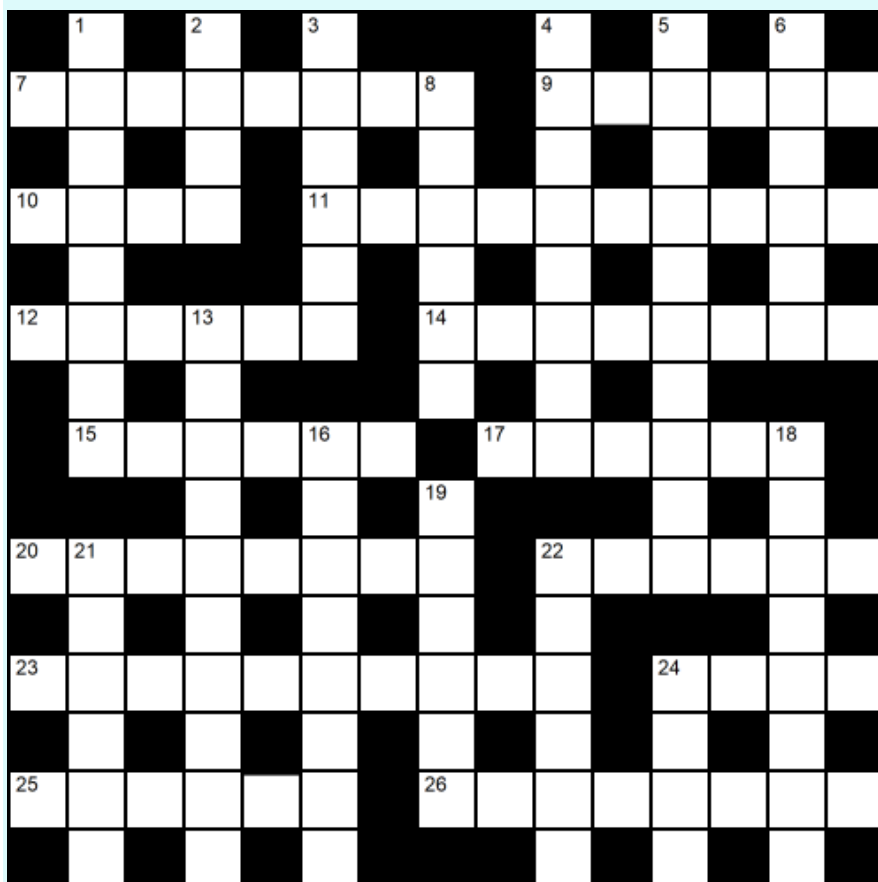
We meet on the first Monday of the month at The Coopers Brook from 2.30 till 4.00. Everyone is welcome. Please note as the first Monday in May is a Bank Holiday, our meeting will be on the 11th instead.

Jean Cussons

Cryptic Crossword

Set by Bob Rotheram

More puzzles at bobrotheram.com/crosswords



Across

- 7 Completely stuck in this security device (8)
- 9 Choose to steal (with 2K disappearing): it's an easy task (6)
- 10 Assign a role when in Connecticut briefly (4)
- 11 False accusations about senior pass (10)
- 12 Monsters have heads of ghosts in a notoriously terrifying story (6)
- 14 Broadcast 17s consider raised path (8)
- 15 Place where fish retreat? (6)
- 17 Some dynamic entrepreneurs may meet here (6)
- 20 Half lost, phone company call to get guidance (8)
- 22 Nelson's piece in the press? (6)
- 23 Enlisted drunken GI deserter (10)
- 24 Announce job (4)
- 25 Quickly aware of being against voting system (6)
- 26 Patent contains three directions for soap, say (8)

Down

- 1 Passing on the best remedy for potholes? (8)
- 2 Manage publication and regularly be adrift (4)
- 3 Top aristocrats discover Islay originally going north (6)
- 4 Forward invested in gold on opening (8)
- 5 Oddly laden with cacti by chance (10)
- 6 Italian city adopts name for brown stuff (6)
- 8 Very little Russian cash is made by Kremlin leaders squeezing oil exporters (6)
- 13 Involved no swearing Europeans (10)
- 16 Possible fate of criminal into vice (8)
- 18 Setter and woman in goal caught up (8)
- 19 Fungus seen in cooker with cereal mainly (6)
- 21 US tax service has what belongs to them (6)
- 22 Devised clue entertaining Director-General's club (6)
- 24 Like a joke that's weak? (4)

British History

The presentations this month were given by Helena, Gill and our chairman Chris.

First was Helena, who gave us a fascinating talk about the writer Thomas Hardy who, upon leaving school started to train as an architect. He enrolled at Kings College London and won a number of architectural awards. Continuing his career in architecture he eventually met and married his wife, Emma. However, after her death his grief was such that he started to write poetry. Two years later he married his then secretary Florence who was 39 years his junior. Helena gave us details of numerous other people who influenced Hardy with his writing of poems and famous novels, ie The Mayor of Casterbridge, Far from the Madding Crowd and Tess of the D'Urbervilles. Upon his death he wanted to be buried with Emma, but permission was refused. However, his heart was buried with her and his remains were interred at Poets corner in Westminster Abbey.

Our next presentation was about the Elsecar Heritage Centre given by Gill. Her entertaining talk started with some history about the area and the Fitzwilliam family, particularly the 4th Earl Fitzwilliam of Wentworth Woodhouse who in 1790 had a pit shaft sunk to produce coal. The production of coal gave the opportunity for the 5th Earl to expand into ironworks, sawmilling and distilling, producing many jobs and skills. This together with good housing saw the area prosper and to the Earl becoming one of the richest men in country. Gill showed us via the use of her iPad photos of the Heritage centre and explained the significance of the activities shown in the pictures.

Our Chairman Chris gave the final talk, an overview of the Victorian era when various liberalising things took place, notably the ending of slavery, improved working conditions in factories, extending the voting franchise and many other features, we as a group, had researched. However, Chris pointed to the downside of these times: poverty, child exploitation, bad sanitation, poor housing, problems in Ireland, all of which were mitigated in some way by a reluctant Parliament.

Finally, Chris mentioned that a timeline for our next period had been put together. He thanked Pauline for her assistance in its preparation. All to be revealed later!

Gordon Bridges



Visit to the House of Lords

I was privileged to be invited to visit the House of Lords on 16th March with representatives from u3as from across the country. This was arranged by a Third Age Trust Group called Exercise your Voice. We started with a tour of Parliament and then met with four peers of the realm – three life peers, and one hereditary peer (whom I understand due to the latest legislation, will no longer be a member of the House of Lords!) The peers were exceptionally interesting people and gave us a potted history of their background. They were:

- o Baroness Bennett of Manor Castle (Greens)
- o Baroness Garden of Frognal (Lib Dem)
- o Lord Hampton (Crossbench)
- o Lord Knight of Weymouth (Labour)

I thoroughly enjoyed the visit, and as a result I've been asked to join the Exercise Your Voice Group which brings together u3a members and staff from the Third Age Trust to form a pressure group. As a result of our visit, we are seeking to engage members of the House of Lords to become u3a champions. I'll update you once we have any news.

Viv Purkiss



Crossword Answers

Across: 7 Deadlock, 9 Picnic, 10 Cast, 11 Aspersions, 12 Giants, 14 Causeway, 15 Garden, 17 Centre, 20 Steering, 22 Column, 23 Registered, 24 Post, 25 Pronto, 26 Cleanser.

Down: 1 Relaying, 2 Edit, 3 Royals, 4 Aperture, 5 Accidental, 6 Sienna, 8 Kopeck, 13 Norwegians, 16 Eviction, 18 Enmeshed, 19 Agaric, 21 Theirs, 22 Cudgel, 24 Puny.