

CHAIRMAN'S MESSAGE

Giving Back

Last year, much to my family's horror, I went to Colombia in South America on my own. I spent two weeks volunteering in a children's hostel teaching English. It was a wonderful, life changing experience.

Why did I do this? Well, I was interested in Colombia, I had never been to South America but more importantly I thought it was about time I gave something back.

I considered how lucky I was, I had a home, a loving family, food, healthcare, education and a system of social care. Although we can argue it's not perfect it is so much better than many people have access to. There are lots of people giving back, through charities, volunteer work and the support that emerges after terrible tragedies occur. Many people all over the world are giving back.

It is no different in the U3A, we have people on the committee, running groups, organising trips, volunteering and much more. We always need people who are willing to help. If you feel you could contribute in any way, however small, please come and have a chat to me, or any committee member. During the break at our next monthly meeting I will be available if you are interested or need more information.

Oh, by the way I'm off to Thailand and Cambodia next year to teach English again and look after some elephants! *Chris Niven*

Jazz Appreciation. What's jazz? You might well ask – well we like and play the music of the 1940s to 1970s. Many of these numbers are from the 'American Song Book', great music and lyrics and the vocals are sung with clear diction. It has a beat to make your feet tap, anything from a duo to a big band. It's not alien – give it a try – you may be surprised. We meet at The Sun Inn, Eastwood on the 3rd Tuesday of the month from 2 pm to 4 pm. everyone welcome; look forward to seeing you there. *Anthony Green*



Nottingham's Hidden Gems On Thursday
22nd June John Beech gave us a personal guided walk of his childhood patch around the Mansfield Road area. With a history of the area from a personal point of view, details only he could add made for a very entertaining experience. With a history of the Victoria Railway station, the hotel, Blue Coat School, Hollygirt school and a very relaxing walk along Elm Avenue. We all thoroughly enjoyed ourselves. *Bob Ford.*



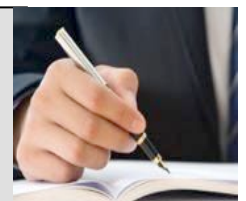
The Discovering Nottingham Group Pictured here at Ye Olde Trip to Jerusalem. A stop on their latest city walk learning about some of the historical pubs of Nottingham. *Diana Pidgion*

Coffee Mates this month met at The Gallery Café at University Park. The 20 members that went agreed it had really nice surroundings, coffee and a great selection of cakes that were excellent. Worth a visit.

August Monthly meeting: Refreshments Rota: - Patricia Lord, Nina Moore, Merle Ling, Marian Redfern.
Meet & Greeters Rota: -. Christine Jackson, Val Kennerell, Iris Robinson.
Set up/Clear away Rota: - Robert Leam, Geoff Gratton, Peter Hayden, Barry Day.
Signing in:- Marianne Chisholm and Margaret Naylor.

Dates for the Diary: Meetings are held on the first Wednesday of the Month at St. Mary's Church, Church Street, Eastwood.

Wed Aug 2 nd at 10 am	Ian Morgan
Wed Sept 6 th at 10 am	To be confirmed
Wed Oct 4 th at 10 am	Interest Groups Showcase



Featured New Interest Groups

Now that the directory has been published the newsletter will only feature details of new groups and items of news about activities.

Latest up-to-date information at:

www.eastwoodu3a.org

New Groups for 2017:

New groups due to start: Art Appreciation - contact David Willey on 0115 8840217 and Psychology – contact Margaret Naylor on 01773 788306.

French Conversation: meet 2nd and 4th Tuesday of each month in the Conference Room at the Sun Inn, Eastwood at 10.00 to 11.30 am. Contact Peter Hayden 0115 9384033.

Coffee & Co - Contact Barbara Gani on 0115 9468721.

Nottingham Hidden Gems: Group contact Bob Ford 07812455380.

If you have ideas for other groups or need further info contact Lorna or Jim Stirland tel. 07977 415 072.

Group News:

5 mile Walkers: next walk meet on Tues 1st August, 10.00am at the top right-hand corner Morrisons Car Park then on to car park, junction of Awsworth Bypass (A6096) and Newtons Lane. Contact Roger Reynolds 01773 788 169

National Trust: meet Mon 14th August 10.00 am at the Dog & Parrot, Eastwood. Contact Yvonne Carey on 01773 712530. Wed August 9th visit to Waddenson Manor, at 8.30 am. September 8th to Lyme Park.

Micro Brewery Pub Pals: Next meet 10th August at the Angry Bee, Godfrey Street, Heanor Contact Yvonne Carey.

Pub Pals: Next meet 21st August at the Gate Inn, Awsworth. Contact Yvonne Carey.

Coffee Mates: is now full: next meet 16th August – The Double Tree by Hilton Nottingham Gateway. Contact Andrea Sadler.

General Gardening: No meetings planned a new contact is needed.

Bird Watching: Next meet August 17th – Colliers Wood and Willey Wood. Contacts Chris & Paul Millington on 01773 764 943 or 07977 436 471.

Vegetable Gardening: next meeting 4th August at 44 Raglan Street, Hilltop. Contact Barbara Moore on 01773 770929.

Social Outings.

- No outings for August.
- **12th September (Tuesday)** – visit to Chester Zoo and Zoological Gardens, Maximum cost £30.
- Watch this space for future visits like Stamford and afternoon tea, dog races, pantomime and a meal.

More info at Main Meeting or from Joan Morley on 0115 938 3042 or Jill Parnaby on 01773 765 735

Coffee & Co: next meet at Millie's Tearooms at Armstrong's Mill on Wednesday 23rd August at 11am. Contact Barbara Gani 0115 9468721.

Strollers: next walk Wed 30th August along the canal from Jacksdale. Meet in the car park at the community centre at 10-15. Contact Val Kennerell on 01773 712269.

Discovering Nottingham: Midland Station & Meadow Lane walk. Meet Tues 15th or Thurs 24th August – 10.30 Phoenix Park; 11.00 Station tram stop. **New contact** - Barbara Gani - 0115 9468721.

City Treasures (formerly Discovering Nottingham 2): Tues 8th August - Tour of Highfields & University Parks- Art gallery and Museums. Contact Len Marsh 0115 9321230.

Nottingham's Hidden Gems: meet on Thurs 3rd August – Forest Road, Rock Cemetery and Forest walk. Meet 10.30 am at Phoenix Park Tram Stop or 11.00 am at the Nottingham High School Tram Stop. Contact Bob Ford 0781 2455380.

Jewellery group: Have had a break through the summer, next meet 24th August.

Board Games – New contact for the group - Val Kennerell on 01773 712269.

Bridge Group – New contact for the group - Audrey Measures on 01773714950.

The Book Group meets on the first Monday of every month at Eastwood Library at 11 o'clock. We are a small friendly group who read and discuss a different book every month. The books, which are mostly contemporary fiction, are selected and provided by the Nottinghamshire Library Service. When we arrive at the meeting, the books are already on the table ready for us and are always a surprise. In June we read a post apocalyptic novel called 'The Dog Stars', by Peter Heller and this month we have 'An Officer and a Spy', a thrilling tale of historical fiction written by Nottingham born author, Robert Harris, worth a read. New members would be made very welcome. *Pauline Clayton*

New Directory A new directory has been published and a copy will be available for members with their August Newsletter at the monthly meeting. If you have access to the Internet it can be found on the Eastwood U3A web site but if anyone would also like a Directory printed out for them please email treasurer@eastwoodu3a.org or leave a comment on the website. *Margaret Naylor*

Items or suggestions for the newsletter? Deadline: Mon 14th August, 2017.

Contact Caroline Winfield: newsletter@eastwoodu3a.org