

## Message from the Chairman

Following on from my January message I want to extol the virtues of volunteering. Do you remember the maths problem at school – ‘If it takes two men (it was usually men when I went to school) 40 hours to dig a trench 6 yards long and 3 foot deep (again, metric hadn’t been invented!), how long would it take 5 men to dig the same trench?’ My maths is a bit rusty, but it would obviously be quite considerably less.

Using the same analogy – if 14 volunteers are needed to make the monthly members’ meeting run smoothly and an average of 40 members regularly volunteer, how often would each volunteer be required? I calculate every 2-3 months. If 14 volunteers are needed and 130 members volunteer (out of around 140-160 regular attenders at meetings) each volunteer would be needed every 9-10 months. By sharing the load everyone gets the opportunity to contribute, talk to different people, and feel needed and appreciated. I urge you to make volunteering part of your U3A experience.

## Social group visit to Thurlford

What a wonderful feast of entertainment we had at the beginning of December. We travelled to a fabulous hotel on the sea front in Yarmouth. The weather was great for the time of year. The Christmas Extravaganza Show at Thurlford was a magical show with choirs, dancers and orchestra in great costumes. There must have been nearly one hundred different entertainers in the show. On the way back we stopped at Springfield Shopping Centre where we managed to pick up last minute Christmas presents. The three days were wonderful. Highly recommended. *Joan Morley*



**Fitness sessions at Greasley Sports Centre** These are open to our members and 12 members attended the first fitness session at the Greasley Sports Centre on Thursday 5th January to take advantage of the facilities at a very reasonable price of £2 for an hour with all equipment provided. Badminton, short tennis and table tennis were available with groups rotating about every 20 minutes. The group consisted of mixed abilities from those who had never picked up a racket to the more experienced who were only too pleased to give instructions when required. Being the first meeting members took the opportunity to hone their coordination skills with gentle knock abouts although the short tennis did make us feel other sessions were needed to improve fitness levels.

Everyone enjoyed their time and will be back next week. *Jim Stirland*

**February Monthly meeting: Refreshments Rota:** - Cath Gascoyne, Sheila Tivey, Jane Reeve.

**Meet & Greeters Rota:-** Yvonne Carey, Frank Dorkes, Celia Dorkes.

**Set up/Clear away Rota:** - Barry Day, Geoff Gration, Peter Hayden and John Stanger.

**If you are unable to attend ring the contact Carol Leam on 01773 762823.**

## New Directory

The committee is reprinting the Directory. A copy will be available for all members who don't have access to the Internet/website. If you have access to the Internet but would also like a Directory please email [treasurer@eastwoodu3a.org](mailto:treasurer@eastwoodu3a.org) or leave a comment on the website.

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

Wed Feb 1<sup>st</sup> at 10 am -

Pat Hall – ‘Life can be funny.’

Wed Mar 1<sup>st</sup> at 10 am -

David Bull ‘The Plague Doctor of Eyam’

Wed April 5<sup>th</sup> at 10 am -

Ann Featherstone – ‘Victorian Fairs, Freaks and Fisticuffs’



## Featured New Interest Groups

Now that the directory has been issued the newsletter will only feature details of new groups and items of news about activities. Latest up-to-date information at:

[www.eastwoodu3a.org](http://www.eastwoodu3a.org)

### New Groups for 2016:

**Singing for Pleasure:** Contact Karen Rea 01773 719118. Greasley Miners Welfare 2<sup>nd</sup> Fri, 7.30.

**Discovering Nottingham 2:** Contact Len Marsh 0115 9321230.

**Radio Waves:** Contact Ray Dring 01773 770 138. Meet 2<sup>nd</sup> & 4<sup>th</sup> Fri, 9am to 12 at the Sun, Eastwood.

**Creative writing** meet 2<sup>nd</sup> Monday of each month in Eastwood Library at 2.00 pm. Contact: Chris Niven 07891 032 300.

**Discovering Nottingham:** Contact Barbara Wigley 01773 762 383

**Theatre Group:** Contact Val Simons 01773 710 518. Meet 1<sup>st</sup> Thur at Eastwood Council Offices 2 p.m. (old post office)

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

### Group News:

**Bowls:** Contact John Stanger on 01773 787 183. Meet at the Indoor Bowls Centre, Beechdale at 12.00

**5 mile Walkers:** next walk 7<sup>th</sup> Feb. Meet 10 am top right of Morrisons car park, then on to car park at North Street, Langley Mill. Contact Roger Reynolds on 01773 788 169.

**Micro Brewery Pub Pals:** Next meet Thurs 9<sup>th</sup> Feb 7.0 pm Roots, Nottingham Rd, Kimberley. Contact Yvonne Carey.

**Coffee Mates** is now full: next meet Wed 15<sup>th</sup> Feb at the Three Ponds, Nuthall. Contact Andrea for more info.

**Bird Watching:** The **new contacts** for the group are **Chris and Paul Millington** on 01773 764 943 or 07977 436 471. Next meet Thurs 16<sup>th</sup> Feb Meet 10.30 at Attenborough Nature Reserve.

**Pub Pals:** For next meeting Mon 20<sup>th</sup> February 7.0 pm – Inn the Middle, Langley Mill. Contact Yvonne Carey.

## Social Outings..

- *February 16<sup>th</sup> 2017 - A visit to Cadbury World, cost £21.*
- *March 18<sup>th</sup> 2017 - Visit to London with Skills, £119 per person, includes the Theatre tickets to see Wicked, matinee performance, one night Bed, Breakfast and evening meal with some free time in London. £30 extra for a single room.*
- *April 22<sup>nd</sup> 2017 (Sat) - Coach trip to Harrogate Flower Show. Approx £16.50 per person, the more that go the cheaper it will be. Names at February meeting.*

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

### Social group visit to the Junction, Sutton.

A small group of members visited the Junction at Sutton in Ashfield for a meal and an evening of entertainment from a Michael Buble tribute act. It was a very good, enjoyable evening.

### New Group National Trust.

The first visit with the National Trust Group has been planned for 22<sup>nd</sup> March to go to Belton House. Leaving from Morrison's bus stop at 10 am. There are seats available, see Yvonne Carey at the February monthly meeting for further info.



**Jazz Appreciation:** The next meeting of Jazz Appreciation will be at 2pm on Tuesday, 21<sup>st</sup> February 2017 at the Sun Inn. New members are always welcome. I would like to point out that we enjoy all aspects of Jazz (trad, modern, etc.) and the theme for this month is "interpretations of Jazz vocalists", so if you have any favourite singers, male or female, on CD, please bring them along. *Margaret Palfreyman-Biddulph*

### Membership Subscription- due by 1st April

We will be collecting membership subscriptions at the February and March monthly meetings and renewal forms will be available at the meetings. If you have signed a gift aid form for yourself and others in your household a joint renewal form will be available for you on the sign in desk.

Renewal forms are also available on the website [www.eastwoodu3a.org/forms](http://www.eastwoodu3a.org/forms).

If there are no changes to your details, all we need on the form is your full name, membership number and signature.

You can pay your subscription by Bank transfer - a one off bank payment.

Name of payee: Eastwood & District U3A

Sort code: 60-07-28

Account no: 456 35 714

Reference: *Your name & membership no*

Amount: £20

You can hand a cheque payment in at the sign in desk. Put your renewal form and cheque (for £20 payable to Eastwood & District U3A) in an envelope addressed to the Treasurer with your name and member number on the outside.

You can use the renewal form and pay at the membership desk at the meetings.

Items or suggestions for the newsletter? Deadline: Mon 13<sup>th</sup> February 2017.

Contact Caroline Winfield: [newsletter@eastwoodu3a.org](mailto:newsletter@eastwoodu3a.org)

Contact Janet O'Neill, Membership Secretary, 07961 832 864, or email [membership@eastwoodu3a.org](mailto:membership@eastwoodu3a.org)  
Executive Committee members: [EastwoodU3A@gmail.com](mailto:EastwoodU3A@gmail.com); Website: [www.EastwoodU3A.org](http://www.EastwoodU3A.org)