



Discovering Nottingham 2 A few members of my new group met in the Nottingham City Council House arcade with its interesting architecture and displays of lovely Christmas decorations.

Afterwards a tour guide took us on a grand tour of the council chambers. This Nottingham building has a brilliant internal construction. In my opinion the external views don't do it justice and I would recommend more members to go and see it.

After we went onto St James Street and walked up to The Malt Cross, where we took a break for coffee and cakes. Rebekah Wood the tour guide gave us an in depth talk, including singing folk songs in the theatre. We went down two levels to the caves where another talk took place. Back on St James Street Rebekah explained the historical facts of the Malt Cross building. Everyone enjoyed the tours and I will be visiting these venues again in the New Year for the members who missed it. *Len Marsh*



The Theatre group enjoyed their visit to see Aladdin at the Playhouse, and had a good laugh. This made up for the disastrous meal beforehand. They were left feeling hungry but happy. *Andrea Sadler & Val Simons*

Message from the Chairman

Several years ago I heard a talk about the migration of geese and how it can be used to encourage teamwork. I would like to acknowledge the original author but there seems to have been so many similar stories, all I can say is that it is not my original thought. It does, however, illustrate what geese, ducks, swans, and other migrating birds can teach us here in the Eastwood & District U3A.

The leader of the V shape formed by migrating birds assists the followers by bearing the resistance; the following birds each fly slightly higher, providing additional lift to the bird behind. Every member of the U3A should gain something from being part of the U3A, and help others to 'fly higher' as well.

When the lead bird starts to tire it falls back to allow another bird to lead. Our Executive Committee is elected for a limited period. We need people coming forward prepared to take on roles that have been vacated.

If a bird is injured, or too exhausted to carry on, two other birds drop out of the formation to stay with it until it is able to carry on again. They instinctively care for one another, and notice when one is in trouble. We have a Welfare Coordinator, but she needs to be made aware when someone needs help.

They are in constant communication, honking encouragement or warnings to each other and their leaders, and telling them they are still behind them. The Executive team, group contacts, and all members need to know that they are going in the right direction, or where they are going wrong. We have several ways that we use to communicate information to you: the Newsletter; Website; emails; Members' monthly meetings; etc.. These also rely on contributions from you. In addition there is a suggestion box available at Members' meetings and feedback through email to EastwoodU3A@gmail.com.



January Monthly meeting: Refreshments Rota: - Gillian Tilley, Christina Chapman, Shirley Reynolds.

Meet & Greeters Rota: - Dawn Platt, Irene Whittle, Len Marsh.

Set up/Clear away Rota: - Robert Leam, Geoff Gration, Peter Hayden.

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

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

Wed Jan 4th at 10 am -

Wollaton Hall Artefacts.

Wed Feb 1st at 10 am -

Pat Hall - 'Life can be funny.'

Wed Mar 1st at 10 am -

David Bull 'The Plague Doctor of Eyam'



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

New Groups for 2016:

Singing for Pleasure: Contact Karen Rea 01773 719118.

Discovering Nottingham 2: Contact Len Marsh 0115 9321230.

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

Creative writing meet 2nd 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 1st Thursday at Dunn Lite at 2 p.m.

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 Tues 3rd January. Meet 10 am top right of Morrisons car park, then on to Linby Cross on the green, just past Horse & Groom. Contact Roger Reynolds on 01773 788 169.

Pub Pals: For next meeting contact Yvonne Carey.

Coffee Mates is now full: next meet Wed 18th January at the Coffee Lounge, Kimberley. Contact Andrea if you want more info.

Bird Watching: Next meet 19th January. Meet 10.30 in the lay-by at the centre of Linby near the pub. Contact Barbara Wigley on 01773 762 383.

Bridge group - restart Mon January 9th 2017

Board games - restart January 11th 2017

Strollers: General Gardening:

Vegetable Gardening: Next meet in the Spring.

Social Outings..

- **February 16th 2017** - A visit to Cadbury World, cost £21.
- **March 18th 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 deposit at our January meeting please. £30 extra for a single room.

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



Members enjoyed a social night out at the dog races at Colwick. It was very relaxed with waitresses fetching your bets so you could sit and enjoy the racing and meal. The track was visible through the window, but there were screens everywhere so you could enjoy watching your dog win... or not. Most had winners, some more than others. We were all impressed with the meal. We would all like to go again and we are sure others would also enjoy a visit. *Andrea Sadler*

Local History group visit.

Members of the Local History group enjoyed a tour of the D H Lawrence birthplace museum. The guide gave an excellent picture of family life and the community he wrote about. The furniture and fixings were very evocative of the time. Some of his paintings are also exhibited. There is also a video tour for anyone unable to climb the stairs. The tour takes 1 hour 15 mins and costs £5. We recommend it to other members. A full report can be seen on the website. *Eileen Benton*

Christmas monthly meeting. Members had an enjoyable morning with entertainment from the U3leles, Poetry group and Creative writing group. The raffle raised £125 with a large number of raffle prizes, donated by members, Next Home and Morrisons. The committee would like to thank everyone who helped to make the morning so enjoyable and successful. More photos can be seen on the website.



Items or suggestions for the newsletter? Deadline: Mon 16th January 2017.
Contact Caroline Winfield: newsletter@eastwoodu3a.org