



# Rainworth & District

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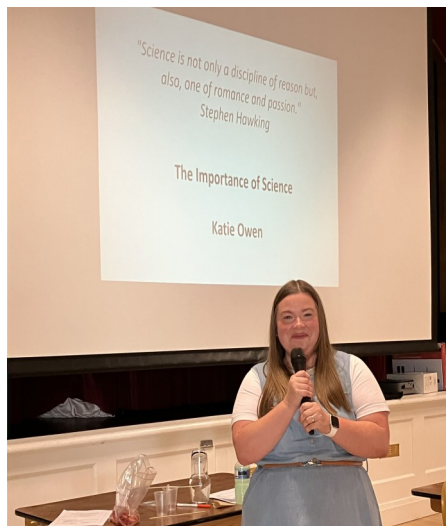
**ForeverNotts™**  
Community Foundation for Nottinghamshire

## JULY 2025 Newsletter

[www.rainworth-u3a.org.uk](http://www.rainworth-u3a.org.uk)  
[rainworthu3anews@gmail.com](mailto:rainworthu3anews@gmail.com)  
facebook – rainworthu3a

**We meet on the second Wednesday of the month,  
10am-12pm at the Rainworth Village Hall**

*Exploring science with Dr Katie Denby after our AGM*



## Interest Groups

**Members wishing to join/attend any interest group activities must contact the group leader *PRIOR TO ATTENDING.***

Snapshot Gallery	"Virtual" Slideshow monthly	Ian Hibbert	795399	snappgallery21@gmail.com
Armchair Film Club	4th Wed	Diane Hibbert	795399	diane.hibbert@btinternet.com
Book Group	3 <sup>rd</sup> Fri	Betty Foster	07708 444535	betty.foster@btopenworld.com
Breakfast	1st Tue	Gordon Brown	07925 896004	gordonbrown66@ntlworld.com
Card Craft	3rd Mon	Jill Pullan	400545	jillandmalcp@gmail.com
Garden Visits	1 <sup>st</sup> Thur	Ann Mills	631714	ann_mills@me.com
Hobbies	3 <sup>rd</sup> Mon	Maureen Litchfield	799322	maureen.litchfield@hotmail.com
Indoor Games	3 <sup>rd</sup> Mon	Andrew Goodison	438702	goodisonj2@gmail.com
Local History	4 <sup>th</sup> Fri	Diane Hibbert	795399	diane.hibbert@btinternet.com
Lunch Group 1	3 <sup>rd</sup> Tue	Ann Mills	631714	ann_mills@me.com
Lunch Group 2	2nd Wed	Jackie Massey	07881 661894	masseyjackie@hotmail.com
National Trust	2 <sup>nd</sup> Thur	Maureen Litchfield	799322	maureen.litchfield@hotmail.com
Odeon Visits	Various	Pam Berry	795473	randp33@hotmail.com
Pub Quiz	3 <sup>rd</sup> Thur	Gordon Brown	07925 896004	gordonbrown66@ntlworld.com
Ringtones-Singing	2 <sup>nd</sup> Mon	Pam Haywood	406078	pamhaywood@hotmail.co.uk
Strollers	4 <sup>th</sup> Mon	Andrew/Susan Goodison	438702	goodisonj2@gmail.com
Ten Pin Bowling	3 <sup>rd</sup> Thur	Wendy Dixon	07580 385437	mattjen@hotmail.co.uk
Trips & Visits	Various	Ann Brown	07982 243462	annbrown051@gmail.com
Wine Appreciation	3 <sup>rd</sup> Wed	Jill Pullan	400545	jillandmalcp@gmail.com

## **Meeting Programme 2025**

**Wed 9th July**

Sam Millard talking about  
"Rogues, Vagabonds or Heroes?"

**Wed 13th August**

Gareth Howell "The Royal British Legion:  
A Legacy of Remembrance".

### **Future Events**

**Tues 23rd Sept**

**National u3a week event to promote the  
organisation and our own u3a.**

Open coffee morning 10-12pm at  
Rainworth Village Hall.

Raffle, Music Quiz, Books and Jigsaws.

Come and meet our Committee, Group Leaders  
and members and find out all about the u3a  
£3 admission includes coffee and cake.

Bring yourself, family, friends and neighbours.

### **Book Group    **Someone Else's Shoes by JoJo Moyes****

A funny and touching story which starts off as a mix up!

Sam is a hard-working wife and mother whose husband is suffering from depression following the death of his father and the loss of his job.

Nisha is an American living in London with her immensely wealthy, globetrotting husband and has a son.

The mix up occurs following a visit to the gym when they accidentally end up with each other's gym bag, Nisha's containing a pair of priceless Christian Louboutin shoes which Sam finds give her a lot of confidence when she wears them for a business meeting immediately after the gym session. Nisha on the other hand, has nothing to wear and is frantic to get her things back. As she works her way back to meeting her husband, she discovers that she's been locked out of her place of residence with no access to any money or accounts. What is she supposed to do and why does her husband want those shoes before he will agree to a divorce settlement?

The book tells the story of their struggles in life and the friends they make along the way and the importance of the shoes becomes clear in the end.

*The next meeting will be on Friday July 18<sup>th</sup> 10am at Blidworth Library.  
We still have a couple of vacancies if anyone would like to join us.*

*Betty Foster*

A warm welcome to all our members and visitors. We hope you enjoy the monthly newsletter, please keep the articles and photos coming! It's not a newsletter if it hasn't got news!

Articles will be put on the website as they are received and has more space for photos, all in colour! Please **email** articles to [rainworthu3anews@gmail.com](mailto:rainworthu3anews@gmail.com) with any photos as an attachment.

### **The closing date for the next issue is 31st July**

**Please do not arrive to the meeting before 9.30am.**

Please notify Jean Bingham, our Membership Secretary, of any change to your personal details e.g. address, email & phone numbers and if you do not wish to receive the u3a Matters magazine.

In case of an emergency, please give a contact name and number that you would like used to the Membership Secretary and your Group Leaders. Also please write the details on your membership card which should be carried with you at all u3a meetings, events and activities.

If you are aware of a member who is unable to attend the meeting and would welcome a newsletter, and/or a telephone call, please let our Welfare Officer, Linda Stockton, know.

Have you remembered to bring your mugs? Please ensure mobile phones are set to silent.

If you have any comments or ideas regarding our activities, **please use the suggestion box**, it can be an anonymous contribution.

Do have a look at our website and join our Facebook page, if you use social media, for the latest information and also the u3a National website, [www.u3a.org.uk](http://www.u3a.org.uk) where you can sign up to receive their monthly newsletter via email. It is full of information, ideas, policies and feedback on the organisation and other branches' activities.

We are a member of the Notts Network of u3a's, who also have a website, <https://nottsnetworkofu3as.u3asite.uk/> and issue a bi-monthly newsletter called "Newsbites." There are links to these and other organisations on our website.

You can listen to u3a radio on podcasting platforms, including Apple, Spotify and Google podcasts and on u3a You Tube channel.

***Don't forget to look at the notice board on display at every meeting for more information about our u3a and other events and organisations.***

AGM Speaker- Dr Katie Denby with "Hands- on science!"

*Science is no longer the stereotype of an older man in a white lab coat!*

Our speaker, Katie Denby, was an enthusiastic example of the changes in approach to science in recent years.

After an introduction to the importance and central role of science in our lives we tried our hand at practical chemistry. We used paper chromatography to reveal the many dyes in a coloured felt tip pen. A sample is placed on a strip of paper and dipped in water. The water soaks up the strip which separates the different coloured dyes in the ink. Remember the lateral flow Covid test? In our second experiment we extracted DNA from a strawberry! We mashed up a strawberry in water mixture and filtered using a coffee filter. A solvent was added to the pink solution. The DNA migrated to the solvent layer which could be picked out as a gooey glob!

Thanks to Katie for a new learning activity. Some u3as have a science group. Any volunteers?

*Ian Hibbert*



**New Canasta Group**

Anyone interested in joining the new canasta group?

Please see Enid Thomas today or contact her on 07738 163 889 for details

## **Garden Visits**

Scampston Hall and Gardens in East Yorkshire was the destination for the June garden visit.



We started with an amazing tour of the Hall from a very informed Guide. To make life easy each room was equipped with chairs for us to sit (red ones so we didn't use the historical ones!). The land had been acquired by the St. Quentin family at the end of 11C but the first house was not built until 1700 and then remodelled late 18C. This beautiful regency country house has been restored by the Legards who now use it as a family home. It contains masses of paintings including ones by Gainsborough, who was a personal friend and neighbour and gave them to William St Quentin when he was a guest!

Then it was on to the gardens, a large walled garden divided into 10 sections from grasses to cut flowers, a silent garden, spring and summer box borders, perennial, and a conservatory. Some of us managed to walk in the Parkland to the Cascade and over the Palladian bridge along a water course and back to the house. The park was of course designed by Capability Brown.

A final stop to purchase plants and then home. Another lovely day out, thanks to Ann Mills for organising.

*Pam Berry*

## **U3a Friends Extra**

Don't forget to checkout and sign up to the "national u3a friends extra" monthly email. It has a wide range of offers including gift card purchases at a discounted rate from many retailers and leisure and entertainment companies.

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There will be a second "Smell Taste" event for anyone affected by smell or taste impairment on Monday 29th July, 10.30am at Create, West Notts College, Mansfield. Details on the display board or contact Keith Barnes on 07775 696 078

## Indoor Games

This month in Kurling, the Reds, despite a late rally, were soundly beaten by the Blues in a first-to-100 points game. We're now getting better at tactics as well as hitting the target.

Before that, we played 12 spot Maltese Cross dominoes, and all won at least one game, some winning two. We are using our quiet table topping for shuffling, but it still gets noisy when someone wins!

During our coffee break Lynden got out his Shut the Box game, with everyone trying but no-one succeeding in shutting the box. It seems simple but it really is harder than it looks! *Diane Hibbert*



## **Hobbies, Games and Card Craft, great way to spend an afternoon!**



## **National Trust**

The group recently visited Waddesden Manor, located near Aylesbury. Although now owned by the National Trust it was donated by the Rothschild Foundation to ensure that the Estate remained intact. It was built in the style of a French chateau by Baron Ferdinand de Rothschild to house his extensive collection of art, sculptures and treasures. Unfortunately the site is so large that we will have to return to see more!

*Ann Mills*



## **Lunch Group 2**

Fifteen members went to the Golden Eagle for lunch after our June meeting. Everyone tucked in to a variety of dishes helped down by a pint or a glass of wine or even a soft drink!

We all have a good chat and put the world to right, who needs a Government to run the country when they have got us!!!

*Our next venue is The Archer after our July meeting.*

*Jackie Massey*



## Armchair Film Club

### **Glenn Miller's dynamic sound of swing came alive once more at June's meeting, where we watched 'The Glenn Miller Story'.**

The film follows big-band leader Glenn Miller from his impoverished early days in the music business to fame and fortune, and finally his death when the plane he was flying in was lost over the English Channel during WWII.

James Stewart plays Miller, and much attention is given to his courtship and marriage to his wife Helen, played by a sparky June Allyson.

Stewart took trombone lessons in order to mime accurately when fronting his band, but apparently was so bad at it, his tutor went home in a rage.

The film features cameos by such musical greats as Louis Armstrong, Gene Krupa, Ray Conniff and the Modernaires, with singer Frances Langford in a stick- out frock with an 18" waist!

Our toes were tapping throughout as Miller worked on his arrangements of Moonlight Serenade, Little Brown Jug, String of Pearls, In the Mood, American Patrol and Pennsylvania 65000.

Altogether, a really enjoyable film. Thanks to Maureen for providing it.

*Diane Hibbert .....N.B. No film club in July as the organisers are attending a meeting.*

## Local History

### **Horse people were few and far between when we visited the Museum of the Horse in the old coaching inn at Tuxford, but that didn't matter!**

Host Sally Mitchell introduced us to a curiosity quiz - a table with 25 domestic items from bygone days which we could handle and identify. Most easily guessed were the lorgnette and the cigarette roller, but we were stumped by the boiled egg topper and the pipe rest (not an eye bath or a mint sauce boat!) Bex's team did best with a 20/25 score.

Sally then guided us through a series of rooms showing all facets of horse life - military, ceremonial, post and mail coach, heavy horses, racehorses and general hacks. There were saddles, spurs, bits, harnesses and riding habits from all over the world.

Several well-known phrases and sayings come from the horse world :- long in the tooth, passing the time of day, cheerio, seven-league boots, which we saw a pair of (7 leagues was as far as a mail coach could go before changing horses).

You may have seen owner Sally Mitchell on a TV programme, where a painting of a horse, Rainbow, which she had in store turned out to be a late Stubbs and sold for over £2 million. We were shown a reproduction of it. Seeing as she has as much in store as she has on view, there may be another valuable curiosity waiting to be discovered!

We ended our visit in the sunshine in the courtyard of Chillipetals cafe, part of this wonderful old coaching inn which Sally has rescued and transformed into a venue well worth a visit.

*Diane Hibbert.*

*The next outing will be to the Sherwood Observatory and Planetarium, Friday 25th July, make own way there for 10.30.*

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Dear Rainworth u3a

Just a note to say good-bye and thank-you for the friendship and kindness I have enjoyed over the last 10 years. It has been my pleasure, long may you all continue. I have now taken the decision to move to Hertfordshire to be closer to my family, where I will be better supported with regards to my age and health.

Fond regards, Loraine (*photo of Loraine on back page*)

## **Rainworth & District u3a Committee June 2025-June 2026**

Mary Howarth	chair@rainworth-u3a.org.uk rainworthu3anews@gmail.com	07930 243121	Chair Website & Newsletter Communications
Jean Bingham	vicechair@rainworth-u3a.org.uk membership@rainworth-u3a.org.uk	07572 075528	Vice-Chair Membership Secretary Communications
Diane Hibbert	secretary@rainworth-u3a.org.uk	01623 795399	Business Secretary Communications
Jill Lowe	treasurer@rainworth-u3a.org.uk	01623 230023	Treasurer Communications
Ann Mills	ann_mills@me.com	01623 631714	Programme Secretary Social Secretary
Anita Bush	ani.tab@hotmail.co.uk	01623 361997	Committee member
Andrew Goodison	goodisonj2@gmail.com	01623 438702	Meeting Support
Ann Brown	annbrown051@gmail.com	07982 243462	Committee member
Jackie Massey	masseyjackie@hotmail.com	07881 661894	Co-opted Committee member Press Secretary

### **Interest Groups**

Whilst it is hoped that members can access a particular interest group, it is not always possible due to transport availability and cost, or venue limitations/restrictions. Ask the Group Leader if there is a waiting list you can go on.

We are fortunate to be able to hire a Ravenshead Community bus for some trips at reasonable cost which are usually full and is able to access all venues. When a larger commercial coach is hired, the cost has to be shared by those members regardless of the number travelling and is not appropriate for some venues. The Committee will always support anyone in becoming a group leader to set up a second group for that interest, it can be a shared role and would enable others to participate.



Match the photos to the reports!

