

### *Members' News*

A very warm welcome to our new members who we hope will find fun and pleasure with us:

Diana Knight, Paul Knight, Christine Clifton, Linda Evans, Mick Smeeton

It is with great sadness that we record the death of Chris Lillie and extend our sympathies to Maureen and her family.

### *Gloves Found*

After the November Monthly Meeting a pair of men's gloves were found left in the Church.

They are held by Robin so if you think they are yours please contact Robin to claim them.

### *Letter from the Methodist Church*

Dear Friends and users of Keyworth Methodist Church

The KMC Property and Finance Committees have reviewed the current rentals and the Church Council have confirmed, that from January 1st 2020, the hourly rate for community and regular users will increase by 50p an hour. It is two years since the last increase and I hope that you will agree it is reasonable and favourable compared to other local venues.

#### **New Rates:**

Hall £19 for first 2 hours. £7 for each subsequent hour.

Church £24 for the first 2 hours £9 for each subsequent hour

We are pleased that the building is used so much but inevitably there is a normal amount of wear and tear. It has been decided to carry out a significant amount of redecoration and minor repairs to keep the building up to scratch and in good order. This work will be done over the next couple of months or so and we're hoping that there will be as little disruption as possible. I will be liaising with you, the decorator and people at church during this time. For example, if it is mutually convenient I **may** ask **some groups** to move temporarily from the hall to the church at times (at no additional expense of course). There will be plenty of warning and I'll do all I can to help and to make the disruption as easy as I can.

Thank you again for using our premises and for taking such good care of them. It's good to have you 'with' us!

Best regards,

Graham Payne

### **PROGRAMME**

#### **MONTHLY MEETINGS**

A brief synopsis of forthcoming talks is given elsewhere in this issue.

#### **2019**

DECEMBER 12<sup>th</sup> Christmas event, please see notice on this page and details on back page.

#### **2020**

JANUARY 28<sup>th</sup> The Plague Doctor  
David Bell

FEBRUARY 25<sup>th</sup> Chalk to Fork  
Kay Gugliotta

MARCH 24<sup>th</sup> A Musical Presentation  
Trevor Leeson

APRIL 28<sup>th</sup> Think Yourself Happy  
Amanda Tatton

MAY 26<sup>th</sup> The Year of the Periodic Table  
Paul Roebuck

JUNE 23<sup>rd</sup> The Industrial Revolution  
Steve Allen

JULY 21<sup>st</sup> RNLI  
Denis Redhead

AUGUST 25<sup>th</sup> Beasts, Birds and Bugs of  
Costa Rica  
Phil Cooper

Monthly Meetings are held on the fourth Tuesday of each month in Keyworth Methodist Church. Doors open at 2 pm for a beverage, biscuit, opportunity to book New Horizon events, Lunch Group meals, and to chat with other members.

TALKS BEGIN PROMPTLY AT 2.30 PM

## ***2019 Review Booklet Changes***

Unfortunately South Wolds' Print Room has had to terminate the arrangements to undertake printing commissions for the community, at least for the foreseeable future.

This means that our U3A printing now has to move to other arrangements on a more commercial basis which, very sadly, make the production of an annual review booklet not financially viable with a cost well in excess of a thousand pounds.

The editor is grateful to those group leaders who have already supplied copy and will seek to use it in a different way through e-News.

The committee has explored other ways of ensuring that all members receive an annual update about the groups.

It is sad that the arrangement with the school has had to end and we are grateful for all the co-operation and work the Print Room staff have given our U3A over the years.

## ***U3A Christmas Event***

There are still a very few tickets available for the Christmas event in the Methodist Church on Thursday, 12<sup>th</sup> December. Cost £5.00.

Please contact Frances Turnbull if you would like to come along to the event. See the New Horizons notice on the back page.

You could combine it with coming either before or after you go to vote in the General Election on that date!

## ***CREATIVE WRITING GROUP***

*Leader: Angela Yates*

The Creative Writers Group use Keyworth Library as a venue  
A diverse choice of subjects forms their monthly writing menu

We don't aspire to reach the height of fortune or of fame  
But meet each challenge steadfastly and try to up our game  
We've jumped through hoops with haikus and quite surprised ourselves  
And noticed that we're listened to by readers browsing shelves  
We read out loud our homework for our pleasure, and to seek  
Our fellow members comments and, we hope, a good critique  
In class we test our writing skills, distinguish wrong from right  
With the aid of exercises; improvement in our sight  
A pleasant occupation and one day we may discover  
A book of literary merit, with our name upon the cover!



## *Group Leaders' Handbook*

The Handbook has been revised and has been put on our website:

[www.keyworthu3a.org.uk](http://www.keyworthu3a.org.uk)

Click on Interest Groups on the left hand side, scroll down and click on Group Leader Information. You can click on Handbook for Group Leaders or on the Appendix which will have the subject you require.

Putting the Handbook on the website enables our Group Leaders to readily access information they require and also make updates easier to be made in the future. The separate listing of the appendices makes topics easier to find.

Peter Harding, Group Co-ordinator

## *Remembrance Day*

On a sunny remembrance day there was a crowd of people by the gates to remember the fallen service men of two world wars. Readings were made by local clergy and community leaders including our current chairman Robin Wilcockson and former chairman Ken Doyle. The cubs and brownies formed a line by the gates which bear the names of the Keyworth men who are remembered from both conflicts.

Text and photo: Peter Harding



## *From the National Office*

One of the Trust's Development Plan recommendations is to explore the opportunities for external funding. We are looking for members with experience of submitting bids to funding sources such as the National Lottery, Sports Councils, Philanthropic bodies, etc. Members who would like to discuss this opportunity to work with the Trust Chief Executive should contact Sam Mauger.

In the same vein, the Trust's new trading subsidiary, Third Age Trust Trading Limited, is exploring ways to provide members with U3A branded clothing, in addition to selected discounts on retail products. Any members with career experience in these areas, and willing to assist in the initial research, please contact

## *From the National Office continued*

### MEDICAL RESEARCH

U3A members who take part in medical research projects after being approached through their local U3A do so as individuals, not as members of the U3A, the national executive committee of the Third Age Trust, the umbrella body for U3As, has said.

Universities have been asking U3As for participants to help with research projects, often in a medical context.

After its meeting in July, the national executive committee said;

“Participating in any form of medical research project would not involve physical or psychological intervention. Medical research projects should involve participative learning for mutual benefit and follow the recommended national research sub-committee guidelines and risk assessment. U3A members participate in such projects as private individuals and not as U3A members”.

The national U3A ethics working party has been asked to produce guidelines to support this policy. Its chair, Chris Knight, said that in the meantime it was recommending strongly that U3As should not circulate members with such requests without, at the very least, consulting local research ambassadors or shared learning project coordinators.

*TAM, Winter 2019 p6*

Over recent months, members have contacted the Trust about the TAM wrapper not being fully recyclable. This is a major concern of the Trust and I am pleased to advise that we are currently seeking bids for a fully biodegradable wrapper to be in place by the April issue.

*U3A National Office newsletter, November 2019*

By now your Winter issue of Third Age Matters should have landed on your door mat, the last issue under editor Francis Beckett.

Watch out for the next issue in February under new editor Joanne Smith, which will have a fresh look and content, building on all the good news from a thriving U3A movement and looking to the future.

Joanne said, "As ever, we need your help. Our books section will include reviews from U3A book groups of current books. Get in touch if you'd like to be part of that.

What podcasts do you listen to and why? Any favourite apps? Have you taken a stunning photograph, worthy of pride of place in the magazine?

Or just get in touch with me to share your views, stories and suggestions for the magazine.

*U3A National Office newsletter, November 2019*

U3A has been celebrating and thanking its trustees in National Trustees' Week (4 - 8 November).

The U3A movement runs smoothly because of our volunteer trustees who sit on committees around the country and are responsible for its governance.

Advice Manager, Jane Bailey said, "During Trustee's Week it is appropriate that we should acknowledge the vital role of our Trustees and try our best to support them in the daily challenges these positions bring with them. A thriving U3A movement is only possible through their efforts and the commitment of those who step up to take on these responsibilities".

If you are considering being a local trustee - please contact the Chair of your U3A.

*U3A National Office newsletter, November 2019*

**KEYWORD & DISTRICT U3A IS ALWAYS SEEKING NEW COMMITTEE MEMBERS (TRUSTEES) TO FILL VACANCIES ON THE COMMITTEE. PLEASE CONSIDER OFFERING YOUR SERVICES IN THIS CAPACITY, IT IS ESSENTIAL THAT WE HAVE A FULL AND ACTIVE COMMITTEE TO CARRY FORWARD OUR U3A INTO THE FUTURE.**

**PLEASE SPEAK TO OUR CHAIR, SECRETARY OR ANY COMMITTEE MEMBER.**

## ***Lets Talk Abut Toilets - November's Monthly Meeting***

**B**ob Reed firstly worked in the coal industry before becoming a Civil Engineer specialising in water supply. He spent 44 years working in emergency and development relating to water supply and sanitation in low income communities. He was based at Loughborough University but travelled extensively abroad.

Bob's talk had an intriguing title and he wasn't shy to use specific words about his subject which was primarily about how the 2.3 billion people in the world without a toilet, could be provided with one. Of this number about 891 million people have to use the open land for toilet purposes. These figures have been static for the past 10 to 15 years because even though more toilets were being installed, the increase in populations made the requirement the same. 5 million people die each year due to lack of a toilet; this is one person every eight seconds and these were mainly children whose resistance to disease is lower than that of an adult.

When people were asked to prioritise why a toilet was needed the first item was privacy. This was especially important to women who tended to only go out during darkness to relieve themselves. Second on the list was prestige where the availability of a toilet was seen as something of a status symbol. Next came the wish to have smell and flies removed and finally health issues.

Bob told us that the lack of sanitation was one of the highest killers in the world via food. Barriers were required to reduce the risks of food contamination. The most common source of infection was via water and we were told of Bob catching typhoid on one occasion because the plate he was eating from in a rural community in Africa, had been rinsed in contaminated water.

Emphasis was given to the need to wash hands with soap after going to the toilet and before food preparation. Even if water was contaminated to some extent the use of soap cut the risk of contamination. Flies are an issue but lots of them are required to cause problems, a single one wasn't really an issue. Feet were also a problem, mainly through picking up hook worms which enter the blood stream in seconds of being picked-up on bare feet and then entering the gut causing health problems

The best of all barriers against infection was a toilet. The access to a toilet and the hygiene where established down and change to better

The worst affected areas were rural ones because services were prioritised to urban places. Lack of action worldwide problem of talking will to change where long and customs applied, poor hygiene education, poor institutional policies such as the lack of responsible ministries, inadequate resources, inappropriate approaches and ignoring the customer.



against contamination and sequences are clean water, most difficult area, better practices are hard to break ones.

were rural ones because urban places. Lack of action worldwide problem of talking will to change where long and customs applied, poor institutional policies such as the ministries, inadequate

To improve the situation requires the technology to be decided. Western systems of sewage disposal from toilet to sewage plant are expensive and required much water. In the Western societies average daily use of water is 130-160 litres a day whereas only 2 to 3 litres is actually required to live. Western conventional sewage treatment/disposal systems are just not affordable in the developing world.

A simple 10x4 foot toilet is sufficient for a family of six to serve for 15 years in a single or, better, a two-pit system. Such is affordable, appropriate and sustainable.

Bob even demonstrated that a squat position was far better for the body function than the pedestal toilet system.

Ways for us to help alleviate the lack of toilets world wide are through toilet twinning systems, donation to those organisations working to alleviate the problems, learning, questioning policies such as the recently changed UK system from an open supply of funds to a quid pro quo one where in return for aid trade was expected. VSO volunteers help enormously and currently 50% of VSO people are retired.

The talk title was appropriate and most, if not all, of the audience went away with a greater understanding and respect for our western hygiene regimes yet also thinking hard about how people in other countries had to manage until toilet provision in all places becomes the norm.

**YOUR U3A NEEDS YOU**  
– From the CHAIRMAN :

As previously urged, we continue to need at least one more committee member to share in the running of our U3A. Do please seriously consider whether that might be you. It would be particularly good if relatively new members would offer – to help continuity and to contribute new ideas.

We would very much welcome offers. Please do contact me or any committee member to explore further.

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**PLASTIC CONTAINER TOPS :**

At our November monthly meeting, the previously notified logistics worked well, but only a few members had remembered - or had already done such recycling via groups.

We won't operate this for our rather different December event, but **will restart at the January monthly meeting**, and ongoing thereafter.

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**TOILET TWINNING :**

After the November monthly meeting a few members asked about the 'Toilet Twinning' charity that Bob Reed had advised during his talk. U3A as a charity is not itself allowed to donate to another charity, but it is possible that there might be some members who may wish to club together to 'twin a toilet'. If someone may wish to take a lead in this, do let us know for us to notify this. The website [www.toilettwinning.org](http://www.toilettwinning.org) gives more information.

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**VILLAGE QUIZ :**

At present we have two teams entered for the 2020 (January -March) Keyworth Village Quiz. They are U3APals and U3AToo who stoutly represented us last year. There is still plenty of time for further entries. If you would like to be involved either as an individual in one of the teams, or indeed as a futher team of four, please let Robin or any committee member know.

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**PARISH COUNCIL:**

You may be aware of forthcoming vacancies for parish councillors, if this might also be of interest to any of our members.

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## *Jean Hogg*

With great sadness the Committee has accepted Jean's resignation from the committee due to her need to concentrate her work and time on her role as regional Trustee.

Jean's enthusiasm and work for our U3A has been extremely valuable to our U3A and her contribution to our U3A will be very much missed.

We all wish her well in her national role and whatever the future holds for her.

A massive THANK YOU, Jean for all you have done for us in Keyworth & District U3A

## *Food and Beverages in the Methodist Church*

Members attending the Monthly Meetings are respectfully reminded that we are not allowed to take drinks or food into the Church. All must be consumed in the back hall please.

## *Bottle Top Collection*

Starting with the January Monthly Meeting members may bring to the meeting plastic bottle tops to place in a collecting bin. Such plastic tops are not disposable in the normal Rushcliffe blue recycling bins.

Please rinse the tops before bringing them. They go for recycling for the Dove Cottage Hospice charity. The tops are collected for disposal by recycling on behalf of a charity.

## *Exploring World Faiths*

On a very wet November afternoon, some twelve of us braved the elements for a most hospitable and informative visit to the Nottingham Jewish Liberal Synagogue in Sherwood. We were warmly welcomed, and had much discussion about a whole range of the beliefs and practices of Judaism, with the same respect and willingness to share together that we had experienced in our other faith visits earlier in the year. Here is a photograph from our visit.

Robin Wilcockson



# ***FORTHCOMING Monthly Meetings***

2019

**2020**

## **January 28<sup>th</sup> - David Bell: The Plague Doctor**

Despite being clouded by the passage of time and the doubtful literary efforts of a string of enthusiastic poets and preachers the Eyam plague story remains an enduring episode from our history. And 354 years on, this small Peak District village, where David now lives continues to enjoy marketing its tragic past. This is the story of a community attempting to prevent the spread of a killer disease and David tells it with a tongue-in-cheek style which resonates seamlessly with the audience.

## **February 25<sup>th</sup> - Kay Gugliotta: Heritage & History of Nottinghamshire County Show**

Kay talks about the history of agriculture, how agricultural societies came into being, their charitable work to educate children and the community, and the future of farming and our food. To give you an idea: A recent survey conducted by the British Nutrition Foundation revealed 1 in 5 school children aged 5 to 11 believe fish fingers are made from chicken, cheese comes from a plant, pasta grows on trees and it takes ten years to grow a carrot, which is really alarming! And did you know that the average age of a British farmer is 59 years old? With so many farmers due to retire within the next decade, the farming industry is in crisis at a time when the issues of food security and the environmental consequences of human actions are at an all-time high. The agricultural industry needs 60,000 new people to work in the sector by 2020.

## **March 24<sup>th</sup> - Trevor Leeson: A Musical Presentation**

Trevor started his musical career as a member of "The Rebels" Skiffle group in 1958. By 1961 he was touring American army bases in France as lead guitarist with "The Pontiacs" with whom he also played at the famous 2 1's Coffee Bar in London's old Compton St, where many of the better known stars of the day including Tommy Steel and Cliff Richard made their debuts. In 1972 he became the bass player with The Merseybeats and spent a couple of very enjoyable years with the band before deciding to embark on a solo career. Trevor will talk about his experiences in Showbiz while at the same time entertaining with his guitar and a few songs.

## **April 28<sup>th</sup> - Amanda Tatton: Think Yourself Happy!**

This workshop/talk is designed to provide you with natural remedies for anxiety and depression. The list of remedies is based on recent research and looks at how making changes to how we treat our physical body (such as introducing exercise and meditation and making some changes to our diet) and making changes to how we think (such as remembering happy memories and identifying things to be grateful for) can change the way we feel, and improve our mood.

The presentation will be illustrated by the use of a Powerpoint presentation, and hard and virtual copies will be available to everyone who attends the talk.

The talk is given by Amanda Tatton, a psychology lecturer, who teaches at Nottingham College and the Open University. She has also taught at Nottingham Trent University, and worked at Nottingham MIND and the Nottingham Advocacy Group.

## ***On The Buses***

Can you spare a few hours occasionally to help as a driver or escort on the Keyworth Community Buses? We need additional drivers particularly for trips out of the village by member groups. Our Tuesday Club and Thursday afternoon Friendship Club runs have an escort to help board and seat passengers and on Thursday morning our escorts also help our passengers with their shopping. Training and support are provided for all our drivers and escorts. If you would like to join our team and support the local community, contact Eddie Pettipher at [kdcc.minibus@gmail.com](mailto:kdcc.minibus@gmail.com) or ring 07881 836 221.

**This is an important appeal from Keyworth Community Concern and for some of our U3A groups which use the Community Bus facility. We need volunteer drivers for our trip outside the village and the lack of them inhibits our use of the buses. If you can help please offer to do so.**

## ***Wednesday 30 October 2019: The Materials Recovery Facility, Mansfield - a New Horizons Outing***



What to put in, what not to put in the blue recycling bin? Those were the questions as we made our way to the Materials Recovery Facility at Mansfield. We were soon to find out!

After welcome refreshments we were given a short illustrated quiz to complete on what we thought we could or could not put in the blue bin. Lessons were learnt! No shredded paper, no polythene carrier bags, no milk bottle tops as these are the wrong grade plastic to be recycled . . . .

After a very interesting and illuminating talk from Lesley, the Education Officer, we watched a short entertaining safety film, the 'stars' of which were the children of the staff. So obeying the children, we donned yellow jackets, put hard hats on, used the zebra crossing, held on the hand rails, stayed on the red line, listened to the commentary and did as we were told!

The machinery for the sorting and baling was a sight to behold like a Heath Robinson invention; firstly hand sorting, where we watched workers pluck unwanted items off the conveyor belt, then machine sorting until finally huge bales were spewed out to be transported to the appropriate recycling plant. The rest is incinerated – nothing goes to landfill.

To help us remember what we had learnt we each departed clutching a cotton bag to use for collecting up our rubbish in the house. An informative and enjoyable visit.

Lesley Dittmer

## ***New Horizons Visit to the Medieval Christmas Fayre at Ludlow Castle, Saturday, 23<sup>rd</sup> November 2019***

It was a very damp, grey morning when we set off early morning from Keyworth to drive to Ludlow. We arrived in good time and hurray, it had stopped raining!

Our driver managed to get us fairly close to the Castle but of course we had a little walk before arriving at the Castle entrance where we were met by jesters (some of whom were stilt walkers) who welcomed us to the Fayre.

Most of us made straight for the marquees where the many stalls tempted us to buy beautiful gifts (some for ourselves, some for Christmas presents). However, there was lots of entertainment on offer. The Motley Minstrels were playing, there was another musical foursome with trumpets and hurdy gurdy. There were history battles being re-enacted and a choir singing traditional carols.

Altogether it was a lovely day out. Some of us ventured into the town which is a delight in its own right and either had lunch or just coffee before the journey home.

Only 21 people signed up for this trip, so rather than cancelling, we opted to hire a smaller bus which wasn't quite as comfortable as the larger executive coach would have been. However, everyone said they had had a most enjoyable day and we all arrived back in Keyworth tired but happy.

Lorraine Donovan



Photos: Lorraine Donovan



# NEW HORIZONS

## **DECEMBER: CHRISTMAS EVENT Thursday, DECEMBER 12TH IN THE METHODIST CHURCH & HALL 2.00 TO 4.30PM. Doors open at 1.45 pm**

Our entertainment for the afternoon is provided by a group of young musicians from The Royal Welsh College of Music and Drama, the Alaw Saxophone Quartet. Pete Savvides plays a tenor saxophone, Chloe BATTERY baritone, Lowri Thom alto, and Diogo Fernandes soprano.

Alaw is the Welsh for melody and the quartet play a variety of music from modern classical to Jazz.

During the interval tea/coffee and seasonal cake will be served.

Vouchers are available from Frances Turnbull on 0115 937 3561. Limited to 120 places. Cost £5 pp.

## **NOTTINGHAM PLAYHOUSE BACKSTAGE TOUR - THURSDAY FEBRUARY 13TH 2020**

The Nottingham Playhouse building opened in 1963 and is Grade 11 listed building.

Your backstage tour will give you an understanding of the various roles and see the teamwork involved in creating a production. Everything on stage during a performance is usually made at the playhouse. You will see the paint shop, wardrobe, props department and see what it is like to be on stage.

The tour will be approximately 50 minutes.

**THERE ARE NO LIFTS AND LOTS OF STAIRS - NOT SUITABLE FOR PEOPLE WITH MOBILITY ISSUES**

Travel independently. There will be two tours, one at 11.00 am. Please be at the Playhouse at 10.45 am and one at 12.00 pm. Please be at the Playhouse at 11.45 am.

Cost per person £5.00 for the tour.

Vouchers on sale at the January monthly meeting or Contact France Turnbull on 0115-9373561

## **GREYHOUND RACING AND DINNER AT NOTTINGHAM STADIUM - MONDAY FEBRUARY 17TH 2020**

Travel is by car share, departing from the Village Hall car park at 6.15 pm.

Cost is about £18 per person which includes entry, dinner and share of travel transport; does not include your wagers!

Vouchers on sale at the January monthly meeting or contact Sue O Donoghue on 0115-937-2989

## **TOUR OF GLW FEEDS, SHEPSHED - THURSDAY MARCH 12TH AT 2.00 P.M.**

TRAVEL BY COMMUNITY BUS AND CAR SHARE, MEET IN THE VILLAGE HALL CAR PARK AT 1.15 P.M.

GLW is an independent family livestock and feed manufacturers established in 1873, as a trader of coal, feeds, fertilisers and goods brought by train to the East Midlands. In 1982, the decision was made to build a compound feed plant to manufacture and market a range of quality feeds over which the Company had complete control. GLW provide custom meals, blends, moist and dry straights together with minerals, fats, milk powders, silage additives, fertilizers and cereal seeds too.

We will have an introductory talk covering the whole process of sourcing the materials, to manufacture and on to the end user, including the environmental impact of producing the feeds and the fundamental changes in production of source materials in recent years.

There will then be a tour of the mill. SENSIBLE SHOES MUST BE WORN.

**Cost £5.00 per person includes travel and donation to GLW's charity.**

Vouchers on sale at the January and February monthly meetings or contact Jackie Fisher on 0115 937 2898 **after January 28th**