

Forthcoming Monthly Speaker Meetings

Monthly speaker meetings are held at 1:45pm on the second Tuesday of the month in Burton Joyce & Bulcote Village Hall, Trent Lane, Burton Joyce, NG14 5EY. The speaker's talk is followed by tea, coffee and cakes. Visitors are very welcome and may attend two meetings without charge or obligation to join. Please arrive in good time as latecomers can make it difficult for others to hear the announcements.

Information about future Speaker Meetings can be found at <https://bju3a.co.uk/events/>

Tuesday 14th April – Alan Barnes - “Guide Dogs”

Alan - a member of Southwell u3a - is blind and is helped through life by his guide dog, Windsor. He is an ambassador for The Guide Dogs Association and will give us an overview of all aspects of the Charity. He will also give us an informative and humorous reflection on his own life with Windsor.



As Alan is a u3a member, under The Third Age Trust rules we are not allowed to make a payment to him for the talk. However, we have told him that we will organise a suitable collection to support the Charity. If you are inclined to donate, please bring cash.

FRIDAY 5TH JUNE AT 7:30 p.m. - BURTON JOYCE VILLAGE HALL



- ONLY £5 PER PERSON (NUMBERS ARE LIMITED)
- BRING YOUR OWN SNACKS/NIBBLES, DRINKS & PLASTIC GLASSES/CUPS
- CONTACT JACKY KINSEY, TREASURER, TO RESERVE YOUR PLACE BY EMAILING: treasurer@bju3a.co.uk

PLEASE NOTE POINTS 1 AND 2 BELOW.

- 1. TEAMS WILL BE OF UP TO 6 PEOPLE. IF YOU ARE IN A TEAM PLEASE LET JACKY KNOW WHEN EMAILING TO RESERVE YOUR PLACE.**
- 2. IF YOU ARE NOT IN A TEAM DON'T BE CONCERNED AS WE WILL ORGANISE LIKE-MINDED TEAMS FOR A FUN NIGHT.**

Rob Johnson

Very sadly, former committee member and coordinator of the Beer and Cider Group Rob Johnson, who had Parkinson's Disease and was diagnosed with metastatic pancreatic cancer in November, passed away at home on March 23rd. Our sincere condolences to his wife of 40 years, Sallyanne.



Rob and Sallyanne moved from Newcastle upon Tyne to Burton Joyce in 2004 but Rob never stopped being a Geordie. He served on BJu3a's committee for 3 years, during which he organised the annual quiz and several social events, including a Murder Mystery evening, a Celidh, a night of Swing music with the Beeston Big Band, and one of rock and pop with the band "Revival". Rob's common sense and dry wit was always very much appreciated in committee meetings, and he also founded the popular Beer and Cider Group which meets on the evening of the third Thursday of the month for visits to various pubs along the Pathfinder bus route.



Rob was a larger-than-life character, with a great sense of humour and a talented guitarist. Blues music was his passion. He was a member of our Guitar Group and played lead guitar in several groups, regularly appearing at The Navigation in Nottingham, The Final Whistle in Southwell and many other venues. He also played the saxophone but, finding it more difficult than the guitar, labelled it "the saxophone of doom".

Rob's working life began with an apprenticeship with Avery Scales, following which he became a North Sea Gas converter of domestic gas appliances in people's homes. In speaking to a couple of Rob's friends I was told he was once a "lamppost inspector" and a "weld inspector". Not quite accurate - in fact whilst he was contracted to inspect lampposts and welds but he was actually a non-destructive testing specialist, using ultrasonics, x-rays, and magnetic particles to check structural integrity. Those contracts took him around the world; to Germany, France, Italy, Japan and various UK locations and, when demand for the work fell, he opened a motorcycle sales and maintenance shop in Newcastle, which he ran successfully for 10 years. A fan of motorbikes, he owned several Harley-Davidsons but was always a Triumph man at heart.

Rob's funeral will be held at Gedling Crematorium, Catfoot Lane, Lambley at Thursday 23rd April, at 1.30 p.m. and afterwards at The Nelson, in Burton Joyce. No flowers please, donations to Parkinson's UK.

- Editor

INTEREST GROUPS

bju3a.co.uk/groups

Sleep: Are you getting enough?

As you will see from the picture, the most recent University Interest Group talk appealed to more women than men. And if you are a woman of a certain age, or live with one, you will know why.

According to Professor Groeger, who heads up the Sleep Well Science Department in the Psychology Department of Nottingham Trent University, women are basically stuffed because of the 3 ms effect: menstruation, motherhood and menopause. All of these are disruptive to the sleep patterns of women and have consequences.



Whilst he didn't offer us any magic solutions (he would have been mobbed if he had!), he explained his research in such a way that it made some of us (me at least) feel a little more positive. Did you know, for instance, that the importance of 8 hours of sleep is a myth? By the time we reach our 60s, 6-7 hours is the optimum. Indeed, too much sleep is as harmful as too little. His research does show a strong link between poor sleep and illness, even mortality and people who have been shift workers or have experienced major trauma are more likely to have poor sleep patterns and consequentially are at risk.

Simple remedies to help might include no caffeine (a single cup of coffee stays in your system for 30 hours!) and no alcohol. But then asked what fun would be left? A cold bedroom helps and if you are tossing and turning for more than 20 minutes, it's better to get up, go and have a milky drink, read a bit and then go back to bed.

In all, a very interesting afternoon and for those who might have 'rested their eyes' during his talk, you've been warned: that's bad for you too!

ADVANCE NOTICE: our next talk is on 8th May at Nottingham University. We will hear how a world leading research group in supercritical fluids is being used to solve the problems of recycling crisp packets and of changing the plastics in shampoo.

Contact Trevor Wright by emailing tgawright@icloud.com to join the group.

- Judith Wright

3D Printing

You may have read the BBC's report on March 13th entitled, "Would you eat a 3D printed chocolate bar?" The report explained that food is getting techy, with experts saying 3D-printed chocolates and even 3D-printed mashed potatoes are on the horizon.



As a self-confessed chocaholic I felt I had to learn more about

this and after extensive research I was able to download an Artificial Intelligence program to enable my printer to produce chocolate! The proof is in the picture. I don't need any help consuming the delicious mini rolls (thanks for asking) but if you'd like to be able to create your own, simply click on this link:- [3D Chocolate Printer](#)

- Editor



Burton Joyce Bowls Club

(The friendly bowls club)

NEW MEMBERS DAY SATURDAY 25TH APRIL

11 a.m. To 1 p.m. at The Poplars Sports Ground

What are you doing this summer? Want to make new friends? Want to get a bit fitter?

Want a new challenge? Want to get six months of fun for less than £70?

Even better, join us for **FREE** on New Members Day and then "Pay £10 for May".

Or "roll up" to the Bowls Club where you will find us any Tuesday or Saturday afternoon.

We can provide bowls and shoes for you to have a go so just wear something casual.

Want more details? Contact Dil - dil.vowles@talk21.com - mob. 07879 425643

<https://burtonjoycebowlclub.co.uk/>



Lowdham Horticultural Society Spring Show

Sunday 12th April 1 p.m to 3:30 p.m. at Lowdham Village Hall

Classes for Spring Flowers, Shrubs, Pot Plants, Floral Art and Young People

Free Children's Activities Stalls & Refreshments Raffle

Artwork & Floral Displays by Lowdham Painting for Pleasure Group

and Lowdham Flower Guild

Entrance £1.50 (under 16s free)

For more information and a schedule visit

www.lowdhamhortsoc.org.uk



BURTON JOYCE & DISTRICT U3A - INTEREST GROUPS

Group	Leader	Meets
Aerobics - This group is currently full, but please ask the group coordinator if you can join a waiting list.	Rosslyn Tuffrey 0115 931 2754 , Judith Wright 0115 931 2805, Joy Yates 0115 9312858	Every Wednesday at 09:30am
Antiques & C20th Collectables	Angela Mallett 0115 966 3799	Fourth Monday of the month at 11:15 a.m.
Armchair Travel	Rod Hirst 07804 335878	2nd Monday of the month from 2pm to 4pm
Beer and Cider Tasting	Colin Berry (07891 754132) and Vic Wightman (07767 752963)	3rd Thursday - evenings
Bird Watching	Hilary MacCallum, 07803 925 715 , hil.mac@btinternet.com	Usually the last Friday of the month at 10:00am
Board Games	Elaine Bass 07799 233 891	Every Thursday at 2:00pm
Book Club 1	Judith Wright 0115 931 2805	3rd Wednesday at 2:00pm
Book Club 2	Malcolm Nabarro 07985 362 234	Last Thursday of the month at 2:15pm
Bridge 1	Dorothy Burton ----- Caroline Roberts 07779 315310	1st, 3rd, 4th Tuesday, 2nd Monday at 1:30pm
Bridge 2 (Beginners)	Dorothy Burton ----- Caroline Roberts 07779 315310	Every Thursday at 1:30pm
Canasta 1	Colin Simm 07850 553 133	1st & 3rd Wednesday at 7:00pm to 10:00pm
Canasta 2 - This group is currently full, but please ask the group coordinator if you can join a waiting list.	Anna Moore 07891 221840	1st & 3rd Wednesday at 7:00pm
Craft & Patchwork - This group is currently full, but please ask the group coordinator if you can join a waiting list.	Christine Sheath 07767 136185	2nd Friday 10:00am
Discussion	Tom Klima 07766 600205	Usually 1st Monday at 2:00pm
Dominoes Plus	Jacqui Hudson 07775 450 497, Sue Berridge 0799 910 1354	4th Tuesday at 7:30pm
Fashion	Anna Moore – 07891 221 840 Christine Shepherd – 07773 156813	Bi-monthly on the 2nd Thursday at 2pm

Film 4 Fun (October - April only)	Colin Simm 07850 553 133	Varies
French Intermediate - This group is currently full. Please ask the group coordinator if you can join a waiting list.	Sue Clifford 07866 139236	Every Friday at 11:00am
French 3	Christine Foster 0115 931 2571	1st and 3rd Friday at 10:15am
Friday Fit - This group is currently full, but please ask the group coordinator if you can join a waiting list.	Roz Tuffrey 0115 9312754	Every Friday except the 2nd Friday of the month, from 9:30am to 10:30am
"Greenfingers" Garden Group	Alwyn Foster 0115 931 2571	1st Monday at 10:00am
Garden Group "Fifty Shades of Green". -This group is currently full, but please ask the group coordinator if you can join a waiting list.	Christine Shepherd 0115 961 8840	4th Wednesday at 2:00pm
Garden Group 1 - This group is currently full. No waiting list available.	Christine Sheath - 07767136185	1st Wednesday at 10:00am
Guitar 1 - This group is currently full. No waiting list available.	Tony Kirk 0115 961 4587	Thursdays at 2pm
Hikers	Chris Helmore 07973 473 531	2nd Wednesday
History	Tom Klima 07766 600205	2nd Monday in the month at 10:30am
Information Exchange	Margaret Gaborak 0115 998 5798	N/A
International Dining	David Falkner 07860 502479	Third Tuesdays or Wednesdays. 6:45-7:00 pm onwards
Italian	Mary Simm 0115 841 3605 and Maggie Clothier 07811 246133	Every Friday 3:30pm - 5pm
Line Dancing - This group is currently full, but please ask the group coordinator if you can join a waiting list.	Anna Moore (07891 221840) and Christine Shepherd (07773 156813).	Every Tuesday 4:30pm to 6pm
Luncheon Group	Margaret Robinson 0115 966 3793	4th Tuesday at 12:30pm
Mah-Jong	Sandra Giles	1st & 3rd Tuesday 10:30am - 12:30pm
Meditation	Tricia Blanco White 07985 313711	Last Wednesday at 2:30pm

Mindful Movement	Tim Bradley 07847 776057	Every Tuesday 11:45am to 12:45pm
Out and About - This group is currently full, but please ask the group coordinator if you can join a waiting list.	David and Margaret Hallam 07777 631364	1st Thursday May-October
Outings	Outings are announced well in advance in Newslines.	Timings vary
Petanque	Dil Vowles 07879 425643 Roz Tuffrey 07591 555859	Tuesdays and Fridays 10.30am - 12.30pm
Photography	Jim Molloy 07885 203989	Last Wednesday at 1:00pm
Political History	David Yates – 07929 726583 or yatesnottmbj@outlook.com	Last Tuesday at 2pm.
Pool 1	Pete Clothier - 07960 016210	1st and 3rd Mondays
Pool 2	Stephen Foster - 07896 200302	2nd and 4th Mondays
Ramblers - Plus	Chris Helmore 07973 473 531	1st Wednesday at 10:00am
Ramblers 1	Anne Hegarty 07981 705967	Last Wednesday at 10:00am
Shakespeare Appreciation	David Yates – 07929 726583 or yatesnottmbj@outlook.com	4th Thursday of the month at 2:30pm.
Snooker	Alan Comerie 07581 456253	1st Wednesday of the month during the afternoons.
Spanish	Mike Chapman 0115 965 2489 or 07771 973415	2nd and 4th Thursdays at 11:00am but may vary - contact Group Coordinator
Speed Walking	Caroline Roberts	Every Tuesday at 9:00am. Meet in front of the village hall for a 30-minute walk.
SWANS (formerly know as Country Walks)	Elaine Bass 07799 233891 Mary Russell 07855 706291	3rd Monday at 10:30am
Table Tennis 1	Tony and Betty Everington 0115 966 3465	Every Monday 10:00am to 12:00 noon
Table Tennis 2	Dave Hoskins - 07711 985380	1st & 2nd Thursday - 7:00pm to 9:00pm
Theatre	Christine Smith 07977 050693	1st and 3rd Fridays at 9:45am

Time Out	Elaine Bass and Jacqui Hudson. Email: dabass43@hotmail.com Mobile: 07799 233 891.	Times and dates vary.
Ukulele	Barbara Palmer 0115 966 5103	1st & 3rd Wednesday at 2:30pm
University Interest Group	Trevor Wright 0115 931 2805	Varies
Water Colour Painting	Yvonne Kirk 0115 961 4587	1st & 3rd Wednesday at 9:30am
Wine Tasting	Alan Comerie 07581 456253	Usually 4th Thursday but may vary