

August 2019

The next meeting will be on

TUESDAY 6TH AUGUST

10.00 am at The Arena

Our Speaker will be

PHIL COOPER

who will talk to us about

THE SILK ROAD IN WESTERN CHINA

Doors open at 9.40 am

*** IMPORTANT ***

Please note: All those attending the monthly meetings must sign in at either of the two desks at the entrance to the meeting hall of The Arena. This is necessary so that we know how many have attended and, even more important, **it is required to comply with fire regulations**. If you arrive early, before the signing-in sheet is available, please make sure you return to the desk later to sign in.

Notes from the Chair

Beeston U3A Group Interest Group meetings held at the White Lion

I have been asked by the Chair of Beeston U3A, to inform the Ilkeston U3A members who attend meetings at the White Lion, in the centre of Beeston, that the venue has unfortunately ceased trading.

If anyone attended a Beeston U3A Interest group there, **please ensure that you contact the leader of the group**, to find out where the group meeting has been relocated to.

Thank you

Ann Riley

Groups Round Up

Classic Books

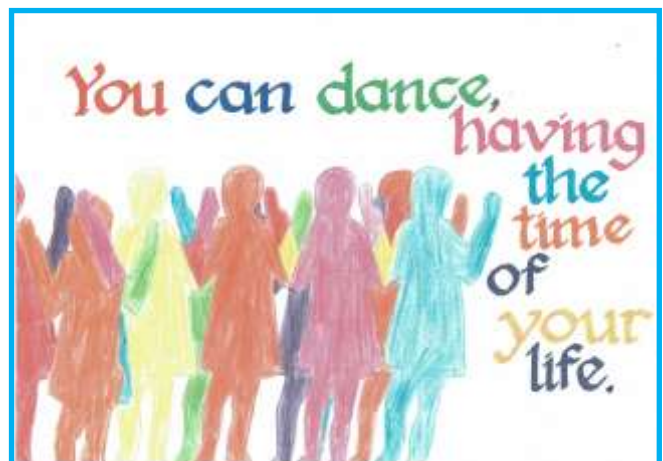
Our last reading was Daphne du Maurier's *My Cousin Rachel*, which was published in 1951. It is a mystery romance set primarily on a large estate in Cornwall. A film was made in 1952, starring Olivia de Havilland and Richard Burton, and another in 2017 starring Rachel Weisz and Sam Claflin.

In a nutshell, Ambrose and Rachel marry in Italy. Ambrose quickly becomes ill and dies. Does the Laburnum with poisonous pods have anything to do with this? Rachel comes to Ambrose's estate in Cornwall and Phillip, his nephew and heir, falls in love with her. Will they marry or not? What about the will? Who gets the money and the Estate? The story continues with cliff hanger after cliff hanger until it ends, not with the criminal caught and punished as in so many books, but with a hundred unanswered questions. Did she? Didn't she? Did he? Didn't he? What about the other one? And what happened to Louise? If ever there was a book crying out for a sequel it is this one.

June Harrison

Calligraphy

Continuing our Summer theme of combining art and calligraphy, here is another bright piece: *You can Dance* by Viv.



Linda McKay

Groups Round Up continued

Poetry for Pleasure

We have very varied meetings on the fourth Wednesday of the month, in the afternoon, when members choose a poem to bring and read aloud.

Past themes have included 'people', 'feelings', 'summer' and 'poetry within song lyrics', which is very popular. It is interesting to hear the lyrics spoken rather than sung and quite difficult to escape from the rhythm of the song and to make sense of the words as a reading.

Some of the members bring and play the CD to match their choices and some join in and sing along, but we are no threat to any other singing groups!

This month's meeting has an 'open' theme so we expect varied choices from humour to sentimental to personal favourites to famous time-tested poems.

Pat Potter

Garden Group

The June meeting of the Garden Group was held at the garden of Gill and Colin Hancock, 334 Belper Road, Stanley Common. A garden well known by visitors to the Yellow Book gardens.

We were given a short talk about the origins of the garden, wildflower meadow, lake and woodland. Our hosts took us through the carefully mown paths for a nature walk through the wildflower meadow, which was at its best after all the rain.



The vetch and orchids and meadow grasses were in full bloom. We carefully avoided treading on the many young toadlets as they hopped across the grass path on their way to pastures new.

Having completed our walk around the meadow we then explored the interesting garden with its many hidden corners and variety of plants, before sitting down to enjoy a welcome drink and delicious homemade cakes.



Anne Wood

Science for All

We welcomed two new members to the group.

Members had been requested to bring along a recent scientific news item to inform and discuss with colleagues. The response was very satisfying and we covered a wide range of subjects. There was too much information for one session and we shall continue at the next meeting to ensure that everyone's news is debated.

The following is a summary of some, but not all, of the discussed subjects.

Groups Round Up continued

The problems with button batteries—It is the electrical current (not the leaking battery acid) that creates heat that can cause serious burns within two hours of swallowing. Dangerous even when flat, a lithium battery will still cause damage when it's out of charge.

How reindeer survive Arctic winters—

A mutation of genes means that amongst other things Vitamin D can be absorbed 20 times more efficiently than in humans.



The current problems with the Ebola virus—

The expensive vaccine cannot always be kept cold in a hot zone and there also needs to be more education, especially with regard to isolation, at local level.



Nearly 1,400 people have died in a recent outbreak in DR Congo

Singing Seals singing a good reproduction of "Twinkle Twinkle Little Star."

The Dawlish sea wall is being rebuilt to reduce the impact of waves and the likelihood of the railway line being closed during adverse weather. This will be at a cost of 30 million pounds.



Network Rail has released projections of what the new wall will look like

More debate about **Black Holes**.

Caffeine and its many effects, but not all.

Cannabis Could be the New Super Ingredient in skin care

How computers can be put into hibernation mode. Essential for long distance space travel.

Graphene and its outstanding electrical properties make it very important due to its potential applications in batteries and electronic devices.

In the aerospace and navigation market, graphene is used in the manufacture of composite materials for different parts (aircraft wings, fuselage, boat hulls)

There are already products with graphene on the market, such as bicycle helmets and frames.



The above is just an example of some of the matters discussed.

Janet Joy

Dining Out

Over the last few months The Dining Out group have visited various venues that have been chosen by group members. Some have been large pubs, others smaller and even Mansfield College Catering Dept. We will definitely be visiting that one again. Jean and Christine will be arranging the August venue.

After talking to members over the last few months, I think we have decided not to have a Christmas Lunch outing this year. The U3A has two festive meetings arranged and most groups have a fuddle. So we will probably go somewhere special in January. If any group member disagrees, please let me know.

Janet Lumsden

Groups Round Up continued

History 2

Members of the group were asked to talk about a person from the past that they admired.

There was a variety of topics and a history of the following persons was presented.

Sister Elizabeth Kenny (1880-1952) was an amazing Australian nurse who developed a treatment to help those who were disabled after contracting polio, which was known as infantile paralysis at that time.

Although she had no formal training in nursing, she was able to talk her way into the Australian military and serve as a nurse. There she earned the title "Sister", an Australian military title given to the chief nurse.

Treatment of polio in her time included the Iron Lung, leg braces, built up shoes and confinement to a wheelchair.



Children in multiple iron lung



Sister Kenny's treatments – like heat packs and careful exercise – became the

basis of a new field of medicine called rehabilitation medicine. It is often regarded as the foundation of physiotherapy

Edward Jenner was an English scientist who is famous for developing the smallpox vaccine and thereby leading the way in the ultimate eradication of one of the most deadly diseases in the history of mankind.

Jenner was aware that people who had cowpox, a disease similar to smallpox but relatively mild, became immune to smallpox. Jenner devoted the rest of his life to helping others to carry out the practice that he called 'vaccination', after the Latin *vacca* (cow). By the time of his death in 1823 vaccination was being practised around the world and in 1980 the World Health Organisation declared that smallpox had been eradicated:

Jenner is considered to be "the father of immunology".

Robert Stephenson Smyth Baden-Powell, 1st Baron Baden-Powell was a British Army officer, writer, founder and first Chief Scout of the world-wide Boy Scout Movement, and founder, with his sister Agnes, of Girl Guide/ Girl Scout Movement.



The most famous event in Baden-Powell's military career was the defence of Mafeking against the Boers in 1899.

In the summer of 1907, Baden-Powell acted upon his ideas of adventures for boys in the outdoors and ran a demonstration camp for boys on Brownsea Island, off the coast of Dorset

Interest in the Scout movement was not limited to boys. By 1910 over 8,000 girls had registered with the scouts. Baden-Powell convinced his sister, Agnes Baden-Powell, to organize the girls into their own movement, which he called the Girl Guides.

His wife, Olave, was also a strong supporter of the continuing development of the scouting movement.

Baden-Powell is remembered on Founder's Day, which is celebrated on his birthday (22 February) each year. To this day Scouts continue to enjoy activities in the outdoors and live out his ideas.

We also enjoyed some personal reminiscences of being a Boy Scout in earlier life.



Ada Lovelace - Augusta Ada King, Countess of Lovelace (née Byron; 10 December 1815 – 27 November 1852) was an English mathematician and writer, chiefly known for her

work on Charles Babbage's proposed mechanical general-purpose computer, the Analytical Engine. She was the first to recognise that the machine had applications beyond pure calculation and published the first algorithm intended to be carried out by such a machine. As a result, she is sometimes

Groups Round Up Continued

regarded as being the first to recognise the full potential of a "computing machine" and one of the first computer programmers.

She died at just 36 years old the same age as her father Lord Byron. St Mary Magdalene Church, Hucknall, is the final resting place of both poet Lord Byron and Ada Lovelace.

We ended the session with an unusual quiz based on Abraham's descendants—he said that God had promised that they would be a blessing to all nations. We had to match some of the descendants' names against a list of their attainments. Included were Albert Einstein, Karl Marx, Benjamin Disraeli, Gustav Mahler, George Gershwin, Bob Dylan and Vidal Sassoon. Although most of us found the quiz quite difficult all enjoyed it as we racked our brains for the correct answers.

Janet Joy

Ramblers

Our July walk was arranged by Lynn and Richard and once again the day of the walk dawned bright and sunny. We set off from the Excavator Pub at Buckland Hollow, Ambergate, along a path through trees which runs parallel to the road. This was once part of the towpath of the Cromford Canal, which has been filled in at this section.

Leaving this path we continued across undulating countryside to Heage, where we passed the 18th century windmill. Heage windmill was built in 1797 and is a grade II listed building. It was restored in 2002. It is the only working mill of its kind in England, having a stone tower and six sails (although currently there are only 4).



On such a fine day the views were wonderful and Crich Stand was clearly visible in the distance.

Heading for Lower Hartsay, we walked along a section of the Cromford Canal that still has water, though it is very overgrown. On the day a group

of volunteers from the Friends of Cromford Canal were busy clearing the towpath. They told us that the hope is that that section will be restored.

We concluded our walk at Buckland Hollow for lunch at the Excavator, which had just re-opened on that day after being refurbished. I have to say that we hit new heights for the volume of chatter we attained! All good humoured banter.

Our next walk will be on Wednesday 21 August and will be led by Carol and Denise.



Dennis Henshaw

Classical Music

We met last on a very warm Friday afternoon and our theme was sacred music. The doors were opened wide to a lovely view of a garden, green fields and the windmill in the distance. We heard the *Sanctus* from Verdi's *Requiem* and not to be outdone, *Pie Jesu* from Faure's *Requiem*. Several songs were offered: Bach's *Jesu Joy of Man's Desiring*, Handel's *The Glory of the Lord*, Marion Anderson sang *Softly Awakes my Heart* from *Samson and Delilah*, and Mendelssohn's *The Wings of a Dove*. We had a Welsh choir belting out *Bread of Heaven* and Handel's *Eternal Source of Divine Light*. Our two surprises of the afternoon were *The Misa Criolla* a mass from The Argentine and Russell Watson singing *The Prayer* accompanied by a female singer. Guess who? Lulu!

June Harrison

What's happening in August?

Smoothie Art
Gallery & Cafe
presents



**ARTS & CRAFTS
EXHIBITION**

St. Mary's Church Cantelupe Centre
ILKESTON

A selection of original work by local
artists and crafters

Entry Free

SUNDAY 11TH AUGUST 2019

11:00 ~ 4:00PM

REFRESHMENTS AVAILABLE
RAFFLE



7th Ilkeston Heritage and Classic Vehicle Show

Ilkeston Town Centre

Sunday 11th August

10 am to 4 pm



Erewash Borough Council's

BOLD AS BRASS

FREE SUMMER CONCERTS

Sunday 11 August 14.00—16.00

The South Notts Hussars Association Band

West Park, Long Eaton

Saturday 24 August 14.00—16.00

Carlton Brass Band

Erewash Museum Ilkeston

