

June 2020



IMPORTANT

Due to the Coronavirus pandemic and the implementation of social distancing, all U3A meetings are suspended until further notice.

Letter from The Chair

Hello Members,

I cannot believe how fast the time is flying by, it certainly does not seem like a month ago when I was thinking about writing a few lines for the May newsletter, and here we are reading the June edition.

We have been in lockdown for approx. 70 days, does it sound any better to say almost 10 weeks, and for many members this is still ongoing. So, if you do know anyone who is alone, please give them a phone call, text or an email. It is always nice to hear a familiar voice.

I am lucky living in a cul-de-sac and it was so good to be able to celebrate VE Day, not necessarily the way we may have planned, but instead with our neighbours. For me, most the day was spent sitting, suitably distanced, enjoying the fun and laughter in the sunshine. I hope you managed to enjoy your day.

I had not left home since the start of the lockdown, but last Friday I threw all caution to the wind and using the excuse my car needed a good run, I ventured a couple of junctions down the M1 onto the A42 and back home via the back roads through Castle Donnington. The sense of freedom was exhilarating. What a welcome change from pottering around the garden! But now it's back to the old routine and hopefully, with some warmer weather.

I try to keep in contact with Members and I hope that if anyone does need any help, or even just a chat, you will contact me.

With regard to an Insurance query from one of Ilkeston U3A Interest Groups, I have attached this response from the National Office:-

A Note from our Insurers - 20/05/20

All U3A activities should have an appropriate risk assessment / checklist to ensure they are safe for U3A members to participate in. Government input about Covid19 is central to any risk assessment and given the advice remains "stay at home as much as possible" and "limit contact with other people" it follows that face-to-face U3A activity should not be undertaken at present. The government reasons for leaving home remain very limited and do not include for leisure activities such as provided by the U3A.

I hope this clarifies any queries you may have with regard to your Interest Groups.

Please contact Janis Henshaw if you have written a short story, poem, puzzle, quiz, taken an interesting photograph or anything you think would be of interest to Members and suitable for including in the newsletter.

This has come as a bit of a shock to me, but I seem to have very little to say and certainly nothing of great interest, so please take care, stay safe and healthy and I am really looking forward to the time when we will all be together again.

Best Wishes

Ann Riley
Chair Ilkeston U3A 2020

National Newsletter



Link to the National Newsletter—May

A link to the **National Newsletter for May** is:

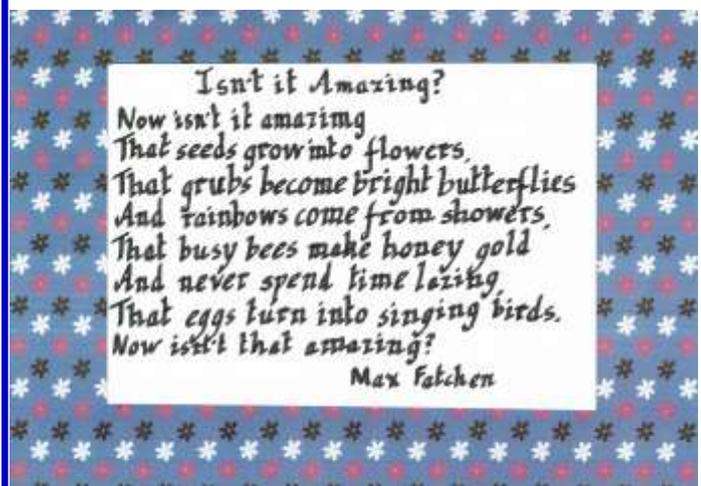
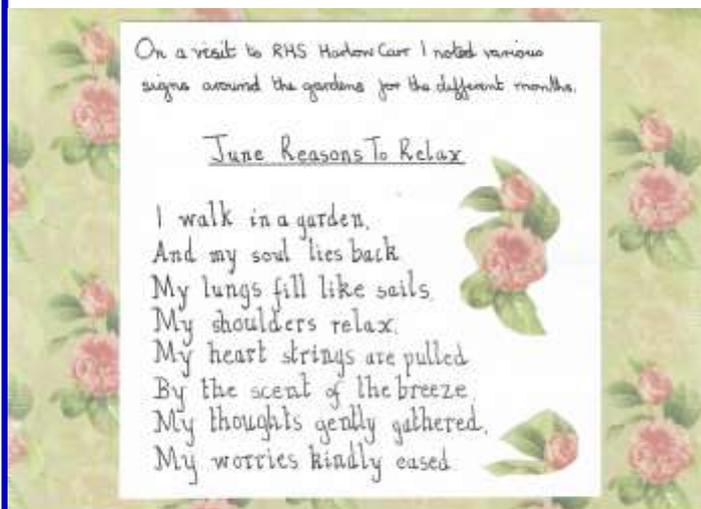
<https://mailchi.mp/u3a/your-u3a-national-newsletter-may>

If you haven't already, please sign up to receive the Newsletter directly <https://www.u3a.org.uk/newsletter>

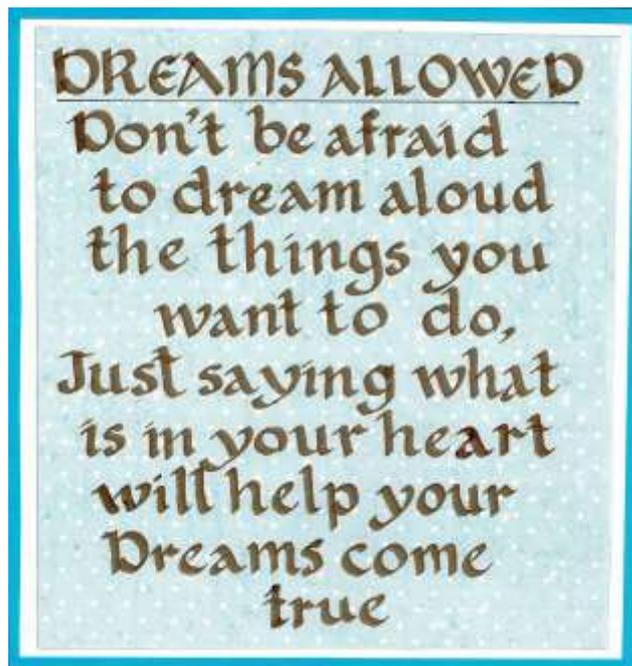
Groups Round Up

Calligraphy

The calligraphers are keeping busy during this trying time. The following three pieces are by Deb.



This is by Linda.



Linda McKay

Poetry

We are meeting fortnightly on Zoom and it's great fun. I do recommend other groups to try Zoom if they've not already. Here's a sample poem from a recent meeting.

The Point—by Kate Tempest

*The days, the days they break to fade.
What fills them I'll forget.
Every touch and smell and taste.
This sun, about to set*

*Can never last. It breaks my heart.
Each joy feels like a threat:
Although there's beauty everywhere,
Its shadow is regret.*

*Still, something in the coming dusk
Whispers not to fret.
Don't matter that we'll lose today.
It's not tomorrow yet.*

Yvonne Muckle

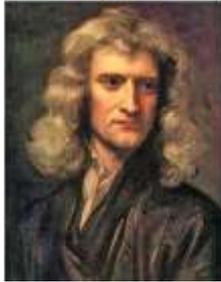
Groups Round Up continued

History 2

Splendid Isolation: Great minds who triumphed in Lockdown

Sir Isaac Newton

The Great Plague of 1665 – 1666, as recalled in Samuel Pepys's diary was the worst outbreak of 'pestilence' in Britain since the Black Death of 1347. As well as London, the outbreak reached other British cities, like Cambridge, forcing the closure of the world-famous university where a 22-year-old Isaac Newton was studying.



Having to abandon his studies, Newton returned to his family home, Woolsthorpe Manor in Lincolnshire. This period and another spell he spent at Woolsthorpe in the spring of 1667 is known as Newton's *annus mirabilis* 'year of wonders' where he began work on the many theories that would shape our understanding of the laws of nature.

Freed from the obligations of university life, Newton had time to dedicate himself to a period of productive solitary study where he developed theories on calculus, motion and optics and the laws of motion and gravity. It was witnessing an apple fall from a tree in the garden of Woolsthorpe that inspired him to formulate his law of universal gravitation.

Shakespeare

In a Tudor attempt to 'flatten the curve', 'the 1603 outbreak had brought a directive from the privy council that closed playhouses when more than 30 disease-related deaths were recorded in a week.' By July 1606, death rates hit that unfortunate threshold, forcing Shakespeare to close his theatre, The Globe.

During the 1606 outbreak, Shakespeare wrote three of his most famous tragedies, *King Lear*, *Macbeth* and *Anthony and Cleopatra*. The plague gave Shakespeare the opportunity to write and he may well have gained inspiration from this. You can see how the plague weighed heavily on Shakespeare's mind in his writing.

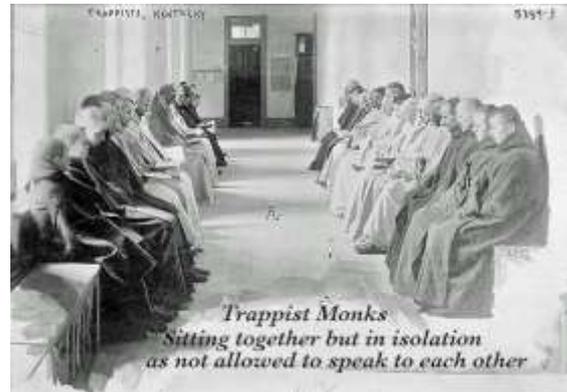
King Lear speaks to his daughter, Goneril, and you can see how it invokes a terrible insult.

Thou art a boil, A plague-sore or embossed carbuncle (Act 2 Scene 4)

St Anthony the Great who was made famous in a biography by St. Athanasius around the year 360 CE, gave away his inheritance and retreated into isolation near the River Nile, where he lived a long life subsisting on a meagre diet and devoting his days to prayer.

Trappist Monks

In the Catholic church, the tradition of monastic seclusion was the subject of periodic renewals, most notably in this era with the founding of the Order of Cistercians of the Strict Observance, more commonly known as the Trappists, in 1664 in France. Within the walls of the monastery, speech was reduced to an absolute minimum to allow the penitent monks the greatest opportunity for silent prayer. An elaborate sign language was deployed to enable the monks to go about their daily business.



Jane Goodall, an English primatologist and anthropologist is said to be the world's foremost expert on chimpanzees. Jane is in isolation these days along with everyone else, since a fund-raising tour was cancelled because of the coronavirus pandemic. She is staying at her family home in England, not in Tanzania, her primary home when not on the road.



“Being isolated has made me think of what it must be like for chimpanzees who were isolated in captivity, who depend on physical closeness and touch.”

Groups Round Up continued

Why were the new super hospitals, built to cope with Covid 19, called Nightingale Hospitals?

Florence Nightingale (1820–1910) is a national heroine, known for her pioneering role in nursing and 2020 marks the 200th anniversary of her birth.

Florence Nightingale was born in Florence, Italy, in 1820 to a wealthy English family. From a young age she harboured ambitions to become a nurse but her family were not supportive of her ambitions. At the time, nurses did not receive proper training and nursing was not considered a suitable occupation for a woman of Florence's status.



By 1853, Florence freed herself from her restrictive family and, using her connections, took an unpaid position working in a nursing home for gentlewomen.

In October of 1853 the Crimean War began, fought between the Russian Empire on one side and an alliance of British, French and Turkish Ottomans on the other.

Newspapers regularly reported on the poor conditions and lack of medical care for soldiers.

In 1854, at the request of the British government, Florence went to Crimea. She led a group of nurses to Scutari, the site of a British hospital now in Istanbul. Officers, however, did not welcome her party and she quickly realised how bad conditions were, from insufficient supplies to dirty, overcrowded rooms. She even called the Barrack Hospital the 'Kingdom of Hell.'

Under Florence's watch, wards were properly cleaned and standards of care were established. This included attending to dressings and feeding and bathing soldiers regularly.

She also recognised the need for psychological care and became known as the 'Lady with the Lamp', checking on patients at night.

The Nightingale Fund, set up in 1855, raised money to open the Nightingale School of Nursing at St. Thomas's Hospital, London, in 1860. St. Thomas's is still an important hospital in the NHS landscape of today, and Nightingale's nursing school taught skills that went on to form the basis of modern nursing as we know it.

This is an extract from the National Trust Newsletter.

Janet Joy

Science for all

Why is the Magnetic North Pole currently shifting at a faster rate than at any time in human history?

It's been a long journey and it's freezing cold. You pull out your compass. What direction would the needle settle on the compass point? The answer may not be what you think.

In order to answer this question, you will have to understand the difference between the true geographic north and magnetic north.

A compass needle rests freely in its casing so it can manoeuvre itself. When you pull out a compass, it aligns itself with the Earth's magnetic field. The small magnetic pin is how a compass responds to Earth's magnetism.

The Earth's magnetic north is changing every day because of the hot, liquid metal that surrounds the inner core. This means that a compass needle will point to the Magnetic North Pole – which is different from the geographic north.

Magnetic north is one of three North Poles on our globe. First, there's true north, which is the northern end of the axis on which our planet turns.

But our planet's protective magnetic bubble, or magnetosphere, isn't perfectly aligned with this spin. Instead, the dynamo of Earth's core creates a magnetic field that is slightly tilted from the planet's rotational axis.

The northern end of this planet-size bar magnet is what's known as geomagnetic north—a point sitting off the northwest coast of Greenland that's changed position little over the last century.

Groups Round Up continued

Then there's magnetic north, located by your compass, which is defined as the point at which magnetic field lines point vertically down. Unlike geomagnetic north, this position is more susceptible to the surges and flows in the swirl of liquid iron in the core. These currents tug on the magnetic field, sending magnetic north hopping across the globe.

Magnetic north has never sat still. In the last hundred years or so, the direction in which our compasses steadfastly point has lumbered ever northward, driven by Earth's churning liquid outer core some 1,800 miles beneath the surface. Yet in recent years, scientists noticed something unusual: Magnetic north's routine plod has shifted into high gear, sending it galloping across the Northern Hemisphere—and no one can entirely explain why.

Janet Joy

(NB The History 2 and Science for All articles are based on Janet's own research and are not accounts of group meetings.)

History 1

In July 2018 History Group 1 made a very interesting visit to Wollaton village dovecote museum and this was followed by a conducted tour of Wollaton Church.

The dovecote was built around 1565 by Sir Francis Willoughby in hand-made red brick and at the time was relatively close to the original Wollaton hall. The idea of dovecotes, which many stately home had, was to provide the hall with a regular supply of meat and eggs. The Wollaton one had nesting capacity for over 5000 birds, of which each pair could produce up to 8 broods of 2 chicks each



year and it helped feed not only the Willoughby family but all their retinue of house servants, stable staff, gardeners and many others. Along with all the produce from their farms, orchards and greenhouses/hothouses they were totally

self-sufficient. The doves entered the building via two glovers (an anglicised word for opening) in the roof. The doves mainly foraged in the fields for food but were given supplements in winter. The dovecote was staffed by 2/3 full time staff who had the job of climbing the inside walls to gather eggs and chicks for the kitchen and cleaning and maintaining the building. They also had to collect all the dung, which was a valuable fertiliser for the gardens and farms. It was also used to make gunpowder and for tanning leather—no waste in those days. Within the building there is now a small museum and a replica parlour and kitchen, along with a display of old photo's and plans. The building is opened at various times by the volunteer staff who made us very welcome and entertained us with stories of the history of the building. It is well worth a visit, there is no charge but they do appreciate a donation as this is their only source of income.

We then visited the St Leonards Church and were given a talk on the history of the church followed by a tour of both the church and the churchyard.



The church dates back to around 1280 and has some very interesting memorials to the Willoughby family. In the Baptistry there is an electronic image of the Antiphonal which is now housed at the University of Nottingham. This illustrated prayer book was given to St Leonards in 1460. Somehow, it survived the reformation and ended up in the library of the hall, from whence it was returned to the church in 1925.

The village itself has many interesting old building and suitable dining arrangements, which our group made full use of with great pleasure. It was a most enjoyable day.

Alwyn Holmes

Groups Round Up continued

Patchwork and Quilting

The group members have been very busy creating some stunning items during this time.



Jenny has produced four of the Rainbow Quilts and around forty face masks (just visible on the right quilt). These were intended to be used by school children.



Eight patchwork cushions by Val



St. Patrick's Day Runner by Wanda . . .



. . . and a quilt also by Wanda



Christmas table runner by Wendy



Terri was too busy making this adorable Luna Lapin for her sister's 60th birthday to have any time for quilting and patchwork!

They are all absolutely brilliant, ladies!

What you wanted to share

A Walk in the Wood



The nearest entrance to Shipley Park for us is through Shipley Wood, just past Ilkeston Hospital. Pre lockdown my husband and I would occasionally walk along the main path through the wood out across the old American Adventure car park on our way to Nutbrook Café for a coffee. Things changed when everything closed down. No point in making the café our destination. Instead we started to explore the small dirt paths through the wood that run off from the main path. So pleased we did as we have enjoyed wonderful nature walks. The birds have been in full song, the carpets of bluebells were so colourful and uplifting. The trees are now in full leaf and cow parsley is the flower of the moment. So now when we

see a path we follow it to see where it may lead. I can recommend it, and very little social distancing as fewer people use these paths.

The photo of the bluebells was sent to me by my friend Pauline after I had suggested the walk to her.

Anne Wood

Wendy Wesley has been very creative



As well as painting, gardening, and walking, Wendy has created a collage of all the crafting she has been doing and photographs of events that have happened. It also includes an embroidered picture that she did for a wedding, which sadly could not go ahead due to the restrictions.



A few more to share



The Beautiful Garden of Kevin McKay

Kevin thought our members might like to see what he has been up to during lockdown, whilst not being able to play golf, sing, tenpin-bowl, line-dance and green bowling. He also misses the line-dancers and being chief coffee maker for the calligraphers.

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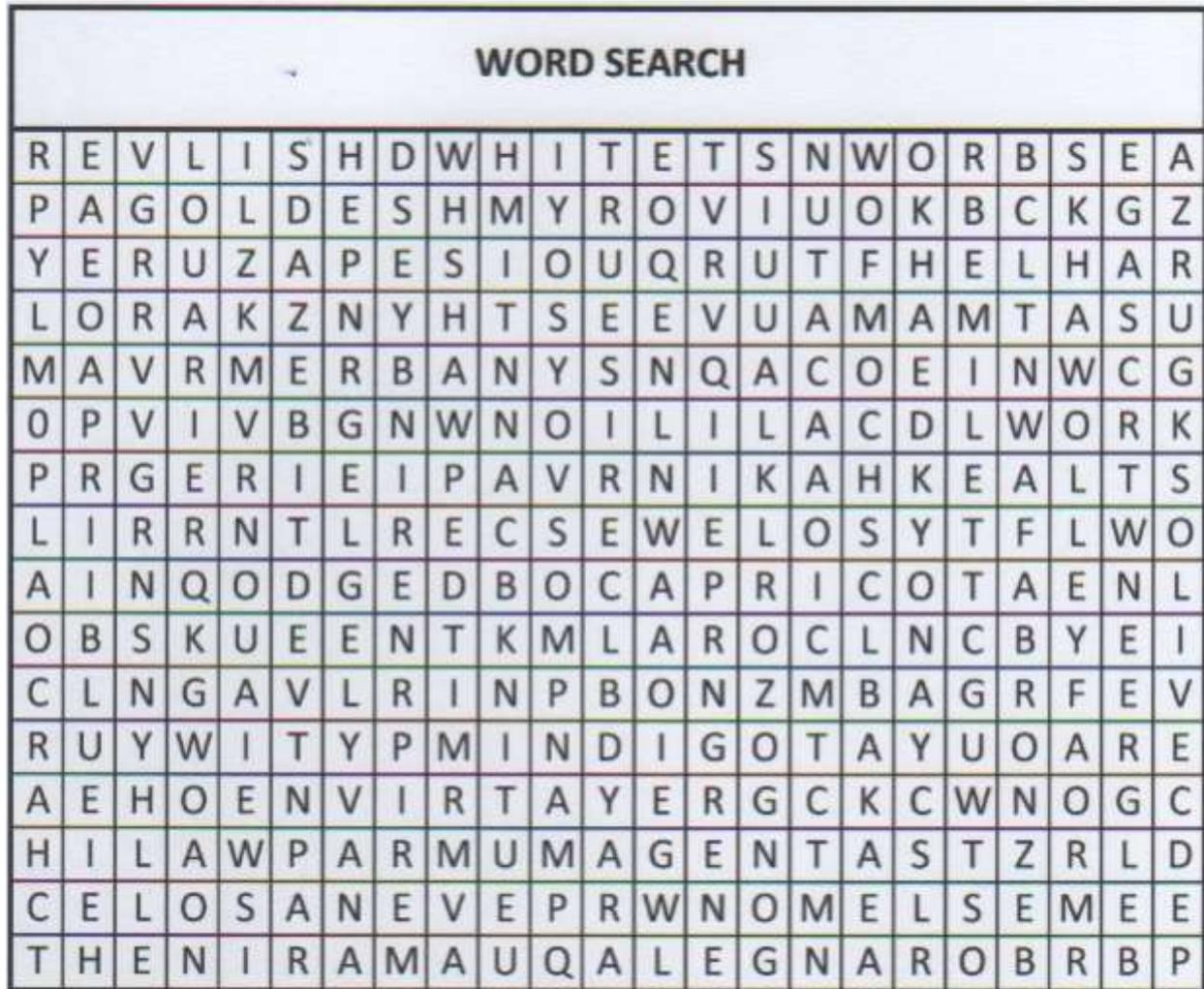
So, Members, how does **your** garden grow?



*'I've heard the spare room is very nice at this time of year.'*



## Word Search—Colours



|            |          |          |           |
|------------|----------|----------|-----------|
| Amber      | Charcoal | Lavender | Purple    |
| Apricot    | Coral    | Lemon    | Red       |
| Aquamarine | Cyan     | Lilac    | Sage      |
| Azure      | Fawn     | Lime     | Silver    |
| Beige      | Gold     | Magenta  | Tan       |
| Black      | Green    | Mauve    | Teal      |
| Blue       | Grey     | Navy     | Turquoise |
| Bronze     | Indigo   | Olive    | Violet    |
| Brown      | Ivory    | Orange   | White     |
| Cerise     | Khaki    | Pink     | Yellow    |

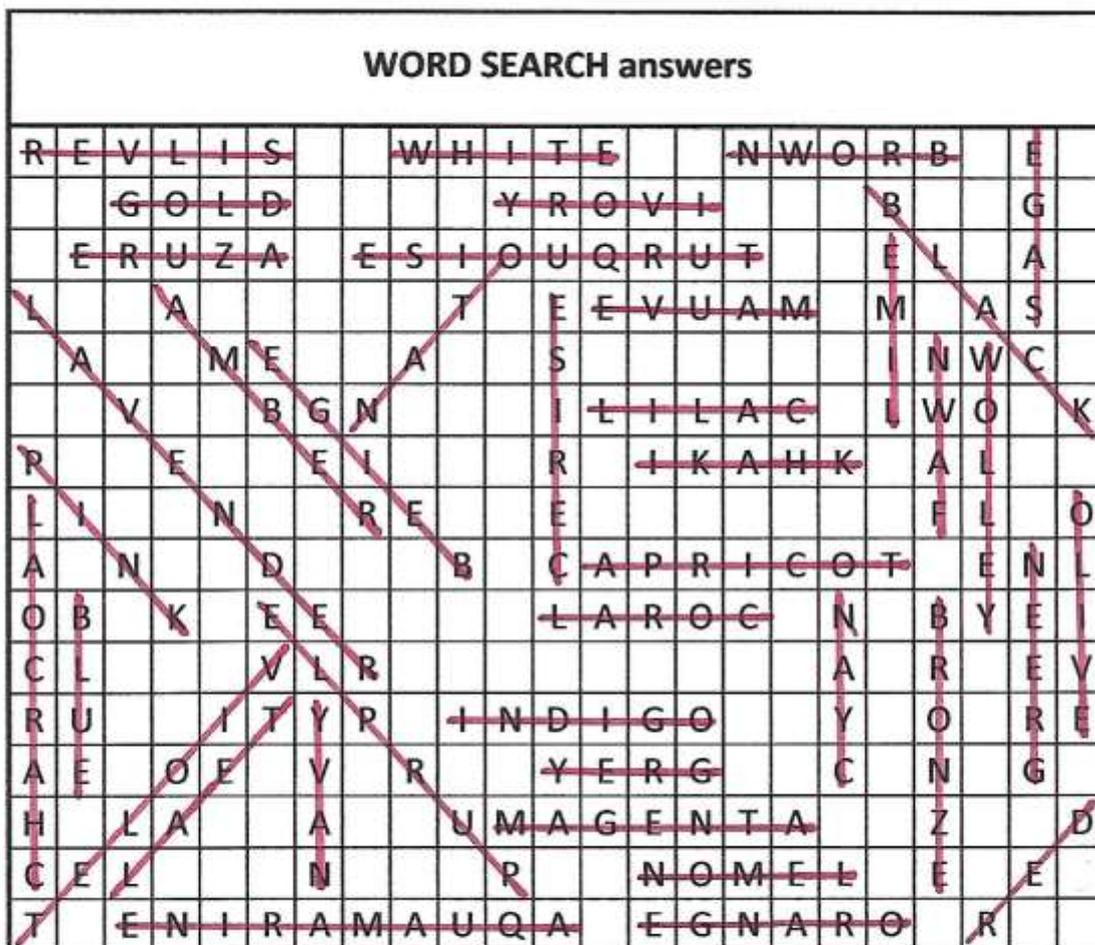
Solution on page 13

## Anagrams to While Away the Hours

|    | UK TOWN ANAGRAMS                         | ONE WORD ANSWER |
|----|------------------------------------------|-----------------|
| 1  | BALL WEEK                                |                 |
| 2  | OWED TO ELF                              |                 |
| 3  | FURLINED MEN                             |                 |
| 4  | KNOTS LIE                                |                 |
| 5  | CLEFS CLAIMED                            |                 |
| 6  | GRIN ON WART                             |                 |
| 7  | RED NOVA                                 |                 |
| 8  | RYE LIP                                  |                 |
| 9  | THROW MAT                                |                 |
| 10 | BONE SET                                 |                 |
| 11 | ICY LIBERAL                              |                 |
| 12 | NUTBOX                                   |                 |
| 13 | SOLVE ROB                                |                 |
| 14 | COLD FRAME                               |                 |
| 15 | A HORSE BUN                              |                 |
| 16 | WANT INCH                                |                 |
| 17 | LEACHED                                  |                 |
| 18 | OPAL BLOCK                               |                 |
| 19 | FIRMS DUE                                |                 |
| 20 | KEEL                                     |                 |
| 21 | SHOW NEALE                               |                 |
| 22 | GRIND THROB                              |                 |
| 23 | SHORT DEAL                               |                 |
| 24 | DAM FORTS                                |                 |
| 25 | PORK SOW                                 |                 |
| 26 | ADMINS ELF                               |                 |
| 27 | NOT AN OGLE                      2 WORDS |                 |
| 28 | HOLD RACE                                |                 |
| 29 | CRIES ALL                                |                 |
| 30 | MATCH HELEN                              |                 |
| 31 | STEER CROW                               |                 |
| 32 | A NON TUNE                               |                 |
| 33 | STONED CAR                               |                 |

Solution on page 13

## Solutions to the Wordsearch and Anagrams



### Anagrams to while away the hours

- 1 Bakewell, 2 Fleetwood, 3 Dunfermline, 4 Ilkeston, 5 Macclesfield, 6 Warrington
- 7 Andover, 8 Ripley 9 Tamworth, 10 Beeston, 11 Billericay, 12 Buxton, 13 Bolsover,
- 14 Camelford, 15 Ashbourne, 16 Nantwich, 17 Cheadle, 18 Blackpool, 19 Dumfries,
- 20 Leek, 21 Halesowen, 22 Bridgnorth, 23 Aldershot, 24 Stamford, 25 Worksop,
- 26 Mansfield, 27 Long Eaton, 28 Rochdale, 29 Carlisle, 30 Cheltenham 31 Worcester,
- 32 Nuneaton, 33 Doncaster