

This month join us at our Open Meeting

on

Tuesday 5th March
10.00 am at The Arena
Ilkeston

We will be welcoming our speaker:

Simon Cook

on American Presidents:

Who? Why? And When? A light hearted look at some of the more interesting presidents, how they came to power and what was happening in their era

Doors open at 9.45 am
Refreshments available

Inside this issue:

- Letter from the Chair p.2
- Notification of Ilkeston u3a AGM p.3
- Fit for the Future Consultation p.4
- Copyright Infringement Do's & Don't's p.6
- Interest Groups Round up p.7
- What you wanted to share p.11

Coming soon to our Open Meetings . . .

2nd April: Bryan Naylor speaking about Heage Windmill

7th May: Eric Boulton speaking about Ecclesbourne Railway

4th June: Volunteers Week plus Liz Woledge speaking about Royal Crown Derby

*** 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.**

Find us on
Facebook

<https://www.facebook.com/groups/1226535837801301>

Letter from the Chair



Hello Members!

Such a mild winter we are having so far, and already there are signs of Spring in the parks and gardens, how lovely!

And lovely it is too, to be able to offer a very warm welcome to our newest members; Alan, Elaine, Helen, Graham, Kay, Lynne, Mandy, Margaret, and Philip, who all joined during February. There is such a lot to enjoy at u3a with our monthly open meetings and 30+ different interest groups, I'm sure you'll get a lot from your u3a membership. It's great to have you on-board.

May I remind all members attending the Open Meeting to sign in at either of the Reception tables please. Also to contact the Group Leader before you attend a new group that you are interested in, so that they can tell you all about it and add you to the register if the group isn't full, or invite you along to a trial session. Members can contact Group Leaders via their website page, or email chair@ilkestonu3a.org.uk and I'll put you in touch. Thank you!

Our February Open Meeting was wonderfully busy, with extra seats needing to be put out, and squashed around tables. It's absolutely delightful that so many members attend, but if the trend continues, here's a heads up that we may need to revert to theatre style seating for safety if it gets more difficult to move round the room. We are putting out 3 Reception Sheets for March meeting to ease congestion at the door and have extra helpers too, so we'll see how it goes for now.

March Open Meeting will start with our Annual General Meeting (AGM). The papers have already been sent out to everyone but please note that only fully paid up members can participate. The business won't take long, but it is necessary that it is held, in line with our Constitution (our rules).

The Committee approved 2 new Policies in February: Complaints Policy & Disciplinary Policy. Hopefully, we won't ever need to use them, but they are on our website should you ever wish to refer to them at all.

And, to finish, don't forget that The Garden Group are arranging to go and see the ***Tulips in Bloom at Springfields Festival Gardens, Spalding, on Friday 26th April.*** For £30 you get coach travel, a guided tour round the gardens and a free cuppa. There are still some places available.

Take care, everyone. See you at Open Meeting, 10am, 5th March.

Christine Keighley, Chair

Formal Notification of the AGM of Ilkeston u3a

The 12th AGM of Ilkeston u3a will be held on Tuesday 5th March 2024 at
The Arena, 1 Rutland Street, Ilkeston DE7 8PN starting at 10.15am

AGM Agenda

1. Welcome and apologies
2. Minutes from previous AGM March 2023 & EGM April 2023
3. Matters arising from Minutes
4. Chair's report
5. Financial report
6. Approval of the appointment of Patricia Ryan as the Examiner of the accounts
7. Election of nominees for Committee
8. Proposed date of next AGM 4th March 2025
9. Vote of Thanks to the retiring members of the 2023 Committee
10. Close of meeting

Christine Keighley
Chair 2023 committee

Nominations for Committee

Annette Cooper
Russell Gough
Christine Keighley
Alyson Marriott
Margarete Peel
Roberto Prati
Steven Schmidt
Wendy Wesley
Jacky Wilding

Fit for the Future Consultation



In our February newsletter I told you about a consultation period that Third Age Trust have launched outlining proposed Governance changes that they wish to bring in.

Third Age Trust are doing a number of presentations at Regional Network meetings and a recording of the first one, held by Nottinghamshire Network, is available online if you'd like to see it. Here's the link to it, just scroll down the page to the first video. <https://www.u3a.org.uk/members-area/trust-and-board-updates/fit-for-the-future>

Alternatively, you can read the Explanation Document and a Q&A paper on our Latest News website page.

Third Age Trust are keen to hear from as many u3a members as possible, so if you want to have **your** voice heard please email your feedback to governance@u3a.org.uk

Christine Keighley, Chair

Online Groups, Short Courses and Talks

Interest Groups Online (abbreviated as IGO) is an online u3a community that gives you the opportunity to join groups, talks and courses from the comfort of your home.

The activities are run by u3a members and are a great way to meet people from all across the movement.

The annual membership fee is £12.00. Being a member of IGO allows you access to numerous on-line interest groups, or to join a waiting list if it is full.

From Armchair Travels to Zentangle, there's likely to be something of interest. Check out what's available at www.u3a.org.uk/learning/interest-groups-online

Alternatively as a u3a member you can access for free a monthly programme of **Talks** and **Short Courses** presented by Third Age Trust. Most of these opportunities are presented by members themselves; sharing their knowledge or skills with others across the movement. There are also a wide range of talks on offer from well-known speakers and organisations available for u3a members only.

March kicks off with Artificial Intelligence News, and ends with the first of a series of talks illustrating how the creative arts can enhance our wellbeing, with a talk entitled "Suffering and hope in Tolstoy's Anna Karenina".

To see all the free events available and to book go to <https://www.u3a.org.uk/events/educational-events>

Membership Badge

Did you realise the importance of your Membership Badge?

Have you ever flipped it over?

Have you entered your emergency contacts?

New Badges are issued each year on renewal of membership fees. You are expected to carry your badge with you to all u3a events. This is in your own interests because if an emergency arose the appropriate help and support could be called on quickly.

Please keep your badge up to date, and with you at u3a activities.



Lost Property

Did you leave your scarf at Open Meeting in February?

It will be waiting for you at our next meeting 5th March, 2024.

Or please email chair@ilkestonu3a.org.uk to claim it.



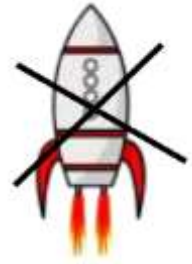
Hints & Tips to avoid copyright infringement

Do	Don't
Use your own photographs or other original material you've produced wherever possible. You own the copyright.	Don't assume that because something is already on the internet it is OK to use it.
Use copyright free images. Many photographers offer their work copyright free under a Creative Commons License, and place them on websites for downloading. Try:- <ul style="list-style-type: none"> · Pexels · PixaBay · Unsplash · Reshot 	Don't forget that work used legitimately at Interest Group for education under our CLA License has limitations, and would not cover its reproduction in a wider area, such as our Newsletter which appears online.
If necessary, ask the copyright owner for permission to use their work, stating the intended use.	Don't assume that because something is free to download it is also free of copyright.
Even where it is not required it is good practise to acknowledge the author and owner of any materials.	Don't assume that acknowledging or crediting a source is adequate.
If in doubt, check it out! Look through u3a Policy or the guide at www.gov.uk/copyright	

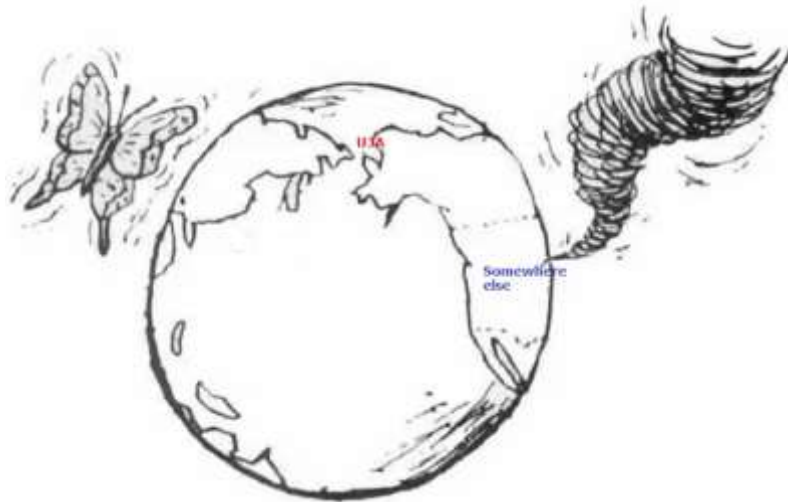
Interest Groups Round-up

DNRS
Definitely not
Rocket Science

[The DNRS - Definitely Not Rocket Science - group meets, predictably and reliably, on the 4th Tuesday of every month from 10 a.m. to 12.00, at the Fire Station]



The chaotic lives we lead?



Some things are utterly predictable, but in the world of science there's a theory that throws predictability out the window and replaces it with the whimsical dance of butterflies. Welcome to **chaos theory**, where equations quake in fear, and chaos reigns supreme; more so than in the House of Commons, the weather forecast, or in a stampede in the January sales.

Imagine a world where a butterfly flapping its wings on Hampstead Heath could set off a chain of events leading to a hurricane over Ilkeston market. For ambitious butterflies—and, yes . . . let's hear it for moths also—it's the ultimate power move, proving that chaos theory isn't just for butterflies—it could be a lifestyle for the ruminations of mathematicians. ***"The butterfly of time has but a little way to fly//And lo, the hurricane is on the wing"***; thanks, Omar, for the chaotically mixed metaphor.

Chaos theory takes the ordered and turns it into a delightful circus of unpredictability. And you thought the order in which stuff comes out of the tumble dryer is ordered? Mathematicians try to wrangle the unruly equations, but chaos has the upper hand. It's the rebellious teenager of scientific theories, refusing to conform to the rigid rules of predictability and the more adult years that we u3agers, hopefully, embrace. Randomness is the guest of honour at the predictability party, the toddler loose in a room full of dominoes— you never know which one (of the dominoes, not us!) will topple first.

So, next time you're feeling bogged down by the predictability of life, remember chaos theory—where butterflies wield more power than meteorologists, and the only certainty is uncertainty. Embrace the chaos, let your hair down, and join the wild, unpredictable ride that is chaos theory. After all, who needs order when you can have a butterfly-induced hurricane party, whilst wearing those bright sparkly purple trainers you snapped up in the January sales?

Malcolm Muckle

Interest Groups Round-up

History One For our February meeting we welcomed Chris Weir, who enlightened us with a wide-ranging subject.

Lace, Slums and occasional riots The Making of Victorian Nottingham

Chris started by outlining how the lace industry evolved and developed from cottage industry to larger manufacturers, but the finishing in this area became centred upon Nottingham. This started to increase the Nottingham population and, as a consequence, the need for more housing to alleviate the large number of slums which had formed, the most notorious being Broad Marsh and Narrow marsh. Chris quoted the figure of over 300 people per acre. We can only imagine the problems relating to this, mainly that of sewage, cess pits and water supplies, all being run in close proximity and leading to high levels of disease and high death rates. As if the long hours of stressful jobs, poor rates of pay and malnutrition were not enough.

There was only one answer. For generations the situation of common land, moor land and waste had developed from the medieval three field village. The strip farming way gradually led to farmers and local gentry surreptitiously extending their boundaries. This led to the situation that towns and cities like Nottingham were hemmed in with no further room to expand.

The answer came in the Nottingham Enclosure act of 1845, which pushed back the Nottingham boundaries, to great expressions of rage from certain quarters, and led to much judicial and legal reaction. It did produce more land for Nottingham to spread and also provided enclosures within the new city area for cemeteries, parks and other leisure facilities for the public, which still exist to this day.

The outrage expressed over the closure of commons led to a famous poem asking, why is it such a crime to steal a goose from off the common, but not the common from the goose.

Thanks, Chris, for a wonderful talk.

Alwyn Holmes

Interest Groups Online

I was browsing through the u3a magazine when I noticed this article IGO which is **Interest Groups Online**, which I didn't know about.

What a great idea! Only £12 per year! And a good variety of groups.

It doesn't give access to local u3a's so is ideal if you're not able to get to meetings. (for various reasons). Some of the groups are full with a waiting list, but there are a lot that aren't, with a large variety of subjects.

Please look online for details if you or someone you know might be interested.

**Wendy Wesley
Interest Groups Coordinator**

Interest Groups Round-up

Craft This month we have been making Iris Folding cards which members have enjoyed doing previously. This time we used florist ribbon instead of paper.

A donation of this from Mike Stone gave us a large variety of colours and I think you will agree some fantastic results

Thank you Mike!



Barbara, Deb and Val

Garden Group The first meeting of the group this year kicked off with a demonstration and talk by Katrine Scott Mitchell on willow weaving. She has only been doing willow weaving for the past 4/5 years after a career in education.

She sources the willow from a Somerset outlet and named a few of the types of willow of which there are about 200. She demonstrated with 6 foot lengths, which have to be soaked prior to use in a trough for 24 hours each one foot length. She had brought along a wreath and dragon fly and demonstrated how they were put together. They were purchased by one or two members afterwards.

Katrine lives locally and supplements her 'retirement income' with workshops, which two or three members have attended. Unfortunately time constraints concluded the meeting, as it is a subject which would require more time, as I understand the workshops run for a few hours. However it was interesting to have an overview of the subject.

Barbara Bailey

Interest Groups Round-up

Flat Green Bowling

Sessions start again on the first Monday in May. I will be at the u3a March meeting to take the name and details of anyone wanting to take part, past members and new members interested in playing this season.

**Best wishes
Kevin McKay
Group Leader**

Canasta

Please note that Canasta is now full. If you are interested in joining us, please contact me and your name will be put on a waiting list.

Marian Stopper

Golf and Table Tennis

There is not much going on in golf at the moment due to ground conditions.

Table Tennis is all OK, with a good turn out every session. The games are quite friendly at times but still plenty of fun. We will have to think about a list for new members soon, as we are quite full.

Peter Winfield

Patchwork and Quilting

Here are our latest blocks. The first is made by Val Buxton, the second by Anne Wood, the third by myself and the fourth by Elaine Barratt. Haven't we all done well!



The other members of the group assure me that theirs will be coming.

Jenny Whittaker

What you Wanted to Share

Restricted Horizons By Janet Reeve

Many days, weeks, months
Housebound;
Time -
Stretching seemingly, endlessly,
painfully
To an uncertain future.
Operation -
Release, unbelievably, astoundingly,
From chronic pain.

Restricted horizons
Framed within the environs of
My patio doors.
Bright bowls of primroses
Hues of purple, yellow, red, white
Adorn the garden steps.
An artist's palette

Among the dead, neglected pots.
Fat, old mottled tabby cat
Sitting, silently watching
On the new high fence.
Stretching sagaciously
Sharpening claws lazily
Along top of the fence,
Disappearing,
Slowly plopping off to find prey
Elsewhere.

High, over the wall
Builders perched precariously
On steep pitched roof.
Old tiles crashing splinteringly,
Making way for new grey slates.

Sheltered from the icy wind
Daffodils sprouting
Welcoming the Spring.

Spring? MY Spring about to be
released!
Restricted horizons?
No more!
Set free to roam again!
New life begins!!



What you Wanted to Share

Earth on the Rails by Graham Peel

*Equilibrium of supply and demand,
whether in Dollar, Euro or Rand.*

*Soil untended or badly maintained,
by soulless machines, no farmhands retained.*

*Our farms run badly by corporation,
only thing grown is more inflation.*

*Hands in the field are digital not real.
and food tastes less when we eat our meal.*

*Life in the soil has been exterminated,
and you have been, tamed, and subjugated.*



(Photo by Mark Stebnicki—Pexels)

What you Wanted to Share

Sandiacre Lock Cottages Events Diary 2024



Date	Event	Comments
Sunday - March 17	Greenwood Clog Dancers	Making 2 appearances 12 o'clock and 1.30 pm
Monday - April 1 (Easter BH)	For children - Glass Painting Canal Art 10.30 a.m. – 3.30 p.m	Tim Rattenbury Meinir Pointer
Sunday – April 21	Melodic Trio - Tim, Ollie and Rachel	Tim Gough, Ollie Holroyd and Rachel Broad
Sunday – May 19	For children – Making bracelets, key fobs and rucksack toggles	Tim Rattenbury
Monday – May 27 (BH)	Red Lion Folk Band	Mick Goldes
Sunday – June 16	Sullivan's Sword	TBC
Sunday – July 21	One Man Band	Dave Mooney
Sunday – August 18		
Mon - August 26 (BH)	U3A Belly Dancers	Sherry
Sunday – September 15	For children - Pine cone creations (animals and collages) Spinning and weaving demonstration T'Owd Man Morris	Tim Rattenbury Clare Quiggley / Sarah Field Dance spots, will be 11.30, 12.30 and 1.30, lasting around 20-30 minutes.
Sunday – October 20	Sullivan's Sword	TBC
Sunday – November 17		
Saturday – December 7, 14	For children: meet the Man in Red and stories by the fire	Appointments only for this magical experience
Sunday – December 1.8.15	Christmas at the Cottages	Floral displays, and Christmas music



Erewhash Canal, Lock Lane, Sandiacre. NG10 5LA. Contact glynstenson@hotmail.com
Please note there is limited parking outside the Sandiacre Lock Cottages
Park under the A52 bridge on Lock Lane or Sandiacre and walk down the tow path.

The Cottages are open from 10.30 until 3.30

A warm welcome awaits you with a chance to step back into Erewash Canal history. Enjoy homemade refreshments and the chance to relax and enjoy the beauty of this Sandiacre jewel.

FB: Erewash Canal Preservation and Development Association
Website: ecpda.org.uk