

This month join us at our Open Meeting

on

Tuesday 3rd September
10.00 am at The Arena
Ilkeston

When we will welcome our speaker:

Peter Stubbs with his talk on
'The History of Crime in
England over 1000 Years'

Doors open at 9.45 am
Refreshments available

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Coming soon to our Open Meetings

1st October: Interest Groups Fair.
Free entry & light refreshments. Open to
prospective members to come and find out
what we do.

5th November: Trustees Week.
Talk by Liz Keeley, 'Derbyshire is far from
the coast. Yet the county has many
connections with the sea'

3rd December: 'The Art of Christmas cards'
by Danny Wells

7th January 2025: 'Life in Derby in the
1950's' by Paul Sturges

*** 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>

Tel: 07660 966325

Letter from the Chair



Hello Members!

Before anything else I would like to extend a very warm welcome to our 8 new members this month, Brian, Cheryl, Denise, Jeremy, Mick, Mitch, Peter and Susan.

When I write for the newsletter I think back over the month gone by, and also take a moment to look forward to what comes next. You'd expect August to have been a quiet month being holiday season, but there's never a dull moment at u3a as we all know. The highlight in August was attending the Ilkeston Heritage and Classic Vehicle Show. Thank you to everyone who helped on our stall that hot Sunday, and especially to Steven, our Vice Chair, for organising everything! We had a fabulous day, chatting about what we do with many interested people. Of course, we invited them all to Open Meetings, so let's hope we will be welcoming them soon as well.

There is a **Members Coffee Morning** coming up, so please put the date in your diary and come along. **Thursday 5th September, 10:30-12 noon, at The Observatory, Lower Market Place, Ilkeston.** Everyone is welcome, especially new members and group leaders wishing to promote their activities. The coffee is cheap, and bottomless, and there's a breakfast menu too if you are hungry, so come along for a friendly chat and get to know other members and what's happening.

Another extra special event coming soon is our annual showcase, the **Interest Groups Fair**, to be held **Tuesday 1st October at The Arena, 10-12 noon**, in place of our usual open meeting. The event will be open to the public with free entry and light refreshments. Annette and Wendy, our Interest Groups Co-ordinators, are busy organising the event. Each Group Leader will be invited to display their activities and chat to members and prospective members about what they do. So here's everyone's chance to find out what happens in other groups and maybe sign up, and please bring a friend along!

And whilst still talking groups...there has been terrific interest in the new **Scala Cinema Group**, so to get it off the ground there will be a gathering of all those interested after the speaker finishes at September Open Meeting to chat over and agree how the group will operate.

On the techy side of things I am delighted to say we have 2 volunteers to work with me on a Facebook Page to promote Ilkeston u3a activities, so whilst we get the necessary stuff in place may I plant a seed of thought with Group Leaders – photos please! Also, Steven and I are working with Ann S, our Webmaster, on some fresh ideas for the website, more news on that soon. Plus Jacky, our Membership Secretary, is working up an on-line membership renewal form ready for January subscriptions. Won't that be a boon!

The next Committee Meeting is on 10th September. If any member would like to attend to find out what's involved please let me know. We would be delighted to welcome more members to the committee, there's no need to wait for the AGM!

Letter from the Chair (continued)

And, finally, a vote of thanks to our Fire Officer Mike S and deputy Andrew W, plus all committee members who acted as Fire Wardens for the Fire Drill conducted at the August Open Meeting. Thank you to all the members present who, without prior warning of the drill, embraced it so well. Mike was very pleased with the resultant 5.5 minutes that it took to 'evacuate' the building. Overall we are confident the procedure is robust, but have taken some learning from it, and also made representations to The Arena management to improve the rear bottom fire exit step. Thank you everyone!

See you soon.

Kindest regards

Christine Keighley, Chair,
chair@ilkestonu3a.org.uk, 07660 966325

Ilkeston u3a at Heritage & Classic Vehicle Show

Ilkeston u3a had a very successful outing at Ilkeston Heritage and Classic Vehicle Show held on the Market Place on Sunday, 11 August. Fifteen volunteers donated their time and good will to the event, setting up and taking down the tent, meeting and greeting potential members and generally representing our u3a. There were more than 200 enquiries this year compared to last. In 2023, we picked up a number of new members as a result of the show and we expect an even keener interest this year as a result of our efforts! Thank you to one and all for your time and initiative!



Steven Schmidt

Invitation to the Notts Network Conference

u3a

Mailing

Invitation to the Notts Network Conference

To Chairs, Vice-Chairs, Secretaries and Treasurers in the East Midlands

Dear Christine

We are delighted to invite you to our Notts Network Conference on 21 September. Please advertise this invitation widely to all your members.

Come along for a really enjoyable day with an excellent speaker, Chris French, some very interesting activities, savour a lovely lunch and, above all, meet u3a members from across the region.

Please find attached more information about the day including the workshops.

The programme for the Notts Network Conference, 21st September

u3a learn,
laugh,
live

Nottinghamshire Network Conference

Saturday 21st September

Open to all East Midlands u3a members

To be held at the Girls High School, Squire Performing Art Centre

Arboretum St, Nottingham NG1 4JB

9:30am – 3:00pm

9:30am – 10:00am refreshments and registration

Keynote Speaker

Chris French, Professor Emeritus of Psychology at Goldsmiths College, University of London specialising in the psychology of paranormal beliefs and anomalous experiences.

The talk will be entitled:

The Science of Weird Sh**

Why our Minds Conjure the Paranormal

Admission £30

plus booking fee

Includes refreshments during the day and buffet lunch supplied by Delilah's
Use link below to register and choose workshops

<https://www.trybooking.com/uk/DOTV>

Break Out Workshops

- Guided walk around the Arboretum
- Line Dancing
- Chair Yoga
- Safe Driving
- Creative writing
- Scamming and Fraud

There will be break out workshops in the morning and afternoon enabling members to attend two groups. More detailed descriptions of each workshop will be available when you register where we ask you to choose three options.

Continued overleaf

Invitation to the Notts Network Conference (continued)

To book your place please copy and paste this link into your url/address bar:
<https://www.trybooking.com/uk/DOTV>

The Squire Performing Arts Centre's website gives further information including travelling directions:

Travelling by car: The free 120 space car park is located at the junction of Arboretum Street and Balmoral Road, behind the Girls High School buildings. Follow the signs down the ramp to park. The Theatre will be visible and access is via a stepped path. There is limited space to drop off outside the front of the Theatre.

Accessible Parking Information: The car park for blue badge holders is located on Arboretum Street directly next to the theatre. This parking is opposite the sports pitch and signed 'Nottingham Girls' High School'. From here there is flat access inside.

Travelling by Tram: Nottingham High School is the nearest NET tram stop and we are a short walk away down Waverley Street and then into Arboretum Street.

Please do not hesitate to contact me on rosieallen21@outlook.com if you have any questions or would like further information.

Best wishes

Rosie Allen
Nottinghamshire Network Support Officer

Ilkeston u3a Launches Annual Interest Groups Fair



Ilkeston u3a Interest Groups Fair, Arena Conference Centre, October 2023

If you have ever wanted to find out exactly what we do, this is the event for you! Come along and discover all the activities and Interest Groups you could join!

Ilkeston u3a has chosen to celebrate National u3a Week by holding its Annual Interest Groups Fair on Tuesday, 1 October, 10-12pm with free entry and light refreshments.

All 35 groups will be on display to members and prospective members including its newest, the Scala Cinema Group. Group Leaders will be on hand to explain how their interest groups work, from Table Tennis to Flat Green Bowling, Family History to Rambling, and Poetry to Patchwork and Quilting.



Intricate Designs from the Patchwork and Quilting Interest Group

Steven Schmidt

Interest Groups Round-up

Golf On 5th August five made it on to the course and there were good scores from some players. The best on the day was Steve with 38. Joint second were Mick D and Andrew on 45, Pete with 47 and, after a poor last hole, was David P with 48.

Peter Winfield

French Conversation

At the moment we have room for one or two new members. We are not a beginners group, but if you learned French at school but are perhaps a little rusty, you would be welcome to give our group a try. We meet on the fourth Thursday of the month, 2.00—4.00 pm, at the fire station community room. Our usual format is to write a short piece in French at home, on a given theme, which we then read out to the group. There is the opportunity to discuss the work or for others to ask questions about it. We are also working from a text book, “Conversational French Dialogues” by Lingo Mastery, which the members have purchased for themselves. To give everyone the chance to read out their work and time for the book study, we keep our group quite small. If you are interested in joining us, please contact Glen Pickering (Group Leader) via the Ilkeston u3a website, or email Janis Henshaw at the newsletter address at the foot of this page.



Janis Henshaw

Rambling



With Storm Ernesto barrelling across the UK just a few days earlier, we were anxiously watching the weather forecast for the day of our August ramble. Luckily for us the worst of the storm had passed over and the day was dry with a cool breeze as we set off. Soon the clouds opened to let the sun shine down on us. This month we had a very enjoyable walk. We have had a lot of very enthusiastic new members join us over the past few months and this time seventeen of us set out from Makeney for a 6.5 mile walk over to Belper, then along the river and down into Milford before returning to Makeney. Some of the paths were very overgrown with nettles and brambles overhanging, tall enough to scratch our faces, but the blackberries were ripening—and were sampled by certain members of our group.

The venue for our post-walk lunch this time was The Holly Bush in Makeney, a very cosy olde-worlde pub. The well-tended hanging baskets and planters around the building, and the garden at the back of the pub, were a riot of colour, and a real credit to the establishment. Inside the food was good, conversations flowed and we were all well fed. Next month's walk will be on Wednesday 18th September.



Janis Henshaw

Interest Groups Round-up

Patchwork & Quilting

These are the latest blocks in the series.



1



2



3

Number 1 is by Anne Wood, 2 by Elaine Barratt and 3 by Jenny Whittaker.



4



5



6

Block 4 is by Marion Stopper, 5 by Val Buxton and 6 by Barbara Green.



The two blocks on the left are by Wanda Labuda, who is rapidly catching up with us.

Below, the two bucket hats are reversible. These have also been made by Wanda, for her granddaughter. I am planning to make one for myself, but due to the weather, I think I will wait until next year.



Last but certainly not least is a Christmas wall hanging made by Marion.

Jenny Whittaker

Interest Groups Round-up

Craft This month We have been making felt roses (another suggestion from Deb)

We did make them out of paper sometime ago and having plenty of tealight holders and felt decided to do them again in felt.

They are made from a petal shape (a pastry cutter) cut into different sized sections and then arranged into the shape of the rose. Some ladies chose to do them in one colour while others decided to combine two. Here's the basic shape and pictures of the finished roses.



Barbara Deb and Val

“Calling all Film Buffs”

There is a new Interest Group about to launch itself . . . **The Scala Cinema Group.** Annette Cooper and Christine Keighley have orchestrated the formation of a new group to serve the overwhelming interests of Ilkeston u3a!



The Scala (Reel)
Cinema, Ilkeston
Town Centre

The Scala has been in operation since 1913 so is an ongoing piece of local history. Whilst the final details are pending, there will be discounts on matinee and evening tickets with car parking next door to the cinema at £1.50 for three hours and free after 18:00.

What's not to like? More than 40 individuals have expressed an interest and there will be a meeting to officially form the group after the general meeting on Tuesday, 3 September. Come along and join in the fun!!

Annette Cooper & Steven Schmidt

Interest Groups Round-up

Handbell Ringing Do you fancy ding donging? (Not an argument with the other half!) but ringing handbells?

When people think of handbells, the image that most often comes to mind is the kind of bell used by a town crier, or those of us who remember the bell that was rung in the school playground to signify that it was time to come back in . . . for more lessons! In other words, a bell that can be held in the hand, and is rung to attract attention, but the bells used in handbell ringing, whilst initially they look similar, are in fact slightly different.

A handbell is rung by grasping it by the handle and moving the wrist, causing the clapper inside (which is on a hinge) to strike the outside of the bell, producing the sound. The note produced by a handbell depends on the size of the bell. A handbell group (known variously as a team, ensemble, choir or orchestra) have a set of handbells covering all the notes over two or more octaves (including all the sharps and flats!). They play these together and in sequence to create a piece of music, complete with melody and harmony.

As we only have two hands, there is a limit to how many bells one can hold and therefore play. The traditional method is to hold one bell in each hand.

We meet every month on the fourth Friday at Ilkeston fire station 2.30—4.30pm and would welcome new members to enable us to make lovely music.

Many handbell ringers read off notated music which looks a bit like piano music, however some ringers read from number charts, only ringing their bell(s) when the appropriate number comes up. Help will be given if you are unable to read music—all you need is the beat—being able to count from 1 to 4. Up for it?

Please contact Margaret Cuttell via the website or the u3a phone 07760966325 or visit our table at October's Interest Fair.



Margaret Cuttell

Picture by Jennifer Webb
Pixabay

Interest Groups Round-up



Olympic Fourths By Janet Reeve

You are the also-rans,
Almost there,
But not quite,
Missed the final touch,
Didn't quite get it right,
On the night.

Fourth place,
Just the worst to be,
Gold, Silver, Bronze
The ultimate three,
All victorious
You would agree.

You might not have a medal
Round your neck
But heck!!

FOURTH IN THE WORLD!
You *must* be proud!
Shout it aloud!

Don't be so despondent,
Punch your fist
In the air!
0.2 seconds behind a Bronze,
You triumphed too
We all declare!

Be proud!
Hold up your head!
Shout it aloud!

Heap praises on yourself!
You *haven't* failed!
You're a winner too!
By your country
You should be regaled!

BE PROUD!

FOURTH IN THE WORLD?!
WOW!!

What You Wanted to Share



At the Olympics By Yvonne Muckle

One

She'd worked hard for this.
Training for years,
Struggling through tears,
Pushing through pain,
Frowning face, forcing
Her huge bulging muscles
Ever on.

Two

Never mind the flat chest,
Ungainly gait.
Training, trying them all,
Running, swimming, cycling,
To be the best,
For the cheering.
Forget the jeering
About her looks,
She excelled at boxing.

Three

Today's the day
To show them all,
To beat the rest,
To pass the test
Of years of training,
Muscles complaining.
Brought to the Olympics
And she had won.

Four

All that applause
For a gold medal!
Tears of joy
Standing on the podium,
Ignore the jeers,
The calls of objection.
Then judges were called.
A final decision
She'd won!
Until
**They said she was
A man.**



Yvonne and Malcolm have moved to Sussex to be nearer family. By the wonders of Zoom Yvonne is still able to keep in touch with the Poetry Group.

The group's recent theme was Olympic Games or sports. Yvonne couldn't find anything she liked so she wrote this poem herself.

What You Wanted to Share

If it wasn't for the money

By Graham Peel

£££

If it wasn't for the money.
If it wasn't for the need to earn it,
we would have more time.
If it wasn't for need to spend it,
we would enjoy the use of time.



If it wasn't for the way we watch time,
we would be more considerate.
If it wasn't for the lack of space in time,
we could share more love.

If it wasn't for the lack of time to love,
we could resist the urge to war.



If it wasn't for the money,
could there be no war?

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