

This month join us at our

Monthly Open Meeting and Trustees Week

on

Tuesday 5th November
10.00 am–12 noon at
The Arena
Ilkeston

Also a talk by Liz Keeley on
“Derbyshire is far from the
coast. Yet the county has
many connections with the
sea”

Light Refreshments available

Doors open at 9.45 am

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Coming soon to our Open Meetings

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

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

4th February: Talk on Fire Safety by Sharon Tassi from Derbyshire Fire and Rescue

*** 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.**

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<https://www.facebook.com/groups/1226535837801301> Tel: 07760 966325

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Letter from the Chair

Hello Members!



October brought . . .

The month of October opened with a bang for Ilkeston u3a with the morning of the 1st spent at our annual showcase, The **Interests Groups Fair!** Even given the dismal weather on the day we signed up 13 new members, so a very warm welcome to Ann, Elizabeth, Ewan, Graham, Janet, Janice, Kathleen, Maggie, Noam, Pat, Susan, Susan, and Yvonne. Lots of existing members also called in, and notably Janet J celebrated her 94th birthday with us. The Interest Groups Fair is an important date in our annual calendar and next year we will be bringing this open event forward to April 2025.

A new Trustee was welcomed to the management team, Russell Gough, at the October committee meeting. We had a full agenda and Russell hit the ground running at his first meeting adding his approval to the new Health & Safety Policy and revised Risk Assessment checklists, and taking an active part in all the discussions and other decisions.

A dark shadow engulfed the committee later that week with the sad news that our colleague, Bob Prati, had died. Members who offer their services as a Trustee are the ultimate Volunteer. Bob served us well for almost 3 years, and he will be missed. **R.I.P. Bob.**

November brings . . .

The first week of November is **Trustees Week**. This is an annual opportunity to highlight the value and variedness of the role. Ilkeston u3a can have up to 12 Trustees (also called Committee Members). Currently we have 4 vacancies and there will be more in March when some of us stand down and new elections take place at the AGM. At the November Open Meeting there will be information about what committee members do, and I would urge you, please, to consider joining the management team to help keep Ilkeston u3a a thriving, stimulating, and enjoyable place to be!

Later that week will be our second **Group Leaders meeting** this year, for discussions and feedback about how things are going, and how we can improve. Personally I have to give this one a miss whilst I indulge in the rural beauty of Suffolk for a few days, but I wish you all enjoyable and productive meetings.

But I'll be back to join the **Remembrance Sunday** parade on behalf of Ilkeston u3a when we will lay a wreath at the Cenotaph. Any member who wishes to join us on the Parade will be most welcome. We'll be convening at South Street Car Park for 10:15am on Sunday 10th November.

The following day will be the inaugural **Scala Cinema Group** outing to see *Paddington in Peru*. I'm so excited about that, not just to see a film together, but about the fantastic take-up of this new group. Well done, Annette!

Mid November scaffolding will be erected for **Roof repairs at The Arena**. We are working with The Arena management to keep disruption to a minimum but it will have an impact on our December and January meetings. Please note that parking will be strictly limited to blue badge holders only and there may be some noise disruption, but we hope not. This will not affect our November meetings.

Best wishes to all

Christine Keighley, Chair. Email: chair@ilkestonu3a.org.uk or Tel: 07760 966325

Annual Ilkeston u3a Interest Groups Fair Success

Ilkeston u3a Interest Groups Fair, Arena Conference Centre, October 2024



The amazing work of the Patchwork and Quilting Group

Despite a wet, soggy October day, 99 people attended the Annual Ilkeston u3a Groups Fair in recognition of National u3a Week and the UN National Day of Older People. Of those 99 attendees, 24 were visitors and 13 of those became members, on the day! Obviously, they took us at our word, wanting to find out exactly what we do and our 35 interest groups and their activities were headlining the day. And as you can see, even our refreshments team got into the spirit!



Group Leaders were on hand to explain how their interest groups work, from Family History to Poetry, Table Tennis to Golf. Of course, this included the newest one – The Scala Cinema Group, which will be kicking off its activities in November. If the initial interest is anything to go by, this particular group will be quite a successful one.



Groups' Fair Participants discussing and examining History 1 and Family History displays.



The Groups' Fair also provided a chance for u3a members to socialize in a relaxed and friendly atmosphere, and many of us took the opportunity to do so.

In 2025, the Groups' Fair will be held in April rather than October, to assist newer members to find out early on in the year, which groups they wish to participate in if they have not already done so. The exact date will be announced early in the year to allow for our preparations. Thank you to all who participated and we look forward to seeing you at our next outing at Ilkeston u3a!

Steven Schmidt

Third Age Trust News

The Third Age Trust welcomes a new leadership team



A new Chair, Vice Chair and CEO – Allan Walmsley, Margaret Fiddes, and Iain Cassidy, took over on 16th October at Third Age Trust 2024 AGM.

Pictured (left to right) Derek Harwood, Treasurer; Margaret Fiddes, Iain Cassidy and Allan Walmsley.

Allan Walmsley, from Kings Norton u3a, became the new Chair of the Third Age Trust. He had been Vice Chair and, prior to that, Trustee for the West Midlands. He succeeded Liz Thackray, who had served as Chair of the u3a movement for three years.

Margaret Fiddes, a member of Sherburn & Villages u3a became the Vice-Chair of the u3a movement. Margaret was heavily involved in the organisation of u3a Festival 24, the largest meeting of u3a members in the movement's history and brings a rich range of life experience from a varied career background.

Iain Cassidy, the new CEO, worked previously as CEO of Open Age, a London based charity that champions an active life for older adults. Iain replaces Sam Mauger, who held the position for the last eight years. With a background in fundraising, and experience of leading charitable organisations through times of change, Iain is motivated by the deeply held belief that everyone should be afforded the same opportunities in life.

Fit for the Future Special Resolution is successful

At the Third Age Trust AGM on 16th October members voted on a special resolution to change the governance structure of the u3a movement. The resolution was passed which means the Third Age Trust will move towards having a smaller Board of Trustees and a new Council with regional representatives, both of which will be in place by April 2025.

Allan Walmsley, Chair said "The success of the Fit for the Future resolution at the recent AGM has opened the door to a u3a Council and a new Trust Board...and signals the start of a new chapter. I am looking forward to exciting challenges ahead.

But, as we know, creating change in the u3a movement is like turning around a huge ocean-going liner – it takes time. So, don't expect immediate changes, but over time I hope that improvements in governance, u3a participation, transparency, and Trust accountability will become more and more apparent."

Remembering Bob Prati



Bob Prati, Ilkeston u3a Speaker Seeker, died recently after a short illness. Bob made a huge contribution to Ilkeston u3a as an active Trustee and Committee Member for nearly 3 years. He was also well known for his love of Bowls, playing the sport for over 40 years. Bob held the role of Speaker Seeker over 3 committees and made it possible for us all to enjoy a varied and interesting programme of talks at Open Meetings. Bob was a valued member of the Committee team and will be missed by his fellow Trustees. His loss will doubtless be felt elsewhere and we are thinking of his family and friends at this difficult time.

Happy Birthday, Janet!

Janet decided the best way to celebrate the morning of her 94th birthday was a visit to our Interest Groups Fair on 1st October!

It was an honour to wish her a Happy Day. Janet has been a member for quite a few years, and was accompanied by her neighbour, Sue, who has been a member since 2022.



Interest Groups Round-up

Craft We are still doing Christmas crafts. This month it is decoupage, a simple activity where you can create your own design. We have been using some of the collection our friend Denise accumulated over many years. Doing this activity had a special meaning for us and we managed to make some lovely cards.



Barbara, Deb and Val

Interest Groups Round-up

Garden Group

For our **September** meeting it was a pleasure to welcome back the Potty Plotters (aka Elaine and Julia) to 'entertain' us. Their 'repertoire' the first time round was very good and different to other speakers but they have changed the content and it was even more entertaining! As well as their usual banter the members had to complete a crossword. When I saw the questions I wondered how some of the answers related to gardening. However it was very cleverly but simply done. For instance 'Used in the kitchen for straining vegetables – answer Colander which can be used to plant lettuce as a hanging basket. 'Cosmopolitan' as example of a drink 'Cocktail' therefore cocktail sticks used for picking up single seeds for sowing. Another – we use these utensils rather than fingers for eating – Cutlery – a spoon for pricking out young seedlings or forks for putting a label through the prongs to name the plants. Another 'you might snag these' – tights – which can be used to store plant pots.

They are very much into recycling at their allotments and it seems nothing is wasted. An old wheelbarrow is used for planting rows of different vegetables and the forks positioned at each row end with a label to identify variety. Although plastic plant pots are being phased out a good use for them is if you are planting bulbs in a large pot put layers of small plastic pots in the bottom in order to save using a lot of compost.

May sound very simple but their presentation enhances it.

Barbara Bailey

For the **October** meeting we had booked a speaker from Weleda but she had to cancel at short notice. Therefore I was very grateful to welcome back Jeff Bates who was a regular speaker in the early days of the Group and fortunately happened to have this date available in his busy diary. He has been a full time horticultural lecturer for many years, a Britain in Bloom regional and national judge and self employed horticulturist and garden designer and he also worked at Windsor and other places. His presentation was **Colour in the Winter garden**. I was unable to attend so Barbara kindly chaired in my absence and provided me with the following comprehensive summary of Jeff's presentation:

In order to provide colour, scent or both the following varieties are recommended:

Sweet gum, mahonia, viburnum, skimia, caliscarpa, winter sweet, twisted willow, pulmonaria, daphnia, snowdrops, aconite, scilla, cyclamen, crocus, Algerian iris, winter box, witch hazel, winter clematis. Requirements for a winter garden are tall striking specimens, mass planting for foreground and back ground. The best time to plan a garden is in Winter because you can see the shape and condition of the area. Jeff advised delaying cutting back shrubs until February, in order to have interest in the garden. Suggestions for visits were Dorothy Clive Garden, Biddulph, Painswick Gardens and Dunham Massey.

His talk was very interesting and was accompanied with slides and the members had quite a lot of questions for him.

Barbara Green

Interest Groups Round-up

Rambling With so much rain in the weeks leading up to our October ramble, it was decided to keep to firm paths to avoid being bogged down on the fields. We chose the Erewash Valley Trail, walking along the old Nottingham Canal path from Trowell to Cossall and then continuing along the Erewash Canal from Station Road in Ilkeston to return to Trowell, via The Boards—the only muddy section of the walk. The distance was about 6 miles.



A big part of our rambles is the conversation with friends along the way and this walk was ideal for that. We welcomed another new member, Pat, who had gone along to the Annual Interests Group meeting and decided to join. Hopefully she wasn't put off too much by our chattiness!

Having grown up just a few minutes walk from the Erewash Canal and a little further from the Nottingham Canal, I was very familiar with both waterways as a child. These days the Nottingham Canal is no longer navigable and sections of it have been filled in. But this has created a beautiful walking and cycling trail, which is a haven for wildlife. Where there is still water there were several families of swans and other water birds, and we disturbed a heron which took off with a flapping of wings and its long legs trailing beneath it, over the water to the field on the other side.

During conversations with some of the members of the group I was really surprised that they had never walked along the canal paths and they were quite delighted with what they had experienced. It was good to see something that I was so familiar with through the eyes of a newcomer and I appreciated once again how blessed we are with so much beauty right on our doorstep.



Janis Henshaw

Knit and Stitch For the first time I have some photos of items made by the Knit and Stitch group, hopefully I can get more in future.

The first photo shows 13, yes 13, knitted and crocheted blankets made by Susan Wright, Sue Titterton and Val Buxton. These will be sold by Wollaton WI at the Christmas fair, the proceeds going partly to their group and partly to the charity First Responders. Well done ladies a magnificent effort, the blankets are beautiful.

Continued overleaf



Interest Groups Round-up

Knit & Stitch continued The items in the next 3 photos have all been made by Marian Stopper. I love the colour combinations.



And last but not least are 2 sets of jumpers and hats destined for Africa and made by Barbara Green. The mothers and babies will love these.

If anyone has any spare double knitting wool, particularly bright colours, I am sure we can find it a good home.



Patchwork & Quilting

There is not much movement on the Block of the month quilt, most of us are deciding how we are going to finish them, but Marian has pieced backs for all her blocks and the picture shows how she envisages them put together. We are all amazed at how speedy and productive she is!



The next two photos are applique wall hangings made by Christine, her latest completed block and the story so far. Only another 1 to go. These are so professionally made, it is hard to get all the fabrics to go so well together and even harder to sew them

so perfectly. We are all very envious of your talent.

The next photo shows a hand stitched wall hanging made in felt of a very beautiful Christmas tree. Made by the very talented Val Buxton.

Continued overleaf



Interest Groups Round-up

Patchwork and Quilting continued



Next comes Bathsheba the baby bat just in time for Halloween, made by myself.

Then lastly are 3 of the 12 secret Santa's also being made by myself. They are instead of crackers and will all contain a Terry's chocolate orange. The pattern is by Thimble Wood and can be found on Etsy. Come on you know you all



want to make some. It can be made by hand and is relatively easy to make but it is quite time consuming, especially when you have 12, all in different stages of completion. I have some blue ones as well, not necessarily for the men in the family but for a change and to look good on the dining table!

Jenny Whittaker

What you Wanted to Share

Where have all the Flowers Gone?

by Janet Reeve

**Where have all the flowers gone,
That sustained us every one?
Where have all the flowers gone,
From the beds on Vicky Park?**

**Where have all the flowers gone?
Been grassed over every one,
When will they ever learn?
When will they ever learn?**

**Where have all the flowers gone?
Summer, spring and autumn ones,
Where have all the flowers gone?
Vibrant colours there no more.**

**Where have all the flowers gone?
Been forgotten every one?
When will they ever learn?
When will they ever learn?**

**Where have all the flowers gone
That sustained us everyone?**

GONE!!