NOTICES AND ANNOUNCEMENTS

ATTENDANCE AT MONTHLY MEETING
The Committee requests that all who attend the monthly meeting bring along their numbered membership card to show at the door. If you have not yet received your membership card, please bring along your receipt. Anyone who has not yet received a membership card should bring this to the attention of the membership secretaries, Liz Barnes or Jane Wild. Please be aware that your records are held on computer file, and covered by the Data Protection Act.

ATTENDANCE AT GROUPS
If you have signed up for any group, and find that it is not to your taste, or circumstances have prevented you from attending four consecutive meetings you should contact your group leader. This will enable other members to attend the group in cases where there is a waiting list. If you do not attend it will be assumed that you do not wish to continue with that group and your place can be allocated to another member.

OPEN MEETING SPEAKERS

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<tr>
<td>6th September 2012</td>
<td>Brian Ellis</td>
<td>Images of South Australia</td>
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<tr>
<td>4th October 2012</td>
<td>Cliff Warner</td>
<td>Humour on the Bench. A former JP gives an insight into being a Magistrate</td>
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<tr>
<td>1st November 2012</td>
<td>David Garton</td>
<td>Finding Fragments of the Past</td>
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Gift Aid
Following our Annual General Meeting in May we are now eligible to operate the Gift Aid scheme (as a Registered Charity). If you are a UK taxpayer we would be grateful if you would complete the Gift Aid statement on the 2012/2013 membership forms. If you have already done so “Thank you”

GIFT CERTIFICATE
LOOKING FOR AN UNUSUAL GIFT FOR A FRIEND, MAYBE A FRIEND ON THE VERGE OF RETIREMENT?

Why not buy them a U3A membership Gift Certificate.
Available from Liz Barnes, Membership Secretary
lizbarnes38@yahoo.co.uk

U3A National Magazine - The magazine is issued quarterly and copies can be obtained by members at the monthly meeting. If you are unable to attend and would like to have a magazine, please contact Marie Potts either by email or phone (9222366)

EVENTS AND OUTINGS

A Nottingham Lad - a play by Pete Davis
Beeston U3A is pleased to present this comedy about growing up in Nottingham in the 1940/50s
On Monday 15th October 2012 2.00pm-4.30pm at Chilwell Road Methodist Church
Tickets @ £5.00p include interval refreshments Available at Open Meetings
Or Telephone 0115 8370437 U3A Members and Guests
A December Outing to Chatsworth House
Derbyshire is being arranged

On 13 December 2012

The trip, leaving Beeston at 9.30, will take in a visit to the famous Chatsworth Farm Shop followed by arrival at Chatsworth House at approximately 12 noon. There are various venues where lunch may be purchased and an opportunity to visit the various shops. There will be concessionary timed tickets available (price £8) for a 2pm entry to the House, which should take approximately 1 hour, leaving time to visit the gardens, weather permitting, the Orangery shop, or go back to Stables/Courtyard for refreshments. The coach will leave Chatsworth at approximately 4 - 4.30pm arriving back in Beeston at 5 - 5.30pm Coach Tickets will be £12.00 per person

If you are interested, please contact the organiser, Lucy Beardsley on lucybrdsly@yahoo.co.uk

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GROUP NEWS

New Group Information from Jim Turner, Group Co-ordinator

Rummikub

A new group for a game called Rummikub is being formed. This group will be on the 1st Monday of the month at the CRMC. Rummikub dates back to the 1940’s when there was a ban on playing cards in Israel, and the game was invented by Ephraim Hertzano. The game is based on Rummy, with 106 tiles with the numbers 1 to 13 (two sets of four colours) and two jokers. Rummikub has two types of melds. SETS made up of the same number in three or four differently coloured, and RUNS at least three tiles in sequential order of the SAME COLOUR. Jokers can be used in exchange of any tiles in the game. Melds can be added to or disassembled once a player is down on the table with a valid first meld of 30 or more points. The aim of the game is to get rid of all your tiles. The winner is the first player to do this. It is a fun game enjoyed by young and old alike. If you are interested or wish to know more about it contact Pauline on 9257836 or email her at pdilley@talktalk.net

Badminton

There is a proposal to start a Badminton Group for all interested members. The basic idea will be to come along and enjoy some games of badminton irrespective of your ability to play but for the pure enjoyment of the game with the added benefit of increasing your level of fitness. It will need a minimum of eight members and it will be held at the Chilwell Olympia Sports Centre which is fairly close to us here in Beeston. It is hoped to keep the costs down to approx £2 per session of two hours...there will be two courts available to play on so you can have a rest while you are not on court. There will be a signing on sheet at the Open Meeting on Thursday 6th September. If you wish to find out more details, please contact Douglas, Tel 9252010 or email at doug07@linxworld.com

MONTHLY MEETING

The June meeting was well attended as usual and brought us a very interesting talk by Nottingham Archivist Chris Weir, pictured right with Liz Barnes and some members of the Greeter Team. Chris was an excellent speaker, who told of the life of Jesse Boot who founded the Boots Company. Chris described how Jesse learned the business from his father John Boot, an agricultural worker, who moved to Nottingham to start a new business. He opened a small herbalist store on Goose Gate in 1849, from which he prepared and sold herbal remedies. After John’s death in 1860, his widow, Mary, continued trading, with the help of her young son, Jesse, who became a full partner when he was 21. The store continued to flourish, and, in 1877, Jesse took sole control. Jesse’s talent for business was soon evident, and with the help of his wife, Florence, he expanded the range of products he sold to include proprietary medicines and household necessaries. He adopted a strategy of buying stock in bulk and selling his goods much cheaper than his competitors, advertising under the slogan “Health for a Shilling”. Customers flocked to buy his affordable products and his turnover increased rapidly, allowing him to move into larger premises on Goose Gate in 1881. This was followed by yet more shops in Nottingham and then, in 1884, Jesse’s first shops outside the city, in Lincoln and Sheffield. The wellbeing of their employees was very important to Jesse and Florence and they provided welfare, education, sports and social facilities for their growing retail and manufacturing workforce.

In July, we had a very interesting talk from Tony Stimpson on the Nottinghamshire and Lincolnshire Air Ambulance. In England and Wales there are eighteen dedicated Air Ambulance operations flying a total of 29 helicopters and all are reliant upon charitable support. An Air Ambulance provides an important and sometimes vital additional patient care service for critically ill and injured patients. The helicopter carries one pilot, provided by Medical Aviation Services, and two paramedics selected from the Ambulance Services. There is a pool of ambulance men and women working on a rotation basis. When they are not flying, they revert to their role on land ambulances. Tony had been involved in a very bad car accident and was treated at the roadside by paramedics from the Air Ambulance, who then airlifted him to hospital. Following his recovery, he became involved in the services’ fund raising activities. Members were able to buy various items, including a model helicopter, and a very cute bear.
complete with flying helmet and goggles, the proceeds of which helped towards funding of this very worthwhile charity.

Our August Guest speaker was Richard Hamblin, seen here with Lucy Beardsley, whose topic was The Christ Church Earthquake in New Zealand in February 2011. Richard was a professional geologist, formerly working for the British Geological Survey team based in Keyworth and was at the end of a geological tour of New Zealand, visiting Christchurch when the earthquake struck. He and his wife were separated from the other members of the tour and were just outside the city centre visiting an aircraft museum.

Richard explained the causes and unpredictability of earthquakes and the effects of this particular one in terms that we could all understand. We were left in no doubt of the liquefied mud and total disruption caused by the quake and aftershocks, or of the helpfulness of the New Zealanders to bereft strangers. All of the people were delighted to be reunited with their luggage, intact, and in some cases passports in June 2011.

Committee Chatter – Featuring

Beeston U3A committee. Left to right:

Jim Turner - Group Co-ordinator, Marie Potts - Newsletter Editor, Liz Barnes - Membership Secretary, Haydn Boothroyd - Secretary (Kneeling), Sue Colton - Chairman, Lucy Beardsley - Speaker Seeker, Anne Allery - Treasurer, Jane Wild - Vice Chairman/Joint Membership Secretary.

On behalf of Beeston U3A, Committee members Jane Wild and Liz Barnes attended the EAST MIDLANDS REGION U3A CONFERENCE 2012 in Loughborough in July. The minutes of last year’s AGM were approved and Officers reports accepted. The report on the review of the Regional Structure was accepted and the revised constitution was approved. These documents are available on the appropriate website. It was proposed and accepted that each U3A in the region would contribute towards the cost of running the Regional Network.

The theme for the day was ‘Communication’ and all the speakers used this as a basis for their talk. 110 delegates attended the event representing 36 U3A’s. The first speaker, Hilary Stringer, Chair of the Third Age Trust Communications Committee, spoke on the theory of good communication and the many and varied methods we should be using – spoken, written, email, text etc and a number of action points were discussed.

The next speaker, Liz Wilson, Regional Trustee East Midlands/Representative on the National Executive Committee and on the Communications Committee, spoke about the importance of Networking and face to face communication. Liz stressed that no U3A is an Island! She recommended Workshops for Group Leaders and study mornings. Liz will also be organising a Regional Music Festival to celebrate 30 years of the U3A either in the autumn or spring next year.

Eric Midwinter, a co-founder of U3A in the UK then explained the formation and development of the UK’s U3A organisation over the last 30 years, describing it as a “Darby and Joan High School”. Eric emphasized the benefits of the current structure of the U3A movement, where there was National oversight but with local autonomy.

The final item on the agenda was to receive nominations for the regional trustee. This matter was unresolved and will be further discussed at the next committee meeting.

Art Appreciation

Our June meeting started with an enjoyable lunch at the Lakeside Pavilion Café before we dodged the showers crossing over to the University Summer Exhibition at the Djanogly Art Gallery. The variety of subjects, styles and media on view gave us much to mull over whilst looking round, and some of us continued our mulling over tea and cakes in the Gallery Café.

In keeping with this Olympic summer we looked at sport in art for our July CRMC hall meeting. We looked at images of the classical discus thrower, based on Myron’s lost sculpture of Discobolus from the 5th century BC, and an early (also BC) Minoan fresco of bull vaulting, not part of the Olympic games, unless I missed that bit! We looked at Victorian tennis & at William Roberts’s solid quite static cyclists and swimmers of the 1930s, and ended with contemporary paintings of canoeing, cycling and sailing that conveyed a real sense of movement.

We do not meet in August but have a trip planned to the recently refurbished Derby Art Gallery in September.

Janet
Art History

May, June and July’s meeting have, again, been well attended - what a cultured bunch of people we are at Beeston U3A. Back in May a talk was given on architecture rather than a painter. We looked at Norman/Romanesque buildings in Britain and their counterparts in Europe and the Middle East. One or two new buildings are now on our “to visit” list. Then in June, Christine Hibbert expertly took the group through two French Baroque painters: Fragonard and Watteau. I think everyone now knows and appreciates what a curlicue is.

July was fun as we all duly turned up on one of the sunniest days of the somewhat disappointing summer and after some difficulty gaining access we commenced a slightly shortened programme. However that took nothing away from the quality as we had two fascinating and contrasting talks. Karin Williams led us charmingly through the art of Boucher with the grandeur of the court of Louis XV whilst Richard Eddlestone highlighted the enigmatic works of Friedrich. The latter created quite a stir in the group for his dour but evocative landscapes. We were due also to have a talk on Goya but, as the time had been shortened, that topic became the main artist at the August meeting.

On Friday September 7th we are going on a trip to Waddesdon Manor, Bucks. What a popular trip this is proving to be and we could have filled two coaches - although Waddesdon itself put the limit on the group number of forty. This will be reviewed under the next newsletter. All we hope is that the coach does not drop us off in Waddesdon village as none of us want to undertake a long walk as we did in London! A talk is also being arranged in October with Djanogly Art Gallery on Dame Laura Knight as a companion to their forthcoming exhibition starting in September. This will be offered to members of the Art History Group only as there will be a maximum of 25 people and it should be free.

Once again, my thanks go to everyone who helps to make this group such fun and so successful. We are now building up quite an experienced reserve of speakers who are showing themselves willing and more than able to speak to a group of attentive and appreciative art lovers. Again, we have lost a couple of members but have also gained others. The group is quite happy to accept new members as long as we do not break any health and safety rules for the Guild room.

Helen

Book Group

We continue to meet on the 2nd Tuesday each month in the Wesley Room at 10am, with usually around a dozen of us turning up. June’s chosen book was ‘The Guernsey Literary and Potato Peel Pie Society’ by M A Shaffer and A Barrows, an intriguing title inspired by the occupation of Guernsey during the war, which generated some quite diverse views in the group. July’s read by Nancy Horan, ‘Loving Frank’, a novel about the architect Frank Lloyd Wight produced one of the liveliest discussions that we’ve had so far.

After a break in August, at September’s meeting we’ll be getting everyone’s ideas for books to read later in the year and discussing Margaret Forster’s ‘Good Wives?’, which is a biographical comparison of the wives of three famous men of the 19th and 20th centuries with the author’s contemporary marriage. For October, we have decided to read ‘The Reluctant Fundamentalist’ by Mohsin Hamid.

New members are always welcome to join us. You can contact me on ejslarch@aol.com

Jane

Canasta

The group membership has now increased to twenty four with an average attendance of around a dozen. The group continues to meet on a Thursday morning on a fortnightly basis between 9.30 and 12.00 at the CRMC. Hopefully we can continue through the summer on this basis and that holidays do not affect attendances too much. Whether a beginner or improver, if you are interested in joining, please contact me at david.margaret@herworth12.6net.co.uk

David
Cinema Club

The May meeting of the group was our first in our new premises – the Last Post pub in Beeston and the coffee was good. Our film choices were Jeffrey Who Lives at Home and Moonrise Kingdom. The group reported that they enjoyed Moonrise Kingdom, a quirky film. There was no meeting in June because it clashed with the extended Jubilee celebrations so I picked the films which were Gilda, The Angels Store and Prometheus and nobody went to any of them. July’s choices were The Dark Knight Rises – the final film in the Batman trilogy, The Hunter, Your Sister’s Sister and Elektric Children. Both the Batman film (part of which had been filmed at Wollaton Hall so we were busy building spotting) and The Hunter were enjoyed. August choices are Take this Waltz and The Bourne Legacy.

This is my final piece for the newsletter. As from 1st September Alan Windsor will be taking over as group leader and I would like to say thank you to him from all of us for taking on the group. I have enjoyed setting the group up and I look forward to continuing to enjoy the film choices in the months to come.

Elizabeth

Computer Group

The Computer Group continues to meet monthly in the Guild Room at Chilwell Road Methodist Church.

In June, we looked at the topic “Backing up your Computer” and in July we had a session on “Tuning up your PC”. This covered checking how much memory your computer has, and how to get some more, as well as cleaning up your hard disc.

Our last meeting this year will be:
Thursday 20th September 2012 – “Windows Workshop”

New members who already have a personal computer are welcome to join us. We meet on the third Thursday of each month in the Guild Room at Chilwell Road Methodist Church with setting up of laptops from 9.30, starting the meeting at 10.00. We aim to finish formally by 12.00.

David

Craft Group

May 2012 saw a very busy group making decorations for the U3A Diamond Jubilee celebrations. It was a bit like working on a factory production line! Pinking shears snipped, sewing machines hummed as yards of tape were machined to make red, white and blue bunting. A smaller group of members were kept just as busy sewing white cotton aprons and caps, decorated with lace frills for the team of seven Jubilee party waitresses. It proved to be a very enjoyable and productive afternoon and I understand that a successful party was held on 6th June at the Chilwell Road Methodist Church.

Normal service was resumed for the June meeting, when Glenis and Margaret showed the group how to sew patchwork. Sets of colourful hexagons were stitched together in a flower pattern. In July these were sewn onto a bag or cushion cover and quilted. New members are always welcome, so why not come along and just see what you can do.

September 27th Beading October 25th Owls Nov 29th Christmas Decorations

Margaret

Cycle Rides

I am pleased to report that I have now recovered from my hand injury and we have resumed the monthly cycle rides. In June we rode to Stanton-by-Dale and returned through Sandiacre and along the Erewash Canal. This was a very pleasant 16-mile ride along country lanes (albeit with a few short hills!). In July, we cycled down the Erewash Canal to Trent Lock and returned via Atttenborough and Beeston Lock, some of us eating lunch at Tony’s Café. This was a pleasant, level, ride of about 15 miles. Please come and join us on future rides, all you potential Bradley Wigginses!!! All you need is a bike and, preferably, a helmet. If you wish to be added to my e-mail list, please e-mail me at roblloyd@talktalk.net. Rides are 15-20 miles long and start from Beeston Square. New riders will be welcome. The pace is about 10 mph on the level.

Rob
Family History Group

The group is still attracting new members with 24 on the list to date and 10 to 15 attending the meetings on a regular basis. We have now built up a list of members and outside speakers who are prepared to give talks on a variety of subjects but we are still interested in more contributions for the future.

In May we visited Nottingham Family History Society Resource Centre in the Galleries of Justice, where Geoff Hamilton, who recently presented a Beginners’ course, acted as our guide. It was an interesting insight into what facilities and information are available locally. Also in May, one of Glenis’s relatives gave us a talk entitled “Brick walls and Tangents” both of which are problems for family history researchers! This was based on a relative who had kept the log on a ship called “Candahar” sailing to Calcutta.

We visited Nottingham Library Local Studies Section in June. Our Guide was an enthusiastic Family History researcher, so we had another mini beginners’ course and another insight into the facilities and information available in the Central Library. Also in this month Mike J talked about some of his extensive research into his family, showing how information should be recorded and presented.

At July’s meeting Janet’s contact John talked about his research for a cousin involving a relative living in an asylum. The talk referred to bigamy, murder and a mining accident. He illustrated how easy it is to find errors in historical documents. At our August meeting, Jan talked about her maternal relatives who lived mainly in the Nottingham area. This was especially interesting as many of the locations were familiar to the group.

All of the talks have been interesting, have prompted lively discussions and given the members of the group assistance in conducting their own research. A group visit is being considered to Derbyshire Family History Society and the leader of Buxton U3A Family History group is planning an area U3A Family History conference in 2013 which we hope to attend.

Mike

History Group

Over the past 3 months we have had an impressive array of talks.

We began with Chris Wrigley, Professor of History at Nottingham University, who gave us a wonderful insight into the political life of David Lloyd George. In July we had an enjoyable discussion on villains of the past. The August meeting was speaker Nicky, who gave us an excellent knowledge and understanding of how History is taught in schools today.

The group meets at C.R.M.C. on the second Friday of the month at 10am. Everyone is welcome, so please join us.

Jean

International Dance

A sense of Achievement.

Dances from all over the world, continue to be enjoyed. New countries in the last three months have been England and Japan. It is not all new every week. Repeats and recaps help to ease the concentration which is needed. Indeed some dances such as Ma Navu, Zemer Atik (Israel) and Lenocheck (flax – Russia) are just three dances into which the group drift happily along. Some dances are partner dances, some with patterns and some need concentration. Oige Ya Vasemba meaning right and left is a walking dance, initially in a circle to the left, then in 2 circles going opposite ways, and then linked up circles and finally a chain. A great sense of achievement can be gained from success in any arena, including International dance. (2 photos)

To end July and set the Olympics off with a swing, Tuesday 24th July featured dances from Olympic host countries and participants. It began in Greece- Levantinikos (1896 1st Games, 14 countries, 241 athletes in 43 events opened by King George 1st) and was followed by Maitre de la Maison – France 1900 (World fair so lasted 5 months, croquet had only 1 spectator, some teams like tennis were mixed), U.S.A. – dance Arkansas Traveller – came next (651 athletes, 645 men and 6 women representing 12 countries as the others could not get to
The session followed in this pattern with a dance and some facts about the Games. We included an Israeli dance to celebrate their participation in 1952 and had a good laugh with our attempt at “Fujiama” a nickname for a Japanese dance with a wide variety of movements – jumper off – rice bowl – pendulum. These are clues as to the movements required.

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<td>October 9th and 23rd</td>
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<td>November 13th and 27th</td>
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<td>December 11th</td>
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We still meet at 10.00 every 2nd or 4th Tuesdays and to cover the cost of the hall we charge £2 unless numbers are low then it will have to be £2.50

Gill

Languages

Next term’s French and Spanish conversation groups will take place on the second and fourth Monday of every month starting at 9.30 a.m. for French and 11.00 a.m. for Spanish. The starting date is Monday 10th September.

The French conversation class is open to everyone with some knowledge of French but not to complete beginners. We hope to cover a different topic every session which a member of the class will be encouraged to ‘lead’ for the first few minutes. Topics are to be chosen initially at the first session on 10th September.

The Spanish group is likely to follow the same pattern as the French group in that topics will be discussed rather than a course book followed. Some knowledge of Spanish is required for new members who would like to join the group.

FRENCH CONVERSATION GROUP

We finished the ‘summer’ (only in name unfortunately) term at the end of June with a French breakfast which seemed to be enjoyed by everyone. The ‘waiters’ – Kate Little, ably helped by husband Iain – felt however that they would be unwise to become café proprietors and would do better to stick to teaching French or running a coach business.

The year 2011 – 12 was successful in that the course book, Talk Talk 2 was completed and many of the members of the group felt much more confident talking and understanding French by the time we finished at the end of June. The principal aim of the group is to encourage speaking, and understanding of spoken French, as opposed to writing accurately, essential of course for those who wish to become linguists, but much less so for most people who merely wish to visit France and converse with the French whilst they are on holiday.

Kate

Local History Group

JUNE – WALK & TALK (University of Nottingham, JUBILEE CAMPUS) – Christine Ward

The Local History Group was welcomed to Jubilee Campus by Christine Ward, a group member and an official guide for the Friends of University Park. It was a warm, sunny afternoon and the group were able to take a leisurely stroll around the award winning, environmentally friendly campus which now covers an area of 65 acres and is home to postgraduate students from around the globe. The campus was built on the former Raleigh site and boasts a series of lakes which, as well as being home to a variety of wildlife, provides storm water attenuation and cooling for the buildings.

JULY – WOLLATON DOVECOTE & ST LEONARDS CHURCH

Mrs Jean Dinsdale welcomed the group to The Dovecote and gave us a brief history of the building which was built in 1572 by the Willoughby family and, along with Wollaton Hall and Park, was part of their estate up until 1925. The two-storey Elizabethan dovecote has 1180 nesting sites built into its walls with a capacity for 4500 birds. For the last 20 years it has been run as a museum housing an exhibition of photographs and memoirs of Wollaton folk and a parlour depicting life in the 20th century. The group then moved on to St Leonards Church where we were welcomed by Mr Malcolm Stacey. Mr Stacey gave us a talk on the history of the medieval parish church with its memorials to the Willoughby family and Robert Smythson, the Elizabethan architect of Wollaton Hall. The Church’s most historic treasure is the Wollaton Antiphonal, a magnificent and rare medieval service book, dating from the first half of the 15th century. Originally made for Sir Thomas Chaworth of Wiverton Hall, Nottinghamshire, it was bought for the use of Wollaton Parish Church in 1460. Since 1974 the Antiphonal has been in the care of the University of Nottingham who have recently installed a virtual antiphonal (a digital copy using ‘Turning the Pages’ software) for the use of the congregation and visitors to the Church.
The Group meets at CRMC on the third Wednesday of each month at 1.30pm, apart from the summer months when visits are planned to local places of interest (see below). For further information contact the Group Leader, Christine Chater, johnchater1@sky.com

### Dates for your Diary

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<tr>
<th>Date</th>
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<tr>
<td>19th September</td>
<td>Ghost House Talk – Alan Dance</td>
<td>1.30pm CRMC</td>
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<tr>
<td>17th October</td>
<td>Barton Ferry – Gill Morral</td>
<td>1.30pm CRMC</td>
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<tr>
<td>21st November</td>
<td>Walk through Edwardian Beeston – Graham Hopcroft</td>
<td>1.30pm CRMC</td>
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TO BOOK A PLACE FOR THE ABOVE EVENTS CONTACT CHRISTINE johnchater1@sky.com

Chris

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**Long Walks Group 8-10 miles**

The Long Walkers meet once a month, in the middle of the month, on a day to suit the person leading the walk. We have found that meeting at Bramcote Park and taking as few cars as possible works well.

Alan Bailey led an excellent walk in beautiful weather in June. The sun shone for most of the day and 11 of us plus 1 very well-behaved dog walked in a new area south of Burton-on-Trent. The walk called "Best Kept Villages" started in Coton in the Elms and included Lullington and Netherseal. We walked through a young forest, over fields and by fishing lakes and had some good views of the surrounding countryside. There were some challenging stiles and it was surprising that we were in Derbyshire the whole time! Alan gave us some interesting bits of history including who built the various large houses and why there are bomb craters near a cricket pitch! The wildflowers were lovely, especially the poppies. The pubs we passed were all closed but we enjoyed a cream tea at the café by the fishing lake. Thank you, Alan!

Dorothy Bolton led an excellent walk to Lathkill Dale in July. 10 of us plus 1 dog walked over 10 miles and we only had a little rain at the start – a miracle considering the dreadful weather we had been having previously! We started high in Youlgreave and crossed open fields with wonderful views, a deep descent down the limestone steps, up a rocky track to Monyash, returning via Lathkill Dale which then had a raging torrent where there used to be a dry river bed! As expected, it was very muddy and slippery in places, especially on the limestone steps! The wildflowers had been flattened by the rain but Dorothy told us some interesting facts along the way, including pointing out farms/granges where monks used to live. Thank you, Dorothy!

On the July walk we were delighted to welcome back Maureen Walton after her ankle injury. We send our love to Alan Bailey and Ronnie Smith who both have damaged knees and cannot walk with us for a while. (I am pleased to say that neither of these 2 knee injuries were as a result of walking with us!)

Our next walks are on Wednesday, 22nd August and Wednesday, 12th September. We are a very friendly group and always welcome new walkers. All you need is some good boots, waterproof gear and a sense of humour! We are proud to boast the fact that we have nearly as many men as women in the Long Walk group! (Rare for the U3A!)

Judy judylloyd@talktalk.net

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**Lunch Club**

Following a request to Lunch club members in the last newsletter to plan lunches over the forthcoming months, there was an excellent response and we now have volunteer organisers for every month up to February 2013. In August we are visiting Nimboo, an Indian restaurant in Beeston. Christmas lunch is already planned, this will be at The Albert Hall, Nottingham; and includes a disco!

Currently I am conducting a survey of members to ensure that the club is meeting their needs. There have been a very respectable number of responses already, so the views of the majority of members should be represented. The outcome of this will be circulated to members in late September.

In line with committee guidance, continuing membership of the lunch club is conditional on regular attendance, so the membership of those who fail to join a lunch for 4 or more months is discontinued. This has meant that at the main U3A meeting in July, we were able to re-open a waiting list for new members. 14 people have signed up so there remains the possibility that a second lunch club could be needed. If anyone is interested in leading a second club, I would be very happy to offer initial help to get things going.

Ann
Medium Walks Group 5-8 miles

We have managed to avoid the worst of our “lovely” summer! The biggest problem is fitting in the recce walks as for these I am a bit of a fair weather walker.

Just before the last newsletter came out we walked the south shore of Rutland Water on a day that promised all sorts of foul weather but we did not get wet. We even ate our lunch in a sunny spell. Even then Rutland Water was rather low. It’s now filled up!

In May David & Alan led us on a lovely walk on territory not very well known to most of us near Belper. A lovely day (see photo)

In June we went to a favourite location starting at Bakewell and visiting Great Longstone and Ashford in the Water. The hay meadows had a wonderful display of wild flowers. Finally in July we had a bit of a tough walk starting at Wirksworth passing the stone star circle and walking part of the High Peak trail and Cromford Moor. Little did we know it was going to be the hottest day of the year

I hope to continue this sort of variety in the coming months. I will have some walks at the short end (5 miles) interspersed with some longer ones.

Newcomers are welcome. If you want to join my contact details are: Tel 0115 917 5609, mobile 07905125801, and email william.taylor64@gmail.com.

Bill

Poetry Appreciation

We are a group of around 12 regular attendees and so far have read poems by Byron and Keats and other 19th century poets. Our ambition is to read lots of longer poems but we also are beginning to show interest in poems of our youth and to look at more modern authors. The format is very simple we sit around a table and take turns to read. When we need to explain difficult parts someone comes up with an answer which usually satisfies the group. A little biographical detail is included and we all enjoy the satisfaction of reading poetry, something most of us have not done since school.

There is room for more of you and if anyone else would like to join us please get in touch with me Joan Whiting at joan.whiting@ntlworld.com. We meet on the 3rd Tuesday of each month at 1.30pm in the Wesley room of CRMC.

Joan

Photography

We spent a pleasant morning strolling around the University Lake where we took many interesting pictures including a coot on its nest and also some elusive squirrels. Some new members joined us half way round and Mike sat relaxed on a lakeside bench while the group photographed him from various angles. We will meet later to discuss the feedback from those images taken. It is an important function of the group to be able to see pictures that have been taken and then discuss them with other members of the group in order to improve the images. In the immediate future we are preparing prints for our future photo exhibition and I will be taking the group to a further outdoor location. Also Mike will be providing us with a session on the technical side of imaging and computer work with a view to further enhancing our photographs. We have room for new members so if you are interested in joining us please come along to one of our sessions. We meet on the 4th Wednesday of each month in the Epworth Room at 930am - next meeting will be Wed 26th Sept.

Douglas

Winter Exercise Programme: Take one Weetabix, and one Aero bar. Crumble the Aero bar over the Weetabix ----- VOILA Aerobix
Quiz

Our quiz group is flourishing with now 24 members meeting in the Epworth Room on the second Tuesday of each month. Meetings begin at 14:55 for a prompt start at 2:00 and end by 3:30.

Group members also contribute to each quiz choosing 20 questions on a topic of their choice and I begin the meeting with 30 questions on general knowledge. The question format is evolving and the emphasis will change from an individual emphasis towards a more team sharing solving session....the emphasis will be on team enjoyment rather than on prizes etc. New members are joining each session so please come along and join in the fun....my contact number is 0115 925 2010.

Douglas'

Writing for Pleasure

It’s difficult to know if I am writing about the activities which have taken place in the “Short Story Writing Group” or to write about the forthcoming “Writing For Pleasure Group” so I shall comment on both!

Firstly, the Short Story Group has worked together for nearly a year and, in that time, we have produced all sorts of exciting and interesting short stories. Themes have ranged from personal stories, to thrillers, to modern fairy-tales - and everything else in-between. We have greatly enjoyed both writing them and listening to what people have written. Debbie Wilkinson, the group leader and would-be professional writer, encouraged us, not only with our writing, but also with information regarding competitions to enter. Imagine our surprise when Debbie found she could no longer spare the time to continue with the group and resigned from the U3A. Although we have all written to her expressing our thanks I would like to take this opportunity to thank her again for the work she did with us - it was appreciated by all.

So, what were we going to do leaderless? The group was determined that it wouldn’t fold and an emergency meeting was held to discuss the way forward. It was decided that, like a phoenix rising from the ashes, we would emerge as an even stronger group. We decided to widen our brief so that we started to look at all different forms of writing and also, as a priority, to look at producing our own booklet to sell to the members of Beeston U3A. Some new aims were established and a programme of activities agreed - all of which can be found on the web site under our new name of Writing for Pleasure. We have also made contact with the writing group from Long Eaton U3A and there are some tentative plans to join together on occasions including a writing day arranged by Long Eaton in September.

We launched the “morphed” group on Wednesday 29th August at 10.30 in the Epworth Room at the CMC when we looked at autobiographical writing. The leadership of the group is being taken on by me - Helen Stewart - but it is only a temporary measure until someone feels that they can take over as Art History takes up most of my own time. Christine Chater is taking on the important role of secretary and finance. I am also very grateful to the existing “team” for volunteering to lead the group in various topics over the forthcoming year so that no one individual is left to organise everything. What is encouraging is that already we have had enquiries from four new members. After the August date we shall meet on the first Wednesday of the month at 10.30am starting in October. The cost of the room will also cover the cost of any printing required but it shouldn’t be more than £1.50 - £2.00 per month. Anyone who has an interest in writing is welcome to come along and, hopefully, to have fun as well as improve on existing skills. Who knows, we may discover the next budding D.H.Lawrence amongst us!

Helen

Yoga

The Yoga Group has been meeting since the beginning of July and currently has around fifteen members. Each of our sessions is a unique mix of traditional Yoga postures (asanas) breathing exercises (pranayama) and guided meditation with no two weeks being the same and with each session tailored to the requirements of those attending that session. We don’t tie ourselves in knots or aim to become super bendy people, nor do we sit or stand in odd positions for so long that bits of us turn blue and drop off! We do aim to practice each week to the very best of our own, individual ability, just taking each exercise to the point where we feel some resistance and no further. We definitely don’t adopt a ‘No pain, no gain’ mantra. In this way, the sessions become deeply calming, empowering and, above all, fun.

The fundamental assumption is that there is an inner potential inside everyone regardless of age or capability that
can be stimulated and cultivated through this approach. Learning Yoga in the right way is a language and a feeling the body truly understands leading to benefits for all practitioners. These can include greater flexibility, improved posture, reduced levels of stress and deeper, more relaxed breathing.

If any of this sounds like something you might want to try, come along on a Friday morning and give it a go or, if you’re not sure, call or email me for a chat.

Telephone: 0115 939 2232 or 07941 140777. Email: kenmorrell@virginmedia.com

Ken

Quiz Cubicle

September trivia?

1. Born in September 1789 the English Physician discovered Bright’s disease. What part of the body is affected?
2. Arthur Marx one of the Mark brothers died in September 1964. What was his nickname?
3. In 1962 who had a hit with the song “It might as well rain until September”?
4. What is the birthstone of September?
5. Which weekly publication went on sale for the first time in September 1923?
6. What is the flower of September?
7. Which US President was assassinated in September 1901?
8. Quebec surrendered to the British, September 18, of which year?
9. September 30 1955 saw the death of this movie star, near Paso Robles, California. Who was it?
10. Which tragic event in the world of sport took place on September 5 1972 in Munich?
11. "It’s a long long way from May to September". Who wrote this song in 1938?
12. Which Goddess did the Ancient Greeks honour in September? Who was her counterpart in Roman Mythology?
13. In WWII the Blitz on London was launched. For how long did it continue?
14. Which husband and wife actors were born on September 25th 1969 and 1944 respectively?
15. Which trademark was registered on September 4th 1888 by George Eastman?
16. Which planet was discovered in September 1846?
17. Which newspaper was launched in September 1964. Which newspaper did it replace?
18. Which famous author and professor of Anglo Saxon languages at Oxford University died in September 1973?
19. Which song became the first to be played on the newly formed Radio 1 in September 1967?
International Folk Dance  Gill  9171831  2nd/4th Tuesdays 10.00 am  RC Church Hall Foster Avenue
Languages (French/Spanish)  Kate  9325728  Alternate Mondays 9.30am  CRMC Epworth Room  katelittle2012@yahoo.co.uk
Local History  Christine  Monthly 3rd Wednesday, 1.30pm  CRMC  johnchater1@llysk.com
Long Walks  Judy  Various  Various  judytoyall1@talktalk.net
Lunch Club  Ann  Monthly 4th Week. Day varies  Various  ann.barry@ntlworld.com
Medium Walks  Bill Taylor 9175609  Various  Various  william.taylor64@gmail.com
Music  Sue and Graham 9256729  Monthly 3rd Thursday 10am  CRMC Epworth Room  lodge3@hotmail.co.uk
Painting & Drawing  Jane 8370437 Sue  1st and 3rd Fridays  CRMC Epworth Room  janew.u3abeeston@hotmail.co.uk
Philosophy & Religion  Nicholas 9285473 Geoff 9285473  Monthly 1st Monday 10.30am  CRMC Epworth Room  geoffbagley@me.com
Photography  Heather  Various  Various  betty.manning1@ntlworld.com
Poetry Appreciation  Joan 9226975  3rd Tuesday 1.30pm  CRMC Wesley Room  joan.whiting@ntlworld.com
Rummikub  Pauline 9257836  1st Monday 2pm  CRMC  pintiley5@talktalk.net
Quiz  Douglas 9252010  Monthly Tuesdays  CRMC Epworth Room  doug07@ntlworld.com
Scrabble  Mary 07837490294  Monthly on 2nd Tuesday  Various  mary dot 2@virginmedia.com
Short Walks  Ann 9288413  Various  Various  walkstheharts.free-online.co.uk
Theatre Outings  Eve 9281983  Various  Various  evegurd@yahoo.com
Writing for Pleasure  Helen 9392232  Weekly Friday 9.30am  CRMC  elmorel@virginmedia.com
Yoga  Ken 9392232  Weekly Friday 9.30am  CRMC Hall  elmorel@virginmedia.com

**Wish I’d Said That!**

The real art of conversation is not only to say the right thing at the right time, but also to leave unsaid the wrong thing at the tempting moment.

The easiest way to find something lost around the house is to buy a replacement.

There’s always a lot to be thankful for if you take time to look for it. For example I am sitting here thinking how nice it is that wrinkles don’t hurt.

**Aging:** Eventually you will reach a point when you stop lying about your age and start bragging about it.

Long ago when men cursed and beat the ground with sticks, it was called witchcraft. Today, it’s called golf.

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And Finally - Remember! You may only be one person to the world, but you may also be the world to one person. (Unknown)