

System and District

u3a

learn, laugh, live

OCT
2024

Vitality!

Official newsletter of the System and District u3a

CHARITY No 1180152

FROM OUR CHAIRMAN

Hi Everyone,

As you will have noticed autumn is quickly approaching and it may be time to look for a new group to join. You can find a list of the groups to join on our website or Facebook page. Over the summer we have been to 3 fetes, and I would like to thank all those who have helped set up the gazebo and helped at the event. Hopefully, we have helped some people realise that there are plenty of opportunities for them to join us at the u3a.

I am told that there is only 85 days to Christmas, and I can't believe where all that time has gone. Usually, I say that I hope to see you at the members meeting but this month I have to be elsewhere, so I am leaving you in the very capable hands of Barbara.

Clive

FROM YOUR EDITOR

Thank you to those of you who have sent me kind messages following the death of my father. As one of you said, it's no fun being an orphan, even in your sixties. I consider myself lucky that I had both parents into their 90's before losing them, I know many of you will not have been so fortunate.

This edition of the newsletter is somewhat shorter than usual, both because I have had fewer contributions than normal, and I do not currently have the time or energy to chase up or hunt out as many items for inclusion.

Hopefully groups will provide more items next month and I will have regained some of my mojo.

Julie

WE WANT TO LET YOU KNOW

MEMBERSHIP RENEWALS

This year's membership renewals are now due. If you have not already paid, please do so as soon as possible. This will ensure that you can continue to attend group activities and meetings. If you don't use online banking, we will be taking payments by card before and after the speaker at the October meeting in Syston Community Centre. Many thanks. Christine Gale. Membership Secretary.

HAVE A QUERY? WANT TO SPEAK TO SOMEONE?

Occasionally, some members (or potential members) may prefer to speak to someone about an aspect of our u3a, rather than locating an email address or looking on our website. So, we now have a contact number for Syston & District u3a, which is:



0300 102 1381

At the moment, this number goes through to Steve Kenney's (Webmaster) mobile phone, and if he is unable to answer the query, then he can advise who to contact.

GROUP NEWS

POSSIBLE BADMINTON AND/OR TABLE TENNIS GROUP

Do you enjoy a game of Badminton or Table Tennis ? We have been given information about the availability of using the kit for either at the Methodist Hall in Syston.

If you fancy it, we can give you all the information you need to start this as a new group.

Please email if you want more details. sadu3agroups@gmail.com

Many thanks to Jan who has given us the heads up on this.

NEW GROUP IDEAS

If you have any ideas for a new group please contact Barbara Sargeant our groups organiser at the above email address or speak to her at one of our monthly general meetings.

Alternatively contact her assistant Angie Baker email sadu3agroupsasst@gmail.com

LITTER PICKING GROUP

As you may be aware we now have a keen group of members who have joined the litter picking group led by Maria Payne.

Having approached Syston Town Council and Charnwood for any " picking Kits " they have drawn a blank.

So, **OVER TO YOU...**Does anyone have any litter picking items they no longer use and would be willing to give to the group ?

Maria and her merry band have one or two items but really need more to be able to " pick lots of litter "

They are going on their first Pick on Thursday 17th October.

If you can help in any way please email Maria at MariaJPayne@hotmail.com

BRIDGE GROUP

The group has been meeting **every Tuesday at 2pm in Syston Community Centre** where they are gradually getting to grips with this fascinating game.

There is room to accommodate a few more players so if you would like to join us you will be made very welcome.

Most of us are new to this game and are learning together so all are welcome to come and give it a go.

Ann, who leads the group, has been playing for many years and she is happy to share her knowledge.

If you are interested please email me or Ann Lissaman or just pop in one Tuesday to say hello.

sadu3agroups@gmail.com

FAMILY HISTORY GROUP

We looked at some of the free online sites that can help in researching family history. Yes, there are free resources. [DustyDocs - English Parish Registers Online](#) is an invaluable resource to help in finding sites that might have free information for a parish you are interested in. A trio of "free" sites which are all a work in progress, with volunteers adding transcriptions on an almost daily basis, can also be very useful - www.freebmd.org.uk covers civil registration of births, marriages and deaths from 1837, www.freereg.org.uk covers parish registers www.freecen.org.uk has transcripts of census data

In addition Leicestershire Libraries, the Leicestershire and Rutland Family History Society and the Leicestershire and Rutland Archives at Wigston, have free access to a number of subscription sites. As a result it is possible to carry out research "on a shoestring".

If you want to find out more about how to do this, do join the group. We are currently meeting on zoom to facilitate members who are currently finding it difficult to get out for various reasons. If you'd like to "attend" our next zoom session, please contact me and I will send you a link to the meeting.

email juliedjohnson@yahoo.com

Next month Sue Willmott will be showing us how to use the wealth of information on Familysearch, the main free online site.

EVENTS – PAST, PRESENT & PLANNED



Leicester Symphony Orchestra

103rd Concert Season

Saturday 16th November 2024 - 7:30pm

At De Montfort Hall

CLASSICAL HEROES



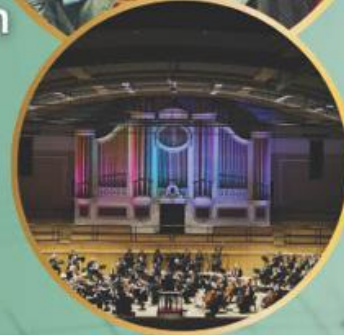
Conductor - Dexter Drown

Leader - Catherine Cole

Strauss - Don Juan

Dvorak - A Hero's Song

Beethoven - Symphony No.3 'Eroica'



Leicester
City Council

we get on with

making
music

Tickets £17 and £22 - Students/ Under 18 £6

Family tickets £40 and £50 - '2-4-1' carers scheme

TICKETS AVAILABLE FROM: De Montfort Hall Box Office

www.demontforthall.co.uk Tel: 0116 233 3111

www.leicestersymphonyorchestra.co.uk

REGISTERED CHARITY NO 1078708 LIMITED COMPANY NUMBER 1397388

DE MONTFORT
HALL
Leicester

Our first concert is on Saturday 16 November 2024 at 7.30 and I am able to offer £22 tickets for just £11 with children's tickets at £6. This offer applies to members of your group together with their families and friends. The ticket order for the group needs to be placed by a Group Organiser at least 14 days before the concert date.

If anyone is interested in the offer please contact Chris email sadu3aevents@gmail.com

FREE GUIDED WALK AROUND WHARF STREET AREA OF LEICESTER

Free Guided Walk of the Wharf Street area of Leicester Thursday 24th October
Including Ice Cream, Sid James, The Elephant Man and much else!

Starting from outside Curve, Joe Orton Square, the walk will take in Wharf Street and the surrounding area and finish at Leicester Wharf near Leicester College.

Along the way you will find out many interesting facts about the area which for most of us is now a little bit 'off the beaten track'.

Start time 10.30am.

Walk time approximately 2 hours.

20-25 places available with the possibility of a second session if interest is high.

If you wish to take part please message Barbara sadu3agroups@gmail.com

TREASURE HUNT UPDATE

Unfortunately, we had to postpone this year's walking Treasure Hunt due to the pub we had chosen closing 2 weeks beforehand.

This pub has now reopened under new management, and a refurbishment is planned for October.

Once this is complete, we will post a new date. Again, we plan to have a Sunday Lunch available as an option, to be eaten first and then the Treasure Hunt to follow.

So, watch this space and also the Facebook Forum.

Lyn & Dave Palmer

WHAT'S ON NEXT

GENERAL MEETINGS

In the Brookside Room at the Community Centre – talks usually start 10.30am
Tea/coffee and mingling from 10.00am

Oct 9th, 2024

Paul Reynolds (ex fire-fighter) - A second visit from Paul Reynolds.

A talk about my fire service experiences (incidents, humour etc).



Nov 13th, 2024



Peter Barratt, otherwise known as Professor Diamond, will give a fascinating talk about how he got into being a Punch & Judy performer. He'll let us into some of his secrets inside 'the theatre' and finishes with a short performance starring Mr Punch, Judy, the Baby and the Crocodile.

Dec 11th, 2024

Join us for some Christmas style entertainment from our own u3a Singers and Ukelele Band. There will also plenty of opportunity to catch up with other members as we will have separate rooms for music performances and for people to sit and chat.



NATIONAL U3A ITEMS

u3a TALKS



The Vital Role Chemistry has to play in Saving our Planet

Chemistry is all around us and often goes unnoticed in our daily lives. Join Jon Edwards, Royal Society of Chemistry, for this talk.

Friday October 11 at 2pm

Free - online via Zoom

Book [here](#)



My work at the Bletchley Park 'code-breaking' factory

Insights from Ruth Bourne into her recruitment and training and working with the Turing Bombe machine.

Monday 14 October at 2pm

Free - online via Zoom

Book [here](#)



Summing Up the 19th Century

Join Ian McCannah, British History Advisor, and David Martin, Maths and Stats Adviser, to be transported back to the 19th Century.

Thursday 7 November at 2pm

Free - online via Zoom

Book [here](#)

New film showcases skill sharing with Southport u3a

After the release of the u3a Festival film at the start of [u3a week](#), the latest in our *Share Something Brilliant Today* film series showcases members of Southport u3a who won a gold medal at the Southport Flower Show this summer.

At the show, the members shared their different skills to collectively design a winning show garden. Others got involved by taking photos for Southport u3a's online platforms, talking to the public and promoting the movement, and performing in a choir.

Our new film showcases the myriad ways that members were involved in the show and the value they individually get from being a member of the u3a.

“One of the beauties of the u3a is that it's by the members, for the members.” Says member Ian, who volunteered to take photographs at the Flower Show for use on Southport u3a's channels. He continues, “We don't expect people to come in from outside and do things for us. I'm always learning”.

Skill sharing and learning from others is one of the core values of the u3a movement. Success at the flower show is one example of the many amazing achievements of u3a members across the country, who connect with each other to learn new things, broaden their horizons and form communities.

Watch the new film on our [YouTube channel](#), where you can also explore the other videos in the *Share Something Brilliant Today* series.

Enter Your Photography and Art



Paint or Draw

Themed monthly
online galleries.

Submit artwork for the
latest theme.



u3a Eye

Themed photography
project

Submit entries on
current theme of:
Small



Found in Nature

Photo gallery of all
things weird and
wonderful in nature

Submit your photo

More can be found [here](#)

NOT u3a BUT YOU MIGHT BE INTERESTED

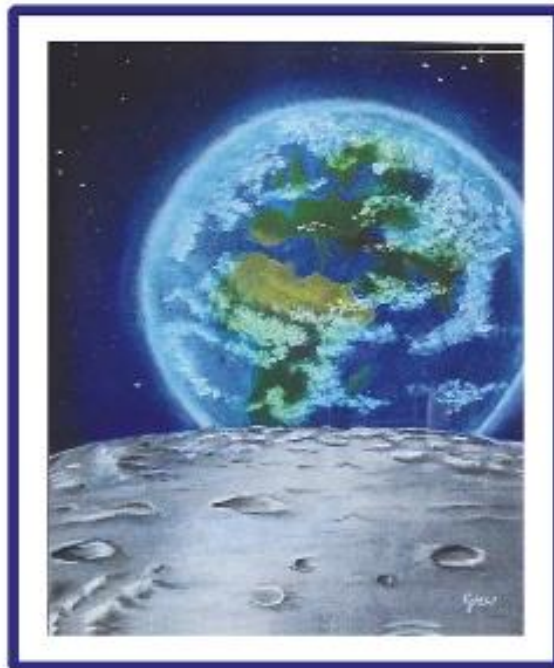
Members Annual Art Exhibition

Birstall & District Art Society

29th Annual Art Exhibition

At the Village Hall, Birstall, LE4 4DH

Free Admission Supporting Refreshments
Free Parking LOROS Available



Saturday 2nd November
Sunday 3rd November



9:30am to 4:00pm

WWW.BADAS.UK



The Truth about Jack the Ripper

The story of 'Jack the Ripper' is well known: five prostitutes were killed in 1888 by an unknown serial killer who slipped away into the fog before taunting the police with a series of letters. But almost none of the above is true.

Join crime historian Adam Wood to hear the truth behind the Whitechapel murders and the victims' stories.

Adam Wood developed an interest in 'Jack the Ripper' when, as a young boy, he was told that his great grandfather Benjamin Wood had seen one of the victims' bodies. He has subsequently spent more than forty years research the facts behind the case, specifically the social impact on the area and those who lived there at the time.

Adam was Executive Editor of Ripperologist magazine, the largest circulation publication dedicated to serious research of the case, for over twenty years. He is regularly consulted for television, radio and podcast documentaries on the case.

In 2020 he published a detailed biography of the detective in charge of the Ripper investigation from Scotland Yard, having been granted unprecedented access to his private archive by his descendants. This included the private notes in which the fate of the suspect was revealed - as was his name.

More details [here](#)

Dryad Basketry: A Global Collection

Exhibition explores the history of basketry by looking at baskets and woven objects from the Dryad "Handicrafts" collection.

This collection was gathered between 1918 and 1936 by Harry Peach, a Leicester-based businessman, who was interested in craft and design.

The first time Dryad basketry has been featured in its own dedicated exhibition. Giving opportunity to admire the fantastic objects and follow their journeys from around the world to Leicester.

The exhibition is the outcome of an AHRC-funded research project guest curated by Maria Chiara Scuderi, in collaboration between the University of Leicester and Leicester Museums & Galleries.

More details [here](#)

The House of Weaving Songs - Journeys Festival 2024

Dhaqan Collective invites you to enter The House of Weaving Songs.

The House of Weaving Songs is a domed steel structure based on an Aqal, a Somali nomadic home found in the arid landscapes of Somalia.

Embark on a sensory journey as 360-degree audio surrounds you, transporting you to the heart of Somali nomadic life through the musicality of Somali women's weaving songs. Wander through nomadic tapestries adorned with tales of tradition and resilience, that ignite when touched, each thread weaving a story of heritage and belonging.

More details [here](#)

Tigers Caged

A story of heroism and hardship from the 1st Battalion Leicestershire Regiment

Join renowned historian Robin Jenkins to hear an account of the 1st Battalion The Leicestershire Regiment in the defence of Ladysmith and the first campaign of the South African War, 1899-1900. A story of heroism and hardship told in the words of those who were there.

More details [here](#)

FROM OUR MEMBERS

Learn, laugh, live is the U3A motto AND I did!



For decades I wanted to learn to ride a motorcycle. Yes, I admit I did have a Harley –Davidson in mind but one has to start somewhere. That somewhere was with ‘Leicestershire Motorcycle Training’ in Syston, meeting Karen at Elizabeth Park car park in Thurmaston. My first lesson was how to get the bike off its stand ! Phew, even that took some doing. Afterwards I was encouraged to ‘get my leg over’ which was an overdue invitation. Then off I go into the distance and fast approaching kerb and playing field grass. Oooooops, bit of a hairy moment. My bike may look less impressive than a Harley but boy does it shift! Next came slow riding technique, U turns (mind the cones) and very importantly stopping. Thankfully I only fell off twice that day and bruises can be seen on request and in writing if you dare (I bet there is one of you

who will)! After several hours in full protective gear (see photo) I was mentally and physically exhausted. My next lesson the following day had to be postponed and boy was I thankful. Having recovered a fair amount overnight my hands, wrists, shoulders, knees and back still ached. The following week and my final session, I was back to awesome and to Elizabeth Park for last two modules of my course before the open road. It took a short time of riding around car park (without incident I may add) and at speed using bike’s throttle and brakes to control this heavy machine and acclimatise myself to motorcycle riding again when used to driving a car. Having completed the training we took to the open road – wow, what a buzz. Despite the helmet and safety wear restrictions, riding a motorbike was the most phenomenal sense of freedom and speed I have known. Traversing through Syston, Queniborough, Barkby, East Goscote through traffic and all the hazards of urban biking I had so much fun and a truly memorable experience. I am more aware now of other types of road users and their training (or not) which I have incorporated into my daily car driving. If you see a cyclist of any sort think of me, be patient and ensure you leave as much space as you can between them and you. The motto of this piece is if you want to do it – just DO IT NOW !

My next adventure is in progress so never delay – act NOW and live that dream.
Jill Kempton-Hayes

DECLUTTER DEN

Do you have anything sitting in a cupboard, or on a shelf, that you no longer want? Might one of our members or groups be able to make use of it?



If you have something that you are prepared to give away – **strictly no items for sale!** Let me know and I'll put it in declutter den and hopefully we can help each other free up some space, whilst giving others something they have a use for, even if we don't.

Email: sadu3aed@gmail.com

REHOMING REQUEST SPOT

Are you looking to give something in particular a home? Is there something you are looking for that another member might have sitting doing nothing when it could be doing something for you? Why not let me know and I will put it in the newsletter as a "Rehoming Request". The same email address as Declutter Den applies.

POETRY CORNER

ONLY A DAD

By Edgar Albert Guest

Only a dad, with a tired face,
Coming home from the daily race,
Bringing little of gold or fame,
To show how well he has played the
game,
But glad in his heart that his own rejoice
To see him come, and to hear his voice.

Only a dad, with a brood of four,
One of ten million men or more.
Plodding along in the daily strife,
Bearing the whips and the scorns of life,
With never a whimper of pain or hate,
For the sake of those who at home await.

Only a dad, neither rich nor proud,
Merely one of the surging crowd
Toiling, striving from day to day,
Facing whatever may come his way,
Silent, whenever the harsh condemn,
And bearing it all for the love of them.

Only a dad, but he gives his all
To smooth the way for his children small,
Doing, with courage stern and grim,
The deeds that his father did for him.
This is the line that for him I pen,
Only a dad, *but the best of men*

In Her Eyes

By Michelle W. Emerson

The depth of a father's love shows in his daughter's eyes.
What's known is what's shown from sunset to sunrise.
A foundation built on more than just what is spoken.
It's commitments kept and promises that go unbroken.
An emotion so immense that nothing in this world can erase.
The permanent impression of love is tattooed upon her face.
A relation so peculiar that only the two can understand,
Yet so immaculate it's obvious that, by God, it was planned.

I believe it all began when she would sleep upon your chest.
Now you're her number one, her favorite, you're the best!
You move and she watches so closely it's as if she's in a trance.
The fact that she can repeat you, exactly, isn't just by chance.
From wrestling, racing, jump roping to being made up like a doll.
Both playmate and best friend, you've done some of it all.
A secret place, a look, special time just for her and you.
When a choice is to be made, it's all about what Daddy wants to do.
And you're there to cater to her every need and every wish.
There's an invisible pedestal for Daddy's little princess.
She's content just to be. She's filled with absolute bliss
Just to sit up under you, giving an occasional hug and kiss.
Sweet dreams are non-existent without Daddy's goodnight kiss.
Your gentle stroke, words just for her, your check on hers is what she'd miss.
It's simply because of how you love her, I surmise.
The depth of your love always shows in her eyes.

With you, her laughter is harder and her smile is even brighter.
You have a friendship, a bond, a soul tie that couldn't be any tighter.
It's more than a special bond; it's an exclusive connection.
No room for a third party or attempted interjection.
This love is reserved just for Dad and no other.
It's not the same for siblings, not even for Mother.
It's the kind of love that I could never despise.
For the depth of your love always shows in her eyes.

To her, you'd give anything, but it's not about the gift.
It's that marvelous smile brought on by the spirit you lift.
It's not about what you can give her or about what you can do.
It's about the unconditional love reciprocated between you two.
It's the tears in her eyes when you two disagree.
Nothing's quite right until 'I love you and I'm sorry.'
It's that spunk in her step, the rainbow in her eye-
You'll know she's a Daddy's girl when she passes by.
She's got the kind of love that never fades or dies.
The depth of your love always shows in her eyes.

Upon angel wings you soar; your sparkling golden halo glows
Whenever she's with you, it's Heaven in her eyes that shows.
Her eyes hold a song so beautiful you'd think it was Heaven's melody.
It's the music of love's symphony composed by each precious memory.
The love known is the love you've shown from sunset to sunrise.
The depth of your love will forever show in your daughter's eyes.

And finally.....



At 85 years old, she decided to treat herself to something special—a night at a luxurious hotel. But when she checked out the next morning, she was handed a bill for £450. Outraged, she demanded to know why it was so high.

"It's a lovely hotel," she said, "but £450 for one night? I didn't even have breakfast!"

The desk clerk explained it was the standard rate, but she wasn't having it. "I want to speak to the manager!"

When the manager arrived, he calmly explained, "This hotel has an Olympic-sized pool and a world-renowned conference centre, all available for your use."

"But I didn't use them!" she replied.

"Ah, but they were here, and you could have," the manager said with a smile. He then mentioned the top-tier entertainment shows the hotel offered. "We host the best performers from around the world." She shot back, "I didn't see any shows!"

"Well, they're available, and you could have," the manager repeated.

After going back and forth for several minutes, with the manager listing amenities she hadn't used, the lady sighed and decided to pay. She pulled out her chequebook, scribbled an amount, and handed it over.

The manager looked down, puzzled. "But, madam, this check is only for £50!"

"That's right," she replied with a wink. "I'm charging you £400 for sleeping with me."

The manager, startled, stammered, "But I didn't!"

With a sly grin, she responded, "Well, too bad. I was here, and you could have."

Moral of the story? Never underestimate the quick wit of a senior citizen!

