



'MIKES MUSINGS'

Welcome

A very warm welcome to the August edition of our Newsletter which I hope you continue to find interesting and informative. For those of you who have a computer don't forget to also look at our website <http://u3asites.org.uk/forest-town> Bob Hunt regularly updates the site.

My wife and I have recently acquired a Cocker Spaniel puppy that is called Wilson (don't ask!) who is pretty lively but makes a good companion. However probably the best companions you can have are the ones you meet at our U3A where you can make new friendships and enjoy shared interests. Do bring along others that you know who like you might also enjoy the opportunity to make new friends and enjoy fresh experiences with our Interest Groups.

Sherwood U3A

I went to the recent monthly meeting of Sherwood U3A to see how they run their meeting and it transpires not too dissimilar to our own, though they usually have their notices first, then coffee break followed by the speaker. We have tried this option in the past but for the present will stick with our existing running order. I received a warm welcome to what was a well attended meeting with a full programme of notices with in particular details about the holidays they are planning and which were featured at our July meeting.

Nottinghamshire Network

I also attended the recent Nottinghamshire Network Meeting which is open to a representative from each of the 26 U3A's in Nottinghamshire. It is an opportunity to exchange views on all things U3A but the members are also responsible for planning any additional U3A's in Nottinghamshire as well as offering support if requested to the existing U3A's.

There are also plans underway to organise workshops locally on a range of topics with the first likely to be in the Autumn.

Your suggestions

Please speak to me or any committee member with any suggestions you may have about how you feel we can improve Forest Town & District U3A, or send me an email. It is after all **YOUR U3A** and your suggestions will be very welcome.

Mike King - Chairman

AUGUST MEETING

Just a reminder that this is on Thursday 4th August in St Alban's Church, Forest Town - more on page 2

For Your Interest

St Alban's Church was dedicated 105 years ago in July 1911. Since then many celebrations and activities have taken place, some solemn as befitted the occasion, others noisy, full of fun and laughter because, (as discovered on their web site) it is 'A base for community activities and community focus.' This is why our U3A can happily use the church building for our meetings.

YELLOW SMILEY BADGES? WHAT ARE THESE?

At our Monthly Meetings you may notice some people wearing a yellow Smiley badge. We have introduced these as a way of identifying our visitors and new members.



Monthly meetings can be very busy and confusing for those new to our U3A, if you see anyone wearing a Smiley please offer the hand of friendship and make them feel welcome.

Ask if they want to be 'shown the ropes' or would like to sit with you, especially if they are on their own, it will be appreciated by someone who may be feeling a little lost.

A smile and a friendly face can make all the difference between them choosing to join our U3A or not, and you may just have met your new best friend.

PHOTOGRAPHS

By including photographs in our newsletter and on our web site, we believe this helps to illustrate the warmth, friendliness and activities of our U3A, and its associated groups. However if YOU do not want your photo on the web site, newsletter or subsequent displays please tell the person taking the photo and turn away from the camera.

LOOKING BACK TO OUR JULY MEETING

Looking back is very appropriate because this is what our speaker Dennis Hill did when he spoke about 'Old and Curious Occupations'. Some of the occupations are in our living memory, having disappeared since the 1940's i.e., vans selling vegetables, the regular milkman, lamp lighter, pig killer and one of the most recent - occupations in the mining industry.

Dennis put pictures or names of older occupations on the screen, challenging us to guess what they were. Such as-

- Philomathmaticus - Maths teacher
- Cordwainer - Shoe/ or boot maker
- Belly Builder - Building piano's
- Bird boy - Bird scarer
(could be as young as 3)
- Beam Maker - Maker of brooms
- White Smith - A fettler, tidying rough
moulds
- Scavenger - Cleaner/sweeper

There was a lot of Ahhs and OOhs among the audience participation which shows just how interesting it all was.

Additional to the speaker there were various notices read out, Des O'Leary told us about the Current Affairs Group to start in September and Marlene Mee gave out information on the proposed Christmas dinner, while Sue Cox and Denise Whitsed gave out information on possible future holidays. Bookings were also taken for lunch at the Refined Restaurant.

OUR AUGUST MEETING

Thursday 4th August in St Alban's Church 1.45pm

The Speaker is Mike Davey

who will tell us about

**'The National Botanic Garden of Wales and
Aberglasney Gardens'**

These two gardens are located near to Carmarthen within a short distance of each other, and are situated on the south and north sides respectively of the beautiful River Towey. The National Botanic Garden is the most recent Botanic Garden to be created world-wide, with its formal borders, wild flower meadows, lakes and cascades, stumpery, and a double-walled kitchen garden.

The gardens and house at Aberglasney were established by the wealthy cleric Bishop Anthony Rudd in the 1600s. The house and gardens have an interesting history relating to their past owners, some of whom are reputed to haunt the gardens. The cloister garden is unique, since it is the only one still in existence.

THIRD AGE MATTERS

YOUR 'TAM' MAGAZINE

This came through our letter box early in July, I hope like me you found a lot of items of interest.

I would also encourage you all to read on page 19 '**We'd be nothing without them**' where it say 'U3A Committees are often undervalued, but not a lot would happen without them ...what would happen if the committee wasn't there?' It goes on to say you wouldn't get into the Church Hall because no-one would have booked it... no one would have booked and paid for a speaker... there would be no projector or laptop ...no one would have organised the refreshments. Really what it is saying that without a committee there would be no U3A Meeting.

YOUR FOREST TOWN & DISTRICT U3A

All your committee are volunteers, and additionally beside the 12 Committee Members we do need other volunteers to help with the smooth running of the Main meetings. We really value those we already have but we do need more to cover for holidays and illness. Sadly despite Jenny's appeal in our July Newsletter there was little or no response - lets see if with this issue we can do better.

Help is needed with

- **REFRESHMENTS**
- **PA SYSTEM**
- **MEETING AND GREETING MEMBERS**
- **AT THE SIGNING IN TABLE**

Please speak to a committee member if you think you can help, and would like to know more of what each job entails, or contact one of us - our details are on the back page.



Jenny and Wendy on the Signing In Table

LEARN, LAUGH and LIVE

WITH THE U3A

INTEREST GROUPS & LATEST REPORTS

GROUP MEETINGS AT A GLANCE

	Monday	Tuesday	Wednesday	Thursday	Friday
1 st		Computer & IT Skills-1	Rambling	MAIN MEETING	Music - 60s Appreciation
2 nd	Craft	Short Walks	Current Affairs	Bird Watching Ten Pin Bowling	Bridge for Beginners
3 rd	Scrabble & Rummikub Trace Your Family History	Computer & IT Skills-2 Book Club	Rambling	Local History	Strollers
4 th		Play Reading			Bridge for Beginners
<u>Woodworking</u> (Toys) No specific day					

Bird Watching

Group Leader: Lynne Cooper

Meet 2nd Thursday of the month

Contact 01623 652430

Email lynnecoopernotts@hotmail.co.uk

July is normally a quiet month for birding as the breeding season draws to an end so we were delighted to accept the kind offer of visiting Sunningdale Farm at Mansfield Woodhouse. Our host Sue told us a lot of interesting facts and history of the farm and surrounding area and then led us on a guided tour of her land which is dissected by the Robin Hood railway. The farm and land was once part of the Park Hall Estate, and over the fields we could see other old properties referred to as The Kennels' also North Lodge Farm.

We saw a fair number of birds with the highlights being a pair of grey partridges plus a hunting kestrel and sparrowhawk. It was also nice to be stood in a barley field with swallows flying to within a few feet of where we were standing.

Additional to the birds there were many lovely wild flowers, and masses of brambles which make good habitats for the birds, we also learnt that there were voles and badgers in the area. One interesting fact was that this was the only lowlands farm that has dry stone walls with coping in Nottinghamshire.



When we arrived back at the farm we were surprised to find that Sue had laid on refreshments and

nibbles for us. A nice end to a good mornings birding.

The next Birdwatch meeting is Thurs 11th Aug at the Idle Valley Nature Reserve, Nr Retford. Meet in the Arena car park at 9.30am

Keith & Pauline

Bridge for Beginners

Group Leader: Steve Evans

Meet 2nd & 4th Friday of the month

10 am - 12 noon at the Flint Avenue Centre.

Contact 01623 470282

Email steve.jackie84@ntlworld.com

The group continues to meet every 2nd and 4th Fridays of the month, at Flint Avenue Centre. Players of all abilities are made welcome. We play at least 6 games with a break, whilst improving our skills in a friendly atmosphere.

Steve

Book Club

Group Leader: Ann Stanford

Meet 3rd Tuesday of the month

2.05 - 3.05 at Forest Town Library.

Contact 01623 641864

Email annstanford1@sky.com



The Book Club met at Forest Town library to discuss 'The Last Runaway' by Tracy Chevalier. This book chronicles the life of a young Quaker girl, Honor Bright, leaving England in 1850 for America. It

explores how Honor coped with her new life and became involved in the Underground Railroad which helped many thousand slaves escape to freedom. It is said that quilts hung on fences were secret messages to tell the runaways which way to go and if they were in a safe place to rest.

Quilter Rev. Jan Dewhirst brought beautifully made quilts to the meeting. The quilt in the photograph is based on the symbols used by the Underground Railroad.

George Fox, founder of the Quaker movement, lived in Mansfield and there is a trail to follow on N.C.C. Web site

Ann

Computer and IT Skills

Group Leader: Bob Hunt

**4/5 people per session
Email bukw90@gmail.com**

At a recent Computer group meeting we looked at transferring files to and from a memory stick, a very convenient way of making a backup copy of your document and photo files and transferring them from one computer to another.

Making a backup copy of document and photo files is something we should all consider, nowadays the 'Cloud' is available for backing up your files.

In the simplest terms, 'Cloud' computing means storing and accessing your files on your 'Cloud' providers computer over the Internet, very handy if you use a tablet or phone with limited storage.

Microsoft users have 'Microsoft OneDrive' or 'OneNote', Apple users have an 'iCloud' account, Google, Amazon and others provide 'Cloud' storage. My own personal preference for backing up files from a desktop computer or laptop is a portable hard drive that plugs into one of your computers USB sockets.

Bob Hunt.

Craft

Group Leader: Jane Freeman

**2nd Monday 2pm - 4pm Meet Forest Town Arena
Contact 01623 624003
Email jam.freeman@btinternet.com**

At our monthly meeting we were pleased to welcome two new members. Items made by some of us were collected, to be taken by one of our stalwart members (Valerie) to King's Mill Hospital, where they are always gratefully received.

We sat and put the world to rights, as we usually do - charitable organisations came under discussion (good ones and questionable ones), as did cold calling and intrusive mail. There were anecdotes from group members' careers, and the economy had a brief airing! Wimbledon - the men's final and wheelchair

tennis - gave some light relief.

We continue to knit items for charity, but hope to try some other crafts in the near future.

NB:-

Our August meeting will be on the 15th, instead of the 8th (2nd Monday of every month subsequently).

Current Affairs

Group Leader: Des O'Leary

1st meeting 14th September in Group Leaders home - because of this numbers are limited.

Gardening

Group Leader: Marian Story

Monthly, various dates

Contact 01623 631544

Email miku4me1@btinternet.com



On Wednesday 29th June, six of our Gardening Group visited Felley Priory. We headed straight for the cafe, in order to shelter from the rain and to fortify ourselves against the unseasonable cold. But, being a bunch of hardy perennials, we later braved the relentless rain (two of us preferring to look at the plants for sale) and wandered round the beautiful gardens. And what a delight! :- deep borders packed with cottage garden favourites, honeysuckle-covered pergolas, topiary and neatly sculpted yew hedges; roses of varying hues and aromas; paths and archways leading who knew where, and a finely landscaped pond, dotted with a few water lilies. All in a setting of timeless beauty: the ancient house, fields and hills. At the end of our visit we felt that cold winds and rain mattered little. We had been refreshed.

Kay

Local History

Group Leader: Pauline Marples .

3rd Thursday 2.15pm - Flint Avenue Centre

Contact 01623 431783

Email pauline.mp-marples.co.uk

At our last meeting newspapers old and new contributed by various members of the group were on display. Pauline gave a brief insight into the

history of newspapers also how and where they can be accessed to help local history research. There was the opportunity to study in small groups a set of Newspapers cuttings relating to the Houfton Family and their involvement with local communities. A news cutting from the Nottinghamshire Guardian 12th April 1860 was read out;

Wm. Powell, an old man, of Mansfield, was brought up by police-sergeant James Gibson, and charged with having, between one and two o'clock in the morning of the 7th instant, stolen two pecks of thousand-heads from a field on Mansfield Forest, in the occupation of W. Wilson, Esq., of Sherwood Hall. Prisoner was met about 150 yards from the field in question by police-sergeant Gibson and police constables Richard Hind and John Stevenson, and on being asked by Gibson what he had got, prisoner replied "Some turnip tops." On examining the stuff he had in his basket they proved to be thousand-heads. Later in the morning the above members of the police force went and compared what had been taken from prisoner with those growing in the field, and both corresponded exactly, some of them being broken off in a peculiar manner. Sentenced to 14 days' hard labour in the House of Correction, Southwell.

We are all intrigued to know what **thousand heads are** - does anyone know?

Pauline

Music - 60's Appreciation

Group Leader: Keith Bancroft

1st Friday Meet Forest Town Arena 2-4pm

Contact 01623 618099

Email keithbcroft@gmail.com

The July meeting had a slightly reduced attendance which was not surprising considering it was semi-finals day at Wimbledon. Keith and John provided the live music and did two sessions with a 60's quiz sandwiched in between.

You still have time to put your name down for the two concerts at the Palace Theatre as we are now collecting the money at the August 5th meeting when "Rave On " will be performing.

Please note that in future the 60's Music Group will be meeting on the first Friday of the month.

Keith B

Play Reading

Group Leader: Kath Wolstoneholme

4th Tuesday 1pm - 2.30pm Meet Forest Town Arena,

Contact 01623 617194

krazy.kath@hotmail.co.uk

The group gives opportunity to discuss and develop our own take on plays. We will introduce sketches

monologues and look at song lyrics, new members who have been in Drama Groups could enhance the Group with their knowledge. We want it to be Fun Fun Fun.

A short Sherlock Holmes play has been picked but not read in the usual manner e.g. as in films or television series.

Rambling

Group Leader: Alan Radford

Rambles from 7 miles up to 9 miles on the 1st and 3rd

Wednesdays of each month.

Contact Alan Radford 01623 427934;

[walk days only]: mobile 07851 422466)

Email alan.radford@which.net

On 6th July the Rambling Group took the easy route from Sandy Ford layby over the fields to Alport Height, the highest point in Amber Valley District of Derbyshire, where a drink stop was taken at the side of the nearby Alport Stone. We continued past Willetts Farm and through Alderwasley before branching off through Alderwasley Park then, after lunch, descending through Shining Cliff Woods to the River Derwent. We left the river shortly afterwards to make a steady climb through Beggarswell Woods, past Netherpark Farm, and back to the cars at the layby. We finished a lovely day with drinks/cuppas at the Bear Inn before setting off for home.



Lunch stop Alderwasley Park 6th July

For our second ramble on 19th July the group set off from Calver Crossroads through Coombs Dale and on to Black Harry Gate, named after the infamous 18th century highwayman who preyed on the travellers of that time. He was eventually captured then hung, drawn and quartered as a warning to others. His

remains were displayed in a gibbet at Wardlow Mires.

We made the short climb to the top of Longstone Edge for some excellent views, then descended down to Rowland and Hassop, stopping for lunch at the fine Catholic church there. Afterwards we continued along some quite overgrown paths to the A619 then uphill to Pilsley, the Chatsworth Estate village, before making our return via Bubnell and the River Derwent back to Calver. A very hot day, thank goodness 'The Eyre Arms' was just across the road when we returned to the parked cars!

Our next rambles: Weds 3rd August, Harthill Moor and Robin Hood's Stride from Elton (7½ m); Weds 17th August, Derwent Edges from Moscar House (8½m); meeting at Arena car park to arrange lift sharing and departing at 08:40am. New members always welcome.

Alan Radford

Scrabble & Rummikub

Group Leader: Celia Tassle

3rd Monday 2pm Forest Town Arena

Contact 01623 627905

Short Walks

Group Leader: Marlene Mee

2nd Tuesday 10.30am.

Meet Various Locations

Contact - 01623-409072

E.mail marlene.mee1@virginmedia.com



We met at Pleasley Plant Garden Centre and walked along the old railway track to Pleasley where we had a pleasant stop near The Duck Pond.

Only 5 of us so I decided to do a slight detour to St Michaels Church, for the Well Dressing and Flower Festival. The Theme was Musicals and it was an excellent display one of the best I have seen. The Sound of Music, Phantom of the Opera, Starlight Express, and Frozen was some of the displays and the well dressing was Joseph and His Amazing Colour Dream Coat.

We then followed the river Meden though a little muddy back to the Garden Centre where we enjoyed a cup of tea and several purchased plants.

The next walk will be on Tuesday 9th August. Meet at the Arena at 10am. or The Start of the walk The Maypole, Dawgates Lane, Via Pleasley Road, Skegby. NG17 3DA.

Marlene

Strollers

Group Leader: Denise Doud

Meet 3rd Friday 10am

Contact 01623 619856

Email dmdoud52@gmail.com

After what had been an unsettled week weather wise The Strollers were fortunate again that the rain held off. Five new members to the group joined the regulars for a stroll around Sherwood Forest, which everyone enjoyed, prior to refreshments and chat in the visitor centre. The next outing is 19th August meeting at 10am in the courtyard car park at Thoresby Hall.

Denise

Ten Pin Bowling

Ten Pin Bowling Group is underway. Meet 2nd Thursday of the month at 2pm Mansfield Superbowl 2000. The group leader is Gordon Chapman.

If anyone is interested and needs more information please ask at the Main Meeting on 4th August.

Trace Your Family History

Group Leader: Malcolm Marples

Meet 2.30pm 3rd Monday- Flint Avenue Centre

Contact 01623 431783

Email malcolm@mp-marples.co.uk

This month the group looked at the Civil Registration of Births, Marriages and Deaths, or BMDs for short. Malcolm had brought along various examples of Birth, Marriage and Death Certificates from his own Family Tree which showed the pitfalls for the Family Historian if you don't check and double check your information! These dated from the 1800s to the present day, well the late 1970s and yes, despite the advances in technology, the officials who produce these documents still can't get it right and don't even get us started on deciphering hand writing!

Talking of technology, Malcolm had intended to use the TV screen at Flint Avenue, connected to the laptop to show the images, however this was playing hard to get, despite the assurance from those in the know that 'you only had to switch it on'. To the sounds of Radio Leeds and static we cuddled up to

each other to view the documents on Malcolm's laptop. This is how a group should be!

Thanks to Malcolm we are now savvier to the foibles of the 'official document' and are looking forward to learning about Parish Registers, another must for Family Historians, next month. *Jenny*



Woodworking (Toys)

Group Leader: Joseph Bell Contact 01623 631236

FUTURE GROUPS

Board Games - Sheet to be put out at the August Meeting for people interested in this group

Calligraphy - there are three members interested in this at the moment - is there any member who has a specific knowledge of the hobby/art?

Painting & Drawing - The interest in this group is growing eight people now it just needs someone to have the courage to lead the group which it is will run from October to April.

Petanque - There is sufficient interest in this group and arrangements are in hand to get this off the ground.

MEMBERSHIP

This now stands at 148

Just a reminder - our membership fees are only £18 for the 2016/17 year which runs from the 1st April to the 31st March, if you are not already a member why not think about joining today. This entitles you to attend our Main meeting and join many of our groups. Also to receive our monthly newsletter.

If you are already a member of another U3A where you pay a full membership fee, the fee with ourselves will be £14.50. Please bring your other membership card with you to qualify for this.

DATES TO NOTE IN YOUR DIARY

MAIN MEETINGS in St Alban's Church 1.45pm

- Thursday 4th Aug - Speaker - *Gardens of Carmarthen South Wales*
Thursday 1st Sep - Speaker - 'Talking Rubbish' Veolia Waste Recycle
Thursday 6th Oct - Speaker - Action For Hearing Loss
Thursday 3rd Nov - Speaker - Mansfield Area in WW1, Including Clipstone Camp
Thursday 1st Dec - Christmas event
2017
Thursday 5th Jan Photographic Wildlife survey of Sherwood Forest
Thursday 2nd Feb The White Peak Way Fairtrade

MAIN MEETING ON 1ST SEPTEMBER

Lesley Taylor from Veolia will be talking 'RUBBISH'

As a company Veolia (Nottinghamshire's Waste Contractors) are unlocking the potential in turning waste into a resource, and during the talk we will find out just what happens to the contents of our bins once they leave the kerbside.

13th DECEMBER EVENT

FOREST TOWN & DIST U3A CHRISTMAS DINNER.

13th December. 2016. Tuesday. 1 p.m. £16..Bar.

**South Forest Complex, Robin Hood Crossroads,
Clipstone Road, Edwinstowe, Notts. NG22 9JF.**

Choice of 3 starters, Choice of turkey, beef. Fish, & veg option, Choice of 3 deserts. Menu to be confirmed

FOOD TO BE ORDERED ON THE DAY unless you require.

Either fruit salad or cheese and biscuits.

Places are limited so please book early to avoid disappointment, also if you would like to sit near someone

Then I can allocate place names to tables.

If you are interested would you please return the slip below with the money or a cheque made payable to Forest Town & Dist U3A. Any questions please contact Marlene Mee 01623-409072.e.mail marlene.mee1@virginmedia.com

Sorry I can't take any booking without payment

Sorry I cannot reproduce the booking slip, please contact Marlene to obtain one -Ed

NEWSLETTER - DEADLINE

Please send information/photos on your groups activities for the next newsletter to pauline@mp-marples.co.uk by the **20th August** sooner if possible

FROM 'COMPUTER BOB'

NEWSLETTERS AND _PDF DOCUMENTS ON THE WEBSITE. To read the _pdf files (*portable document file*) on the website you will need to install Adobe Reader or Adobe Reader DC onto your PC, ipad or tablet, I have put a download link and guidance notes for this on the **Computer and IT Group** page on the Forest Town & District U3A website: www.u3asites.org.uk/forest-town

Bob Hunt

HOW OFTEN DO YOU LOOK AT OUR WEB SITE?

www.u3asites.org.uk/forest-town

New information and photographs are added regularly
For those of you who like statistics Bob has done the chart below

Monthly Page Visits

Page	Jan '16	Feb '16	Mar '16	Apr '16	May '16	Jun '16	Jul '16	Total
Home	148	332	264	303	423	369	240	2079
Welcome to our website	87	151	98	106	135	201	145	923
Groups	136	170	95	122	132	146	85	886
Events for 2016/17	55	150	112	98	77	124	89	705
Contacts	49	81	62	38	54	67	60	411
Links		96	33	48	47	67	47	338
Gallery		68	45	57	43	41	33	287
General Information/Newsletters		47	77	113	83	90	71	481
60's Music Appreciation	19	29	32	29	34	44	26	213
Bird watching	18	27	20	15	27	36	30	173
Book Club					28	29	20	77
Bridge for beginners	16	24	13	14	16	29	17	129
Computer and IT Group 1	18	21	11	12	27	33	26	148
Computer and IT Group 2						3	23	26
Craft	16	27	12	20	21	31	18	145
Creative Writing		21	18	14	17	20	13	103
Current Affairs							6	6
Film/Videos	17	14	13	12	29	21	13	119
Gardening	15	28	17	20	32	31	23	166
Local History	18	27	8	16	37	29	17	152
Petanque				27	37	28	40	132
Photo Gifts and Books	26	36	23	14	16	20	15	150
Play Reading					17	21	12	50
Rambling	57	69	24	32	36	44	26	288
Scrabble & Rummikub		25	17	15	21	32	17	127
Short walks	16	41	25	26	19	31	25	183
Strollers		36	15	20	27	28	19	145
Ten Pin Bowling							6	6
Trace Your Family History					24	20	20	64
Woodworking/Woodcraft		17	23	14	19	25	17	115
Totals	711	1537	1057	1185	1478	1660	1199	8827

Forest Town U3A Executive Committee

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