

'MIKES MUSINGS'

What a 'golden' few weeks we have enjoyed; at the time of writing this Great Britain have won 20 gold medals in the Olympics with the possibility of more to come. Even those who are not interested in sport I am sure are pleased that athletes are competing so successfully.

I guess the days when we were able to take part in strenuous sport are over (in my case they never started!), however we do have groups taking part in sport with the 'Ten Pin Bowling Group' now up and running and the Petanque Group finalising their arrangements; if you are interested in either of the groups and like the idea of gentle exercise contact the leaders of the groups and see how you get on.

We also have the Walking and Rambling Groups if that type of exercise suits you better; all the experts tell us that gentle regular exercise is beneficial. At present most of my exercise involves taking our Cocker Spaniel, Wilson, to Sherwood Pines in addition to taking him to training classes (he is getting better I think!).

I know many of you have been taking holidays in recent weeks and we certainly have had some summer weather for a change. I hope that if you have been away you had a great time where ever your travels have taken you.

At our October meeting in addition to our speaker we will be celebrating our first birthday – there could be cake! Such a lot has happened since the initial 'interest' meeting was held last September.

Marlene Mee is organising for us a Xmas lunch, please contact Marlene if you would like to come, Marlene has already sold 36 tickets but we have room for 80, and so please get your name down and join us for what will be a smashing time I am sure.

Mike King - Chairman

GOING FOR GOLD

If you were at the August meeting you will have noticed some people wearing gold sashes, this is to identify them as someone who may know the answers to any questions you may have.

People wearing sashes could be committee members, group leaders or helpers such as those greeting members and visitors as they come through the door.

The aim is to make our meetings friendly - we hope you like this idea.

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.

MAIN MEETING ON 1st SEPTEMBER
St Alban's Church 1.45pm

Lesley Taylor from Veolia will be talking



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.



The talk will be followed by light refreshments and the opportunity to chat and view the group tables. There will then be any relevant notices.

LEARN, LAUGH and LIVE
WITH THE U3A

LOOKING BACK TO OUR AUGUST MEETING

Mike King (Chairman) decided to take a break from chairing the meeting and handed over to his deputy Susan Wright. First she introduced our speaker Mike Davey, and here Susan writes about his talk:

Gardens to inspire, educate and conserve

It is always recommended that it is good to head outdoors and our August speaker Mike Davey encouraged us to visit The National Botanic Garden of Wales and Aberglasny Gardens. Setting each garden into their historical context and vividly describing their landscapes, the audience was taken on a 'virtual tour' of each garden. Features, plants and points of interest from the double-walled kitchen garden, echo spots, the world's largest single spanned glasshouse to sculptures, cloisters and ghosts that are reputed to haunt them, were all highlighted. Together with how to grow tips, websites for succulents and suggestions of 'interesting to have' plants (-what about Eryngium Agavifolium or Baptista Australis?) Mike's talk was enjoyable and informative.

It was then time for a refreshment break before Susan put a new slant on things by introducing group leaders as the 'charming ? wearing a pink blouse', or ? in a bright check shirt. This had us all laughing and wondering what she would come out with next. It all made for a very happy friendly meeting.

'THOUSAND HEADS'

Looking Back To Our August Newsletter

Do you recall in the Local History report William Powel got 14 days hard labour for stealing two pecks of thousand heads, and we asked if anyone knew what thousand heads were? Well member Valerie Newborough's husband George, who has a farming background came up with the answer. Thousand heads are Kale grown for cattle, part of the brassica family of cabbages and turnips. Its not a kale that humans would eat.

Thank you George.

THANK YOU

To everyone who helped at the last meeting, due to people being on holiday we thought we would be short of helpers. However it was a case of never fear help was near and everything ran smoothly.

A VISIT TO BLUEBELL WOOD CHILDREN'S HOSPICE

Keith Bancroft (with help from Linda)

As I am only too eager to ask for donations for 'Bluebell Wood' at our 'Rave On' gigs I thought it was about time to actually see for myself what it was really all about.

My wife Linda came along with me, although somewhat sceptical, as hospitals and hospices were not on her places to visit list. Also as we don't have children, she felt she wouldn't be able to connect with 'Bluebell Wood'. How wrong she was! We won't waste space with all the details of the place like when and who it was built by etc., etc., all facts and figures can be found on the web page.

From the moment we walked through the door we knew how much children would find some happiness there. You could feel a dedicated love and response from all the volunteers and staff. You only had to walk around to see that everything was zoned in on children. if there was a wish or a special need that a child had, or a new idea thought of by a family member then every effort would be made to make the dreams come true.

It felt a very happy place, a place where children could chill out, let go and do things that families just didn't have time to fulfil whilst also meeting their medical needs. There is also support given to the families to help them cope with their child's life threatening illness or terminal condition.

We came away with only thoughts of 'Bluebell Wood and the marvellous place it is'. We both now have a desire to raise funds, no matter how small, so if YOU need inspiration do go and visit for yourself. if you come away with the same desire as we have then who knows what we can do for 'Bluebell Wood Childrens Hospice'.

Look on their web site www.bluebellwood.org for testimonies from the families that have been involved with them. We looked and we knew that it was not our imagination - 'Bluebell Wood' really is a marvellous place.

For anyone interested in visiting the hospice they have an Open Day on Sunday 18th September 11am-3pm - there is a £2 entry which includes tea and biscuits.

Bluebell Wood Children's Hospice,
Cramfit Road, North Anston,
Sheffield, S25 4AJ

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	Petanque		Bridge for Beginners
<p><u>Painting and Drawing</u> - hoping to start soon</p> <p><u>Woodworking</u> (Toys) No specific day</p>					

Bird Watching

Group Leader: Lynne Cooper

Meet 2nd Thursday of the month

Contact 01623 652430

Email lynnecoopernotts@hotmail.co.uk

In August the bird watching group enjoyed a day at the Idle Valley nature reserve at Retford. Walking by the side of one of the many lakes we saw some little egrets, not so rare these days. We discovered that the young cormorants we were watching were not a new species, just that they are white and don't turn black like the adults until later. On the walk back we watched a pair of kestrel covering the open fields, very unpopular with the local crows.

Rooks were seen as we neared the visitor's centre where we enjoyed a tasty lunch. We all agreed this reserve is worth a visit.

Next month we are revisiting the reserve at the old Pleasley pit, meeting there at 10am. *Kathleen*



Viewing birds from the visitor centre.

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 Bridge Group members continue to meet on the 2nd & 4th Friday of the month at the Flint Avenue Centre at 10 am for a couple of hours. We are all beginners (still) but enjoy friendly games and hopefully learning a little more about the intricacies of the game. If you enjoy card games but have never played bridge I am sure that you would enjoy learning the basics of the game – we have 'crib' sheets to help (which we still need!).

Why not come along and have a go, there is no cost (other than an occasional contribution for tea/coffee) as we are able to use Flint Avenue without a charge. Just contact Steve Evans to let him know you are coming along, if you can't make contact with Steve, come along anyway, we will make you welcome.

Mike King

Book Club

Group Leader: Ann Stanford

Meet 3rd Tuesday of the month

2.05pm - 3.05pm at Forest Town Library.

Contact 01623 641864

Email annstanford1@sky.com



Computer and IT Skills

Group Leader: Bob Hunt

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

Lost or forgotten passwords. Have you ever experienced that moment of panic when you have entered the wrong password into the box on your computer log in page, or temporarily forgotten your password? something that seems to happen more frequently as we get older, in most cases we remember with a feeling of relief.

At the last computer group meeting, one group member brought in a laptop that hadn't been used for a while and the password forgotten, we tried several passwords that might be the one to no avail. Usually you sign in to your computer using the email address and password you created when setting up the computer, if you forget your email address password there are ways to reset it, the laptop that was brought in had what is called a 'local account' a password that is not tied to an email account and not recoverable.

The only option in this situation was to reset the laptop to 'factory condition', that is as it came out of the box, to use Microsoft's much loved phrase, OOBE, (out of the box experience) we did this successfully, set up the computer as from new, complete with new password, and now the group member can log in to the laptop.

Resetting a computer gives you a clean 'as new' operating system, the downside is you will lose any system updates, programmes you have installed and files created during the time you have used the computer, the computer should automatically install system updates, though as you can imagine this will take some time depending on the age of the computer, programmes can be re-installed, personal files - documents, photos etc. - can be re-installed from your backup files. **You have made a backup copy of those irreplaceable files and photographs to an independent hard drive, memory stick or DVD haven't you?**

Bob Hunt.

Craft

Group Leader: Jane Freeman

2nd Monday 2pm - 4pm Meet Forest Town Arena
Contact 01623 624003

Email jam.freeman@btinternet.com

It was lovely to discover that summer had finally arrived, with sunshine and warmth, and that our meeting room had been refurbished with carpets, reupholstered seats and comfortable new chairs an incentive for us to produce more amazing items.

One of the group brought a section of new activities for us to try out, such as tissue decoupage, quilling and book folding, which gave us ideas for future projects and gifts to make. (Christmas Is on the way!)

There was a variety of crafts being undertaken today the continuing knitting projects for the hospice and premature baby unit, book-folding and counted thread and petit-point work, all of which required various levels of concentration, so the conversations were rather more all over the place than normal!

It was mentioned that our U3A 1st anniversary is fast looming on the horizon, and a request was made for another display of work; similar to the Jubilee Table; to be ready for the October monthly meeting. It was suggested we could also bring along any other crafts that we had previously made to add to this display.

We are hoping to have a guest at the next meeting on Monday 12th September (please note, everyone, back to the "normal" 2nd Monday of the month) who will bring some new crafts for us to have a go at.

Looking forward to seeing all of our most recent group members, as well as all the 'Old Faithfuls' in September please bring the 'Last of the Summer, (with or without the Wine) with you!'

Current Affairs

Group Leader: Desley O'Leary

2nd Wednesday
Contact 01623 421642

1st meeting 14th September The meetings are the 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

Local History

Group Leader: Pauline Marples .

3rd Thursday 2.15pm - Flint Avenue Centre
Contact 01623 431783
Email pauline.mp-marples.co.uk

This month the group looked at the history of the Forest Town Hostel. Pauline and Malcolm had completed extensive research on this some years back as part of a project, they had interviewed people who were connected to it and produced a

DVD containing the interviews along with photographs to support the narrative.

The DVD was divided into sections, the first being about how the project had come about through involvement with Forest Town School. During a visit to the old Police Station Pauline was asked what had been on the site previously and offered to find out. The rest as they say is History.

Forest Town Hostel was originally built to house Bevin Boys during the last War, they were not well thought of by many people who believed them to be conscientious objectors. In reality they were the victims of a system where every 1 in 10 men were selected for work in the mines rather than going to fight. The Hostel wasn't a single building as the name might suggest, but more of a camp containing row after row of Nissan type huts to house the men.

The Bevin Boys were then moved out to huts on Abbott Rd. to make way for a school for epileptic children from Lichfield, who were forced to evacuate after a Doodlebug strike meant their school was no longer habitable. People interviewed on the DVD could remember the children attending Church services wearing helmets to protect their heads if they were to have a seizure.

The children moved back to Lichfield once repairs to their school were completed and the Bevin Boys moved back in, only to be displaced again by the Constabulary who wanted to use the Hostel as a training camp for recruits.

Towards the end of the War it became necessary to find somewhere to house displaced people from Poland, Latvia and other countries who had come to England and were no longer able to return to their home country. Forest Town Hostel was chosen for this purpose and entered its final phase as a refugee camp.

It was interesting to listen to other members of the group, some of whom could remember the 'Pole Camp' as it became known locally, and also recognised people included in the narrative and in photos. There were photos and other related articles



to browse through afterwards and a chance to chat about what we'd seen over a cuppa.

The original road through the Hostel grounds still exists, it is now known as Olive Grove.

Jenny

Music - 60's Appreciation

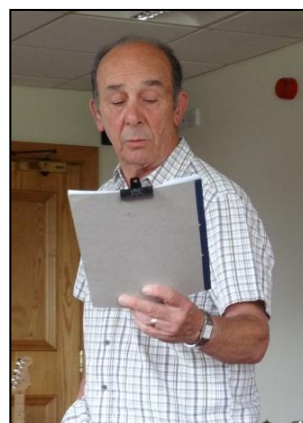
Group Leader: Keith Bancroft

1st Friday Meet Forest Town Arena 2-4pm

Contact 01623 618099

Email keithbcroft@gmail.com

Another good attendance for the August session who were entertained by your own "Rave On". This month's quiz was compiled by drummer John which had us all scratching our heads.



The answers were all sixties songs containing girl's names. Bookings were also taken for two shows at the Palace

Theatre.

For the September meeting would members please bring a record or C.D. with their favourite track and tell everyone why it is special to them. Keith has a special song which he is sure no-one will have heard before (not even Chris!).

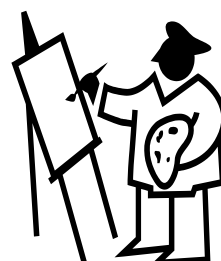
In addition "Rave On" will have their original drummer Tony playing with them after his recent health problems.

Please come along and continue your support and let's get the Sherwood Room rocking again.

Keith

Painting and Drawing

Will all members who have put their names down on the list for this group (or anyone else who is interested) please meet with Christine Cawthorne at our main meeting in St Alban's Church on Thursday 1st September, after the coffee break. Christine is hoping to get this group started.



Petanque

Group Leader: Steve Evans

4th Wednesday of the month

2pm Titchfield Park

Contact 01623 470282

Email steve.jackie84@ntlworld.com

The first group meeting is Wednesday 24 August. The fee for new members is now £10 as Mansfield Petanque's year is January to December.

Play Reading

Group Leader: Kath Wolstoneholme

4th Tuesday 1pm - 2.30pm Meet Sherwood Room

Forest Town Arena,

Contact 01623 617194

krazy.kath@hotmail.co.uk

The Play Reading Group had its second get together on 26 July and had fun with a very up beat version of "Sherlock Holmes and the Mystery of the Aquilla Diamond". And, although he got bumped off half way down page 3, the butler did do it!

The group met again in August, and the Group is really progressing and Members really get in character.

The Keyworth U3A Play Reading Group Leaders are coming in September to advise and assist.

Kath

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 3rd August Steve Evans led 8 of us from Elton Church to Harthill Moor, where on the brow we enjoyed the view ahead that opened out. We moved on to the tors of Robin Hood's Stride, made a quick detour to the Hermit's Cave set in the base of the Cratcliffe Tor cliffs, then on to and through Birchover with alpacas near the camping site. Dropping down the hillside, as Birchover disappeared behind, Winster appeared ahead across the valley. At the old Market House there we met the actor who played Don Brennan, married to Ivy Tyldesley, in *Coronation Street* many years ago, then went up past the old miners' cottages to the *Miners Standard* and Winster Ore House at the top of the hill, before returning to Elton. To end the day we enjoyed drinks/cuppas at the *Miners Standard*.

For our next ramble on 17th August Andy Riby led us to Derwent Edges from Moscar House, passing by Sugworth Hall and Boot's Folly, built 1927 by Charles Boot (of the building company). Continuing past Dale Dyke Reservoir – scene of the 1864 dam burst killing 250 – and Strines Reservoir, uphill over the heather-covered Foulstone Moor and on to Derwent Edge. A quick detour to Back Tor, the highest point on the route, before heading south along the Edges, passing a series of gritstone tors and outcrops. Views of Ladybower Reservoir were quite impressive. We continued over the moor, several numbered shooting butts reminders that this was an active grouse moor, back to the cars and for a relaxing drink/cuppa at *The Strines Inn*.

Thanks to Steve and Andy for two really enjoyable days!



Derwent Edges with Wheel Stones behind the people, on the 17th August.

Our next rambles: Weds 7th Sept, Goyt Valley and Errwood Hall (8½m); Weds 21st Sept, *details to follow*; meeting at Arena car park to arrange lift sharing and departing at 08:40 am. New members always welcome.

Alan Radford

Scrabble & Rummikub

Group Leader: Celia Tassle

3rd Monday 2pm Forest Town Arena

Contact 01623 627905

The scrabble and rummikub group have been meeting for 7 months now with a core membership of around 12 members. We usually have 3 games with a break for refreshments. We are a very friendly group who would like others to join us on the 3rd Monday of every month at 2pm at the Arena. Please come along and make some new friends.

Celia

Short Walks

Group Leader: **Marlene Mee**

2nd Tuesday 10.30am.

Meet Various Locations

Contact - 01623-409072

E.mail marlene.mee1@virginmedia.com

Strollers

Group Leader: **Denise Doud**

Meet 3rd Friday 10am

Contact 01623 619856

Email dmdoud52@gmail.com

Ten Pin Bowling

Group Leader: **Gordon Chapman**

Meet 2nd Tuesday 2pm

Mansfield Superbowl 2000.

Contact 01623 620012

Email mary@chapman7586.fslife.co.uk

Gordon has negotiated a fee of £5 for two games

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

Two new members joined the group this month, one had some experience of family history research, the other was a complete beginner. Malcolm soon had her filling in an ancestor chart and had her thinking about what she needed to discover.

This month the technology at Flint Avenue worked for us and we looked at parish register examples on the large television screen. These dated from the 1799 when everything was written down in just one register, to modern day examples when baptisms, marriages and burials are all in separate registers. There were some interesting comparisons between the certificate handed to the bride and Groom after their wedding to the entry written in the marriage register.



Pauline had taken along a copy of the St Alban's Burial Register, and transcripts of some of their

marriage registers. These proved of great interest especially to Jenny who discovered entries to add to her own family tree.

Pauline

Woodworking (Toys)

Group Leader: **Joseph Bell** Contact **01623 631236**

This group continues to meet, enjoying a cup of tea and a chat before getting down to work. One member has already made a toy train and is hoping to embark on making a rocking horse.

FUTURE GROUPS

Board Games - Sheet to be put out at the September 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?

DATES TO NOTE IN YOUR DIARY

MAIN MEETINGS in St Alban's Church 1.45pm

Thursday 1 st Sep	Speaker - 'Talking Rubbish' Veolia Waste Recycle
Thursday 6 th Oct	Speaker - Action For Hearing Loss Plus crafts/hobbies & birthday celebrations.
Thursday 3 rd Nov	Speaker - Mansfield Area in WW1, Including Clipstone Camp
Thursday 1 st Dec	Christmas event

2017

Thursday 5 th Jan	Photographic Wildlife survey of Sherwood Forest
Thursday 2 nd Feb	The White Peak Way Fairtrade

OCTOBER MEETING

Thursday October 6th 1.45pm
St Alban's Church

Did you know that hearing loss is a major public health issue affecting 1 in 6 of the UK's population? Action on Hearing Loss is the UK's largest charity working to raise awareness and understanding of deafness, tinnitus and hearing loss, to encourage early identification and treatment, and to promote prevention.

Tamasin Larocque-Fathers, Regional Information Officer for the East Midlands, will join us to talk about the incidence of hearing loss, including communication and management tips. There will also be a chance to pick up a range of information leaflets and view some of the products available to assist people with hearing loss.

As the October meeting will be our first birthday we will also have hobby & craft stall, plus (we hope a birthday cake). Make sure you come along and help us celebrate. Why not bring a friend so they can discover more about the U3A!



LOOKING AHEAD

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*

FROM 'COMPUTER BOB'

HOW OFTEN DO YOU LOOK AT OUR WEB SITE?

New information and photographs
are added regularly

www.u3asites.org.uk/forest-town

OUR U3A and COMMUNITY INVOLVEMENT

IT at the Flint Avenue Centre - The centre now has Wi Fi and are holding sessions each Wednesday 10-12noon, for residents to access the Wi Fi and learn how to use computers. Milly Alonso (Tenant Involvement Officer) is looking for volunteers to join the Digital Champion programme, they do not have to be experts just an interest in showing people how to use the machines on a 1-2-1 basis.

If you would like to discover more there is a Launch of this new initiative on Wednesday 14th September 11.00 - 12.30. Or contact Milly on 01623 463485 Email: malonso@mansfield.gov.uk

Looking Forwards by Looking Back with Abbey Primary School & Forest Town Heritage Group - the school have obtained a lottery grant to look at the history of the original Sherwood Hall that dates back to circa 1750, and to construct a Heritage Garden.

Part of the project is to involve local groups and people in the community. Already members of our U3A Local History Group and Gardening Group have been given the opportunity to participate by going to Clumber Park and the Nottinghamshire Archives with the children.

There are other things people can get involved in, if you would like to know more please contact Corinna Brown 07974249449 or Natalie Swain at Abbey Primary School 01623 481117

OCTOBER NEWSLETTER

To make our birthday issue a little different, I would like some of you to tell me 'what being a member of the Forest Town & District U3A has done for YOU' - has it changed your life in any way? I look forward to hearing from you - send to

pauline@mp-marples.co.uk by the
20th September sooner if possible

Forest Town U3A Executive Committee

Committee Position	Name	Phone number	Email
Chairman & Treas Asst	Mike King	01623 470929	mikethos42@yahoo.com
V/Chair & Speaker Sec	Susan Wright	01623 635120	susanhw28@hotmail.com
Business Secretary	Jennifer Wright	01623 631371	j.wright445@btinternet.com
Treasurer	Lynne Cooper	01623 652430	lynnecoopernotts@hotmail.co.uk
Groups Co-ordinator	Denise Doud	01623 619856	dmdoud52@gmail.com
Asst Groups Co-ord.	Ann Stanford	01623 641864	annstanford1@sky.com
Membership Sec	Kath Wolstonholme	01623 617194	ftanddu3amembership@hotmail.com
Newsletter Editor	Pauline Marples	01623 431783	pauline@mp-marples.co.uk
Website Editor	Bob Hunt		foresttownu3a@outlook.com
Joint Social Secretary	Marlene Mee	01623 409072	Marlene.mee1@virginmedia.com
Committee Member	Sue Cox	07940717263	soavesue@hotmail.com
Joint Social Secretary	Denise Whitsed		deewhits@aol.com