

'MIKES MUSINGS'

Welcome to our '1st Birthday' edition of our Newsletter; is it really 12 months since I and the other members of the original Steering Committee were dragged kicking and screaming to the front of St Alban's Church to be persuaded that the 'time was now' for us to volunteer for the committee? Having said that I believe I speak for all of us (including the newer members of the (now) Executive Committee that it has generally been enjoyable, interesting and rewarding; though also quite time consuming.

We have now grown to 156 members and I am aware that there are also a number of enquiries from prospective members through our website in addition to visitors who have been to recent meetings who have come to look what we are about, so we might see that figure increase again. We are also continuing to increase the number of Interest Groups with Painting & Drawing being the latest to be formed with interest initially from 8 members. This month also saw the first meeting of the Current Affairs Group; this group is limited to 10 people as it is held at Desley's home; however there are now two vacancies as two members who initially expressed an interest in attending are not now able to do so. So if you are interested contact Desley – her contact details are on the Group page of this newsletter. We are also now looking to form a Lunch/Dining Group - look out for a sheet at the meeting and put your name down if interested.

Eight members will be attending the U3A event at the National Holocaust Centre on the 5th October which I am sure will be both very interesting and emotional. A report of the day will be in the November Newsletter.

As promised there will be a birthday cake at our October meeting in addition to the usual tea/coffee. There will be displays from some of the Interest Groups as well of course the opportunity for you to join any of the groups. We will also have a speaker (even though in the One Stop Magazine I said there wouldn't be a speaker – oops). Read below for more information.

Mike King - Chairman

OUR OCTOBER BIRTHDAY MEETING

Thursday October 6th 1.45pm
St Alban's Church

We will have a speaker from 'Action on Hearing Loss' 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. This will include 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 this meeting will be our first birthday we will also have displays from some of our groups including Crafts, Local and Family History, possibly woodwork and Malcolm will bring along some of his Post-box albums. The Drama Group may also have a surprise up their sleeves - we wait and see! We will also have a birthday cake, so make sure you come along and help us celebrate. Why not bring a friend so they can discover more about our U3A and have a piece of cake.

2015 - OCTOBER - 2016

Our first newsletter in October 2015 listed eight groups with leaders, and while two out of the eight did not survive, today one year on we now have nineteen active groups. Most groups meet monthly while some like Bridge, Rambling and Computer & IT meet twice a month. Our newsletter has grown from two pages to eight and we also have a web site.

www.u3asites.org.uk/forest-town



!!!! WHAT PEOPLE HAVE SAID ABOUT BEING A MEMBER OF THE U3A !!!!

It's great that Forest Town now has its own U3A, and not surprising that it has immediately become so popular. Those who work so hard to organise it are to be congratulated and heartily thanked for the difference it has made to so many peoples' lives. On a personal level, I love meeting and spending time with people who are of a similar age and have similar interests. U3A gives the opportunity for companionship and the development of friendships through shared interests and gives the chance for finding new interests too. I'm really glad to be a member!

JH

*You cannot deny the pleasure of making friends anew
Putting off the lonely hours is good for me and you
From I.T., scrabble, or walking in the rain
The benefits are endless, good for soul and brain*

*So we're grateful for our U3A
Giving interest every day
So many things to take our pleasure
A useful purpose for our leisure.*

MW

I was rather unsure of the U3A idea to begin with, however, I soon realised that it was a sort of halfway - house between asking relatively unknown folks in off the street, or even from next door, into your own house for a cuppa and chat; and joining a fully - fledged hobby/interest group where everyone already knew everyone else, and you were the outsider. Here, we all began from more or less the same place.

The interest groups are also a sort of halfway- house, in my mind, since you can keep the acquaintances just that, acquaintances sharing a common interest, only meeting on the agreed dates each month; or you can develop more personal friendships with a few, and continue this outside the meetings, as you wish.

Some folks are quite happy to share a hobby, and nothing more, and others seem to be open to furthering the acquaintances to another level beyond the groups.

JF

One year old! how time flies, a year ago I didn't envisage editing a website and through that serving on a committee; edit a website? no, I thought, that's for someone with more technical know how than I have, but I looked into it, gave it a go and as with most things in life, you 'grow' into it.

On the social side I have made new friends, people I would have previously walked by in the street or supermarket I now know as members and say hello or wave, that's the U3A.

BH

Joining U3A has given me the opportunity to expand my interests and given me a focus for making new friends and renewing old acquaintances. It has enabled me to get to know a little more about the community I live in which I didn't have the time or opportunity to do whilst working full time.

JR

I feel that it has enriched my life. When I first agreed to be on the committee and then to be treasurer it was at a time that I didn't think I had any time to spare, yet I obviously did! I was already enjoying my life and feeling fulfilled but it has added yet more to it. I have taken up some new interests like Making Photo albums and am rekindling some old ones like Bird Watching. Similarly I have made some new acquaintances and have met up with some old friends. Its wonderful.

LC

Pauline, here are my comments about our lovely new U3A: - Friendships, fun, food-for-thought (talks at the monthly meetings), and a future full of interest and activities.

KT

Having recently moved to the area following an unexpected bereavement, the U3A has been a life line for me. I have joined several walking groups, the book club and current affairs. I only wish I could join the local history group but unfortunately my little part time job prevents me from being able to. It has enabled me to make friends and meet like minded people. Thank you U3A.

JB

For me it has renewed friendship and increased social opportunities. Access to interest groups in particular - Local History, Family History, and Bridge. Informative monthly meetings - increased learning.

JA

From the inaugural meeting I was determined to not get too involved. Just leading the Local History Group would be enough I thought, then one day in ASDA (where else do you meet people) Mike our chairman waylaid me somewhere near an offer of two for the price of one! The first offer was will you think about doing the U3A newsletter, the second was ' you will need to be on the committee.' The rest as they say is history and now in the Marples household we have

**LEARNED to LAUGH and LIVE
WITH THE U3A**

PM

LOOKING BACK TO SEPTEMBER

The talk by our September Speaker, 'Lesley Taylor Talks Rubbish', about recycling, isn't a topic to instantly set the heart racing, however within a few minutes she had us all engaged. She told us she was a Forest Town lass born and bred and then gave us a brief overview about Veolia, the company she works for.



Mike King introducing the speaker Lesley Taylor

Did you know the main recycling plant for the whole of Nottinghamshire is based in Forest Town? On Crown Farm Way to be precise, it was built in 2008, opened in 2009 and is the stepping stone between us and the recyclers.

The waste is separated out into four main components, paper, card, metal and plastic, recycling saves using fresh natural resources, recycling a can takes 95% less energy than to make one from new. Lesley showed us a short video on the various stages of recycling and then distributed a quiz on 'Which bin do you put it in?' This was just for fun but generated a lot of discussion among members at the time.



Filling in the Quiz sheets

The results created more discussion and a lot of questions for Lesley, all of which she was happy to answer. There was a forest of hands going up, with one lady to the side of the main aisle looking fit to

burst as she was overlooked several times, but finally she had her question answered.

'Goody bags' were available for all at the end of the talk. FT&D U3A have now organised a visit to the recycling plant, see below!

Report by Jenny, photos by Bob

SOMETHING NEW - SOCIAL EVENTS

The first is afternoon tea at **Ollerton Watermill** on Wednesday 19th October at 3pm at a cost of £9.50 please book asap as spaces are limited by emailing Denise on deewhits@aol.com.

A trip has been booked to visit the **Veolia** plant on Monday 7th November @10.30am we are limited to 20 places please email Denise on deewhits@aol.com

We are trying to set up some days out for early spring perhaps to **Liverpool Albert Docks, Bakewell, and Castle Howard.**

If anyone has any ideas of places to visit please let us know as **Denise and Marlene** look forward to meeting you all on our lovely days out. We will be at the next meeting for any questions and payment for afternoon tea.

U3A CHRISTMAS DINNER

Tuesday 13th December Price £16

1pm South Forest Complex,
Robin Hood Cross Roads, Edwinstowe.

Forty six people have already booked, and there are still some places available. For more details please see Marlene Mee (Denise or Lynne) at the next meeting or contact Marlene on 01623 409072 email marlene.mee1@virginmedia.com

At the event there will be musical entertainment by members of 'Rave On' and it is also planned to have a Bottle Raffle. ie bottles of wine, sauce etc., to raise funds for Bluebell Wood Children's Hospice. Donations of Bottles will be welcome and can be brought to the November & December meetings.

Thank You

To everyone who over the past twelve months has helped at our meetings.

The good old saying
'Many Hands Make Light Work'

Does help to make everything run smoothly



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 | Painting & Drawing | Bridge for Beginners |
| <u>Woodworking</u> (Toys) No specific day | | | | | |

Bird Watching

Group Leader: Lynne Cooper

Meet 2nd Thursday of the month

Our next meeting is on Thursday 13th October when we will visit the RSPB Nature reserve at Blacktoft Sands. Contact Lynne Cooper 01623 652430 if you wish to go with us.

Bridge for Beginners

Group Leader: Steve Evans

**Meet 2nd & 4th Friday of the month
10 am - 12 noon at the Flint Avenue Centre.**

Book Club

Group Leader: Ann Stanford

**Meet 3rd Tuesday of the month
2.05pm - 3.05pm at Forest Town Library.**

Computer and IT Skills

Group Leader: Bob Hunt

4/5 people per session

The following article is in response to a request from members of the group.

Transferring photos from tablet or phone to computer/laptop or memory stick.

"How do I transfer the photos on my phone or tablet to a computer/laptop/USB memory stick* or USB flash drive*" I was asked. *memory stick and flash drive are names for the same device.

ANSWER - This can be done by plugging your phone or tablet into a computer/laptop USB port in the same way as connecting a camera, by using the charger cable, the computer should recognise your phone or tablet as a new drive.

Think first about creating a folder or folders on your computer to transfer your photos into, you can then sort your photos as you go.

Your device may open in a new window or you may get a request box asking 'what do you want to do with this device', choose, 'open to explore files' this will open your device in a new window and allow you to transfer photos to the computer/laptop, photos are usually stored in the DCIM folder on the phone or tablet, (you may need to right click on the device icon to see the files), now open the folder you want to put the photos in on the computer, you may have to resize the windows to see both folders.

There are two ways to transfer the photos, one is to click on the photo with the left mouse button and while holding the button down 'drag' the photo with the cursor across to the new folder.

The other way is to click on the photo with the right mouse button and in the menu that appears select either cut or copy, 'cut' will hold the photo temporarily in memory and remove the photo from the original folder, 'copy' will copy it and leave the photo in the original folder, if you chose either of these methods move your cursor to the new folder, right click in the folder and select 'paste' from the menu.

With your photos stored safely on the computer/laptop they can then be deleted from your phone or tablet and release memory space. To transfer your photos from the computer to a USB memory stick you plug your memory stick into a USB port and transfer photos from folder to folder using

one of the methods above.

"I don't have access to a computer or laptop", was a point raised, the procedure is a bit more complicated but can be done and needs an OTG (on the go) cable with a micro USB plug that fits your phone or tablet on one end and a female USB plug on the other end, the USB memory stick then plugs into the female USB socket, also needed is a file transfer app, the procedure is a bit too long to explain here, if you are interested contact me through the computer group page on the website.

Bob Hunt.

Craft

Group Leader: Jane Freeman

2nd Monday 2pm - 4pm Meet Forest Town Arena

This month's meeting began in a very lively fashion owing to the fact that we heard at the last minute that our guest demonstrator was unable to attend. This news was met with a scramble to unpack the 'I always-bring-something-along-just-in-case' items that most of our resourceful group have with them at all times, so order and peace were soon restored.

Some new and some returning ladies all joined the banter and creativity, whilst musing on the complexities of operating new mobile phones (the so-called on-line 'help' manuals are anything but; 'disappearing emails'; (nothing to do with Windows 10, apparently!); the possibility of a pre-Christmas meal, sorry to mention that word so early in this wonderful autumn, especially as a heat wave has been forecast this week.

Keep Calm and Carry On appeared to be the motto of the session, and it certainly seemed to spur on a frenzy of activity which resulted in many more projects being discussed and created; including a bobbin lace project for commissioned wedding garters; a "splinter group" working at the folded book craft; a counted thread work bookmark; a canvas work sampler; and a variety of knitted items all on the go. Many of these will hopefully be on display at the October Birthday meeting at the Church. We look forward to that date, particularly as Cake had been mentioned in the last newsletter

Jane

Current Affairs

Group Leader: Desley O'Leary

2nd Wednesday

The meetings are in Group Leaders' home - because of this numbers are limited, contact Desley if you are interested.

Gardening

Group Leader: Marian Story

Monthly, various dates

On the 31st August, six of us visited St Anns Allotments in Nottingham, where we had an enjoyable and informative guided tour. These heritage allotments boast a rich history and have been Grade 2* listed by English Heritage, covering 75 acres of hilly terrain in the northern part of the city. They have been used by residents of Nottingham for over 600 years and comprise the largest area of detached town gardens in the world.

During the 1990s a local campaign strove to preserve the gardens when they were due to be sold off for building development. Funding from The Lottery has provided finances for much improvement, eg, building the Visitor Centre, erecting security fencing, cutting the 35 miles of hedges, and sinking boreholes for water; also planting different varieties of apple trees, pear trees and roses. A number of plots are rented to tenants, others to community projects (eg, Ecoworks) and wildlife organisations (eg, Urban Nature).

Our tour began at the oldest part, Hungerhills, in the centre of the huge site. We walked in sunshine along narrow paths bounded by tall hedgerows, noticing every so often a wooden gate nestling amongst the foliage and leading to one of the plots (we tried to peep through!). Our first stop was the double plot owned by Angela and Mark, where we admired the range of vegetables and fruit, the wonderful "homestead" (complete with home-on-the-range porch) with walls made from used 'For Sale' boards, solar panels connected to a battery and bottled gas for tea-making, etc. Recycling and resourcefulness par excellence! We were intrigued by a deep well that had been found during work on the plot - the water has to be tested before it can be used.

Our next stop was at the Heritage Gardens ("Oliver's Plot"), a beautiful area laid out a few years ago (following long-term ownership by a Mr Oliver) and encompassing different styles and eras (eg, Victorian formal). The small summerhouse contained a room complete with Victorian stove, fittings and furniture. Lottery funding has provided for repairs to the mechanism of the splendid Victorian greenhouse.

The nineteenth century ethos for the allotments was: Peace, Privacy, and Pleasure - and long may these ideas reign! We had a wonderful afternoon exploring part of this amazing site.

In the past weeks the group have also had a visits to peoples homes. At Linda and Keith's we had a tour round the garden, with its thriving plants and picturesque layout, and were then seated indoors to enjoy a cream tea, and music by Keith. Thanks and appreciation from all of us to Linda and Keith (contributions were accepted for the Bluebell Wood Children's Hospice - £50 in all!).

At Andrew and Helen's we found the garden to be beautiful, both front and back, thoughtfully laid out and with plenty of colour and a great variety of interesting plants (names were asked for and duly noted). We enjoyed tea, cake and biscuits in the sunshine. Many thanks to Andrew and Helen for their warm welcome and generosity. I think we all went away with ideas for the future

Kay

Local History

Group Leader: Pauline Marples .

3rd Thursday 2.15pm - Flint Avenue Centre



This month we just had a general discussion session on aspects of local history. Jenny brought along what appeared to be a carved walking stick, but was in fact a deputy's stick which once belonged to someone who had worked at Clipstone Colliery. The top of the stick can be seen in the photo. A deputy's stick was something most of were not aware of and Julie used the internet on her phone to discover more.

As Flint Avenue now has wifi this enabled some of us to use our tablets to look up other items of

research.

Next meeting Thursday 20th October 2. 15pm, please do not arrive too early as a non U3A group uses the room until 2pm

Music - 60's Appreciation

Group Leader: Keith Bancroft

1st Friday Meet Forest Town Arena 2-4pm

This U3A group goes from strength to strength and if it keeps expanding we will need the big hall. We had another good attendance



and welcomed several newcomers. We altered the format slightly this month as all members received a free raffle ticket on entry with 6 prizes on offer i.e. 5 c.d's and a box of chocs .

Members were asked to bring a record or c.d. that meant a lot to them which was very well supported. They were handed a microphone and we had a mixture of sad and also happy tales.

This was followed by our 60's quiz with all the answers containing a boy's name and then the raffle draw.

Rave On welcomed back Tony on drums and played a short session in which we had quite a bit of audience participation joining in singing with us. This has given us the idea to do a session of sing-song numbers in the near future so the "60's Choir" can join in again. We all had a great afternoon and look forward to seeing you all again next time.

Chris is organising the October meeting as I am not available and the theme this month is "The Mersey Sound". Please bring along your favourite tracks from this period. Chris is also going to perform some songs with his acoustic guitar and is hoping for help from " The 60's Choir " again.

Keith

Painting and Drawing

Group Leader: Christine Cawthorne .

4th Thursday 2-4pm - Sherwood Centre, Stuart Ave.

The first meeting took place on the 22nd September at the Sherwood Centre, bottom of Stuart Avenue, Forest Town. New members are still welcome - from non-painters to the more experienced. Come and join us YOU may be a budding Monet!



Petanque

Group Leader: Steve Evans

**4th Wednesday of the month
2pm Titchfield Park**

Play Reading

Group Leader: Kath Wolstoneholme

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

Rambling

Group Leader: **Alan Radford**

Rambles from 7 miles up to 9 miles on the 1st and 3rd
Wednesdays of each month.



Ramblers at Goyts Bridge

On 7th September Georganne led eight of us on a very hot day on a ramble from Bunsal Cob in the Goyt Valley. Starting off along Errwood Reservoir and up to the ruins of Errwood Hall, we continued to the rebuilt Goyts Bridge for a drink stop before passing over the moorland of Goyts Moss and on to the hillside looking down on Burbage for our lunch. There was plenty of colour on the day, with the reservoir a lovely blue and heather still out in places. Unfortunately our chosen place for refreshments afterwards was unexpectedly closed - we nearly died of thirst before finding an alternative!

Andy Riby led our next ramble on 21st September from Ogston Reservoir through Handley and Woodhead. It was still a little hazy in the distance at first, marring some of the earliest views over the countryside, but this had cleared by 11 am leaving us with marvellous views. Continuing to Farhill and Fabrick Rock and more excellent views, we then descended to Ashover through the tunnel under the grounds of Eastwood Grange. We made the climb to Cocking Tor quarry for a lunch stop, then returned via Ravensnest, the very attractive Raven House, and the northern part of the reservoir. As a reward to our ramblers there were blackberries galore and various other fruits along the route too. We ended a really enjoyable day with drinks/cuppas at the Black Swan in Ashover. So many different types of countryside were covered today, it was amazing.

Thank you Georganne and Andy, two more really excellent days out!

Our next rambles: Weds 19th Oct, Low Bradfield and Dale Dyke Reservoir (8½ m); Weds 2nd Nov, Woodhouse Eaves and Bradgate Country Park,

(hopefully with the deer, 8¼m); 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

Short Walks

Group Leader: **Marlene Mee**

2nd Tuesday 10.30am.

Meet Various Locations



Strollers

Group Leader: **Denise Doud**

Meet 3rd Friday 10am

Ten Pin Bowling

Group Leader: **Gordon Chapman**

Meet 2nd Tuesday 2pm

Mansfield Superbowl 2000.

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

Each member brought along some of their family history research to share discoveries and frustration with everyone. The next meeting will be on Monday October 17th when we will be looking at Census Returns.

Malcolm

Woodworking (Toys)

Group Leader: **Joseph Bell**

PHOTO BOOKS - THANK YOU

Some of you will be aware that Marian Batt who ran this group has been unable to lead the group for sometime now due to ill health.

Marian would like to say **THANK YOU** to everyone for all the kind messages she has received, and is still receiving.

Some members of the group still meet to practise what Marian taught them but cannot open it up to new members at this moment in time.

LOOKING AHEAD

NOVEMBER MEETING

Thursday November 3rd 1.45pm
St Alban's Church

As November is a time when many people attend services of Remembrance it is appropriate that

Pauline & Malcolm Marples will give an illustrated talk about

The Mansfield Area & Clipstone Camp in WW1

Horses, Belgian refugees and the impact one of the largest training camps in the country had on the Mansfield area are features of this talk. While local men enlisted and moved away, an even greater number of soldiers moved into the area to live and train at Clipstone Camp

The camp and the integration of thousands of soldiers into the area brought additional spending power into the locality and quick thinking entrepreneurs took advantage of this. The social implications of the camp were many. Local people and organisations became involved in the moral welfare of the soldiers. Alternatively the moral welfare of young girls were a concern and some 'ladies' were banned from the vicinity of the camp.

Beds in the hospital were needed for war wounded. Schools and local women became involved in events to raise funds and equipment for those participating in the war. However for communities of Mansfield, the camp played a significant part in the people's war.

DATES TO NOTE IN YOUR DIARY

MAIN MEETINGS in St Alban's Church 1.45pm

Thursday 6th Oct Speaker - Action For Hearing Loss
Plus crafts/hobbies & birthday celebrations.

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

Thursday 2nd Mar Changing Lives Through Fairtrade

OUR U3A and COMMUNITY INVOLVEMENT

One of our members has offered help to Cllr Mick Barton with the garden at the Flint Avenue Centre. There may also be the opportunity to help with bulb planting down Old Mill Lane - watch this space.

Looking Forwards by Looking Back with Abbey Primary School & Forest Town Heritage Group

Four members of our U3A accompanied staff and children on a visit to Clumber Park Walled Garden at the beginning of September. It was a rewarding outing in which we all learnt something - especially about 'worms'.

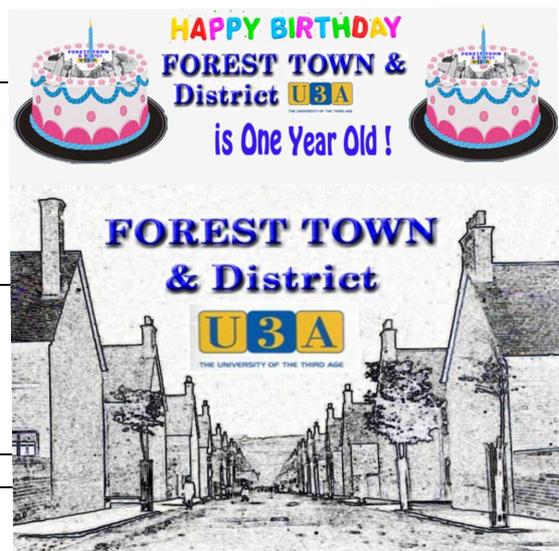
In October some of our members will be going to the Nottinghamshire Archives with staff and children, where we hope to learn more about documents relating to the original Sherwood Hall.

This is all part of the project for which - 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. There are many 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 or Pauline Marples, contact details on Committee list below.

November NEWSLETTER Deadline

Please send your reports, photos etc to pauline@mp-marples.co.uk by the **20th October sooner if possible**



| Forest Town U3A Executive Committee | |
|--|-------------------|
| Committee Position | Name |
| Chairman & Treas Asst | Mike King |
| V/Chair & Speaker Sec | Susan Wright |
| Business Secretary | Jennifer Wright |
| Treasurer | Lynne Cooper |
| Groups Co-ordinator | Denise Doud |
| Asst Groups Co-ord. | Ann Stanford |
| Membership Sec | Kath Wolstonholme |
| Newsletter Editor | Pauline Marples |
| Website Editor | Bob Hunt |
| Joint Social Secretary | Marlene Mee |
| Committee Member | Sue Cox |
| Joint Social Secretary | Denise Whitsed |