



'MIKES MUSINGS'

Welcome to our July edition of the Newsletter. Please let us have your comments and suggestions on the content and format; though we believe it is already an excellent publication it might be possible to improve it further and any input from you, our members, will be welcome.

Following our June meeting our membership now stands at 199. We still have capacity to increase our membership and as we know 'word of mouth' is always the best source of communication, so if you have friends you may think would enjoy our U3A, invite them along.

What a month it has been, awful terrorists' attacks and the fire in London following on from the uncertainty left by the election. Conversely, we have had the most wonderful Summer weather which I am sure you have all enjoyed (though maybe a little too hot on occasion!). As I write this I am looking forward to going to see Tom Jones at Sherwood Pines so I hope the weather holds.

I.C.E. Cards - In Case of an Emergency At the June meeting I announced that we had printed these cards and we started to distribute them. Some of you may hold I.C.E. cards or be aware of them. It is a card that holds contact numbers, details of any allergies and possibly of medication, which can be used as a source of information in the event of an emergency. We have purchased a card for each of our members which will be of particular use if you are out and about with the U3A but obviously can be held by you at all times. We want to make sure that as much as possible our members are kept safe and this is one way we believe that we can support members. The cards will continue to be available for you at our main meetings.

Interest Groups We have had a suggestion for a 'National Trust Group'. As its name implies the idea

would be to visit National Trust properties together that are of interest to members. If you are interested in this idea please advise either Ann Stanford or Jane Atkins, our Group Coordinator and Assistant.

If you have any ideas for other interest groups, however weird and wonderful let Ann & Jane know; if you are interested in a subject or activity it is very likely that some other members will be also.

Mike King Chairman

OUR JULY MEETING

Thursday 6th July in St Alban's Church

- Please sign in.
- Visit the membership and Group tables.

1.45pm Welcome by Mike our Chairman

Followed by our guest speaker

Mike Newbold

who will tell us about

'My Extra Life (as a TV extra)'

Mike has been a television extra for 12 years and encountered some interesting and strange people. He will tell us about the rules and regulations, the pitfalls, the jargon, pay and his experiences.

- Tea/coffee break.
- Another opportunity to discover what Groups are available, chat to the leaders and other members.
- Look at the Display Boards
- Book on trips/outings
- Chairman's and other notices



Some of your Group Leaders,
Jane Atkins, Anne Stanford, Kath Wolstenholme, Celia Tassle, Steve Evans, Malcolm Marples, Keith Bancroft, Marilyn Redfern, Bob Hunt, Marlene Mee
taken after a Group Leaders meeting
held on the 5th June

LOOKING BACK TO OUR JUNE MEETING

THE AGM

Our second Annual General meeting went quite smoothly, first Mike (Chairman) gave an interesting annual report, it is amazing how much progress our U3A has made in the past 12 months.

Then Lynne (Treasurer) enlightened us all on the groups finances making us all realise the hard work that goes into this - well done Lynne.

Mention was made of our need to raise funds to



purchase our own equipment such as a projector, screen etc. All the items we use at the moment are loaned by members.

Two new members were elected to the executive committee, Jane Atkins as Assistant Group Leader and Marylin Redfern as Assistant Treasurer

GROUP INFORMATION

A new innovation at our Main meetings is for a Group Leader to give information on what a particular group does, this time it was my turn to reveal something about our **Local History Group**.

First I mentioned the venue, Flint Avenue Centre which is ideal for our purpose and also has good tea making facilities. Then told of how over the past 18 months we have looked at many aspects of local history, which could be related to Forest Town, Clipstone, Mansfield or much further a field. This could involve people, buildings, and how places have developed or changed over time.

We do this using photographs, maps, documents, personal knowledge, books etc. As a Group Leader I am not there to entertain but to encourage everyone to participate and enjoy discovering about places and people that are around them.

As an example I asked how many people had considered the history immediately around them in St Alban's Church and Churchyard. We were all surrounded by 106 years of history and without any documents we can discover names on brass plaques and artefacts that will tell us of people and events - all part of local history. People were further encouraged to do this before they went home - I wonder how many did?

Pauline Marples

OUR SPEAKER



Bob Massey, our speaker took history a little further and warned us when looking at the past to be aware of the rules and social history of the time in order to understand procedures. Things that were accepted in the past were often very different to those of today. He mentioned the army was recruited from prisons for the Battle of Cressy in 1346.

We heard that in the 18th century a young lad named Robin Down earned money playing his flute, Robin had, what is now referred to as learning difficulties and was often taunted by others. This resulted in one of them being stabbed, for which Robin was tried in Nottingham. A judge had tried to prove he was not insane and offered two coins, one of silver and the other of gold. Robin took the gold coin which shone the brightest, and the judge then claimed that he knew the value of money and was therefore sane. He was hung.

Bob told us that in the 18th century single women who became pregnant were classed as unsound!

Many of us were aware that young children often worked and died in the Mills but to discover that in 1793 the biggest Mill in Arnold employed 2,000 people and that half of that number were children really made us shudder. As did in later years the taking of post mortem photographs. It was done as a way to hold on to visual memories of the dear departed.

These were just some of the snippets from a very interesting talk.

NEW - BOOK EXCHANGE

Bring a book you would like to share with other members to the main meeting and exchange it for one on Sue's table.

It is a way of trying a new author or recommending one to others.

It proved very popular at the last meeting.

OUTINGS AND EVENTS

National Arboretum 24th July £36 Deposit £10

Only 10 places left

Includes return coach travel, arrival in time for the Daily Act of Remembrance. Two course lunch (main and dessert). Land Train with pre-recorded commentary.

Llangollan Canal Wed 6th Sept. *FULL*

Thursford 28th/29th November - 2 day trip to The Thursford Christmas Show staying overnight at Caley Hall Hotel, Old Hunstanton, *FULL*

2018 Keukenhof & Amsterdam

8th April 5 days from £420 *BOOK EARLY!*

Keukenhof Tulip Fields staying @ Golden Tulip West-end Hotel Helmonde, 4 star hotel!, continental breakfast, 3 course evening meal, 5 days 4 nights now confirmed @ £420 single supp £120 deposits required.

Please call Denise on 07791941502

or email deewhits@aol.com

asap as deposits are required.

To avoid disappointment please remember to bring your diary, cash or cheque book to the meetings to pay a deposit and book your place.

Make Cheques payable to SKILLS

MORE ABOUT THE NATIONAL ARBORETUM

Just 10 places left on the trip

Additional to the many memorials around the site the landscaped area has around 30,000 trees. Many of the trees are dedicated to an individual person or there are specific woodlands in memory of victims of a road accident, or of children remembered by parents.

One area we recall is called 'The Beat', an avenue of trees funded by every Police Force in the UK. Some of the trees are chestnuts and these were chosen as the first truncheons were made from this wood.



Many of the memorials make you want to go away and look up the people/events in history, such as the one to :-

SOE Violette SZabo GC executed at Ravensbruck

For those of you interested in the RAF there is a magnificent stainless steel eagle erected in the RAF Association Memorial Garden which was unveiled in September 2009. The eagle is made of around 1,000



hand forged feathers and was made at Anwick, near Sleaford Lincs

Pauline & Malcolm

LUCKY U3A MEMBER

WINS TICKETS FOR BURGHLEY HOUSE CONCERT

On reading TAM magazine issue (issue 26) I arrived at the competitions on page 51 so not thinking I would ever win I entered 4 of them, what had I got to lose?

Then a few weeks ago when I opened my e-mails there was a message from Emma at U3A head office congratulating me on winning 2 tickets to attend the Battle of the Proms concert at Burghley House Stamford in July, gosh what a surprise and honour. I have e-mailed Emma with my thanks and acceptance.

On downloading the programme my husband Steven and I are going to have an exciting day as beside the music we will be entertained by a cavalry display, parachutists, cannon fire, Spitfire display and a firework finale. I will send a report of my experience of the actual day after the event.

Jackie Evans

ON YOUR BIKE - U3A AND THE COMMUNITY

As stage 4 of the Tour of Britain will start in Mansfield on September 6th. Malcolm and I have been asked by Mansfield Museum to produce a cycling display for them, which will be on for at least one month.

U3A members may be able to help as we are sure some of you will have enjoyed riding on two wheels at some time. If any of you have any cycling photos of any type or description, local or otherwise we would be interested to see these. Do speak to us at the main meeting or contact us on 01623 431783 or via email - pauline@mp-marples.co.uk.

Pauline Marples

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	Gardening	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 Lunch Club	Local History	Strollers
4 th		Play Reading	Petanque	Painting & Drawing	Bridge for Beginners

Bird Watching

Group Leader: Lynne Cooper

Meet 2nd Thursday of the month

Contact 01623 652430

Email lynnecoopernotts@hotmail.co.uk

After having to cancel our trip to Bampton Cliffs due to severe weather warnings, we did manage to pull in a visit before the end of the month. This location is on the East coast of Yorkshire coast close to Bridlington.

What an amazing sight it was to see thousands of birds perched on the cliff face or poking their heads out of burrows - Puffins, Gannets, Guillemots, Razor Bills, Kittiwakes and Fulmars. However, would you believe it, we had been there less than an hour when a sea fret came in, accompanied by rain and so we had to retreat to the visitor centre.

This seemed to be setting in for the day, so we made the decision to set off and call in at Blacktoft Sands, another RSPB reserve in the Goole area. We are so glad that we did, as we had some wonderful sightings of several Marsh Harriers as well as numerous ducks, geese and waders like Avocets. All In all, a very enjoyable day.

Lynne Cooper

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



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

Computer and IT Skills

Group Leader: Bob Hunt

Meet Prince Charles Public House, Forest Town

Group 1 - 1st Tuesday 2 - 4pm.

Group 2 - 3rd Thursday 2 - 4pm

4/5 people per session

Email bukw90@gmail.com

Craft

Group Leader: Jane Freeman

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

Contact 01623 624003

Email jam.freeman@btinternet.com

This month's meeting began in a very lively fashion, with lot of subliminal discussions on the General Election results, without actually mentioning it in too much depth, since we were of the majority opinion that there will soon be Yet Another one to contend with, date to be "announced", as they say.

Whilst working on a variety of projects which included many on-going items such as ; intricate table cloth embroidery, bobbin lace book marks (Very intricate!), a knitted stuffed donkey, owl mittens, and the most recent theme of knitted and crocheted poppies in readiness for the Yarn Bombing in Mansfield to commemorate Remembrance Day, we discussed the new Conservative MP for Mansfield, and how well he would fit in with the fiercely traditional entrenched attitudes of the area, especially in regard to his age and relative inexperience.



We spoke of friendships, how to sustain and nurture existing ones, and create new ones, especially when a newcomer to an area. We felt there was a need to get over the Great British Reserve when meeting new

people, and try to be more “continental” in our approach. How long/far did one persist when encountering a new person before our overtures of “would you like to meet up for coffee?” (we do not mention Tea!) were rebuffed or fobbed off?

A new idea was suggested for next month’s meeting on 10th July, of ribbon weaving, with the intention of making small pictures or greeting cards. So, ladies, rummage around in your work baskets and bags of 'useful items' at the back of the cupboard, for lengths of ribbons to bring to the next session.

Jane

Current Affairs

Group Leader: Desley O'Leary
2nd Wednesday 10am -12noon
Contact 01623 421642

Gardening

Group Leaders: Angelina Taylor & Molly Bramley.
2nd Tuesday 10-12noon - Forest Town Arena
Contact Angleina 01623 622871
Molly 01623 635051



Our Gardening Group outing this month found us travelling by minibus to Cascades Gardens, Matlock. Twelve of us enjoyed a wander round this pretty garden, with its ancient mill stream, arches, pergolas, classical statues and backdrop of grey-stone cliffs.

From this venue our bus braved the steep inclines and sharp turns of the narrow lanes (hilarity ensuing as the poor bus shuddered and groaned on its way!) that took us to Matlock Garden Centre. The scenery en route was stunning and delighted us all.

However, our adventures were not quite over, as some of us had just sat down for lunch at the garden centre cafe when the fire alarm went off! After a hasty exodus to safety we were allowed to return to finish and enjoy our lunch. As plant and flower purchases were packed into the bus, we all agreed that we had had an adventurous and delightful day, not according to plan, but successful nonetheless.

Next month Ann, one of our members, has kindly invited us to her home to view her garden (enquiries to Angelina).

Kay

Local History

Group Leader: Pauline Marples .
3rd Thursday 2.15pm - Flint Avenue Centre
Contact 01623 431783
Email pauline.mp-marples.co.uk

Unfortunately our June meeting had to be cancelled.

Lunch Club

Group Leader: Denise Whitsed
3rd Wednesday
Contact deewhits@aol.com



In June the lunch group went to Launay's a 16th century cottage and orangery and enjoyed an Anglo French menu. This included meals of Moules and Frites, Game Pie, Trout, Skegness Blue Quiche. The food, venue, and the service were excellent. The next Lunch Club is July 19th. 12 o'clock at Little John, Ravenshead. For more information contact Denise via e.mail or at the next meeting.

Marlene

Music - 60's Appreciation

Group Leader: Keith Bancroft
1st Friday Meet Forest Town Arena 2-4pm
Contact 01623 618099
Email keithbcroft@gmail.com

The attendance for the June session was down slightly but considering it was a wet day and a bank holiday week it was still very good. We had our usual features which included guessing the intro's from a selection of 60's songs followed by our free member's raffle which again had some good prizes. This month's quiz was compiled by drummer John which had us all scratching our heads. Geoff West has kindly offered to do the quiz for July. The afternoon was finished off with a session by Rave On who

played a few of their new songs which also included Chris on vocal accompaniment. Watch this space.

Finally if anyone is interested in purchasing a record player I have one for sale. It is a 50's style retro which also includes c.d. and cassette player and a radio. I will bring it to the July meeting for anyone to view and try. It is in immaculate condition and is on offer for £75 which is half of the original purchase price.

Keith

Painting and Drawing

Group Leader: Christine Cawthorne .

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

Contact 01623 658171

Petanque

Group Leader: Steve Evans

4th Wednesday of the month

11am - 3pm Carr Bank

Contact 01623 470282

or 07806697754

Email steve.jackie84@ntlworld.com

Play Reading

Group Leader: Kath Wolstenholme

4th Tuesday 1pm - 2.30pm

Meet Sherwood Room Forest Town Arena,

Contact 01623 617194

Email - krazy.kath@hotmail.co.uk

Summer Recess , it will restart in the Autumn

Rambling

Group Leader: Andrew Riby

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

Contact Andrew Riby 01623 656958

mobile 07833 543705

Email ribya@imgroup.co.uk



Views of Derwent Valley from Jug Hole Wood

Carol led our walk on 7th June on an 8 mile walk from Darley Bridge on a fine blustery day. A wooded path

brought us to Wensley after which we climbed steadily through pasture land gaining distant views of Chatsworth and Riber Castle. We arrived in Bonsall in time for lunch in the park. The village has a long history of lead mining, and we shortly came across a huge cavern created by one of these mines in Jughole Wood.

The descent to Snitterton Hall, a picturesque late medieval manor house, was in strong sunshine through pretty hay meadows adorned with buttercups which afforded magnificent vistas over the Derwent Valley before heading back via the village of Oker.

Our 21st June walk from the village of Flash in Staffordshire was led by Rita in hazy sunshine on a hot day. Flash is the highest recognised village in the UK at 1,519 feet above sea level which kept the temperature down to a manageable mid-20s centigrade.

We climbed even higher out of the village to cross the aptly named Wolf Edge with its jagged gritstone boulders sticking upright like wolves' teeth. Curlew and lapwing calls accompanied us across the moor as we headed to the disused Dane Bower sandstone quarry. From here we headed down the scenic Dane Valley to our lunch stop at the Three Shires Head, with its packhorse bridge and waterfalls. The path back to Flash afforded panoramic views of The Roaches in Staffordshire and Shutlingsloe, a hill called the Matterhorn of Cheshire due to its distinctive shape.

Our next rambles: 5th July: Clough Wood and Stanton Moor from Rowsley (7¾ miles). 19th July: Chatsworth and River Derwent from Bakewell (8½ miles). 2nd August: Linear walk from Edale down Hope Valley to Hope (7½ miles). Meet at the Arena car park to arrange lift sharing and departing at 08:40 am. New members always welcome.

Andy

Scrabble & Rummikub

Group Leader: Celia Tassle

3rd Monday 2pm Forest Town Arena

Contact 01623 627905

Strollers/ Short Walks

Group Leader: (Temporary) Marlene Mee

Meet 3rd Friday 10am

Contact 01623 409072

Email Marlene.mee1@virginmedia.com

The group has no set mileage and walk around 1 - 1½ hours depending on who comes on the walks.

Table Tennis

Group Leader: Marilyn Redfern

**Meet - At leaders home 1st Tuesday
10-30- 12.30**

Contact 01623 646547

Email mjrfern@gmail.com

This is going well and the numbers are growing, a lot of fun is had by everyone as it is not taken too seriously. Marilyn has even written a poem about it, read on:-

*We need to get in shape and keep the brain alert
Keep the body moving, not lazy and inert
What better way to keep us fit,
it surely can't be wrong
To gather round the table
for an hour of fun ping pong.*

*We have a group that's keen,
with different skills and strengths
To get the ball across we'll go to any lengths
We duck and dive and fling our arms,
laughing as we go
As the ball eludes our paddles, whether high or low.*

*Some can spot it coming, returning with precision
But most of us will fail, full of indecision
But if we're not the greatest
we'll certainly keep trying
The benefits are great
(and fun there's no denying)*

*So come and join us if you dare,
Take the challenge, come and share
Try something new, or just improve
Join our group 'we're on the move'*

Marilyn Redfern

Ten Pin Bowling

Group Leader: Gordon Chapman

**Meet 2nd Thursday 2pm
Mansfield Superbowl 2000.**

Contact 01623 620012

Email mary@chapman7586.fslife.co.uk



No words just a photo of Happy 'Ten Pin Bowlers'

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

It was a smaller than usual group who turned up this month, despite the sweltering heat, as several members were on holiday. Jenny brought along a family history she'd traced from some notes found in the fly leaves of an old book purchased by her grandfather.

Over the years there had been much speculation about whether there was any truth to the notes as the writer claimed that her brother had been murdered around 1875, 'tied down and eaten by wild animals, bears or wolves while others looked on laughing'. She also said that she had been taken against her will to The Priory Mental Asylum in March 1896 and signed herself 'Lady of the Manor'.

It transpired that some of the notes were true, although not all and the tale of this family was very sad. There were 8 children, and yes, they were minor nobility and certainly lived the life of the Victorian upper class. Only two married, a sister and brother, the brother lived for 7 years after his marriage and his much younger wife ended her life in a lunatic asylum in Edinburgh. Three of the siblings were committed to lunatic asylums, including the author of the notes and the brother mentioned above, he was serving in India prior to his incarceration so although not killed as described, did something happen there that led to his mental decline? All three spent the remainder of their lives, ranging from 19 to 22 years in various mental institutions.

The Priory, where Evie was taken to is the one existing today where celebrities go to dry out, come off drugs etc.

The rest of the session was given over to chatting about the merits of various Archives and our searches for homes our families had lived in, or lack of them due to modernisation, so frustrating for the family historian to visit an area and find it's all changed!

One amusing story came from this though about a home in Yorkshire that had the usual outside toilet at the bottom of the garden. There was a noise one day and on investigating, the occupants found that their 'outhouse' had descended into the allotment below; luckily, no one was in it at the time!

Jenny

* * * * *

FROM COMPUTER BOB

How to rename photographs (Windows)



To rename one photograph open the folder containing the photograph, right click on the photograph to select it and in the context menu that appears left click on 'Rename', the name of the photograph will be highlighted in blue, type in the new name and left click, if there is already a photograph with that name in the folder you will be asked if you want to rename it with a sequential number.

If you want to rename all the photographs in the folder with the same name, (that wonderful week in Skegness for instance) press Ctrl+A to select them all, put your cursor on the first one in the sequence, right click on it and in the context menu left click on 'Rename', type in the name you want and all the photographs will be given the same name with a sequential number.

You might want to select a number of photographs that don't run in sequence in your folder, to select them hold down the CTRL button and left click on each photograph to highlight it, you can then rename them as above.

This method can also be used with document files.

To find your Pictures and Document folders press the Windows+E key to open file explorer.

BEWARE, the 'Delete' option is just above the 'Rename' option in the context menu, it is easy to click on this in error, (I speak from experience), don't despair your photograph will be in the Recycle Bin, open the Recycle Bin, find your photograph, right click on it and left click on 'Restore'.

Bob.

<https://u3asites.org.uk/forest-town/home>.

*Discover more information and photos
on our web site*

MEMBERSHIP

1st APRIL 2017 - 31st MARCH 2018

The membership fee for 12 months is £18 or £14.50 if you pay full membership to another U3A, in this case please bring with you the membership card of the U3A where you are a full member.

If you are unable to attend the main meeting to enrol please post to

**Forest Town & District U3A
12 Kingsthorpe Close, Forest Town,
Mansfield NG19 0PD**

*Make cheques payable to
Forest Town & District U3A*

If there is some reason you cannot do either of these and want to be a member contact
Kath Wolstenholme, Membership Secretary.

01623 617194

ftanddu3amembership@hotmail.com

FUTURE MAIN MEETINGS in St Alban's Church

Thursday 6 th July	My extra life (as a TV extra)
Thursday 3 rd Aug	Canine Partners
Thursday 7 th Sep	Legal Information
Thursday 5 th Oct	Vision Aid Overseas
Thursday 2 nd Nov	The History of Hodsock Priory
Thursday 7 th Dec	Christmas Activities

OUR U3A CHRISTMAS DINNER

Friday 15th December 1pm at The South Forest,
Edwinstowe. 3 courses £16.50
Bookings from the July Meeting onwards.

NEXT NEWSLETTER DEADLINE 20th July

Forest Town U3A Executive Committee /Contacts

Committee Position	Name	Phone number	Email
Chairman	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
Assist Treasurer	Marilyn Redfern	01623 646547	mjrfern@gmail.com
Groups Co-ordinator	Ann Stanford	01623 641864	annstanford1@sky.com
Assist. Group Co-ordinator	Jane Atkins	01623 453118	j.e.atkins60@gmail.com
Membership Sec	Kath Wolstenholme	01623 617194	ftanddu3amembership@hotmail.com
Website Editor/Assist Memb Sec.	Bob Hunt		foresttownu3a@outlook.com
Joint Social Secretary	Marlene Mee	01623 409072	Marlene.mee1@virginmedia.com
Joint Social Secretary	Denise Whitsed		deewhits@aol.com
Newsletter Editor	Pauline Marples	01623 431783	pauline@mp-marples.co.uk