



### '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 - 1 --

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 6<sup>th</sup> 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 5<sup>th</sup> 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 18<sup>th</sup> 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 18<sup>th</sup> 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 24<sup>th</sup> 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 6<sup>th</sup> Sept.** *FULL*

**Thursford 28<sup>th</sup>/29<sup>th</sup> 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](mailto: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 Viollette 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 6<sup>th</sup>. 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](mailto:pauline@mp-marples.co.uk).

*Pauline Marples*

# INTEREST GROUPS & LATEST REPORTS

## GROUP MEETINGS AT A GLANCE

|                 | Monday  | Tuesday                             | Wednesday              | Thursday                         | Friday                   |
|-----------------|---|-------------------------------------|------------------------|----------------------------------|--------------------------|
| 1 <sup>st</sup> |   | Computer & IT Skills-1              | Rambling               | <b>MAIN MEETING</b>              | Music - 60s Appreciation |
| 2 <sup>nd</sup> | Craft   | Gardening                           | Current Affairs        | Bird Watching<br>Ten Pin Bowling | Bridge for Beginners     |
| 3 <sup>rd</sup> | Scrabble & Rummikub<br>Trace Your Family<br>History | Computer & IT Skills-2<br>Book Club | Rambling<br>Lunch Club | Local History                    | Strollers                |
| 4 <sup>th</sup> |   | Play Reading                        | Petanque               | Painting & Drawing               | Bridge for Beginners     |

### Bird Watching

Group Leader: *Lynne Cooper*

Meet 2<sup>nd</sup> Thursday of the month

After having to cancel our trip to Bempton 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 3<sup>rd</sup> Tuesday of the month  
2.05pm - 3.05pm at Forest Town  
Library.



### Bridge for Beginners

Group Leader: *Steve Evans*

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

### Computer and IT Skills

Group Leader: *Bob Hunt*

Meet Prince Charles Public House, Forest Town

Group 1 - 1<sup>st</sup> Tuesday 2 - 4pm.

Group 2 - 3<sup>rd</sup> Thursday 2 - 4pm

4/5 people per session

### Craft

Group Leader: *Jane Freeman*

2<sup>nd</sup> Monday 2pm - 4pm Meet Forest Town Arena

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 10<sup>th</sup> 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*

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### Current Affairs

**Group Leader: Desley O'Leary**  
**2<sup>nd</sup> Wednesday 10am -12noon**

### Gardening

**Group Leaders: Angelina Taylor & Molly Bramley.**  
**2<sup>nd</sup> Tuesday 10-12noon - Forest Town Arena**



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 .**  
**3<sup>rd</sup> Thursday 2.15pm - Flint Avenue Centre**

Unfortunately our June meeting had to be cancelled.

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### Lunch Club

**Group Leader: Denise Whitsed**  
**3<sup>rd</sup> Wednesday**



In June the lunch group went to Launay’s a 16<sup>th</sup> 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 1<sup>st</sup> 12 o clock at Little John, Ravenshead. For more information contact Denise via e.mail or at the next meeting.

*Marlene*

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### Music - 60's Appreciation

**Group Leader: Keith Bancroft**  
**1<sup>st</sup> Friday Meet Forest Town Arena 2-4pm**

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 months 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 .**  
**4<sup>th</sup> Thursday 2-4pm - Sherwood Centre, Stuart Ave.**

### Petanque

**Group Leader: Steve Evans**  
**4<sup>th</sup> Wednesday of the month**  
**11am - 3pm Carr Bank**

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### Play Reading

**Group Leader: Kath Wolstenholme**  
**4<sup>th</sup> Tuesday 1pm - 2.30pm**  
**Meet Sherwood Room Forest Town Arena,**  
*Summer Recess , it will restart in the Autumn*

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### Rambling

**Group Leader: Andrew Riby**  
**Rambles from 7 miles up to 9 miles on the 1<sup>st</sup> and 3<sup>rd</sup>**  
**Wednesday of each month.**



*Views of Derwent Valley from Jug Hole Wood*

Carol led our walk on 7<sup>th</sup> 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:** 5<sup>th</sup> July: Clough Wood and Stanton Moor from Rowsley (7¾ miles). 19th July: Chatsworth and River Derwent from Bakewell (8½ miles). 2<sup>nd</sup> 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**  
**3<sup>rd</sup> Monday 2pm Forest Town Arena**

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### Strollers/ Short Walks

**Group Leader: (Temporary) Marlene Mee**  
**Meet 3<sup>rd</sup> Friday 10am**

The group has no set mileage and walk around 1 - 1¼ hours depending on who comes on the walks.

## Table Tennis

**Group Leader: Marilyn Redfern**

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

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 2<sup>nd</sup> Thursday 2pm  
Mansfield Superbowl 2000.**



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

## Trace Your Family History

**Group Leader: Malcolm Marples**

**Meet 2.30pm 3<sup>rd</sup> Monday - Flint Avenue Centre**

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*

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## 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

#### Forest Town U3A Executive Committee

| Committee Position             | Name              |
|--------------------------------|-------------------|
| Chairman                       | Mike King         |
| V/Chair & Speaker Sec          | Susan Wright      |
| Business Secretary             | Jennifer Wright   |
| Treasurer                      | Lynne Cooper      |
| Assist Treasurer               | Marilyn Redfern   |
| Groups Co-ordinator            | Ann Stanford      |
| Assist. Group Co-ordinator     | Jane Atkins       |
| Membership Sec                 | Kath Wolstenholme |
| Website Editor/Assist Memb Sec | Bob Hunt          |
| Joint Social Secretary         | Marlene Mee       |
| Joint Social Secretary         | Denise Whitsed    |
| Newsletter Editor              | Pauline Marples   |

## MEMBERSHIP

1<sup>st</sup> APRIL 2017 - 31<sup>st</sup> 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](mailto:ftanddu3amembership@hotmail.com)

## FUTURE MAIN MEETINGS in St Alban's Church

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

### OUR U3A CHRISTMAS DINNER

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

**NEXT NEWSLETTER DEADLINE**  
**20th July**



The Avenues today