



NEWSLETTER Issue 23 September 2017

'MIKES MUSINGS'

Membership

Twenty one people joined at the August meeting that takes our membership to 229 which is fantastic having grown from about 123 when we started less than two years ago.

However as indicated in my last report we now have a challenge that some other local U3A's have in that we are reaching the point where we must consider whether we can accept more members. We are restricted at our monthly meetings by the number we are allowed in St Albans to comply with Fire Regulations.

We have monitored attendance since we started and calculated the number of members attending as a percentage of our overall membership, as we are aware that for whatever reason everyone does not attend all the monthly meetings.

Though we were advised when establishing our U3A that waiting lists were not to be encouraged we believe that it makes sense to keep a record of people who might want to join us when vacancies arise and we will do that in the future when the maximum number is reached. We will monitor numbers and keep you advised of the situation in what is a continuing changing picture.

Fund Raising

As you are aware we are trying to raise funds to purchase our own projector and screen which we hope will improve the images when we have visiting speakers. We have had donations from local councillors and the promise of £500 from Mansfield Building Society and continue to look for other opportunities for grants. We are also raising money from raffles on some of the coach trips and will be doing so at the Xmas lunch. In addition, our first

specific fund-raising event will be a **coffee morning** which will be held on **Monday 9th October 10:00am** at the Sherwood Room at the Forest Town Arena. Tickets are £1 for coffee, biscuits, quiz and a chat, and will be on sale at the September and October monthly meetings.

New U3A A new U3A is being established in Warsop. The launch will be on Monday 9th October, 10:00am at the Tudor Barn, (next to the Parish Church). The Inaugural meeting will be at the same time and venue on Monday 13th November.

Mike King , Chairman.

OUR SEPTEMBER MEETING

Thursday 7th September 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**

Richard Howard of Fidler & Pepper Solicitors.

Who will give us a brief overview of Wills, Powers of Attorney, Care Fees and other things you might like to know more about'.

- 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

ENJOY THE MEETING

Please say hello to anyone you think may be new to our meeting.



The Strollers Group at Sutton Lawn

LOOKING BACK TO OUR AUGUST MEETING



Malcolm Wells MBE

I think Malcolm Wells was one of the fastest talking speakers we have had and he certainly had plenty to tell us about Canine Partners. He told us how young puppy dogs are trained to become assistant dogs to people with varying disabilities, and as such can change peoples lives.

The dogs adapt to the needs of the individual person, and help them to become independent. To quote from an article in 'Lets Go' the Canine Partners newsletter :-

Before having Faye [the dog] I was very shy and self-conscious. I would worry what other people thought of me, but now Faye has completely changed that. People actually talk to me now, rather than talking about me or just ignoring me...

She gets washing out of the machine, she gets the post for me and she picks things up from the floor. She also helps take my shoes and socks off, flushes the toilet, puts things in the bin and gets money out of the cash machine after I have entered my pin number.

This is just an example of what Malcolm told us and it was evident that he aroused the interest of our members because of the number of questions that were put to him at the end.

For more information see www.caninepartners.org.uk or contact Canine Partners, Mill Lane, Heyshott, West Sussex GU29 0ED

GROUP INFORMATION

PAINTING & DRAWING

Christine encouraged people to join their Art Group who met at the Stuart Avenue Centre, 4th Thursday of the month 2 - 4pm they have all the equipment you need so go along and have a go.

SCRABBLE

Celia reminded people that this group meets in the Arena on the 3rd Monday of the month 2 - 4pm, while RUMMIKUB which is a number based game is played at Celia's house. Contact Celia 01623 627905 for more information.

FUTURE MAIN MEETINGS in St Alban's Church

**Thursday 5th Oct
'Marathon de Sables'**

Chris Vasper shares his experiences of running The Marathon de Sables, a 100 mile footrace across the Moroccan Sahara desert. Carrying all the food and equipment needed to survive for 7 days as he runs across an unforgiving terrain and with temperatures that can reach 50 degrees, Chris also tells of the inspirational people he encountered.

Chris ran for 'Walking with the Wounded' raising funds for the charity that supports servicemen and women who have suffered serious injury and struggle with recovery, rebuilding their lives and returning to work.

Chris will be running The Marathon de Sables again in 2018!

**Thursday 2nd Nov
George Buchanan**
'Growing up at Hodssock Priory'

Thursday 7th Dec
Christmas Activities

Forest Town & District U3A

Fund Raising Coffee Morning
Monday 9th October 10am
Forest Town Arena

*Tickets £1 on sale at our
September and October Meeting*

OUTINGS AND EVENTS

***All holiday bookings only taken with a deposit.
To avoid disappointment please remember to bring
your diary, cash or cheque book to the meetings to
pay a deposit and book your place***

**FULL PAYMENT NEEDED at the September Meeting
for the THURSFORD TRIP. Cheques payable to SKILLS**

**8th April 2018 Keukenhof & Amsterdam
5 days from £420 - single supp. £120 deposit**

Staying at the 4-star Golden Tulip West-Ende Hotel Helmonde, which is housed in an elegant 19th century building in a prime location in the heart of Helmond city centre. It offers a cosy bar and an elegantly decorated restaurant. All bedrooms offer a range of comfortable rooms and suites, equipped with en suite facilities, free Wi-Fi and tea-coffee making facilities.

**2 singles and 8 twins
still available**

Please call Denise on 07791941502
or email deewhits@aol.com
for more information.

Discover more photos and information about
'Keukenhof the Garden of Europe' on
<https://en.wikipedia.org/wiki/Keukenhof>

HOLIDAYS & OUTINGS IN 2018

A holiday at POTTERS, a holiday resort in Norfolk -
is the **11th to 15th June** and is already nearly full.

To discover more please call Denise on
07791941502
or email deewhits@aol.com

OUR VISIT TO THE NATIONAL ARBORETUM - JULY

Thirty members, no stragglers, were greeted by our Joint Social Secretary Denise Whitsed at the Arena for our trip to the National Arboretum. The journey was only about one hour and when we arrived we had some free time for a coffee or visit to the shop. I took the opportunity to visit one or two of the memorials that were close by the Visitor Centre.

Most of us then congregated in the chapel for a short introductory talk by one of the many volunteers and a recording giving further details. This was followed by the playing of the Last Post, two minutes silence and the playing of the reveille. This was all made

more poignant as there was a family there who had come to remember their 28-year-old son who was killed in Afghanistan.

We then had time to visit some of the memorials. There are over 100 throughout the 150-acre site, mostly of a military nature but others for organisation such as the scout movement and Toc H. We then all came together for a very good three course lunch that was served to us in a private part of the restaurant area.

After lunch, we joined the Land Train for 45 minutes which gave us an over view of part of the arboretum. We then had further time to explore on our own and I took the opportunity to visit, amongst many others, the main cenotaph [The Wall] that lists all the names of all those who lost their lives in overseas conflicts.



Looking through one memorial to The Wall that lists the names of thousands of men and women of the armed forces who have died on duty since the end of WW2

The site is so large that there isn't the opportunity on one visit to see all the memorials and many of those who went on our visit said they would want to go again. The entire day was very interesting and thought provoking and had been excellently organised by Denise.

Mike

I have heard from a number of members just how much they enjoyed this visit, and want to go back again to see what they missed "one visit is not enough." However for one of our members it was a very special day - READ ON:-



Tommy on the right

The highlight of the trip to the National Arboretum for our U3A member Tommy Cooper was meeting up with an Army comrade he'd not seen in 70 years.

Tommy and Bill Daley were conscripted at 18 years of age into the Yorkshire and Lancashire Regiment. They met on Nottingham Railway Station on their way for training in Lincoln. After training Bill went to serve in Burma and Tommy went to Normandy shortly after D Day and was part of the push through France.

They never met again but kept in touch over the years by letter and phone and so it was an emotional meeting at the Arboretum. One of Tommy's medals is the Legion d'Honneur and one of Bill's is the Burma Star.

Tommy's friend and his wife were waiting for us on our arrival. Denise had already taken photos of Tommy with his medals before we left and asked him to leave the bus first to greet his friend. They spent the day together and also had lunch with us, I think it made Tommy's year, let alone his day!

!!! Jackie's 'TAM' Prize !!!

Recently member Jackie Evans told us she had won a prize in a 'TAM' competition to go to 'The Battle of the Proms' at Burghley House, Stamford with her husband Steven. Jackie now tells us of the event itself:-

At 4.30 pm the stampede to enter the concert field began with the setting up of the posh picnics. Enjoying our free bottle of beer and pork pie we sat watching people as the Pimms, Prosecco, Pies and Puddings were flowing freely.



At 6.15 pm the concert began with a cavalry display, Red Devils parachute's, jazz band and a gun salute. From 8.00-9.00 pm the orchestra played a variety of tunes with a Spitfire display, more cavalry action, a violin solo and cannon fire to make it more interesting. All this was compered by Pam Rhodes (Songs of Praise Compare).

After an interval we listened to more tunes with a solo soprano. The last tune was the 1812 overture and this was accompanied by cannons, musket fire and fireworks 'phew.' The finale was the 'Last Night of the Proms' finishing with more fireworks and a Scottish Piper, what an amazing day and night.

FOREST TOWN & DIST U3A CHRISTMAS DINNER 2017

15th December Friday, 1:00 pm £16. 50

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 desserts. Menu to be confirmed

FOOD TO BE ORDERED ON THE DAY

unless you require
either fruit salad or cheese and biscuits.

More details from Marlene Mee 01623-409072
e.mail marlene.mee1@virginmedia.com

Payment must be made when booking
cheques payable to Forest Town & Dist U3A

**Places are limited 60 people have now
booked, only 20 places left.**

*We are having a bottle raffle, donations of
bottles and bottle bags gratefully accepted.*

INTEREST GROUPS & LATEST REPORTS

GROUP MEETINGS AT A GLANCE

	Monday	Tuesday	Wednesday	Thursday	Friday
1 st		Computer & IT Skills-1 Table tennis	Rambling	MAIN MEETING	Music - 60s Appreciation
2 nd	Craft	Gardening	Current Affairs	Bird Watching Ten Pin Bowling	Bridge for Beginners
3 rd	Scrabble & Rummikub 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



Five members of the Birdwatching Group set off on a beautiful sunny Thursday for a visit to Frampton Marsh near Boston, ably driven by Lynne. On arrival we enjoyed a welcome cup of coffee before setting off on a walk around what is the most beautiful and tranquil sanctuary for a huge variety of birds. As I was a 'beginner birdwatcher' I learnt a huge amount from the experts whose knowledge of birds was truly amazing!

We visited several hides and identified lots of species that the rest of the group had already spotted on other outings but new sightings were made of a ringed plover, golden plover, spoonbill, whooper swan, ruff and a curlew.

As well as the birds we also saw an unusual breed of cow which were called Belted Galloways. They really did look as though they had a belt around their middle!

We all thoroughly enjoyed our day out at Frampton and agreed we would like to revisit in the not too distant future.

Pauline Smith

Book Club

Group Leader: *Ann Stanford*

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



Bridge for Beginners

Group Leader: *Steve Evans*

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

Computer and IT Skills

Group Leader: *Bob Hunt*

No meeting in August

Craft

Group Leader: *Jane Freeman*

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

Summer seems to be finally here for a few days at least, before Autumn makes an appearance.

We again began in a lively fashion, with the mystery of the vanishing knitting needle, closely followed by the disappearance of the owner in hot pursuit, and rapid return of aforesaid lady, complete with the offending item.

After passing round some of her amazing examples, one of our new ladies offered to demonstrate the art of quilting at the October meeting, so we look forward to that.

This month, we continued our individual projects of knitted mitts, matinee and baby jackets, crochet and

knitted poppies, lace work and embroidery (That cloth is nearing completion.)



Topics under scrutiny this time ranged from the regeneration of Mansfield town centre, with suggestions ranging from councillors going on 'fact-finding' trips to thriving towns of similar sizes in order to discover how their markets and shops do so well; cleaning up the chewing gum and cigarette ends from the centre; banning ambient 'street eating' (there are more than enough cafes to sit down to eat); beginning the promised facelift of Leeming Street, and encouraging the rebranding of the town as a tourist destination or a central hub to use as a base for trips out.

The Eternal Tea Saga reared its head again, as only one member of staff was on duty, who knew nothing about the new teapot, so it was a bit of a Fawcett Towers experience, made all the better with birthday cake, supplied with great panache by one of our ladies. Look forward to seeing everyone again in September (Monday 11th at 2.00pm). *Jane*

Current Affairs

Group Leader: Desley O'Leary

2nd Wednesday 10am -12noon

Two Reports this time -

July meeting - The group is now full again, as we welcomed a new member this week. The opening discussion was, of course, Wimbledon. Two topics submitted were speculation (no betting allowed) on who would win the singles titles, and, are the players overpaid? It was generally agreed that, particularly the 'lower orders' earned, and needed the possible £35k.

Libraries play an important role in most people's lives. Derbyshire C.C. are considering recruiting volunteer staff to provide some services, to save £500k, but 46 paid jobs would be lost. We talked about other local authorities' solutions to cutting costs of the library service. Notts. have managed quite well, considering...

We then discussed the 'gig' economy; is it the new zero hours, or the new slavery?

And, further to the above-mentioned, 'Are the poor really poor or just less well off than others?'. Apparently there is an equation to quantify poor; it is due to be adjusted. Talked about who might benefit, including political party.

After a Wimbledon themed coffee break, including strawberries and cream, we moved on to another political topic of would David Davis be considered for the new party leader, should the need arise? Opinions were divided: discussed but not voted on, as we are not a debating society.

Grenfell Tower and the rehousing of the residents was the next topic. It is still in the early stages of organisation and hopefully the residents will be looked after better than they appear to be now.

Finally, the question was 'is self diagnosis and medication a good thing or a bad?'. The discussion seemed to lead to one of the treatment of mature people and the N.H.S service. Many thanks to Desley for hosting. *Jill*

This month (August) we had a lively session of Current Affairs, kindly hosted as usual by Desley. Our topics ranged from weighty issues to less serious ones, but the tenor was quiet and reflective. Among the subjects discussed were the threats to world peace, the Google employee's 'letter of prejudice' ie, male abilities v. female (with its attendant issue of free speech), an emotive topic concerning medical ethics, and the acceptability or otherwise of the National Trust's requirement for employees to wear Gay Pride lanyards during GP week; also the sentiments regarding our town of Mansfield and what should be done to improve the woeful aspect of the town centre; national athletics and sport also came under scrutiny.

Our powers of discussion and analysis were aided by Desley's splendid lemon drizzle cake and fruit cake, always a triumph! As usual, we didn't have time to tackle all the topics on offer, eg the north/south divide in respect of life expectancy, food labelling with regard to sugar, fat and salt, and the danger of releasing violent prisoners early.

Just to say that no friendships were harmed during the above proceedings and that harmony reigned, as ever! *Kay*

Gardening

Group Leaders: Angelina Taylor & Molly Bramley.

2nd Tuesday 10-12noon - Forest Town Arena

There was no meeting in August - we hope to have a speaker at our usual venue (Arena conservatory) on September 12th.

Kay

Local History

Group Leader: *Pauline Marples*.

-3rd Thursday 2.15pm - Flint Avenue Centre

Lunch Club

Group Leader: *Denise Whitsed*

3rd Wednesday

August Lunch - On arrival at the Ciao Bella Restaurant Mansfield although a few of us arrived early we were welcomed with a smile and "would you like a coffee whilst you are waiting". The rest of the party arrived 26 in total and the staff showed everyone to the tables with a genuine welcome and a smile.

The meal was served very quickly and afterwards everyone commented on how much they had enjoyed the meal and could we book again? Denise made a booking for early December. *Marlene*



Music - 60's Appreciation

Group Leader: *Keith Bancroft*

1st Friday Meet Forest Town Arena 2-4pm

Painting and Drawing

Group Leader: *Christine Cawthorne*.

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

Petanque

Group Leader: *Steve Evans*

4th Wednesday of the month

11am - 3pm Carr Bank

Play Reading

Group Leader: *Kath Wolstenholme*

4th Tuesday 1pm - 2.30pm

Meet Sherwood Room Forest Town Arena,

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.

Months of fair weather walking came to an abrupt end on 2nd August when Georganne lead a soggy 7 1/2 mile walk. Taking the train from Hope to Edale, we then walked back along the valley to Hope. Gratefully buying hot drinks and sheltering at the Rowland Cote activity centre café, we watched youngsters building (and falling off) towers of plastic crates in the rain. Our route gave magnificent views of the long ridge comprising the peaks of Mam Tor, Back Tor and Lose Hill, the highest tops being moodily shrouded in cloud.

We managed a dry lunch stop courtesy of the National Trust shelter at Edale End, though it was standing room only for our group of 14. The rain finally stopped for our final stretch which closely following the River Noe back to Hope where we enjoyed a drink in the 16th century Cheshire Cheese pub.

It was a beautiful day for our South Yorkshire walk on 16th August. Setting off from the picturesque village of High Hoyland, we enjoyed clear views most of the morning for miles across the Pennine landscape. The 330 metre Emley Moor TV tower dominated the skyline. It replaced a tubular steel mast which collapsed spectacularly in March 1969 blacking out reception for millions of viewers.

On reaching the Yorkshire Sculpture Park, we admired, puzzled over and debated the merits of artforms set in the beautiful grounds of Bretton Hall. After lunch in the sunshine by the lake, we encountered some thought provoking woodland artwork on our shaded uphill return to High Hoyland.

Our next rambles: 6th September: Holmesfield, Smeekly Wood, Totley Moss and Gillfield Wood (8¾miles). 20th September: Starkholme, Lea Bridge, Lea, Dethick, Tansley & Riber (8 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

Strollers/ Short Walks

Group Leader: (Temporary) *Marlene Mee*
Meet 3rd Friday 10am

In August , seven of us did a stroll round Sutton Lawn passing skate/scooter park where children aged from 3 – 12 were playing, passing the outdoor gym, then the bowling green, then walking round the Lake with several people fishing. Now as a child I remembered this used to have paddle boats on and a paddling pool at the side and where has the bandstand gone, walking past the tennis courts several people playing, then enjoying walking past the flower beds which still looked amazing despite being late August.

We then finished off at the cafe sat outside with a coffee and a cake and saw so many children in the adjacent play area enjoying the sunshine with parents or grandparents. Again I remember the Rocking Horse, the roundabout and the swings long gone but so much more for today's children to enjoy and softer surfaces to fall on.

Strollers walk on the 3rd Friday at 10 30 a.m. each month at different venues. Next walk is to be at Rufford Abbey Park. Denise Doud is coming back in September I have been temporary Group Leader in her absence.
Marlene

Table Tennis

Group Leader: *Marilyn Redfern*
Meet - At leaders home 1st Tuesday 10:30 - 12:30

Ten Pin Bowling

Group Leader: *Gordon Chapman*
Meet 2nd Thursday 2pm
Mansfield Superbowl 2000.

Trace Your Family History

Group Leader: *Malcolm Marples*
Meet 2.30pm 3rd Monday - Flint Avenue Centre

FROM COMPUTER BOB

Google Search Tips

Turn your iPhone or iPad into a magnifying glass
All iOS devices have a great Magnifier tool that lets you use the camera on your device to zoom in on hard-to-read print in newspapers, magazines or books.

You first need to enable the feature. Open Settings, tap General, Accessibility, Magnifier, then switch on Magnifier in this section.

To activate the magnifier press the Home button three times (fairly rapidly), slide the - + zoom slider to zoom in and out of what you are reading.

If you find it difficult to keep your hand steady when reading your magnified text tap the lock icon or the big white button at the bottom of the screen (this depends on which device you are using) this freezes the print you are looking at, tap again to release.

Tap the lightning icon to switch on the torch, the icon with three circles at the bottom right lets you adjust the brightness and contrast, the tabs above the sliders (White/Blue, Yellow/ Blue and so on) let you add different filters which may help you view some items better.
Bob.

Visit Our Web Site

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

NEXT NEWSLETTER DEADLINE

18th September

Forest Town U3A Executive Committee /Contacts

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



The Avenues today