



'MIKES MUSINGS'

Welcome to this latest edition of your Newsletter and thank you to all of you who send in your contributions; keep them coming. As I write this we have just returned from a lovely cruise so I have been away from all things U3A, (I refuse to answer emails whilst on holiday!); so now on catch up.

Thank you to Susan Wright for leading the monthly meeting in my absence, I've heard she did a great job, I'll perhaps persuade her to do more of them!

Coffee Morning Our first coffee morning was a success with about 40 people attending and enjoying an informal time together. More are now being planned so keep an eye out for the details. Thanks to Ann Stafford and her team for organising this event.

Warsop U3A Bob Hunt and Susan Wright attended the launch of this new U3A on the 9th October and have reported back that it was very well attended with over 100 people present and about 20 people coming forward to form a Steering Committee and provide other support. I am hoping to attend their Inaugural Meeting which is to be held on the 13th November. I wish all at Warsop all the best as they look to build a successful U3A.

North Notts Neighbourhood Group (NNNG) Together with Susan Wright and Jenny Wright I attended the recent meeting of the NNNG. The main topic of the meeting was to allow for an exchange of views from the Speaker Finders, the reason that Susan went as our representative.

For those new to our U3A the NNNG is a group of 7 U3A's, (Ashfield, Sutton in Ashfield, Rainworth, Dukeries, Mansfield, Sherwood and ourselves). One of the benefits of being a member of this group is that we have a reciprocal arrangement whereby if there is a vacancy in an Interest Group that you are

interested in and we don't have, you can contact that U3A to see if you can attend.

Mike King, Chairman.

OUR NOVEMBER MEETING

*Thursday 2nd November
in St Alban's Church*

- Please sign in.

1.45pm Welcome by Mike our Chairman
Followed by our guest speaker

George Buchanan.

who will tell us about

"Growing up at Hodsock Priory".

This is a personal account of what it's like to live in a Country House in the 21st century. George will share stories about his ancestors (some of them were pretty badly behaved) and how they try to keep Hodsock as a family home for future generations to enjoy.

- Tea/coffee break.
- Look at the Display Boards
- Book on trips/outings
- Chairman's and other notices

ENJOY THE MEETING

Please say hello to those around you.

Think about joining a group

*Remember the U3A is about
Learning, laughing and living*



Susan Wright (our Vice Chair) and Cllr. Mick Barton at the October meeting.

Cllr Barton has been very supportive of our U3A and generous with donations over the past two years, to him we say a big THANK YOU

LOOKING BACK TO OUR OCTOBER MEETING

'Marathon de Sables'

It may have been labelled as the toughest footrace in the world which possibly does sound over the top, but after hearing our October speaker, Chris Vasper with his account of taking part in the Marathon de Sables (MdS) in the Moroccan Sahara Desert in 2016, I think the label is probably true!

With a focus on raising funds for the charity Walking with the Wounded, Chris outlined his personal preparations for competing in the race. To name a few: daily runs, a special X bionics running shirt costing £100, sand gaiters and compression shorts, dehydrated food and GPS tracker and even training in an acclimatisation chamber a month before the race.

It all sounded rather extreme until we learnt that the MdS lasted six days and each runner carried all their own food and equipment for the week.

The race covered 250 km (156 miles) through endless dunes, over rocky jebels, and across hot salt plains. Oh, and of course, the sun might be reaching 48C and the water supply was rationed.

We gained an insight to Chris' gruelling multi stage adventure with graphic pictures of the terrain, his living conditions, eye watering accounts of blisters, the epic challenge of Stage 4 - a massive 52 miles and the emotional demands of running alone at night.

Chris successfully completed the race in 2016 and is now set to take part in the 2018 Marathon de Sables. FT&D U3A members added an additional donation of £112 towards his fundraising target, which Chris acknowledged on his Virgin Money Giving page. Hopefully Chris will send us a 'link' so that we might track him during the 2018 event and as Chris said 'the Marathon de Sables doesn't develop character it reveals it'.

Susan Wright

A TRIBUTE TO RITA



It is with great sadness that we tell you of the death of one of our founder members Rita Turner who died on the 14th October 2017. At our launch meeting on the 3rd September 2015 Rita stood up and encouraged us to establish a Forest Town & District U3A by telling us of her own experiences. She told us of the U3As she was in, and the various groups she had joined and what a difference this had made to her life. And once we were up and running Rita joined us.

Rita was passionate about all things U3A and was willing to give her all to our infant U3A after the committee lost its mentor early on due to illness. She became an unofficial mentor and counsellor and helped us through some difficult situations when the higher echelons said we were on our own!

As one committee member has said "Rita's knowledge of the U3A, legal expertise and life in general were invaluable, she was always available on the end of the phone, never said she was too busy. I always came off the phone knowing there was a way forward and that she'd get back to me if needed. Phone calls and emails were hilarious at times, all subjects were discussed, none were barred and the world was always put to rights by the end."

Looking back on the past two years Rita was full of fun and joy, she gave encouragement, and she made you feel that you were doing something worthwhile, and she was there to listen and advise. She made light of her illness and would send an email saying she could not attend a group because she had 'dry rot' or that she had managed to avoid leprosy or denghi fever, and she had some other ailment, but always hiding her real health problems. She was a true friend.

Our thoughts are with Rita's husband Ray and her family, may they be given strength over this difficult time.



LOOKING AHEAD

December 7th - Main meeting, St Alban's Church

Richard Westcott

CONFESSIONS OF A PANTOMIME DAME

In about one hour, Richard will take us behind the scenes and into the Dame's Dressing Room to show you the Trials, Tribulations, Fun and Frocks of Life as his particular Pantomime Dame.

December 15th - CHRISTMAS DINNER 2017 at the South Forest Complex

Please contact Marlene Mee 01623 409072

email <marlene.mee1@virginmedia.com>

to see if any spaces are available

HOLIDAYS & OUTINGS 2018

All 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.

Cheques payable to SKILLS

April 8th - Keukenhof & Amsterdam

5 days from £420 - single supp. £120 deposit

Staying at the 4-star Golden Tulip West-Ende Hotel Helmonde, x 4 nights half board. *Only 14 places left*

May 21st - Chavanage House and cream tea at Bourton on the Water a 16th century manor house with Civil War associations, also where Poldark was filmed £34.

June 11th 5 day POTTERS, a holiday resort Hopton on Sea, Norfolk, price approx. £350.

July - Carlisle & Settle two day - dates & itinerary to be confirmed soon.

August - Planning Edinburgh Tattoo
Southport Flower Show

September - 3 hour Princess River Cruise with lunch and 60's entertainment. £36 Bookings taken at November meeting

For more information, see the Holiday Notice Board at the main meetings or contact Denise on 07791941502

or email deewhits@aol.com

PROJECTOR FUND

As you know we are trying to raise funds to purchase our own projector and screen; at the moment we are fortunate that we are able to borrow one when speakers don't bring their own equipment. I thought

it would be helpful to bring you up to date as to how we are doing.

From initial enquires we have made, to purchase a high resolution projector and screen that will as far as possible overcome the brightness in the church we would need a total in the region of £4,500. So we are making good progress and your committee is looking at other funders who may be able to support the project with grants. If any members have suggestions of sources of funding please let any member of the committee know or put the details in our Suggestion Book

Carried over from last year	900.00
Small donations and monies raised by raffles etc.	386.90
Commitment from Local Counsellors	1200.00
Commitment from Fidler & Pepper	200.00
Commitment from Mansfield B/Soc. (subject to raising the remainder of funds required).	500.00
Total	3186.90

SUGGESTION BOOK

At last month's meeting we stated our intention to change the start of the Monthly Meeting to 1.15 p.m. and asked for your comments.

We received one, asking that we consider members who may have other commitments in the morning and therefore may only have around 30 minutes to have lunch before getting to the meeting.

This was discussed at the October Committee meeting, however as it has already been announced that we intend to change the timings to 1.15 p.m. for a trial period of three months from January it was decided that we would adhere to this but will ask for a show of hands at the end of the trial period to decide whether to continue or return to the original timings.

Any further comments in the Suggestion Book will be passed on and taken into consideration.

EDITORS COMMENT - I have heard a number of verbal rumblings about this including that a show of hands should have been taken before the committee made such a decision. Don't just grumble among yourselves, put your comment in writing to the committee (names on page 8) or add in the **Suggestion Book** which can be found on the table in front of the U3A Notice Board near the signing in table.

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

Contact 01623 652430

Email lynnecoopernotts@hotmail.co.uk

Our group met again this month at Pauline and Malcolm's home. Pauline showed us some fantastic, personal photos of birds spotted at various venues like Slimbridge and Titchwell. We used this as an opportunity for really focussing on identification and honing in on the main features of each species such as plumage of mature and juvenile birds, leg and beak colour etc. One specific example was in identifying the differences between the Greater Spotted Woodpecker and the Lesser Spotted variety, apart from the obvious detail of size. Keith also added in a little on bird song. He also pointed our way to the future, informing us of useful venues for further visits within Nottinghamshire. A very interesting and useful meeting.

Lynne

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



**There Will Be No Book Club Meeting In November -
next meeting 12th December 2.05pm**

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* -Email bukw90@gmail.com

Please contact Bob re meeting

Craft

Group Leader: *Jane Freeman*

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

Contact 01623 624003

Email jam.freeman@btinternet.com

Another month has passed in a flash, so here we are again, with a new project the genteel art of quilling demonstrated for us by one of our newer ladies.



Several examples were shown to us, and we turned rather pale, as the skill appeared very complex, requiring a great deal of concentration and dextrous fingers. The whole operation involved rolling, curling, twisting and sticking very thin and delicate lengths of coloured papers to form small intricate shapes that would then be combined on a box or piece of card to make a picture or pattern. After several attempts, we realised that a lot of practise would be required before any of us reached the level of proficiency shown!

Another lady joined us this month (the more the merrier) and we immediately persuaded her to come to our Christmas lunch in December (can't let any opportunity to have fun slip through your fingers.)

Projects this month included the quilling, knitted mittens (I Will reach my target of 10 pairs by 23rd December!) owl hangings that can also be enlarged to make doorstops.



There was a new topic in the discussion section What will the former Ella's tearooms re-emerge as?? [shop on Clipstone Road West] We have all made our suggestions, and the one nearest will (maybe!) win a small prize!

The ideas included a vape shop, nail bar, sun bed parlour, yet another tattoo parlour and, best of all, a Craft shop. We would all be forming a long (orderly, please!) queue to that one. Watch this space.

EDITORS COMMENT - Now I have been told of two different trades (both on good authority of course), it is going to be a 'butchers' - it is going to be a 'sit in Pizza place' - as you say Watch That Space

Next meeting, Monday 13th November ,2.00pm.

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 - Stuart Avenue Centre

Contact Angleina 01623 622871

Molly 01623 635051

We were given an interesting demonstration by Carol of make-your-own Christmas wreaths, using evergreen foliage from the garden and other items from nature (eg, pine cones, moss and berries).

Apparently extra decorative pieces can be bought quite cheaply at The Works, The Range, and Whittingtons.

So many ideas to give us all inspiration! And what beautiful wreaths were produced! Many thanks to Carol.

Plans for the future, have been discussed at our recent Garden meetings and as of next month NOVEMBER we will be at a new venue the Stuart Avenue Community Centre (with no hire charges).

Kay

Local History

Group Leader: Pauline Marples .

3rd Thursday 2.15pm - Flint Avenue Centre

Contact 01623 431783

Email pauline.mp-marples.co.uk

There was a good attendance at this meeting 12 members and two visitors, it was good to see so many people. Our topic was the history of Harlow Wood Orthopaedic Hospital, a hospital that was the pride and joy of the Duchess of Portland.

Pauline showed a large selection of photographs from the opening in 1929 to the closure in March 1995.

After the tea break there was the opportunity to look at many more printed photograph, booklets and pamphlets relating to the hospital.

Prior to the meeting one of our U3A members had sent Pauline photos of her husband when he was in the hospital as a young boy. They show him in bed pushed outside in the fresh air as was the policy in those days. Additionally she still had a Visitors Card dated 1946.

Out topic in November will be Clipstone WW1 Army Camp.



Lunch Club

Group Leader: Denise Whitsed

3rd Wednesday

Contact deewhits@aol.com

We are at the Countryman, Kirkby on 22nd November 2 courses £9.99

At Ciao Bella for Christmas on the 6th Dec

Music - 60's Appreciation

Group Leader: Keith Bancroft

1st Friday Meet Forest Town Arena 2-4pm

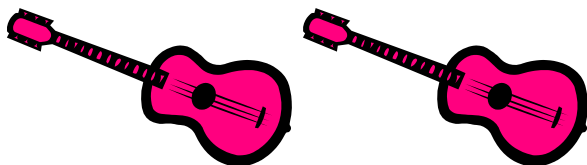
Contact 01623 618099

Email keithbcroft@gmail.com

Another well attended meeting on a fine warm afternoon. We started off by making arrangements for our 'Xmas Fuddle' which will be on Friday 1st December. Members chose items from a list of goodies and we should have enough food to cater for around 35 people or so. We have also booked the room for an extra hour so it will run from 2pm to 5pm.

Our regular feature now of 'guess the intro to 60's songs' seems to go down well with members singing along to the songs.

Sandra Evans compiled the quiz this month which was much appreciated. If anyone wants to do a future quiz please have a go, it's actually fun to do.



"Rave On" did 2 short sessions with the free members raffle being drawn in the interval. The next meeting is on Friday 3rd November at the Forest Town Arena starting at 2pm.

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



Rambling

Group Leader: Andrew Riby

Rambles from 7 miles up to 9 miles

1st and 3rd Wednesday of each month.

Contact Andrew Riby 01623 656958

mobile 07833 543705

Email ribya@imcgroup.co.uk



Carol Green led our walk on 4th October around the Amber Valley. Starting from Lower Hartshay there was a real nip in the air on a dull but thankfully dry Autumn morning. With immaculate timing, we arrived at Heage Windmill for our drinks break with its picnic benches and panoramic views.

Heage Windmill is a unique six-sailed working mill built in 1797, and we were lucky enough to be allowed inside and learn about its history despite it being officially being shut for maintenance.

Progressing along the western edge of the valley, we arrived at the ruins of Wingfield Manor where Mary Queen of Scots was once held captive. Crossing the valley, we returned along the heights of the eastern edge passing through Pentrich, home of an armed uprising in 1817.

Andy

For our ramble on 18th October the weather was very pleasant throughout the walk. This pleasant 9 mile circular walk started from Middleton-By-Youlgreave. We headed towards Kenslow Wood and then we continued to walk towards Elton where we stopped for lunch at the All Saints Church.

After lunch we walked along the Limestone way to Robin Hoods Stride (also known as **Mock Beggar's Mansion**). Legend has it that Robin Hood strode between the two tower like stones. We headed back to our starting point walking towards Youlgreave and along the River Bradford, back to Middleton-By-Youlgreave. After the walk we had refreshments at the Grouse and Claret at Rowsley.

Steve

Our next rambles: 1st November: Vale of Belvoir & Belvoir Castle (8.6 miles). 15th November: Tideswell, Millers Dale, Cressbrook Dale and Tansley Dale. (8½

miles). Meet at the Arena car park to arrange lift sharing, departing at 08:40 am. New members always welcome.

Scrabble & Rummikub

Group Leader: Celia Tassle

**3rd Monday 2pm Forest Town Arena
Contact 01623 627905**

Strollers/ Short Walks

Group Leader: Denise Doud

**Meet 3rd Friday 10am
Contact 01623 619856
Email dmdoud52@gmail.com**

How lucky were we today, (20th October) another lovely stroll around Pleasley Pit Country Park in dry weather and even a little sunshine.

Fourteen of us met in the car park and set off on our stroll and chat.

We meandered along past the lower lake (no swans around here today) gradually arriving at the top lake (swans and birds abounded), some of us wandered a little further up the track while the rest of the group wandered back towards the cafe meeting place.

A great reward of bacon cobs, cake and coffee was enjoyed by all. The scenery was lovely, the trees a beautiful colour, autumn is definitely here

Our next meeting is on November 17th at 10.30am at Thieves Wood Mansfield.

Jen Lowe

Table Tennis

Group Leader: Marilyn Redfern

**Meet - 1st Tuesday 10:30 - 12:30 Meden & Oak Hill
Leisure Centre
Contact 01623 646547
Email mjrfern@gmail.com**

Ten Pin Bowling

Group Leader: Gordon Chapman

**Meet 2nd Thursday 2pm
Mansfield Superbowl 2000.
Contact 01623 620012
Email mary@chapman7586.fslife.co.uk**

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**

Seven members of the group began the meeting by discussing the Doncaster History Society Day attended by Malcolm, Pauline and Jenny. Pauline had

kindly picked up several copies of relevant leaflets for people to share.

We also discussed how gender information in the past on birth certificates had been altered; with an example of a birth certificate of the 1890's naming a baby girl which had been changed in the early years of the 20th century to that of a boy. Given the news story of last week, nothing is new.

We then watched the second part of a DVD on how to make use of the various archives and information which can be found in archive offices around the country. The main message appears to be anything can be found, relating to family history and evidence from the archives is there, but make an appointment and go with a list!

The coffee break followed, with a chat about various holidays which people had been on recently. A cruise, a railway journey around Scotland and a bus trip to Edinburgh. We are a well travelled group.

To finish the afternoon we began to look at the various ways people had collected and collated their family history information. We all find it difficult to keep track of who is who and where they fit in the family. Work in progress can be lots of pieces of paper with scribbled notes to a finished (maybe) presentation of photographs, written reports and family information in a bound folder. And all bits in between. We discovered there is more than one way; it just has to suit you and your research. But it's good to pinch ideas from others.

Next meeting 20th November.

Ann Alcock

NEW GROUPS

Poetry and Play Reading is in the process of being arranged, possibly in the new year.

A National Trust Group is also being considered.

There are many other possibilities because between our members there must be a wide range of interests such as classical music, photography, stamp collecting, antiques, creative writing, art appreciation etc etc. All it needs are three or four people with a similar interest and someone willing to lead the group. This can be in a persons home or other venue. No one has to be an expert, everyone can learn from each other, the main aim is to Learn, Laugh and Live!

Chat to Ann Standford and Jane Atkins (Group Co-ordinators) without obligation if you would like to know more.



**Keep up-to-date by visiting Our Web Site
<https://u3asites.org.uk/forest-town/home>**

OUR FIRST COFFEE MORNING

On Monday 9th October we held our first Coffee Morning at the Arena. It is hoped that these informal get togethers will give members the opportunity to catch up with each other and also provide a chance for new members to get to know others in a more relaxed atmosphere, as the Monthly Meetings are often very busy.

Monday's Coffee Morning did not disappoint and it was great to welcome so many members, including some new faces, coming to see what it was all about. We had hired the Sherwood Room and Conservatory for the occasion, with most of the activity taking place in the latter and it was gratifying to see that most of the tables were full, conversation was buzzing and no one was left sitting alone.

As with all new ventures there were a few teething problems, the urn provided by the Arena refused to deliver any water hotter than luke-warm which delayed the arrival of the promised tea and coffee, and Jane was kept busy making a list of items to bring for next time, but everyone was very patient and soon it was all sorted. There was an abundance of posh biscuits to go with the drinks, all of which had been kindly donated by members, plus a good number of raffle prizes, also donated.

During the morning we had a quiz based on trees, this was just for fun, and we worked as tables rather than individuals, nothing like a bit of team spirit and friendly rivalry to get the competitive juices flowing. Following the quiz the raffle was drawn, one prize being delayed as the lucky ticket holder had nipped to the loo! We also wished Lynne Cooper a 'Happy Birthday' and congratulated another member on becoming the proud grandmother of a bouncing baby boy the night before.

Ann has reported that we raised £79.50, after the hire costs for the room were deducted, to which a further £98.40 in the form of various donations was added, giving a grand total of £177.90 which will be going towards the cost of the projector.

Our next Coffee Morning is planned for Monday 15th January. Richard Howard from Fiddler & Pepper has kindly offered to come along and hold a Question & Answer session for anyone who may want advice on legal matters. If you couldn't make it to this one, please save the date and we'll look forward to seeing you in January.

Several suggestions were made for future Coffee Mornings, including a cake stall, sorry we can't do this as due to food hygiene regulations we're unable to take home made foods into the Arena, plus a bingo session, we'll keep you posted and in the meantime please keep your suggestions coming.

Jenny

A COMMUNITY EVENT

Hopefully when you attend our main meeting some of you will be aware of the cenotaph in the grounds of St Alban's Church, which was dedicated in 1921.

Over the past year money had been raised by the community to clean the cenotaph and replace missing letters of names on the memorial. On Sunday 1st October 2017 a celebration of refurbishment took place.

A short service was first held in the church led by Rev Philip Stead and Neil Davidson (Chair of Clipstone and Forest Town British Legion). Then everyone gathered round the memorial to hear buglers play the 'Last Post' and to hold a one minute silence.

Then each of the 43 names on the memorial from the First and Second World Wars were slowly read out, and a person moved forward to lay a poppy cross in their memory. Some people laying the crosses were descendants of those named, and for them this was a very meaningful occasion.



Sunday 12th November

**Parade and Remembrance Day Service 10.45am
at the cenotaph and in St Albans Church**

NEXT NEWSLETTER DEADLINE

25th November

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	lynncoopernotts@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	jane.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