

## NEWSLETTER Issue 28 March 2018

### 'MIKES MUSINGS'

**Membership/Data Protection** As I mentioned last month we will be taking membership renewal at our March & April main meetings. Please see the separate notice regarding the details.

New legislation is being introduced regarding **Data Protection** and we need to ask you to sign a form giving us formal permission to hold personal data. This information is only held in order to enable us to contact you for U3A related matters including for instance emailing the newsletter and providing Group Facilitators with contact details of their group members. Full contact details are only held by the Membership Secretary and Assistant Membership Secretary – no other committee members holds these complete details. **WE WILL NEVER PROVIDE THIRD PARTIES WITH YOUR DETAILS.**

The forms will be at the signing in desk; you need to just complete this simple form before renewing your membership. Any queries please speak to any committee member.

**Nottingham Neighbourhood Group and Nottinghamshire Network** I attended meetings of both these groups last month, a lot of the discussion at both meetings centred around new arrangements that we need to consider following discussions by the Third Age Trust. The impact should be minimal and most of you will not notice any changes in our procedures.

**Volunteers** Thank you to the members who have volunteered to assist with the refreshments at our meetings; we could still do with more and also more 'meeters & greeters'. **Please speak to any members of the refreshment team and Jenny Wright who is usually at the 'signing in' table.**

*Mike King Chairman*

### OUR MARCH MEETING

**Thursday 1<sup>st</sup> March in St Alban's Church**

- Please sign in.

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

**Andy Gaunt**  
speaking on

**The Archaeology and History of Sherwood Forest and Kings Clipstone.**

He will be talking about lots of different projects they have been doing in and around Sherwood Forest and will also focus on King John's Palace in Clipstone.

**Tea/coffee will be served after the speaker has finished and any questions answered.**

**Please remain in your seats till then.**

**See the Display Boards - Book on trips**

**Pay your subs**

**Chairman's and other notices**

**ENJOY THE MEETING**

### MEMBERSHIP RENEWALS

We will be taking **membership renewals** for the membership year - April 2018 to March 2019 - at the March 2018 and April 2018 main meetings.

If you are unable to attend either of these meetings membership renewal can be made by post.

To renew by post, please send your name, membership number and remittance, £18.00 for full membership, £14.50 for associate membership if you are a member of another U3A to:

U3A Membership Secretary  
122 Worcester Avenue  
Mansfield Woodhouse NG19 8RA

**Please make your cheque or P.O. payable to Forest Town & District U3A**



*Bird(s) Watching*

## OUR FEBRUARY MEETING

James Pinder gave a very interesting talk on the work of Vision Aid Overseas in hospitals and outreach centres. We learnt of the training, teamwork and dedication involved by many volunteers.



A talk such as this makes us appreciate how fortunate we are to have opticians on our doorstep and eye clinics in our hospitals.

Many members brought redundant spectacles to donate to the project. We learnt that the actual lens of the spectacles are not reused but the metal on the frames are sold and this raises money for the work that goes on overseas. Old frames can be taken into Pinders Opticians in Mansfield.

### LOOKING AHEAD

#### Our Main Meetings

**Held in St Alban's Church - start at 1.45pm**

- Mar 1<sup>st</sup>** Andy Gaunt - Sherwood Forest Archaeology & History/Kings Clipstone  
**Apr 5<sup>th</sup>** Andy Smart - What Ruddy Cucumber?  
**May 3<sup>rd</sup>** Les Boyington - Climbing Mount Kilimanjaro  
**June 7<sup>th</sup>** **AGM**  
 Philip Caine - Barrow to Bagdad and Back  
**July 5<sup>th</sup>** Steve Allen - Folk/History Show with Music  
**Aug 2<sup>nd</sup>** Toni Hall - Aloe Vera-its history and medicinal properties  
**Sept 6<sup>th</sup>** Mike Storr - Masters of Mirth  
**Oct 4<sup>th</sup>** Chris Weir - Kill or Cure-Bygone Medicine  
**Nov 1<sup>st</sup>** Peter Hammond- Albert Ball: Nottingham's WW1 ace pilot  
**Dec 6<sup>th</sup>** Christmas Meeting

### HOLIDAYS & OUTINGS 2018

While most of this years planned outings are now full there are still 8 places left on the following :

**May 21<sup>st</sup> - CHAVANAGE HOUSE and cream tea at Bourton on the Water** a 16<sup>th</sup> Century Manor House with Civil War associations. It was where Poldark was filmed **£34.** see picture in next column



CHAVANAGE HOUSE

**August 20<sup>th</sup> - 23<sup>rd</sup> EDINBURGH TATTOO 4 days £385**

This exciting Edinburgh trip includes a full Day in Glasgow and a full day in Edinburgh plus the fabulous Tattoo with its swirl of kilts and the wonderful sound of bagpipes. You will not be short of something to see and do in bonnie Scotland.

**SEE PAGE 7 FOR THE ITINARY FOR THIS TRIP**



**All bookings can only be 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**

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**See the Holiday Notice Board for more information at the main meetings or contact Denise on 07791941502 or email [deewhits@aol.com](mailto:deewhits@aol.com)**

### INTEREST GROUPS

Short Walks, Evening Dining Out, Classic Car & Motor Sport Events are still in the planning stage, along with Art Appreciation and National Trust.

Suggestion for another two groups, Scrapbooking and Country Dancing, were written down at the main meeting in February. Unfortunately there was no point of contact. If anyone is interested in these groups, plus a Second Lunch Group, please visit the Interest Group table where a sheet will be out to sign your name and contact details.



# INTEREST GROUPS & LATEST REPORTS

## GROUP MEETINGS AT A GLANCE

	Monday	Tuesday	Wednesday	Thursday	Friday
1 <sup>st</sup>		Table Tennis	Rambling	<b>MAIN MEETING</b>	Music - 60s Appreciation
2 <sup>nd</sup>	Craft Poetry & Play Reading	Gardening	Current Affairs	Bird Watching Ten Pin Bowling	Bridge for all Abilities Scrabble & Rummikub
3 <sup>rd</sup>	Scrabble & Rummikub Family History	Book Club	Rambling Lunch Club	Local History	Strollers
4 <sup>th</sup>				Painting & Drawing	Bridge for all Abilities

### Bird Watching

**Group Leader: Lynne Cooper**

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

**Contact 01623 652430**

**Email [lynnecooper@notts@hotmail.co.uk](mailto:lynnecooper@notts@hotmail.co.uk)**



February meeting - what a wonderful start to the day. Most of us met at 8.30 in Rufford Country Park hoping to see a flock of hawfinches. We were not disappointed. Not a common sight. Ground feeding red wings, a pair of mistle thrushes, a song thrush and a busy group of goldfinches all added to our delight.

Walking towards the lake we were met with marsh tit, tree creeper, nuthatch, bullfinch, chaffinch, siskins, and a brave pair of moorhens vying with the squirrels for seeds on a picnic table!

The lake held its own excitement with several pair of geese, tufted ducks, herons, pochard, grey lag geese, and blackheaded gulls. More of our group joined us later in the morning. As we carried on to the cafe we reflected on a very fruitful day.

*Lesley Lyall*

### Book Club

**Group Leader: Ann Stanford**

**Meet 3<sup>rd</sup> Tuesday of the month**

**2.05pm - 3.05pm at Forest Town Library.**

**Contact 01623 641864**

**Email [annstanford1@sky.com](mailto:annstanford1@sky.com)**

### Bridge - For All Abilities

**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.**

**Contact 01623 470282**

**Email [steve.jackie84@ntlworld.com](mailto:steve.jackie84@ntlworld.com)**

Members are at various stages of playing Bridge, and by helping each other they learn and make progress. New members are welcome.

### Computer and IT Skills

**Group Leader: Bob Hunt -Email [bukw90@gmail.com](mailto:bukw90@gmail.com)**

**Please contact Bob re meeting**

### Craft

**Group Leader: Jane Freeman**

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

**Contact 01623 624003**

**Email [jam.freeman@btinternet.com](mailto:jam.freeman@btinternet.com)**



This month found a small contingent of stalwarts at our Craft Group meeting. Knitting and patchwork were the order of the day, accompanied by our usual chat.

The discussions were mainly about health matters: the vagaries of the NHS (appointment systems designed to thwart and confuse, and the difficulties of making a genuine complaint); one member described her nasty pre-Christmas fall, that resulted

in a serious hand fracture; another member told us about the detached retina she suffered a few years ago and the excellent treatment she received (that nevertheless made us all wince!); and regarding the issue of balance in old age, the advice from one of our members was, as a daily routine, to stand on one leg while brushing your teeth!

We also discussed films seen at Silver Screen, "cold calling" and how to deal with it, and finally the mysteries of the new Forest Town cafe (opening soon!).

For our April meeting (the 9th) we hope to go out for lunch, to make up for our cancelled Christmas dinner. To conclude, our best wishes go out to absent friends struggling with illness.

Kay

### Current Affairs

**Group Leader: Desley O'Leary**

**2<sup>nd</sup> Wednesday 10am -12 noon**

**Contact 01623 421642**

The U3A logo includes 'learn' & 'laugh': the current affairs discussion group can do that! This month's topics of Grid girls and Give up (for Lent) produced much division of opinions, lateral thinking, and alorralaffs.



Give up something, if you can stick to it, but we thought 40 days of being kind (lots of ways to achieve this) or volunteering, might benefit the community more.

Always current, we discussed whether Cyril Ramaphosa would be an improvement on President Zuma. Suggestions of tribal culture taking precedence over former government regimes, the unreliable voting systems, bribery etc. gave an unusual agreement that 'improvement' was unlikely.

Winter Olympics from the political viewpoint was talked about. Will it prove to be a mistake? Nearly all agreed that the coming together of North & South Korea (and Russia), should be a good thing. We also got sidetracked into the value of sport, and came up with lots of good things, but not every one was convinced.

Were suffragettes right to use violence to pursue their aims. It was stated that anyone/group who set off bombs, was/were/are terrorists. Further discussion ensued, mainly on the use of 'pardons' for their treatment. A 50/50 result.

Of course, Brexit has to be in there, but we have fewer facts than Boris or David, so what do we know? Except that Mrs M. wants to bring forward the leave date: perhaps she longs for a break.

What do you think of the return of Times Tables? We will let you think about that.

*[Eds comment - well we all learnt them parrot fashion, can you still recite them?]*

Jill

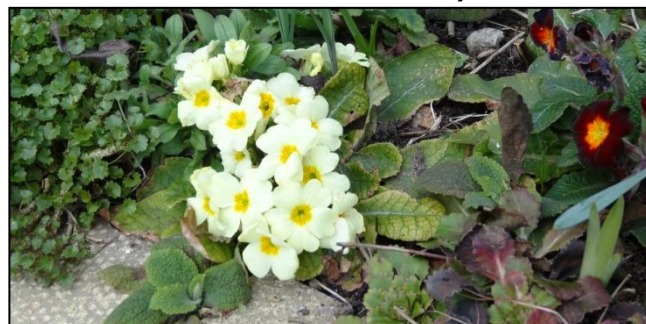
### Gardening

**Group Leaders: Angelina Taylor & Molly Bramley.**

**2<sup>nd</sup> Tuesday 10-12noon - Stuart Avenue Centre**

**Contact Angleina 01623 622871**

**Molly 01623 635051**



This month we had a convivial meeting of our Gardening Group, with about a dozen of us attending. There were second-hand gardening books on offer, free to a good home, and seeds collected from fritillaries, sunflowers and runner beans. All gratefully received. Angelina kindly donated some offshoots from an aloe vera plant and these were eagerly accepted. I should add that my cutting from Angelina's houseplant, taken home last month, seems to have taken nicely. Very pleasing.

We have an outing planned for April that we are looking forward to: to St John's Gardens, near Birmingham, and from the leaflet passed round at the meeting this looks attractive and interesting.

The morning passed very quickly with tea, biscuits, cake, and lots of chat (some of it about gardening!). An enjoyable meeting once again.

Next month: Plant Swap!

### Local History

**Group Leader: Pauline Marples .**

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

**Contact 01623 431783**

**Email [pauline.mp-marples.co.uk](mailto:pauline.mp-marples.co.uk)**

It was a record turn out of 15 members at our February meeting and we welcomed U3A member Kath Dixon who regaled us with her memories of growing up in Mansfield. This was Kath's first time at talking to a group and she was excellent. She had us all laughing at some of the antics she got up to as a child.

Her family moved around quite a lot when Kath was a child, first living at 32 Clerkson Street, which had an outside loo, tin bath and gas mantles. Another home

was in a yard opposite the Maltings, then Recreation Street and also on Brick Kiln Lane - not the posh end Kath told us!

At one house they had theatrical people staying and because of this gained a few privileges and went back stage at the theatre. Another house (I have forgotten which one) the family were trapped upstairs when the house caught fire and they had to be rescued by the fire brigade - being carried downstairs by a fireman is something Kath has not forgotten!

Playing and paddling in Tichfield Park was full of happy memories and there were many tales of being mischievous such as playing on the railway on a wagon where you pumped the handle up and down to make it go. This was (at that time) great fun until they ended up near Hucknall, were caught and made to pump it all the way back to Mansfield again.

Sweet rationing was another memory when her father brought home a packet of spangles - not each but to share between Kath and her siblings. It was not just the memory of Divits ice-cream being placed between two wafers that was recalled but feeding the little pony that pulled Divits van with bread. More so because her mum wanted to know where the bread that was saved to make a bread and butter pudding had gone.



After our tea break Kath said she would like to read us some notes her late husband Colin had written about the time he started work at Blidworth Colliery and trained at 'Crownie'. They had never been shared with anyone before and we were honoured that Kath shared them with us.

Pauline

### Lunch Club

Group Leader: **Denise Whitsed**

3<sup>rd</sup> Wednesday

Contact [deewhits@aol.com](mailto:deewhits@aol.com)

21<sup>st</sup> March - Elm Tree, Heath

*This group is full due to the numbers restaurants can cope with. Would anyone like to start another group?*

### Music - 60's Appreciation

Group Leader: **Keith Bancroft**

1<sup>st</sup> Friday Meet Forest Town Arena 2-4pm

Contact 01623 618099

Email [keithbcroft@gmail.com](mailto:keithbcroft@gmail.com)

Another well attended meeting which opened with Chris starting the proceedings with our guess the intro session. Chris was then kept busy with the monthly quiz which was compiled by Keith. No matter how hard the questions the knowledgeable members still seem to come up with the right answers.

Next month there will not be any live music from "Rave On" as John the drummer is not available, so for something different we thought it might be a good idea to have a vinyl day. Please get involved by sorting through your old long players and singles and let's hear what music we really used to listen to in the sixties scratches and all.

Valerie Newborough has offered to formulate next months quiz which she says has a different twist to it so it's something to look forward to again.

As usual there will be the members free raffle with a selection of goodies to be won.

The next meeting takes place on Friday 2<sup>nd</sup> March.

Keith

### Painting and Drawing

Group Leader: **Christine Cawthorne**

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

Contact 01623 658171

The group now has fourteen members and some are new to painting. They arrive saying they cannot draw, they cannot paint but soon discover other members share knowledge and help each other.

People soon discover they do have talent and also they find painting and drawing is therapeutic and they have fun.

[Editors Comment; one lady who thought she could not draw/paint told me she was proud to come away with two good creations].

### Petanque

Group Leader: **Steve Evans**

Contact 01623 470282 or 07806697754

Email [steve.jackie84@ntlworld.com](mailto:steve.jackie84@ntlworld.com)

**No meetings until further notice.**

### Poetry & Play Reading

Group Leader: **Kath Wolstenholme**

2<sup>nd</sup> Monday Sherwood Centre, Stuart Ave 10-12

Contact 01623 617194

Email [krazy.kath@hotmail.co.uk](mailto:krazy.kath@hotmail.co.uk)





## Rambling

**Group Leader: Andrew Riby**

**Rambles from 7 miles up to 9 miles  
1<sup>st</sup> and 3<sup>rd</sup> Wednesday of each month.**

**Contact Andrew Riby 01623 656958  
mobile 07833 543705**

**Email [ribya@imcgroup.co.uk](mailto:ribya@imcgroup.co.uk)**

Our first walk in February on a very cold but perfect winter's day set off from the ponds car park on the Hardwick Estate. Billed as a muddy walk, we were pleased the ground was frozen solid as we made our way through the villages of Astwith and Heath, with views back of Hardwick Hall.

We didn't linger over lunch in the churchyard at Heath due to the cold, and pressed on towards Palterton with views of Bolsover Castle. By then the sun had thawed farmers' fields into mud baths. Our boots grew heavy in a thick coat of claggy mud, hampering our progress back through Glapwell and Ault Hucknall. Although tiring, it was nevertheless a thoroughly enjoyable walk, nicely rounded off by a drink in a warm pub at the end.



*Southwell Minster*

**Our next rambles: 7<sup>th</sup> March:** Epperstone, Halloughton Dumble, Thurgarton Beck (8¾ miles).

**21<sup>st</sup> March:** Wentworth Woodhouse and Elsecar, South Yorkshire. (8 miles). Meet at the Arena car park to arrange lift sharing, departing at 08:40 am. New members always welcome.

*Andy*

## Scrabble & Rummikub

**Group Leader: Celia Tassle**

**2<sup>nd</sup> Friday & 3<sup>rd</sup> Monday Forest Town Arena 2pm**

**Contact 01623 627905**

Nine members met at the Forest Town Arena and had an entertaining afternoon. Special thanks were given to Simon [manager] for letting us use a smaller room as our usual room was rather noisy. We are now meeting twice a month, the 3<sup>rd</sup> Monday and 2<sup>nd</sup> Friday. new members are welcome

## Strollers/ Short Walks

**Group Leader: Denise Doud**

**Meet 3<sup>rd</sup> Friday 10am**

**Contact 01623 619856**

**Email [dmdoud52@gmail.com](mailto:dmdoud52@gmail.com)**



Sixteen of us had a lovely if chilly 2 mile walk around The Carrs at Church Warsop. The walk took us around the water and up and round the path and back. It was lovely to see the water birds waiting to be fed by lots of people.



*Hardwick Park*

Our second outing was notable for drifts of snowdrops and took us from Southwell through rolling countryside to Halam and Edingley. We reflected on the loss of a Lancaster bomber with all its 7 crew members in 1943 near Halam, most likely due to engine failure.

After following Edingley Beck, we joined the Southwell Trail which brought us to Maythorne, site of a former cotton mill powered by the River Greet. Cutting through the grounds of Norwood Hall we returned to Southwell, where we learned of the treacherous betrayal of King Charles 1<sup>st</sup> by the Scottish Commissioners to Parliamentary forces the night after his stay at the historic Saracen's Head in the town, and explored the grounds of Southwell Minster.

We ended our stroll at the Café where coffee and cake was gratefully purchased.

Our next meet is on Friday 16<sup>th</sup> March at 10.30am at Burntstump Park meeting in the pub car park.

*Jen Lowe*

### Table Tennis

**Group Leader: Marilyn Redfern**

**Meet - 1<sup>st</sup> Tuesday Meden & Oak Hill Leisure Centre  
10:30 - 12:30**

**Contact 01623 646547**

**Email [mjrfern@gmail.com](mailto:mjrfern@gmail.com)**

### Ten Pin Bowling

**Group Leader: Gordon Chapman**

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

**Contact 01623 620012**

**Email [chapmanrogere490@gmail.com](mailto:chapmanrogere490@gmail.com)**

### Trace Your Family History

**Group Leader: Malcolm Marples**

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

**Contact 01623 431783**

**Email [malcolm@mp-marples.co.uk](mailto:malcolm@mp-marples.co.uk)**

Once again the group had plenty to talk about and discuss such as different methods of recording family history. It was interesting to see examples of what everyone prefers - computer programmes, charts, books to fill in, card systems.

There were also examples to look at of how people had written up their personal life stories and we realised the value of doing this.

Mike had a framed 'chart' of the Lyall family that a family member had obtained at some time. This led to a discussion on the origin of surnames and how difficult it can be when a person marries but still keeps their own surname.

We also discussed how by just using information found on web site such as Ancestry and Findmypast it is very easy to get on the wrong track. Many people just see a name they are looking for and decide it is theirs instead of checking other sources and double checking.

The value of looking at local history books in relation to your research was another topic discussed and there were plenty of examples to look at. These often contain names, photographs and social history and are a useful source for historians. Some of these were books people or groups had done as projects years ago and are no longer in print.

*Pauline*

## FROM COMPUTER BOB

### **How to use Snipping Tool to capture screenshots**

Sometimes you may want to capture part of your computer screen, maybe a recipe, news story or review to share with a friend, Windows has a built in 'Snipping tool' which allows you to capture all or part of your PC screen, add notes, save the snip, or email it from the Snipping Tool window.

### **To Open the Snipping Tool**

For Windows 10 type **snipping tool** in the search box on the bottom left of the taskbar, and then select **Snipping Tool** from the list of results

For Windows 8.1 / Windows RT 8.1 Swipe in from the right edge of the screen, tap **Search** (or if you're using a mouse, point to the lower-right corner of the screen, move the mouse pointer up, and then click **Search**, type **snipping tool** in the search box, and then select **Snipping Tool** from the list of results.

**For Windows 7** Select the Start button, type **Snipping tool** in the search box, and then select **Snipping Tool** from the list of results.

### **To Capture a snip**

When the **Snipping Tool** opens, select **Mode**, (in older versions select the arrow next to the New button), choose the kind of snip you want (see below) and then select **New**, the screen will 'grey out', put your cursor near the area you want to snip and with the left button held down drag your cursor to cover the area of the screen that you want to capture, after a few practices you will get the hang of it, if you make a mistake simply select **New** and start again.

**Free-form snip.** Draw a free-form shape around an object.

**Rectangular snip.** Drag the cursor around an object to form a rectangle.

**Window snip.** Select a window, such as a browser window or dialog box, that you want to capture.

**Full-screen snip.** Capture the entire screen.

The **Delay** button delays the activation of the **Snipping tool** by the time selected, useful if you want to right click on an object to include a context menu in your snip.

After you capture a snip, it is automatically copied to the **Snipping Tool window**, from there you can use the **File**, **Edit** or **Tools** options to save, change or send the clip to someone.

More details can be found by clicking on the question mark or on our Computer group webpage  
<https://u3asites.org.uk/forest-town/page/56067>





**EDINBURGH TATTOO HOLIDAY**  
**August 20<sup>th</sup> to 23<sup>rd</sup> 2018 - ITINERY**  
**Price and availability details on page 2**

**Day 1** We stop at Rheged (Lake District attraction), located near Penrith, there is a very good selection of cafés offering fresh food with a distinct Cumbrian flavour using the best local ingredients including Lamb and Beef from Reghed Farms. There are also lots of shops offering a varied collection of gifts and crafts.

**Day 2 Edinburgh plus Tattoo,** A chance to discover Edinburgh, use the hop on hop off bus to visit the Castles, Arthurs seat, the Royal Mile and Princes Street. There is also very easy access by service bus to visit the Royal Yacht Britannia, or drop off there to spend the day in Leith.

If anyone cares to join up for lunch/late afternoon we will be visiting the Dome.

**Day 3 A full day in Glasgow** Visit the Cathedral, Kelvington Art Gallery, Riverside Museum, Queens Cross Church and Buchanan Street for those that love to shop!!!!

**Day 4 A visit to Gretna Green.**

The price is £385 per person for the 4 day trip.

**DON'T FORGET** to look at the various notice boards at the main meeting for details of holidays, activity groups and other U3A events.

You can also add any comments of things you would like to see in our 'comments book,' which is in front of the notice board near the signing in table.

## HELPING IN THE COMMUNITY

***Great British Spring Clean  
in Forest Town***

**SATURDAY 3<sup>rd</sup> MARCH 2018**

**RUSHPOOL OPEN SPACE (near ASDA) 10am-12 noon**

**SPA PONDS NATURE RESERVE  
(Clipstone Drive entrance)  
1pm-3pm**

[www.ForestTown.net/Nature](http://www.ForestTown.net/Nature)

[www.Facebook.com/FTNCG](https://www.facebook.com/FTNCG)

Phone Shlomo on (01623) 640134

**NEWSLETTER DEADLINE  
FOR THE MARCH ISSUE  
23<sup>rd</sup> March**

**TO KEEP UP-TO-DATE WITH  
EVENTS AND PHOTOGRAPHS IN  
OUR U3A  
VISIT OUR WEB SITE**

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

**Forest Town U3A Executive Committee /Contacts**

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