

NEWSLETTER Issue 33 August 2018

'MIKES MUSINGS'

Welcome to this latest edition of the Newsletter.

Membership of our U3A now stands at 250 and includes a sizable number of people who have joined us over the last few months. We are approaching the point when we will have to restrict new members but there are still vacancies available so if you have friends who you think might enjoy our U3A get them signed up **now**. The new members coffee morning I mentioned last month was a success and appreciated by those new to the U3A; it gave us more time on a one to one basis to talk about our monthly meetings and our range of Interest Groups with quite a number of those present expressing interest in a variety of groups. We plan to continue this initiative.

Members with sight and hearing issues I am aware that as we move into our later years that our sight and hearing are not what they used to be for many of us. To support our members, we have reserved the front row of chairs at our meeting for any members who would find it beneficial to be closer to the speaker and projector screen. As a committee we hope that this will be seen as supportive of any such members.

Christmas Lunch I know we are in the middle of a heatwave, but we are now taking bookings for the lunch, Marilyn our Assistant Treasurer is collecting the monies with Marlene organising the event as before. This has proved very popular previously so please make your reservation as soon as possible to avoid disappointment.

Suggestion Book The book continues to be placed on the table by the general notice board. Please enter any suggestions you have regarding the running of our U3A and any ideas for new interest groups. Please ensure you provide your contact details in order that we can get back to you once the committee has considered your suggestion. Of

course, you can also always talk to any committee member or group leader with your suggestions.

Welfare Officer Some U3A's have a welfare officer and the committee would be pleased to hear from anyone of our members who would want to take on that role. Each U3A have their own arrangements but in general we would see the role as being one where you keep in contact with any members who are ill or for whatever reason are finding it difficult to partake in our U3A. If this is something you feel able to do, we would also put you in contact with other U3A's where they have a Welfare Officer to 'pick their brains'.

Mike King Chairman

OUR AUGUST MEETING

Thursday 2nd August in St Alban's Church

Please sign in.

1.45pm Welcome by Susan our Vice Chairman

Followed by our guest speaker

Toni Hall speaking on -

'Aloe Vera - its history and medicinal properties'

'I will be sharing the history and benefits of Aloe Vera an ancient power packed plant which has been used for thousands of years as a natural healer'.

Tea/coffee will then be served, when you can look at the display boards and chat to other members.

This will be followed by the Announcements and Notices

August Meetings

Many of our groups are not meeting in August

Please check in the newsletter or with the Group Leader before setting out.

Good Wishes

We hope this newsletter finds you all in the Pink and coping with this very hot weather. But for those of you who are not well, and are undergoing treatment of any kind, or have sadness in your hearts, **we send you hugs and lots of good wishes.**

LOOKING BACK TO OUR JULY MEETING



Steve Allen was our Speaker/Entertainer for July and despite it being another hot day there was another good turnout of members.

Steve himself was dressed for the part and looked like he may just have taken time out from the mill he worked in to tell about the marvels of the age he lived in. He gave us a whistle stop tour through the 19th Century starting with the dawn of the Industrial Revolution, his talk was illustrated with slides and some later cine material, plus well known folk songs related to the topics to which he had us singing along. Apart from facts, Steve also included bizarre or amusing snippets, such as punishing children by hoisting them to the mill roof in baskets, or nailing their clothing to the work benches.

Men and women who had been instrumental in changing the country were touched on, such as Richard Arkwright (industrialist and inventor of spinning machines), James Brindley (engineer and pioneer of canal construction) Thomas Telford, (road, bridge and canal builder) George Stephenson (civil and mechanical engineer, renowned as the Father of the Railways) and Florence Nightingale (Social reformer and founder of modern nursing).

There were too many topics to go into detail but over the hour Steve told us about the rise of the mills leading to the building of the canal system which then went into decline with the birth of the railways. During the early years of the Industrial Revolution the shipping industry was booming with clipper ships being able to transport produce quickly around the world.

The introduction of steam saw the birth of seaside resorts as people began to use trains to go further afield and the fishing industry expanded until Britain had one of the biggest fleets in the world as fish could now be moved quickly and sold before it spoiled.

It wasn't all about industry though; both the Peninsular War and the Crimean War were touched

on, plus improvements in caring for the sick and wounded which were mainly due to Florence Nightingale who went out to nurse in the Crimea, founded a teaching school for nurses and revolutionised care in the hospitals. After her arrival at Scutari Hospital a decomposing horse was found in the water supply! With improved hygiene and living conditions the death rate among sick and wounded soldiers dropped from 41% to 2%. Her campaigning also improved general care in hospitals at home.

After a refreshment break we all reconvened for the group, holiday, and other announcements, following which there was time to check out the book stall, chat to friends or check out anything else that was happening.

Jenny Wright

HOLIDAYS & OUTINGS 2018 -2019

All the holidays and outings for 2018 are full. Ideas for 2019 are being considered, if you have any suggestions, Contact Denise at the main meeting or on **07791941502**, or email deewhits@aol.com

Volunteers Urgently Required!



Due to various reasons the number of members who help out with Meeting and Greeting has now dwindled to a small number, this means that the same people are being asked on most months to help with this and we only need four to cover it, as I'm sure you will agree, with a membership of around 250 this is rather unfair.

If you appreciate having a friendly face to welcome you and offer help if needed with signing in, please consider giving your U3A about an hour of your time at the start of the meeting. That's all it takes, it isn't an onerous task and is a good way to get to know other members.

If you are unsure, please be assured that you will always be paired with someone who knows the ropes. The more people we have the better as we can then set up a rota.

Also don't forget the Refreshments Team; they are always looking for extra help, no volunteers, no tea and coffee, your choice!

There will be a sheet on the Signing In table where you can volunteer for any of these roles, we want to continue to provide a friendly welcome and refreshments during the meeting, but without you this won't be possible, this is **your** U3A and you need to be active to enable it to continue! Thank you,

Jenny Wright

INTEREST GROUPS & LATEST REPORTS

ROUP MEETINGS AT A GLANCE

	Monday	Tuesday	Wednesday	Thursday	Friday
1 st	Book Club (New day & re starts September)	Table Tennis Tai Chi	Rambling	MAIN MEETING	Music - 60s Appreciation
2 nd	Craft Poetry & Play Reading	Gardening Tai Chi	Current Affairs	Bird Watching Ten Pin Bowling	Bridge Scrabble & Rummikub
3 rd	Scrabble & Rummikub Family History	Tai Chi	Rambling Lunch Club	Local History	Strollers
4 th		Art Appreciation Tai Chi		Painting & Drawing Scrap Booking Evening Dining Out	Bridge

Art Appreciation

4th Tuesday 10am Forest Town Arena

Our June meeting at the Arena had as its subject: "A Favourite Painting", and so the five of us present talked about our particular choice. There was a Salvador Dali, a Grayson Perry tapestry, a Toulouse-Lautrec, and a local artist, together with some photos of Venice; and I think we all learnt from each other during these discussions.

There was much talk about Venice, where one of our members had recently had a holiday, and we chatted about our memories of the beautiful art and architecture. A lively and enjoyable session.

We have suggested a visit to the Portland Museum at the Dukeries for our 24th July meeting (to be decided). There will be no August meeting.

Jill

Bird Watching

Group Leader: Lynne Cooper

Meet 2nd Thursday of the month

In July seven (car sharing) members of the group went to RSPB Old Moor in the hope of seeing a BITTERN.

The Bittern is a thick set Heron known for its remarkable far-carrying Booming sound. It is an 'Amber List' species and has been a regular visitor to this site since 2013.



(Image is from the RSPB web site)

We visited the Bittern hide in the afternoon and were rewarded with an excellent view of the Bittern flying

right across our field of vision, so a good view for quite a while.

Before visiting the Bittern Hide we explored the numerous other hides on a different side of the lakes. These were also rewarding as Andy with his scope spotted a Mediterranean Gull (a rare visitor) with its two chicks. It was clearly different to our own native species.

There were many other regular species we expected to see but of particular interest was a Common Tern feeding its young. A very enjoyable day had by all.

Malcolm

Book Club

Group Leader: Ann Stanford

Meet (see below)



Book Club is changing the day and time to the first Monday of the month, 10.30am at Forest Town Library.

NO meeting until the first Monday in September.

Bridge

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

Please contact Bob re meeting

Craft

Group Leader: Jane Freeman

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

We had 8 ladies in our group today, including one new member, who settled in well. She challenged us with a query on how to complete her beautiful knitted blanket, which had to be done at home. Lots of advice was offered so we await the results at the next session, in the meantime she willingly accepted some patchwork squares to work on.

Some of our group were either on holiday, or had other appointments, but we hope to see them again next month.

We worked industriously on; ribbon embroidery pictures (very intricate and intriguing); patchwork squares (hopefully this project is reaching its target number soon); a knitted baby hat for the neonatal unit at King's Mill; knitted and crochet poppies in readiness for the 2018 remembrance services in November.

As usual while we worked we chatted and just some of the Topics on discussion included Wimbledon, Trump's Blimp over Westminster; the value and importance of old friends; The Gareth Southgate Waistcoat trend, will it save the economy?; The latest "reason" why no tea was available (no milk this month!) However, we did enjoy delicious cake, albeit in a surreptitious way.

Jane

Current Affairs

Group Leader: Desley O'Leary

2nd Wednesday 10am - 12 noon



A small but very select group began an extremely lively discussion session punctuated halfway by The Grand Entry of a magnificent array of cakes and hot drinks brought in with precision timing and style, and served with panache by John. A definite 5 star rating on Trip Advisor!

Subjects in the spotlight today included; Where do we go from Brexit, and will Boris Johnson become

the next PM if Theresa May gets ousted? It was thought the whole situation was an "omni shambles", to quote from Boris himself, and that the PM should walk away from the watered down agreement, as it was good for no one. The idea of Boris for PM was a "no brainer" all round.

Was Ben Bradley's resignation from his cabinet post in protest against the Chequer's Brexit decisions a good move, or has his action opened the door for removing her from post? We were divided on this, as some felt he was merely making his mark to further his own career, rather than acting for the common good.

Are we being ripped off with the ever escalating costs of funerals, pre paid or otherwise? We discussed the many alternative choices of 'green' burials, which were possibly just as expensive; DIY options (some cultures are allowed to have cremations in their own garden); and the fact that few of us had put any cash aside, or prepaid one for ourselves.

Should people be fined for wasting police and emergency services' time for dialling 999 for trivial matters? One person had called recently saying they were starving. It later transpired they were annoyed because their food delivery hadn't arrived for a few hours. We all agreed it was a disgraceful waste of overstretched resources, but were unsure how it would be managed.

Should Sadiq Khan have given permission and crowd-funded the cost of putting up a Baby Trump Blimp over Westminster? We agreed that it was disrespectful to a head of state (disregarding our own personal feelings for Mr Trump) and a silly waste of peoples' money. If people wished to protest, there are other ways to show public displeasure.

Should there be an age when drivers should take/re-take a driving test? The response was a unanimous "yes", with lots of personally witnessed horror stories of drivers who should Definitely not still be driving! It was unclear, however, which form this should take. We felt a full driving test wasn't needed, but maybe some sort of compromised, shortened version, combined with a full, thorough medical. We agreed that the current self-certification at 70 relied on each person's complete honesty.

Jane

Evening Dining Out

Group Leaders: Jane Atkins, Marilyn Redfern

4th Thursday

30th August Farndon Boathouse near Newark
Deposits can be paid at the next general meeting

Marilyn

Gardening

Group Leaders: Angelina Taylor & Mollie Bramley.
2nd Tuesday 10-12noon - Stuart Avenue Centre

Eleven of us met up this month at the Stuart Avenue Community Centre and donated plants and produce. It was good to see Mollie, who is slowly recovering from being ill. From there we went to Angelina's home and spent a most enjoyable morning in her jewel of a small garden. What a delight! A great variety of plants, including shrubs, fruit trees and veg, was packed in tightly and provided a beautiful display. Garden ornaments peeped out from nooks and crannies and made one smile. A tiny hidden path wound round behind a colourful curved bank, and revealed more pretty plants.

We were treated, al fresco, to tea/coffee and home-made cakes and biscuits, efficiently served by Alan; and entertained by Angelina's tales of her colourful life (much laughter)! Many thanks to her and to Alan for welcoming us into their home and garden; I'm sure we all came away brimful of gardening ideas.

Kay

No meeting in August.

Local History

Group Leader: Pauline Marples .
3rd Thursday 2.15pm - Flint Avenue Centre

It was pleasing to welcome two new members to our group in July. With the present heat wave, and concerns that some reservoirs are becoming short of water we looked at the many aspects of dams and reservoirs.

Using the book 'Birchinlee' by Brian Robinson we learnt of how a whole new village was built for the workmen and their families involved in the construction of the Howden and Derwent Dams in the early 1900s. The village was called Birchinlee.

We then discussed the flooding of the Derbyshire villages of Ashopton and Derwent which are beneath the Ladybower Dam.

As a total contrast we turned to a book on Sheffield which told of how the Dale Dyke Dam burst open on the 11th March 1864 causing death and destruction for many miles.

It was recalled how only a few years ago there was great concern when Ulley reservoir nr Rotherham was in danger of cracking and flooding the villages lower down the valley and the M1 motorway. Fortunately engineers were able to prevent this.

With all this talk of water we were all ready for a hot/cold drink. Time was then spent looking at a wide variety of books.

Pauline

No meeting in August.

Family History

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

Once again this was a relaxed meeting discussing various aspects of research with Mike tapping away on his computer and Chris showing a will he had just found. We set ourselves a challenge that at our next meeting we will all have discovered something new about at least one of our ancestors.

Pauline

No meeting in August.

Lunch Club

Group Leader: Denise Whitsed
3rd Wednesday

The Lunch Club will now meet every two months at West Notts. College (Refined Dining) visiting other venues on the alternate months.

Music - 60's Appreciation

Group Leader: John Kirk
1st Friday Meet Forest Town Arena 2-4pm

A big thank you to our members old and new who attended the 60's music group on one of the hottest days of the year. The Arena's conservatory was at least 100 degrees but thankfully the air con was switched on which made things much more comfortable for us all.

Two sets of live music were played by Win and John with the quiz and featured artist spot coming in between. This month's artist was Connie Francis now 80 years old and still making occasional appearances in America. Thanks also to Sandra, the lady who signs us in at the door as well as running the raffle every month.

If anyone would like to turn the spotlight on their favourite artist from the 60's we would be happy to help in any way we can .

Hope to see you all again on Friday 3rd August .

John

National Trust Group

This group does not have any specific dates at the moment, for more information contact

Painting and Drawing

Group Leader: Christine Cawthorne .
4th Thursday 2-4pm - Sherwood Centre, Stuart Ave.

Poetry & Play Reading

Group Leader: Kath Wolstenholme
2nd Monday Sherwood Centre, Stuart Ave 10-12

Rambling

Group Leader: Andrew Riby
Rambles from 7 miles up to 9 miles
1st and 3rd Wednesday of each month.

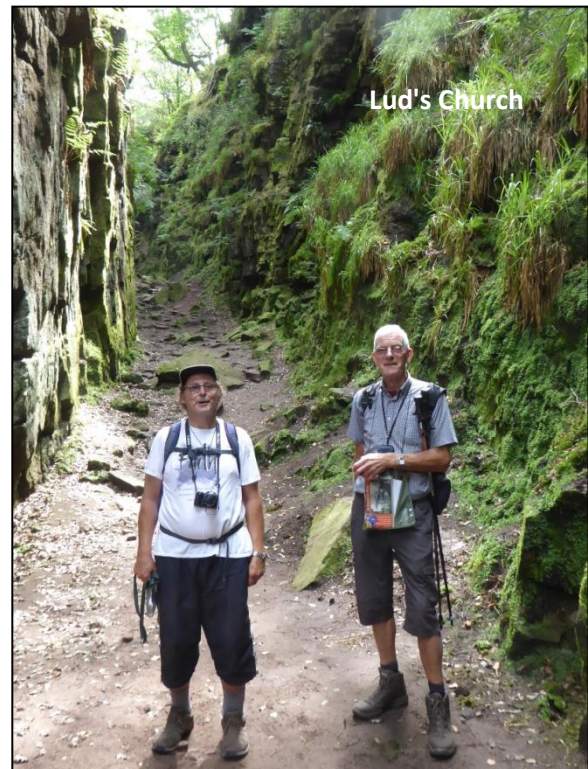
Our first walk in July was the group's first minibus excursion. Sixteen of us set out for Runswick Bay. We meandered steeply down through this picturesque Yorkshire seaside village, admiring the sea views and the cottages with their pretty gardens.

It was the ideal temperature for walking as we took the coast path southwards on a dull morning. Lunch was taken on the remote clifftop village of Kettleless before continuing along cliffs, now scarred by defunct alum mines. By the time we reached Sandsend we were walking in full sunshine. This made the remaining two mile beach walk to our destination, Whitby, an absolute delight, some of our group enjoying a paddle along the way. A fish and chip tea in Whitby rounded off a lovely day.



Only three of us set out on our second walk to The Roaches in Staffordshire, listed in Julia Bradbury's "Britain's Favourite Walks". A hard climb up the

rocky ridge revealed stunning views from Tittesworth Water in the south, across the Cheshire Plain and Jodrell Bank observatory to the west to the distinctive peak of Shuttlingsloe (the Matterhorn of Cheshire) to the north. Resisting the temptingly sited ice cream van coming off the ridge we headed for Lud's Church, a deep chasm in the bedrock thought to have been a secret place of worship of the Lollards, a heretical Christian sect persecuted for their beliefs in the 15th century. With lovely scenery, gently trickling streams and shady oak woods this is indeed a favourite walk.



Our next rambles: 1st August: Hartington, Longnor and Crowdecote (9 miles). 15th August: Edale, Jagers Clough, Crookstone Hill, Ringing Roger (8¼ 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
2nd Friday & 3rd Monday Forest Town Arena 2pm

Scrap Booking

Group Leader: Ann Stanford
4th Thursday 2-4pm - Sherwood Centre, Stuart Ave.

A scrapbook is a decorated book where cuttings, photos, drawings, tickets and certificates can be presented. It's a way of collecting personal and family history in the form of a book so cherished moments can be remembered. Unleash your creative streak and join this group.

Ann

Short Walks

Contact Marilyn Redfern

Strollers

Group Leader: Denise Doud

Meet 3rd Friday 10: 30am

This Fridays stroll was at Vicar Water Country Park and twenty six of us thoroughly enjoyed a lovely stroll which lasted for 3.2miles. It was good to have 8 new strollers with us making a nice walking group. Hope they were not put off with the very warm weather.

It was a very nice stroll around and we ultimately ended up in Rumbles cafe for refreshments.

Our next stroll will be September 14th venue to be announced. *Jen Lowe*

No stroll in August

Table Tennis

Group Leader: *Marilyn Redfern*

Meet - 1st Tuesday Meden & Oak Hill Leisure Centre

New Time 11:30 - 1:30

Ten Pin Bowling

Group Leader: *Gordon Chapman*

Meet 2nd Thursday 2pm
Mansfield Superbowl 2000.

There were seven of us bowling, and Kathy watching on July 12th at Mansfield Superbowl. Sheila, John, Marilyn, Geoff, Allan Gordon and Terry were the bowlers, Gordon, Terry and John in one team, and Sheila, Marilyn, Allan and Geoff making up team two.

In team one, Gordon won both games with scores of 146 and then 124, having two strikes in the first game, and one strike in the second game, John was second in both games with scores of 103 and 115, having three strikes in the first game and two strikes in the second game, and Terry was in third place in both games with scores of 103 and 83 respectively, having one strike in the first game and none in the second.

In team two, Geoff won the first game with a score of 160, having two strikes, Allan was second with a score of 101 and one strike, Sheila came third with a score of 87 and one strike, whilst Marilyn was forth with a score of 65. In team two's second game, Geoff again came first with a score of 139 and two strikes, Sheila was second with a score of 117 and getting

one strike, Allan was third with a score of 100 and one strike, whilst Marilyn was forth with 68.

If any more U3A members would like to join us for a pleasant two hours on the second Thursday of the month, do join us. 2pm. at Mansfield Superbowl.

Terry

Tai Chi

Contact Ann Stanford.

This group is meeting every Tuesday, 2.30 to 3.45pm at Forest Town Methodist Church Hall. There is a cost, to cover hire of the hall, and a few breaks due to the leaders holidays. For more information please contact Ann.

POTTERS

HOPTON ON SEA JUNE 2018

For nearly a year our social secretary, Denise, has been extolling the virtues of the Potters holiday complex. Now we can report that everything promised was delivered. Potters is a family run business and it certainly felt that every effort was made to ensure we all had a good time.

On arrival our honorary redcoat (Denise) gave us a guided tour, which helped us to get our bearings. The allocated accommodation was as promised with an added bonus of being able to access the beach for our early morning jog (or not)!

The range of interest and activity groups ensured that there was something for everyone. Several members took part in the dancing sessions, learning routines for cha cha, jive, merengue and Charleston, fortunately our hips are all still in place.

If dancing is not your scene, there was table tennis, ten pin bowling, flat green bowls (not so flat- as the bowls were curving in every direction until someone suggested it would be easier just to move the jack, we are nothing if not creative). Lots of us made use of the indoor/outdoor pool and spa area.

A couple of very adventurous ladies took to the giant high swing just to prove that having fun and excitement is not just for the young, we have a video to prove it.

If all this sounds too exhausting, there was lots of opportunity to just sit back with a glass (or several) of wine and enjoy a chat with old and new friends. I even spotted a bit of swimsuit sunbathing on a lounge (no names).

The dining was first class, something to suit every taste. The deserts were too tempting and I'm sure many of us found our waistbands a little tighter on the journey home.

Shows in the evening offered excellent singing, dancing and comedy acts. Denise was much relieved to see Sean Hathway, a fabulous classical singer, appearing that week.

And so our days and evenings passed with lots of fun, companionship and laughter, in addition to the opportunity for quiet contemplation along the shore. What's not to like?

Marilyn



FROM COMPUTER BOB

Keyboard Problem.

A recent problem for several people was that their keyboard had changed to the U.S. keyboard layout, this caused the annoying problem of the @ and £ sign keys being assigned to a different key.

To change the keyboard back to the UK system try this keyboard shortcut first, press and hold the Windows key down, (3rd from left on bottom row with the microsoft logo on it), now press the spacebar and a box should pop up on-screen showing the keyboard language, still holding the windows key down press and release the spacebar and it will toggle between the options in the popup box, select the option you want and release the windows key, (this proved to be a temporary fix in one case).

A quick way to the Language settings menu is to type Language in the search box and press Enter, you can

change the language setting there. If these methods don't work for you open Settings by typing Settings in the search box or by clicking on the Settings icon, (the little cog wheel above the on/off icon), this will take you to the Settings menu, look for Time and Language (speech, region, date) in the options, click on this option and then select Region and language and change the language setting, close the settings window and you should be OK.

Bob.

Have you looked at our web site?
<https://u3asites.org.uk/forest-town/page/56067>

It is regularly updated with information and photographs

If you don't have a computer, why not go to your local library and use theirs?

The librarians are there to help you.

FOREST TOWN & DIST U3A CHRISTMAS DINNER.

14th December 2018. Friday 1 pm £16.50.

South Forest Complex, Robin Hood Crossroads,
 Clipstone Road, Edwinstowe, Notts. NG22 9JF

Choice of Menu

See *Marilyn* at the main meeting

Places are limited so please book early to avoid disappointment.

If you are interested would you please pay **Marilyn** with cash or a cheque made payable to Forest Town & Dist U3A, At the Main Meeting

Any questions please contact

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

Sorry we can't take any booking without payment.

**NEWSLETTER DEADLINE
 FOR THE SEPTEMBER ISSUE 20th AUGUST
 email contributions to
pauline@mp-marples.co.uk
 or send to 15 Elmhurst Rd.
 Forest Town. NG19 0EU**

Forest Town U3A Executive Committee

Committee Position	Name
Chairman	Mike King
V/Chair & Speaker Sec	Susan Wright
Business Secretary	Sue Harkin
Treasurer	Lynne Cooper
Assist Treasurer	Marilyn Redfern
Groups Co-ordinator	Ann Stanford
Assist. Group Co-ordinator	Steve Evans
Membership Sec	Kath Wolstenholme
Assist/Membership Sec.	Jane Atkins
Website Editor	Bob Hunt
Joint Social Secretary	Hazel Hett
Joint Social Secretary	Denise Whitshed
Newsletter Editor	Pauline Marples



The Avenues today