



NEWSLETTER Issue 34 September 2018

'MIKES MUSINGS'

Welcome to this latest edition of the Newsletter.

Membership: Following our August meeting the membership now stands at 260. We have now had to close new membership for the present and started a 'potential membership list'. We will continue to keep this under review.

Tea/Coffee cups: We are conscious that the cups we use at the monthly meetings are not re-cyclable. We are looking into the possibility of purchasing cups that can be placed in 'compost bins'. Obviously, this will be a great benefit if possible and will help our environment and the scourge of plastic.

Volunteers: We had a good response at our August meeting to Susan's request for volunteers both as 'meeters and greeters' and to assist with tea/coffee, thank you to those who put their names forward. I mentioned last month that some U3A's have a welfare officer, no member has stepped forward for that role, if you can help please speak to any members of the committee

Mike King Chairman

COFFEE MORNING Monday 24th SEPTEMBER, 2018.

In the Sherwood Room, Forest Town Arena,

10-30am to 12 noon.

£1 for coffee and biscuits.

Tickets on sale at the Main meeting

Please come especially if you have any interest in the following NEW GROUPS.

National Trust, Cycling, Classic Vehicles, Current Affairs Group 2 and Silver Screen Cinema.

The aim is to agree on a day, time, place for meeting and an itinerary for the coming months.

OUR SEPTEMBER MEETING

Thursday 6th September in St Alban's Church

Please sign in.

1.45pm Welcome by Mike our Chairman

Followed by our guest speaker

Mike Storr

on

'Masters of Mirth'

Mike takes an affectionate look at some of his favourite Music Hall laughter makers also how Music Hall began.

His favourite characters include Robb Wilton, Stanley Holloway, and Bernard Miles.

There will be examples of their acts including their famous monologues.

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

Forest Town and District U3A

GARDEN GROUP

invite you to a

Question and Answer session

with

Mike Davey

on Tuesday 9th October, 2018

at 10am to 12 noon.

at the

Sherwood Room, Stuart Ave,
Forest Town

Tickets £2 including refreshments, on sale at the

September and October Main meeting.



MAKE A POPPY



Camouflage netting will be draped from the cross in the Methodist Church garden to commemorate the end of the Great War, this will be covered with knitted, crocheted, material, and net poppies.

These can be given to U3A members Christine Cawthorne, Celia Tassel, Pauline Marples, Jane (Craft Group) by the end of September.

LOOKING BACK TO OUR AUGUST MEETING

There was certainly a 'full house' for Toni Halls talk on the History and Benefits of Aloe Vera because we kept having to put more chairs out.



Aloe Vera is also known as 'The Burns Plant', 'Wand of God', 'First Aid Plant' and 'Plant of Immortality'. It originates from the Arabian Desert and has been used for thousands of years.

Toni spoke from personal experience of herself and family and told us that some of the benefits of Aloe Vera were;

Its a great digestive aid, promotes healthy skin, healthy joints, a healthy immune system and also health and well being.

We learnt of the many products that 'Forever' the Aloe Vera Company make, it was actually mind boggling and left you wondering which to take for what!

After the talk there was a crowd round Toni's stall of products as people were keen to learn more, try samples and also purchase some of the goods.

For those who wanted there was a form to fill in for a lucky draw, and in the next column you can see Suzanne Coleman the lucky prize winner of a bag of 'Forever' goodies.



NEW PROJECTOR

It was at the August meeting when the new projector, screen and projector table were used and the difference in projected images was excellent. We extend a big THANK YOU to everyone who has donated money and helped with fund raising for these items.

HOLIDAYS & OUTINGS 2018 -2019

2018

Denise has added two extra outings for September at short notice.

Dolly Parton tribute at The Junction on 16th September at 6pm
£8 each plus cost of meal choice

Lichfield day trip 25th September only £15
A beautiful cathedral and market day

2019

Just starting to plan next years days out, and so far

Potter's June 10th Monday to Friday
price approx £325

Contact Denise at the main meeting or on **07791941502**, email deewhites@aol.com

Lady to Tramp
"Didn't I tell you not to call here again"
Tramp - "Beg pardon Ma'am, its the fault of my secretary he forgot to cross you off of my mailing list!"



INTEREST GROUPS & LATEST REPORTS

GROUP MEETINGS AT A GLANCE

	Monday	Tuesday	Wednesday	Thursday	Friday
1 st	Book Club	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 Dancing
4 th	Short Walks	Art Appreciation Tai Chi		Painting & Drawing Scrap Booking Evening Dining Out	Bridge

Art Appreciation

4th Tuesday 10am Forest Town Arena

Contact Jill Gascoyne

Email jillgas.1@gmail.com

In July the Art Appreciation group once again met at the Harley Gallery, this time to see the Portland Collection which is housed in the new building adjacent to the original Harley Gallery. It was a very hot day and the air conditioned cool interior of this beautiful new gallery was most welcome as we began our visit.

The paintings in this long gallery are mostly of ancestors of the Welbeck Estate, their animals and their horses but there is one of Charles II as a young boy and details of subject and artist is also provided when known for some of the works.

The long gallery led to smaller viewing chambers displaying some very beautiful, interesting exhibits such as an earring worn by Charles I at his execution, some Portland Silver and a lovely tiara made by Cartier to mention just a few.

The conversation of our small intimate group led to some interesting, varied views and opinions being expressed and discussed but we all agreed in admiration of the craftsmanship and skill of the people who had made these objects many years ago, a fact that can be easily overlooked sometimes.

The very nice security man on duty at the time came chatting to us and mentioned the tours of the Welbeck Estate which take place every year and how interesting they are if you wanted to see the Abbey, more art and things of interest such as the sunken dance floor etc.

A member of our group said she was having difficulty accessing the tours and the nice man advised her to ask the receptionist which she did at the end of the visit. It seems the tours only occur August to September, have limited numbers and are very popular so booking seems to be done a year in advance with still no guarantee of success.

We concluded our very enjoyable visit to the Portland Collection, bid our farewells and left.

The Art Appreciation group will next meet on 25th September at the Arena where we will discuss female artists and plan other visits.

Jill Greer

Bird Watching

Group Leader: Lynne Cooper

Meet 2nd Thursday of the month

Contact 01623 652430

Email lynnecoopernotts@hotmail.co.uk

This month the Bird Watching group, 12 members in all, visited Fairburn Ings, an RSPB Nature reserve. This reserve is nestled between Leeds, York and Wakefield. Over the last 60 years it has transitioned from coal tip to wild place, an ex-industrial site, rich in heritage and an important site for bird life, breeding and over wintering wildfowl.

We were fortunate to see lots of bird life on and around the waters edge and especially a few species completely new to us - Spoonbills (see picture), Whinchat, Whooper Swan and Common Sandpipers. At the feeding station which we observed over lunch we were fortunate to see a variety of small birds including Greenfinch, Goldfinch and Bullfinch. A tiring day as we did a lot of walking but a rewarding day. *(Image produced with permission of RSPB)*



Lynne

Book Club

Group Leader: Ann Stanford

Meet (see below)

Contact 01623 641864

Email annstanford1@sky.com

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

Bridge

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

The 'six stalwarts' and a returnee set to work this afternoon on a variety of new and on-going projects.

Knitted and crocheted Poppies for the local Methodist church armistice display in October/November to mark the end of World War One; more hand sewn squares for a cot quilt (It Will be completed for Christmas, but I am not certain Which one!); making up embroidery kits with bee and butterfly motifs; an embroidered table cloth, with very intricate flowers.

Topics today under scrutiny included; the skills of the athletes and gymnasts in the recent games (all, I'm afraid to say, totally lost on me!);

The conundrum of giving gifts to ever-growing families, with the particular question of "how far along the family tree does the gift-giving travel?", as in 'Who is Great-Aunt so-and-so, and what is this odd item she has sent me.' That, and the fact that so few people have the manners or courtesy to bother to say thank you (even a text would do at a pinch!). It would seem it is a common cry from gift-givers not to be acknowledged these days.

Our next meeting will be on Monday 10th September, 2.00pm in the Arena, so look forward to seeing you there.

Jane

Current Affairs

Group Leader: Desley O'Leary

2nd Wednesday 10am - 12 noon

Contact 01623 421642

This month's meeting of Current Affairs saw an almost full complement of group members (nine altogether). And what a lively time we had of it! Even though we had an unprecedented full agreement on several topics (much to our amusement), discussion maintained its usual intensity and humour.

Six questions placed in the bowl that was passed around were about the wearing of the burka and, more specifically, Boris Johnson's inflammatory article. The general feeling was that while some might not approve of the burka, Johnson's language in describing it was unacceptable. Any apology from him would be insincere, it was felt, since his remarks were calculated. There was, however, one Johnson fan in the group.

Discussions ranged over a wide area, but this is a sample of some of the topics:-

Walkers crisp packets and their plastic components: is 2025 too late for their promised changes? We felt that it was and that some of their profits should be channelled into immediate research.

Organ donation: we all agreed that the government's decision to introduce the "opt-out" system was a good one.

Did we accept the march of machines and automation that is creeping into our lives? We all agreed that phoning businesses (or even the NHS) to try and sort out problems or make an appointment had now become a nightmare because of the dreaded Robot Voice.

Many thanks once again to Desley for refreshments and a lovely comfortable venue, including a delightful garden to greet us as we arrive.

Jane

Dancing (Country and Sequence)



Group Leader: Ann Stanford

Meet 3rd Friday 2-4pm

Sherwood Centre, Stuart Ave.

Contact 01623 641864

Email annstanford1@sky.com

There will be a charge of £2 per session with six months (£12) payable at the first meeting in September. This includes the hire of the room for two hours of dancing, music and refreshments!

Evening Dining Out

Group Leaders: Jane Atkins, Marilyn Redfern

4th Thursday

Contact jane.e.atkins60@gmail.com

mjirfern@gmail.com

Another splendid evening meal was enjoyed by the group at Emilios Greek Restaurant in Arnold recently. The range and quality of food is exceptional and Emiolo is a great host, always keen to engage with his customers and as he lives in Mansfield he was particularly attentive to our group. We look forward to welcoming new members to the group for any of our meals out, held on 4th Thursday of each month.

20th September The Piano Italian Restaurant in Southwell, NG25 0JN
 18th October Forest Lodge Edwinstowe, NG21 9QA
 15th November Masalla Junction, Indian Restaurant in Sherwood, NG5 2DA



Jane & Marilyn

Gardening

Group Leaders: Angelina Taylor & Mollie Bramley.
2nd Tuesday 10-12noon - Stuart Avenue Centre
Contact Angleina 01623 622871
Mollie 01623 635051

Local History

Group Leader: Pauline Marples .
3rd Thursday 2.15pm - Flint Avenue Centre
Contact 01623 431783
Email pauline.mp-marples.co.uk

Family History

Group Leader: Malcolm Marples
Meet 2.30pm 3rd Monday - Flint Avenue Centre
Contact 01623 431783
Email malcolm@mp-marples.co.uk

Lunch Club

Group Leader: Denise Whitsed
3rd Wednesday
Contact deewhits@aol.com

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
Contact 01623 640528
Email johnensorkirk@gmail.com

Another hot afternoon at the Arena and a terrific turnout of 35 members. A few new faces were made welcome and once again we were treated to the air con for which we were very grateful.

To continue the new theme we also had a few new songs to try which we did with various degrees of success. Also on the theme of newness we were happy to welcome Bob Hunt to the group on rhythm guitar hopefully the first of many appearances in the future.

Another first for us was regular visitor to the music group Geoff West who devised and presented the quiz, the questions being based on 60's music in movies and songs associated with colour.

Yet another new face to the mic was member Ian Baguley who gave us a comprehensive and detailed review of Mansfield's own Shane Fenton and the Fentones tracking Shane's musical journey from Mansfield Palais to his transformation and continued success as Alvin Stardust.

While most of us enjoy the sunshine it would be nice if it were a little bit cooler at the next meeting. It's not the playing that's the problem but as the years pass I could swear that the equipment is getting heavier.

Hope to see you at the next gathering 7th Sept.

John

National Trust Group

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

Ann Stanford 01623 641864
Email annstanford1@sky.com

Painting and Drawing

Group Leader: Christine Cawthorne .
4th Thursday 2-4pm - Sherwood Centre, Stuart Ave.
Contact 01623 658171

Poetry & Play Reading

Group Leader: Kath Wolstenholme
2nd Monday Sherwood Centre, Stuart Ave 10-12
Contact 01623 617194
Email krazy.kath@hotmail.co.uk

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

Malc led our first outing in August. Setting off from the tourist honeypot of Hartington, we followed the River Dove upstream, contouring the east side of the valley enjoying wide views.



Pilsbury Castle

Passing the dramatic earthworks of Pilsbury Castle, we reached Longnor, once an important market town. From here we headed south following the River Manifold. We were joined by a friendly farm dog called Maisie who happily led us down the Manifold Trail for more than a mile, resisting all our attempts to shoo her back home. Maisie was eventually repatriated after we phoned her owners and arranged a pick up point where a road crossed the trail.



Malc then resumed leadership of the walk, guiding us to a tea room back in Hartington for a welcome brew.

Edale village was the start of our next walk which began with a gentle stroll eastward down the Vale with great views of Lose Hill and Back Tor on the Great Ridge on the opposite side of the River Noe.

The going became tougher after fording a stream at Jagers Clough as the long and steady ascent of Crookstone Hill began.



Ford at
Jagers Clough

Eventually the path levelled out on a ridge and we enjoyed our lunch with glorious views from Ladybower Reservoir to the east and Mam Tor to the west, it's summit 70 feet lower than our vantage point.

Leaving the ridge by the intriguingly named promontory Ringing Roger, the path descended steeply back to Edale and a welcome drink.

Our next rambles: 5th September: Melbourne, Calke Abbey and Staunton Harold, Leicestershire (8 miles).
19th September: Thurgoland boundary walk from Oxspring, South Yorkshire (8.8 miles). Meet at the Arena car park to arrange lift sharing, departing at 08:40am prompt. New members always welcome.

Andy

Scrabble & Rummikub

Group Leader: Celia Tassle

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

Scrap Booking

Group Leader: Ann Stanford

**4th Thursday 2-4pm - Sherwood Centre, Stuart Ave.
Contact 01623 641864**

Email annstanford1@sky.com

A big THANK YOU to Sharon Murphy who has ignited a wonderful creative spark in Mollie Bramley who is new to Scrapbooking. Mollie is producing a beautiful scrapbook of memories. A fantastic start with photographs important to Mollie's life presented in unusual ways. Sharon is also encouraging Pauline to complete some of her Scrapbooking memory books..

If you would like to give Scrapbooking a go the next meeting is Thursday 27th September, 2-4pm, Sherwood Rooms, Stuart Ave, Forest Town.

Short Walks

Group Leader: Marilyn Redfern

Meet 4th Monday 10.15am

Contact 01623 646547

Email mjrfern@gmail.com

Strollers

Group Leader: Denise Doud

Meet 3rd Friday 10: 30am

Contact 01623 619856

Email dmdoud52@gmail.com

Table Tennis

Group Leader: Marilyn Redfern

Meet - 1st Tuesday Meden & Oak Hill Leisure Centre

New Time 11:30 - 1:30

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 chapmanrogere490@gmail.com

Tai Chi

Contact Ann Stanford. 01623 641864

Email annstanford1@sky.com

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.

THE SETTLE TO CARLISLE TRIP

I would not have thought of myself as a student of philosophy but on our recent trip to Settle and Carlisle I couldn't help but wonder at the timelessness and recurring beauty of our British seasons.

Being a coach passenger gives the traveller an elevated position to admire the changing landscape as you journey through bustling cities and towns. Seeing the majestic mills around Bradford, now transformed into health spas or shopping malls, I couldn't help but wonder how dismal life would have been for the thousands of mill workers in the north, including very young children and how the industrial revolution transformed the lives of so many families, not always for the better.

As we travelled on to Skipton we started to see the landscape changing. Skipton itself was an excellent place to take a break. The canal with its narrow boats, the quirky shops or the tea and coffee shops (even an excellent pie and peas cafe) offered a good choice for leisure time.

We moved on north to Settle where we left the coach to board our train to Carlisle. From Settle platform, nestling in the hillside, could be seen the lovely chapel of Giggleswick private school.

The weather was perfectly clear, not always so on this popular journey, but we were able to appreciate the glorious northern countryside as we travelled through immaculate stations such as Armanthaite, with its fern laden embankments, Langwathby with a cluster of grey slated roofs, Appleby, Lazenby and more. The whole journey gave us glimpses of meandering streams, grazing cows and banks of wild flowers.

Carlisle is a large city with the castle ruins as a central focal point. Carlisle castle is 900 years old and close to remains of Hadrian's wall.

Again there was something for everyone, whether it was museums, exploring the castle grounds or simply enjoying a bit of shopping and a coffee.

The two days passed quickly, as things do when you are having a good time. Another triumph for Denise who works so hard to organise the trips.

Marilyn

FROM COMPUTER BOB

Free up storage space using Windows' built-in tools.

There's an easy way to check how much unused storage space you have on your PC, you can then free up more space if necessary by deleting files you no longer need.

Open **Settings**, you can open **Settings** by typing **Settings** in the search box or by clicking on the little 'cogwheel' symbol just above the on/off symbol.

On the **Windows Settings** screen click on **System**, then select **Storage** in the left-hand column.

The top bar will show you the total amount of storage space on your hard drive, including used and free, (click on this bar to see a breakdown of item categories and how much space each takes up).

On the **Storage** page click on **Free up space now**, wait while Windows collects the data, read through each item and select what you want to delete by ticking the box in the left hand column, then click on **Remove files**, this could take a while depending on how much data you want to delete, leave Windows to it and have a cup of tea.

While you are in **Settings** take time to look through the different options, the **Ease of access** page is particularly useful.

Bob.

WEB MASTER

Bob is our web master and works very hard to keep it up to date with information and photographs. Do take a look at:

<https://u3asites.org.uk/forest-town/page/56067>

NEXT MAIN MEETING - THURSDAY 4TH OCTOBER

Chris Weir
will tell us about
'Kill or Cure - Bygone Medicine'

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.

MATURE AND SENIOR CITIZEN'S FAIR

Forest Town and District U3A, along with Mansfield and Sherwood U3A, recently took part in Mansfield MP Ben Bradley's event at the Civic Centre on Friday 13th July. Despite the date, the event was well attended and our stand, which was manned by U3A members from both Mansfield and Forest Town & District, attracted a lot of interest.

Apart from those of us manning the stand, it was good to see a fair number of U3A members visiting to offer their support. Our stand, which was colourful and eye catching, offered something positive for visitors to the fair and made a change from the more depressing ones about Alzheimer's disease and other problems of old age, no less worthy but not the most encouraging vision for our future.

The U3A offers a positive option for those of us in our 'Third (and Fourth) Age' who wish to embrace it, and taking part in events such as these raises our profile, not only with our MPs but also for members of the community who may feel that there is nothing out there for them.

Many thanks to those who helped to man the stand and to the U3A members, who visited,

Jenny Wright

THE ARENA ACKNOWLEDGING SIMON

Looking back in our newsletters from the very early days of our U3A in the autumn of 2015 you will find mention of groups meeting at the Arena in Forest Town. Monthly committee meetings are held there and we have the use of the car park for meetings and when we want to leave cars to go on outings or car sharing events.

This is all thanks to Simon Crofts Manager/Steward who passed away suddenly at the beginning of August.

Our thoughts are with his wife Sharon, their sons and the rest of his family.

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

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