



NEWSLETTER Issue 35 October 2018

'MIKES MUSINGS'

Welcome to the October issue of our Newsletter which as usual contains lots of interesting articles and information.

The summer heat wave is fast becoming a distant memory as we move into Autumn with us soon moving the clocks forward; as I write this just 99 days to Xmas!! (*did you have to mention Christmas - Ed*)

Flint Avenue & Stuart Avenue Community Centres

For most of the time that our U3A has been established we have benefited from being able to use both community centres free of charge as we are a community organisation based in Forest Town. Recently Council Officers advised us that they would be making a charge of over £16 per hour for the venues. Our local councillor, Cllr. Mick Barton, has been negotiating on our behalf over several months and I am very pleased to advise you that we will continue to have the benefit of using both centres without a charge. We are very grateful to Mick for his time and effort in achieving this for us; as you may recall Mick was also instrumental in obtaining funding for our 'projector' fund and is very supportive of our U3A.

Suggestion Book I have previously requested that if you put something in the suggestion book that you provide your contact details. However, we still get items written in the book without a contact; please provide details in order that we can contact you with the committee's decision regarding your suggestion.

Xmas Lunch As in previous years we will be holding a 'bottle raffle' at the lunch, they don't need to contain alcohol! Marlene will be at the October meeting to collect any bottles you bring along. If you haven't put your name down for the lunch, please do so as numbers are building up but there are still vacancies.

Mike King Chairman

**Happy Birthday to us.
It is Forest Town & District
U3A's third birthday**



OUR OCTOBER MEETING

Thursday 4th October in St Alban's Church

Please sign in.

1.45pm Welcome by Mike our Chairman

Followed by guest speaker

Chris Weir

who will tell us about

'Kill or Cure - Bygone Medicine'

Chris's father was a doctor in Glasgow.

For this talk Chris brings along his father's medical bag, full of the original 'kit'.

Have you ever wondered
how to ward off the plague!?

Or have you ever wondered
how a 'peck of garden snails'

might be useful in curing consumption?

In this talk you will hear all about some strange medical 'cures' and how medicine has developed over the years, from 'bleeding' and ancient recipes to inoculation and public health developments.

The history of medicine, while intriguing inevitably touches on the 'basics life & death'.

It was sometimes a case of 'Kill or Cure!'

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

**This will be followed by
Announcements and Notices**



POPPIES



Thank you to everyone who has made poppies for the Methodist Church garden Armistice display. It is planned to have this on show around mid October, do make sure you go up the village to see it and remember all those who lost their lives in WW1.

LOOKING BACK to our SEPTEMBER MEETING

'Master of Mirth' was the title of Mike Storrs interesting presentation in September. He set off telling a few Christmas cracker jokes then spoke about how Music Halls can be traced back to the 1800's. He mentioned a number of names from the 1950's that some of us could remember: Sandy Powell, Arthur Askey, Max Miller, George Robey, Stanley Holloway, Marriot Edgar, Gerald Hoffman and lastly Pam Ayres.

Mike gave a bit of background to each person which was very interesting, and for some of the artists he donned a hat as they would have done.



He recited a number of monologues such as 'The Battle of Hastings' (Marriot Edgar), 'The Bricklayers Lament' (Gerald Hoffman) and Stanley Holloways 'Albert and the Lion.' Pam Ayres was obviously a favourite of Mike's and he entertained us with 'Clive the Fearless Birdman.'

It was also rewarding to learn that Mike was donating his fee to Asthma UK.

OUR SPEAKER on 1st NOVEMBER

is
Peter Hammond
on

Albert Ball - Nottingham's WW1 Ace Pilot

Based on surviving letters, Peter's talk focuses on Albert Ball's own accounts of his life and adventures.

Through his own words as he was growing up we find out more about his family and see how he coped in the days when flying was still in its infancy.

Did his attitudes and philosophy on the War change as time went on?
What happened to him?

HOLIDAYS & OUTINGS 2019

2019

February 22nd - GOING TO THE DOGS!!!! at Colwick, Nottingham - £37 inclusive of transport & 3 course meal.

May 20th Windsor/Oxford Price £129 Staying at Copthorne, Windsor, Slough bed/breakfast/3 course evening meal. 1st day in Windsor
2nd day visit to Oxford

June 10th Monday to Friday - Potter's price approx £325 - Amazing holiday resort in bungalows plus four meals a day. Full entertainment programme day and night. Evening shows worthy of West End

September 17th Bletchley Park - £36

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

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,

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.

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 |
| Groups with no Set Day - National Trust, also Classic Vehicles | | | | | |

Art Appreciation

4th Tuesday 10am Forest Town Arena
Contact Jill Gascoyne
Email jillgas.1@gmail.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

Eight ladies were at our meeting that began in a very lively fashion accompanied throughout by an 80's soundtrack in the background (cue "guess the year/artiste" in true Ken Bruce pop-master fashion.)

We welcomed a new member, and hope she was entertained so much that she will return next month!

Items being expertly crafted this month were two crocheted blankets/snuggle rugs, two cardigans, a very complex piece of lacework, and the ever - growing pile of squares for That quilt.

Topics under discussion while we toiled away included: The choice of decent craft shops selling wools in the area, and the need for good customer relations on the part of the shopkeeper (nothing more off-putting than a grumpy, unwelcoming).

Drugs prescribed for various complaints and ailments that were themselves causing so many bad side-effects that people either declined to take them, or stopped them after a short while. The question being, why are so many drugs permitted to be prescribed when they have obvious bad/toxic effects on some people?

We had an update on one of our group who had just returned home after very long -awaited op, and agreed to send her some flowers to speed up her recovery.

Next meeting, Monday 8th October, 2.00pm
look forward to seeing you all then.

Bird Watching

Group Leader: **Lynne Cooper**
Meet 2nd Thursday of the month
Contact 01623 652430
Email lynnecoopernotts@hotmail.co.uk

Book Club

Group Leader: **Ann Stanford**
Meet 1st Monday 10. 30am Forest Town Library
Contact 01623 641864
Email annstanford1@sky.com

A few of the Group went to see the film "Book Club" as part of the Silver Screening. It is about four mature successful women, who meet every month, have their lives changed after reading the "50 Shades of Grey" trilogy. Perhaps the books will be on our reading list!!!

Our current read is not one of those books! Alan Johnson, once the Home Secretary and Shadow Chancellor of the Exchequer in the Blair and Brown governments, has written a biographical account of his 1950's childhood. "This Boy" depicts the hardship, poverty and determination of the author's mother to ensure her children would have a better life.

Ann

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

Current Affairs

Group Leader: Desley O'Leary

2nd Wednesday 10am - 12 noon

Contact 01623 421642

We had a very lively and convivial meeting today, with plenty of interesting topics on the cards. They included;

The bereavement allowance that is currently only for married couples being challenged by a long term co-habiting "widow". - The consensus being, if it were to be allowed for cohabiting couples, it would open the floodgates for All the benefits that married couples enjoyed, and thus not fair.

Proposed changes to the structure of local government, making Nottingham City one unit, and "all the rest" another. - It thought not to be a good move, since the county would be far too big for "local" matters to be dealt with effectively.

Serena William's recent outburst on court; was she right, or totally out of order? - It was a unanimous agreement that she had gone way beyond what was considered making "a reasonable complaint", and that she should have been treated more severely.

Taking on apprentices at King's Mill hospital. - We mainly thought it to be a good idea, as long as the scheme was properly monitored, and the students involved were not unleashed on the patients or departments without full training and mentoring. A particular concern raised was, who would be doing the training, as the hospital staff are already under enough pressure, and resources are stretched almost to breaking point as it is.

Delicious refreshments were provided by Desley, and her husband.

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

Thanks to input by Cllr Mick Barton there is no charge for the room and therefore the sessions are free.

Our first Country Dancing session was a great success. Pam Lander was our star guide as we learnt 3 dances. We laughed, got muddled, changed partners and sometimes danced in time with the music!

Next meeting Friday 19th October 2pm when Pam is bringing her friend Janice who will guide us further in the intricacies of Country Dancing.

Ann



Country Dancing

Evening Dining Out

Group Leaders: Jane Atkins, Marilyn Redfern

4th Thursday

Contact jane.e.atkins60@gmail.com

mjrferrn@gmail.com



The dining out group at the Piano, Southwell. Italian food, wonderful company and conversation. Next venue:

18th October Forest Lodge Edwinstowe,
NG21 9QA

15th November Masalla Junction, Indian Restaurant
in Sherwood, NG5 2DA

Gardening

Group Leaders: Angelina Taylor & Mollie Bramley.

2nd Tuesday 10-12noon - Stuart Avenue Centre

Contact [Angleina 01623 622871](tel:01623622871)

[Mollie 01623 635051](tel:01623635051)

Nine of us met at the Stuart Avenue Community Centre this month and had a pleasant morning discussing gardening issues, such as lawn care (bald patches as a result of the heatwave!), and ancient fruit trees. At this session we were pleased to welcome a new member.

A few people kindly brought along some of their home-grown produce, free to a good home. And Angelina gave us cuttings and plants, gratefully received. Refreshments included a tempting array of biscuits and chocolate, so thanks to those who made the tea/coffee and provided the goodies.

We are all looking forward to next month's speaker, who will be visiting the Sherwood Room, Stuart Ave, at 10am on Tuesday 9th October, to answer our gardening questions. Tickets cost £2 (including refreshments) and are open to other Forest Town U3A members, subject to availability.

Kay

Local History

Group Leader: Pauline Marples .

3rd Thursday 2.15pm - Flint Avenue Centre

Contact 01623 431783

Email pauline.mp-marples.co.uk

It was pleasing to welcome a new U3A member to the group who was thrown in at the deep end as we concentrated on doing research for the book we are involved in with the Forest Town Heritage Group. The suggested book title at the moment is the A - Z of Forest Town History. There were many books, files photographs etc for everyone to research through, although two members preferred using modern technology - looking at information on the internet via their mobile phones!



Next month Pauline will do a slide presentation on the history of St Albans Church, then after our refreshment break we aim to do more work on the book.

Pauline

Family History

Group Leader: Malcolm Marples

Meet 2.30pm 3rd Monday - Flint Avenue Centre

Contact 01623 431783

Email malcolm@mp-marples.co.uk

Chris & Ann showed us interesting photographs of their sons recent wedding, There were no wedding cars and ribbons but decorated tractors and other similar farm vehicles. However the wedding outfits were traditional and it was all very beautiful.

Two group members had been to funerals and despite the sadness of the event gained lot of information and new contacts for their family history. Another member had always been told his mothers uncle had gone abroad, well it seems he did not go very far just to Leeds to spend a year in Jail! Family history is full of surprises!

Pauline

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

Wow ! 41 members attended this months 60's music group at the Arena and hopefully 41 members enjoyed the afternoon. what a difference 4 weeks can make in this country, at the August meeting we had the air conditioning on and this month it was the turn of the central heating.

I did the quiz this month using a recording I made of the middle instrumental sections of songs and I have to say that some of our members have an excellent knowledge of our kind of music. Much better than mine in some areas.

This months featured artist was Johnny Kid and the Pirates, compiled and delivered by Chris who is the bass player in our group , you may also know him as the man who organizes the microphones at the U3A monthly meetings. Thanks to him and our other members who help to make the afternoons run smoothly.

Next meeting October 5th hope to see you there.

John.

(Editors Note - There is a Alvin Stardust exhibition on at Mansfield Museum till 17th November which music group members may be interested in.)

National Trust Group

Ann Stanford 01623 641864
Email annstanford1@sky.com

National Trust is going but still needs a specific leader. We are visiting Hardwick December then we have 5 trips ready to get quotes for transport next year. So will have a programme of National Trust trips soon.

Painting and Drawing

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



Members of this happy group work in both pastels and water colour and sometimes surprise themselves in what they achieve. Some just go because they like meeting people, (that is what the U3A is about).

Poetry & Play Reading

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

Our last meeting on 2nd September was a very lively session. There are now seven regular members ranging from complete beginners, that includes myself, and members who enjoy writing poems.

Previous meeting have encouraged us all and those members who have never written a poem were able to do so. One member who was very sceptical about ever writing produced some really interesting prose and received a round of applause.

We are an informal group where laughter and seriousness abound in equal measure. Come and join us and see.

Kath

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

Our first walk in September straddled the border between Derbyshire and Leicestershire and was led by Georganne. Setting off from Melbourne, birthplace of Thomas Cook who started popular travel in England, we passed the Memorial Cottages built by Cook which still provide accommodation for some of the town's senior citizens.

Our route circuited Staunton Harold reservoir, taking in the stately homes of Calke Abbey and Staunton Harold Hall. Georganne brought them to life for us with potted histories.

A long lunch break was taken at the side of the lake at Staunton Harold Hall admiring the view in warm sunshine, but we were still ready for tea and cakes at the Melbourne Hall tea shop at the end of a glorious autumn walk.



Our second walk started from the village of Oxspring near Barnsley. The weather was windy but fine. We did the Thurgoland Boundry circular walk which was just under 9 miles in length.

We walked along the river Don and part of the Trans Pennine Trail. We continued past Nabbs Wood where there is a memorial to the 26 children who died in the Huskar Pit disaster in 1838.



Huskar Pit was a coal mine on the South Yorkshire Coalfield, sunk to work the Silkstone seam. It was located in Nabs Wood, outside the village of Silkstone Common, in the then West Riding of Yorkshire.

Our next rambles: 3rd October: Woodhouse Eaves, Swithland Wood, and Bradgate Country Park, Leicester (8.5 miles). 17th October: Eddlestow Lot, Lumsdale and Cuckoostone (7.5 miles). Meet at the Arena car park to arrange lift sharing, departing at 08:40 am prompt. New members always welcome.

Andy & Steve

Scrabble & Rummikub

Group Leader: Celia Tassle

2nd Friday & 3rd Monday Forest Town Arena 2pm

Contact 01623 627905



We have a core of eight members, mostly ladies - gentlemen would be very welcome. We do a mix of scrabble and rummikub and have lots of fun. Just come along and join us.

Celia

Scrap Booking

Group Leader: Ann Stanford

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

Contact 01623 641864

Email annstanford1@sky.com

Short Walks

Group Leader: Marilyn Redfern

Meet 4th Monday 10.15am

Contact 01623 646547

Email mjrfern@gmail.com



Eckington Woodland Walk August - A stunning view

(and not just of the ladies who stoically made it to the top of Ridgeway). Followed by a superb lunch at the Bridge Inn.

Marilyn

Strollers

Group Leader: Denise Doud

Meet 3rd Friday 10: 30am

Contact 01623 619856

Email dmdoud52@gmail.com

September Stroll; - Even though it wasn't the usual week for strolling 16 members met at Portland Training College for a leisurely amble through the woods.

Again the weather stayed fine for us and the morning ended with refreshments in the refurbished cafe which, we were told, is now run by the students. The next stroll is at Pleasley Pit, meeting Friday 19th October in the car park at 10.30 am.

Denise

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

There were 7 of us who bowled at the bowls meeting on Thursday September 13th. Sheila, John, Marilyn and Geoff on one lane and Kathy, Allan and Terry on another lane.

Geoff won both games in his team Sheila having 2 strikes in the first game, John having 1 strike in the first game and 2 in the second game, Marilyn had 2 consecutive strikes in the second game, and Geoff having 1 strike in the second game.

In the second team Terry won the first game and Allan won the second game, Allan had 1 strike in each game, Kathy had 1 strike in the second game, and Terry had no strikes at all.

Sue came in to see us after we had started, with a support round her right wrist. She had slipped on wet grass while out with a walking group, so is having to rest her wrist, but hopes to be back playing in a few weeks time.

Terry

Tai Chi

Contact Ann Stanford. 01623 641864

Email annstanford1@sky.com

The next block of Tai Chi is for 8 weeks, commencing Tuesday October 30th till December 18th at Forest Town Methodist Church. The cost to cover running the course is £12.

STOP PRESS - NEW GROUP

Classic Vehicles

Contact Ann Stanford. 01623 641864

Email annstanford1@sky.com

Classic Vehicles is meeting in the main lounge at the Arena 4th Monday, 2-4pm. At the moment this is four men together, who didn't want to commit to one specific date per month.

FROM COMPUTER BOB

"Is online banking and shopping safe?"

I am often asked.

It is as safe as current security methods can make it. All website addresses start with **HTTP://** or **HTTPS://** when using your bank account or shopping online, make sure that the website address starts with **HTTPS://** - (**Hyper Text Transfer Protocol Secure**) this is the secure version of **HTTP** - the protocol used to send data between your computer, ipad or tablet, and the website that you are connected to. The '**S**' at the end of **HTTPS** shows the site is **Secure** and all communications between your device and the website are encrypted.

Make a practice of regularly changing your bank or online shopping account(s) password, and think twice before ticking the box asking if you want 'this site to remember your password'.

Bob.

Do take a look at our web site:

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



Recently 49 members enjoyed a river cruise with lunch and a 60s entertainer to sing and dance along to. Lots of fun for members to relax and enjoy each other's company.

Denise

THINKING ABOUT YOU



We are aware some of our members have health problems (its amazing how we get to know). Be assured we are thinking about you all and wishing you a speedy recovery.

NEWSLETTER DEADLINE

FOR THE **NOVEMBER** ISSUE 22nd OCTOBER

email contributions to

pauline@mp-marples.co.uk

or send to 15 Elmhurst Rd. NG19 0EU

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