



Chat from The Chair

Hello and welcome to the August edition of our ever informative Newsletter edited for you by our very own Steve Evans.

Well, here we are, well into summer and as I write this we are enjoying some glorious sunshine.

Members who attended the July general meeting were introduced to the new Committee Members. Every member of the present Committee works very hard to the full benefit of all our members. As a Committee we are always keen to hear from our members, whether it is a suggestion or an idea, please feel free to speak out.

However, members are reminded that they should only contact the Committee members, with the exception of the Welfare Officer, between the hours of 9am and 6pm on weekdays only; kindly refrain from contacting them during the weekends and in the evenings.

Following a recent telephone call from a concerned Committee member I feel that I should take this opportunity to ask all members, when they complete a booking form for a U3A excursion, that they write all their details clearly, correctly and most importantly, include a contact telephone number. This will prevent any ongoing confusion for the person organising the excursion.

Not everyone seems to be aware that your membership of Forest Town & District U3A requires for you to observe and accept the National U3A Code of Conduct. This national criterion is in place to protect all our members.

Sadly, it was only brought to my attention recently that for some considerable time a number of our volunteers, mainly those individuals who organise excursions, have been subjected to verbal abuse and bullying by other members. I have to advise you that this is not acceptable and will not be tolerated under

any circumstances. We are all volunteers within FT&D U3A and we have the right to be treated with respect and consideration.

Your U3A

Forest Town & District U3A presently has almost 270 members. Those members come from all walks of life and from all manner of professions and occupational backgrounds.

Approximately twelve members serve on the Committee in some capacity which means that less than 5% of our total membership is actively involved in the running of the U3A, although we do have a number of members who volunteer on the "Meet & Greet" team, the refreshments rota or are Interest Group Leaders and their help is valued immensely. It is so refreshing to know that the U3A exists to bring people together, to promote the values of lifelong learning and to share life experiences. The Committee are keen to know what all our members have to offer up towards the running of our U3A. Perhaps you have a unique entertaining talent, maybe you would like to share your travel experiences with our members, and perhaps you used to work in a particularly interesting employment industry? Please, do come forward and remember this is your U3A, without the members we would not exist.

Forest Town & District U3A Christmas lunch 2019 The Venue will be "The Hostess", Sookholme Road, NG19 8LL On Tuesday 17th December 2019

There is still time to put your name down for Christmas lunch.

Please do this soon as final numbers are required by the venue.

Deposits of £2 will be collected from July at the main meetings.

However if you cannot attend meetings you can send your cheque payable to

" Forest Town and District U3A" or post to 2 Mansfield Road. Clipstone NG21 9EJ".

We have opted for a change from the usual venue and The Hostess has a good reputation.

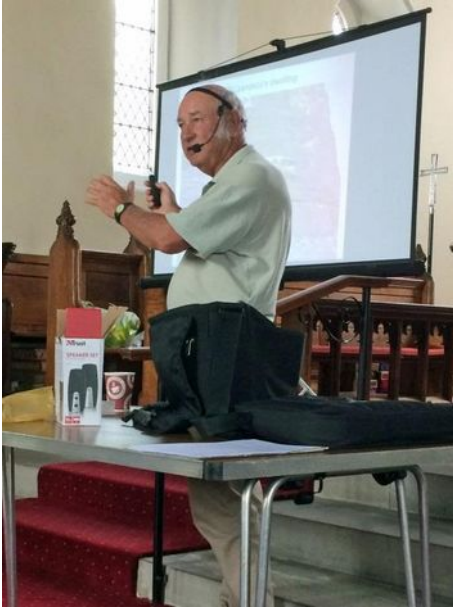
They are including entertainment on the day for us.

Any questions - contact me by email

mirfern@gmail.com or on 01623 646547.

LOOKING BACK AT OUR JULY MEETING

Phil Cooper Historic Travel Talks



Phil's talk about his historic travels was interesting and lots of pictures too. His trip lasted three weeks from Cairo to Istanbul. We saw pictures of Mount Nebo where Moses is reputedly buried. 'In Syria, Phil found the people to be pleasant and reserved. Aleppo has an impressive citadel, while Damascus is the oldest inhabited city in the world. Jordan also had many memorable sights like Petra, and another place he visited was Mount Sinai in Egypt. The trip ended in Istanbul where the famous Blue Mosque can be found'. The talk was very informative, and covered some places that you see on the news.

Our next monthly meeting will be on Thursday August 1st 2019 in St Alban's Church at 1.45pm.

Our speaker in August will be Mike Hill from Nottinghamshire Search and Rescue. They are a group of highly skilled and dedicated volunteers who work alongside Nottinghamshire Police to search for, locate and rescue vulnerable people in the Community.

Message from Kelvin Regarding Pauline Marples

I have spoken to Malcolm regarding Pauline's recovery. He explained that she is resting and takes an occasional stroll around their garden. They are both aware that these are early days and a long way to go before she is feeling 100%. Malcolm expressed his thanks to everyone who had sent get well wishes and enquired into Pauline's recovery. Kelvin

THE MAIN MEETINGS IN 2019

Aug 1 st	Mike Hill	Nottingham Search & Rescue
Sep 5 th	John Smith	Reading Body language: My Guide to People Watching
Oct 3 rd	Roger Browne	From New Orleans to New York (Live recreation of tunes from jazz tour of 1919)
Nov 7 th	Dr Ifran Malic	First World War contribution of Dulmial Village Pakistan
Dec 5 th	Members meeting	Slide Show; review of the year

INTEREST GROUPS & LATEST REPORTS

GROUP MEETINGS AT A GLANCE

	Monday	Tuesday	Wednesday	Thursday	Friday
1 st	Book Club	Table Tennis Tai Chi Ambling Along	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	Cycling Off Road	Rambling Lunch Club	Local History	Strollers Dancing
4 th	Short Walks	Art Appreciation	Classic Vehicles	Cryptic Crosswords Painting & Drawing Scrap Booking Evening Dining Out	Bridge
Groups with no Set Day - National Trust					

Ambling Along

These are the planned walks for the next few months. Everyone welcome to join the group on an easy flat walk followed by a cafe break! Linda Bancroft will be at the meeting place each time. Please put your name and contact details on the slips provided at the Interest Group Table at the main meetings. Tuesday 6th August. Newstead Abbey, meet 10.15am at Forest Town Arena for car sharing. Tuesday 3rd September. Vicar Water, 10.30am at the Rumbles café, Tuesday 1st October. Rufford Park we meet at 10.15am at Forest Town Arena for car sharing.

Art Appreciation

4th Tuesday 10am Forest Town Arena
Contact Jill Gascoyne

The Pitman Painters DVD was shown. These artists were miners who attended WEA classes near Ashington Colliery. Their work is outstanding, showing the social scene and interests during 1930 to around 1960's. Members of the group can borrow the disc for further study.

We then looked at the pictures depicting "Summer" which members brought in. There was a lovely variety, from Jack Treviano to David Hockney, and the rain came down outside! We will not be meeting in August.

Bird Watching

Group Leader: *Lynne Cooper*
Meet 2nd Thursday of the month

This month some of the bird watchers went to the RSPB reserve at Old Moor in the Dearne valley. This is a lovely nature reserve worth a visit if only for the plentiful array of beautiful wild flowers everywhere. We were there for the birds and were not disappointed. We had a great view of a bittern (being mobbed by a gull, bittern escaped) lots of other water birds including black tailed godwit, little egret and terns, also a single garganey fairly rare and confirmed by a regular there. Lots of small birds as well, finches and buntings but no bearded tits that day unfortunately. It was a very worthwhile visit on the whole.

Book Club

Group Leader: *Ann Stanford*
Meet 1st Monday of the month 10. 30am Forest Town Library

Bridge All Abilities.

Group Leader: *Steve Evans*
Meet 2nd & 4th Friday of the month
10 am - 12 noon at the Flint Avenue Centre.

Classic Vehicles

Contact *Ann Stanford*
4th Wednesday 2pm Forest Town Arena

Computer and IT Skills

Group Leader: *Bob Hunt*
Please contact Bob re meeting

Country Dancing

Pam Lander.

No meeting in August. Ann

Craft

Group Leader: Jane Freeman

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

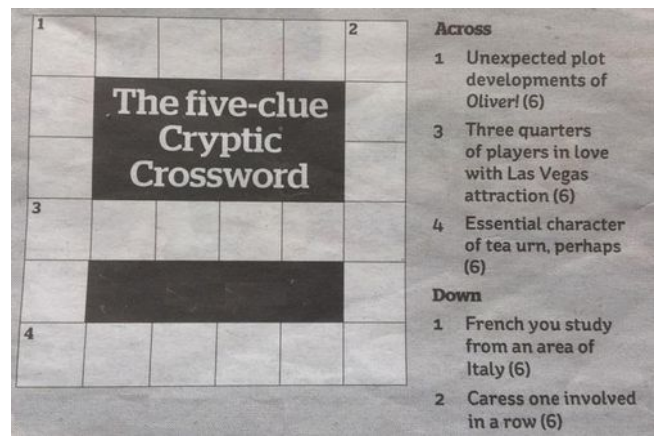
Having been relocated to an airy part of the arena (due to "A Function" in "our" room) 11 ladies enjoyed a convivial afternoon of chat, cooling soft drinks (the hot drinks machine had "broken again"!) interspersed with a little light handiwork, consisting of a cross stitch picture of teddy bears; a crochet blanket; a beautifully detailed embroidered tablecloth; a baby's knitted hat; a toddler's jacket; a blanket destined for the cat's home; a lace edging for a pillowcase; velvet boards; a canvas work with strawberry motifs; AND (said in the best Andrew Neil introduction for Diane Abbott) The Stripy Jumper, which has an identity of its own (And soon a Twitter page)

Our next meeting will be on Monday 12th August, 2.00pm Forest Town Arena, for all those not sunning themselves on The Riviera. Regards Jane

Cryptic Crosswords

**Meet on 4th Thursday, 10am at Forest Town Arena.
Group Leader Kay Toy**

A tiny group this month (June), but we sat and exercised our powers of lateral thinking; we learnt about "spoonerisms" (when a "well-oiled bicycle" becomes a "well-boiled icicle") and laughed and found out how they can be used in cryptic crosswords. Two clever clues from broadsheet newspaper crosswords were investigated and admired one containing a spoonerism. We looked at "charade clues" and practiced and; also completed a "beginners' crossword" (hooray!). A few brain cells were polished during the course of the morning, I think!
The following Crossword is from the "I" newspaper answers are on page 8



Current Affairs

Group Leader: Desley O'Leary

2nd Wednesday 10am - 12 noon

As usual we had a broad spectrum of themes to discuss at our meeting that led to lively debate. They ranged from gender equality- whether women are still the homemakers, future space missions and the value of art. Also discussed was the amount of television coverage given to sport and the questionable need for washing our clothes. The biggest division of opinion fell with the issue concerning art and its value. The concept of installation art, exhibited at the moment at the Tate Modern, and the meditative qualities evoked led to interesting responses. We all thank Desley for her hospitality and her excellently baked refreshments.

Cycling Off Road

Meet on 3rd Tuesday

Group Leader David Duncan

Here are the days, times and places we hope to cycle this year. Most routes are around 4 miles of easy cycling.

Tuesday 20th August local route - **King John's Palace** - meet 10am at the Arena or 10-30am at Vicar Water

Tuesday 17th September Bestwood **Country Park**. **NG6 8TQ** - meet 10am, Car Park ,off Park Road

Tuesday 15th October - local route - **Edwinstowe** 10am at the Arena or 10-30am at Vicar Water.

DAYS OUT/HOLIDAYS & OUTINGS 2019

Contact Denise

Information on 2020 holidays will be available at September meeting.

Evening Dining Out

Group Leaders: Jane Atkins, Marilyn Redfern
4th Thursday

Gardening

Group Leaders: Angelina Taylor & Irene Brookes
Meet on 2nd Tuesday 10-12noon –
Stuart Avenue Centre
Contact Angelina 01623 622871

For our July meeting, we visited the gardens of Mike Davey, near Nottingham - and what a treat we had! We wandered round his large, informal plot, along hidden paths, opening out into woodland glades, with little ponds, a rustic summer house, two large greenhouses, filled with pelargoniums and other potted plants, some for sale. Majestic trees provided canopy along the boundaries. As we wandered, we tried to name some of the plants in this lovely garden, but we had to ask, of course, in some cases. Three separate marquees were provided on the patio and lawn for afternoon tea, provided by Mrs Davey, and we were treated to a variety of cakes and scones with cream and strawberries. While chatting, we commented on the interesting features round about, there was plenty to feast the eyes on! Before leaving, we were able to purchase a few plants and gooseberries from Mr Davey's allotment. Bags were happily stowed on the minibus and we wended our way home after an enjoyable day. Kay

Family History

Group Leader: Jenny Wright
Meet 2.30pm 3rd Monday - Flint Avenue Centre

This month we were given a talk about DNA testing and its uses in Family History by Andy as he and Julie had recently done this and they were kind enough to agree to share their results with us. Our thanks go to them both. After giving us some information generally on the subject Andy explained that the testing shows where in the world your ancestors have come from, for many of us this will predominantly be from the British Isles, however there are often percentages from other areas that we are not aware of which can lead to new lines of enquiry, and it's amazing how far some of our ancestors travelled! Andy also showed us a short film which explained about the 'common ancestor' and if you go back far enough it appears that at some point we are all related to each other. Due to this it also seems that we all have some royal blood in our veins, although it may be on the wrong side of the blanket.

One benefit to DNA testing through one of the family history websites that I wasn't aware of is that they can then enter your results into their database and use them to suggest DNA matches for you to investigate further, and as more people are tested this facility will continue to expand.

We finished off the afternoon by finding out how Mick was getting on with his family tree, and trying to give advice and assistance, we're all finding out that researching his tree is not going to be easy for him; it's full of Smiths and other knotty problems that will take some unpicking, but we'll get him there.

Please note there is no meeting in August.
Jenny

Local History

Group Leader: Pauline Marples
Meet on 3rd Thursday 2.15pm –
Flint Avenue Centre

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This month, as I was standing in for Pauline, I borrowed a Memory Bag from Mansfield Library to try out on the group. These bags are primarily designed to be used by groups and carers of people suffering with dementia; however some it seems are also useful for local history groups. The bag we had on Nottinghamshire contained a DVD all about Nottingham from its beginnings to the present day, with each chapter covering a different topic ranging from the city's history, growth of industry and though to sport, so there was something for everyone.

It also contained books on Nottingham, postcards, photos and a Bygones newspaper, plus there was a separate bag holding several items relating to the locality, a Player's tobacco tin, piece of coke, a Myriorama of Nottinghamshire, (this is a set of printed artworks which form a landscape scene and can be rearranged endlessly), and finally some lace bobbins.

After watching the DVD, the group were let loose to look at the books and objects. The lace bobbins became the main topic of conversation as we discovered that Ann is a lace maker and she gave us a really interesting insight into how these are used, the different types of bobbin to be found, and also explained that individuals often decorate their bobbins, some with painted pictures and others with little poems or family names etched into them. Due to our interest, she has promised to bring along some of her lace making tools and work in September for us to have a closer look at.

Please note there is no group meeting in August.
Jenny

Lunch Club

Group Leader: Denise Whitsed

Meet on 3rd Wednesday

No lunch group during August. Next meeting will be on Wednesday 18th September 2019 at Derby Road College.

Music - 60's Appreciation

Group Leader: John Kirk

1st Friday Meet Forest Town Arena 2-4pm

Hi, the holiday season is upon us and regretfully Irene and myself were unable to be there for the July get together. HUGE thanks to Win for keeping the music live and doing a terrific job (yes I have been checking). Chris was responsible for the featured artist about The Animals and the quiz was devised and presented by 60's music fan Ian. I understand we had several new faces at the Arena who I hope will return as we hope to have the complete line up of "Now or Never" for the August gathering. Hope to see you there. John.

National Trust Group

Ann Stanford

EXTRA! EXTRA! Trip to Packwood House and Baddesley Clinton on Saturday 17th August. Departing from Forest Town Arena Car park at 9.30am, return 6pm. Cost £13. There are **6 places left**.

In July the National Trust Group visited Lyme Park and House. The weather was cooler and fresher so made it more comfortable to admire the beautiful gardens especially the rose garden and the Italian garden viewed from the terrace. The Reflection Lake was stunning giving an almost perfect picture of the house and gardens within the reflection.



Lyme Park is particularly famous for two things. It was featured as Pemberley in the BBC adaptation of

Pride and Prejudice. This is the lake where Mr. Darcy emerged - or not! Hoping not to shatter any illusions but this lake was too shallow so another lake was used and it was not Colin Firth either!!!! Dressing in Regency costume is an option during your visit. The Hall contains one of the National Trusts most valuable items, The Lyme Caxton Missal Book, printed in black and red by William Caxton in 1487. The Sarum Missal was a book written for the celebration of English Mass throughout the years before the Reformation.

The house, with origins from the mid-16th century has an entrance hall covered with 17th century wall tapestries and in the small enclosed Stag Room many a treasonable plot was hatched.

The extensive grounds are dominated by 'The Cage'. Which is a mid-16th century building used, over the years, as a hunting lodge, banqueting hall and a prison.

A super day out!

Booking and payment will take place at the main monthly meeting. Please make cheques payable to

Forest Town and District U3A

Painting and Drawing

Group Leader: Christine Cawthorne .

Meet on 4th Thursday 2pm till 4pm

Sherwood Centre, Stuart Avenue

Poetry & Play Reading

Group Leader: Allan Barham

Meet on 2nd Monday 10am till 12noon

Sherwood Centre, Stuart Avenue

Rambling

Group Leader: Andrew Riby

Rambles from 7 miles up to 9 miles

Meet on 1st and 3rd Wednesday

We held our annual minibus outing on 3rd July. By 10 a.m. we were at North Landing near Flamborough on a beautiful day looking forward to our walk to Bridlington. The cliffs were packed with nesting seabirds and we saw gulls, razorbills, guillemots and puffins with their chicks nestled on tiny ledges. During a leisurely break at Flamborough lighthouse we took in the sea view and contemplated the Royal Navy's embarrassing loss of HMS Serapis off the coast there, captured by John Paul Jones in 1779 during the American Revolution. While we didn't spot any basking seals, we did see Northern Marsh Orchids and brightly coloured Five-spot Burnet moths on the scenic coast path. After a paddle along the beach into

Brid, we ended a perfect day eating fish and chips with a view of the harbour.



After exploring hidden alleyways and passages of the historic village of Longnor, our next walk set out from the village square and followed the River Manifold through gently rolling countryside. The river was mainly hidden from view until we crossed it by a footbridge. Our path up the valley side was infrequently walked and we struggled along paths that were overgrown, scratched by brambles, stumbling over hidden rocks and plagued by countless stiles, many in a state of disrepair. All the while the scenery was gorgeous and we passed through intriguingly named hamlets such as Smedley Sytch, Boosley Grange and Shining Ford. Our route back to Longnor and a refreshing drink once again followed the course of the Manifold.

Our next rambles: 7th August: Ladybower, Abbey Brook & Derwent Edges (8.1 miles) 13th August: Darley Bridge, Two Dales Halldale, Darley Dale (7.5 miles). Meet at the Arena car park to arrange lift sharing, normally departing at 08:40 a.m. prompt but please check beforehand. New members welcome.
Andy

Scrabble & Rummikub

Group Leader: Celia Tassle

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

Scrap Booking

Group Leader: Ann Stanford

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

Short Walks

Group Leader: Marilyn Redfern

Meet on 4th Monday 10.15am

Strollers

Group Leader: Denise Doud

Meet on 3rd Friday 10: 30am

Strollers Friday 19th July.

Today's stroll was a little damp at times.

15 of us met at Brierley Park Huthwaite for our monthly meet.

The weather started okay but quickly became a bit of a mixed bag of wet and dry, this didn't put us off though as you will see in the photo attached, children will always play...



The walk today wasn't too strenuous about a mile and a half all of which was on the flat and of course ended in the cafe' with coffee and snacks (lovely bacon cobs).

There will not be an August stroll so our next meet is Friday September 20th at 10.30am Mansfield Woodhouse Railway Station car park.

Table Tennis

Group Leader: Marilyn Redfern

Meet on 1st Tuesday Meden & Oak Hill Leisure Centre New Time 11:30 - 1:30

Ten Pin Bowling

Group Leader: Gordon Chapman

**Meet on 2nd Thursday 2pm
Mansfield Superbowl 2000**



Deadline for September Newsletter Articles

Friday 9th August 2019. Please send articles to Steve Evans

steve.jackie84@ntlworld.com

No Refunds Policy

It has been decided that when tickets are ordered, they must be paid for, unless advised differently. If you cannot attend the event you have purchased a ticket for, it is up to you to sell that ticket on, as no refund will be given by Forest Town U3A, unless there is a waiting list in operation.

POLITE NOTICE

Under the National U3A guidelines U3A members and visitors are not permitted to sell any items during meetings, events or excursions for the benefit of any charity, organisation or enterprise other than the U3A.

Visit our website for the latest news of meetings and groups: <https://u3asites.org.uk/forest-town/>

Forest Town U3A Executive Committee	
Committee Position	Name
<i>Chair</i>	<i>Linda Shutt</i>
<i>Vice Chair</i>	<i>Michael Lyall</i>
<i>Business Secretary</i>	<i>Sue Harkin</i>
<i>Treasurer</i>	<i>Andrew Riby</i>
<i>Assist Treasurer</i>	<i>Marilyn Redfern</i>
<i>Groups Co-ordinator</i>	<i>Anita Adlard</i>
<i>Assist. Group Co-ordinator</i>	<i>Steve Evans</i>
<i>Membership Sec</i>	<i>Jane Atkins</i>
<i>Assist/Membership Sec.</i>	<i>Kelvin Foster</i>
<i>Website Editor</i>	<i>Bob Hunt</i>
<i>Joint Social Secretary</i>	<i>Hazel Hett</i>
<i>Joint Social Secretary</i>	<i>Denise Whitsed</i>
<i>Speaker Co-ordinator</i>	<i>Desley O'Leary</i>
<i>Welfare Officer</i>	<i>Kelvin Foster</i>



The Avenues today



Member Code of Conduct

U3A members are expected to conduct themselves within the movements “guiding principles”. They are also expected to treat each other with dignity and respect.

The member Code of Conduct clarifies the standard of behaviour expected as a member of a U3A.

- Members are expected to know, follow and promote the Principles of the U3A Movement at every opportunity.
- Members must always act in the best interests of Forest Town and District U3A and the U3A Movement, strive to uphold its reputation and never do anything which could bring Forest Town and District U3A or the U3A Movement into disrepute or expose it to undue risk.
- Members are expected to use Forest Town and District.U3A’s resources responsibly and only to further its stated charitable objects/purposes.
- Members are expected to reflect the current organisational policy of Forest Town and District U3A, regardless of whether it conflicts with their personal views.
- Members are expected to abide by Forest Town and DistrictU3A’s procedures and practices.
- Members are expected to treat each other with dignity and respect at all times.