



Chat From The Chair

Welcome to this November edition of our Newsletter which is full of U3A news and updates. Many thanks, once again, should be conveyed to Steve, our Editor. Those members who attended the October general meeting enjoyed a fascinating presentation by Gordon Howlett on "Art in the Home". This was an interesting portrayal on the history of Postage Stamps and how the Royal Mail has produced countless commemorative editions over the years showcasing Nature, The Arts and Inventions to name but a few.



We were also entertained with a short interlude by Allan Barham, leader of the Poetry and Play Reading Group when he paid homage to National Poets Day by reciting the amusing lyrics from the song "The Prune" written by Frank Crumit.

October 10th was World Mental Health Day and here in Britain we were all encouraged to "Get Talking". I found this quite appropriate in light of my comments during the October meeting when I encouraged everyone at the event to say "Hello" to people that they do not know. I noticed an immediate reaction amongst the audience; people were smiling and saying "Hello"! It was truly heart-warming to witness

and I would like to take this opportunity to ask you all to keep on saying "Hello"; let us all try to put a stop to the spiral of loneliness and isolation in our U3A and community. Together we can break the chain of loneliness and isolation which has been proved can lead to anxiety and depression.

As a mark of respect we will be having one minute silence at the November meeting to remember all those who lost their lives in periods of conflict during and since the Great War. Appropriately, the speaker at the November meeting will be Dr Irfan Malik who will give a presentation on the contribution by Dulmial Village in Pakistan during the First World War.

At the December meeting we will be holding a Christmas Raffle and the prizes for this will be hampers which we hope will be full of tasty "treats and eats" just perfect for the festive season! Raffle tickets only cost £1 each and can be purchased at the November meeting. Therefore, can I please appeal to your generosity and ask for donations of non-perishable items to be included in the hampers? All profits from the sale of the raffle tickets will go towards our U3A funds. Kindly bring your donations to the November meeting.

There will be no meeting in January 2020 as the date falls so close to the New Year. However, **We will be having a Coffee Morning Forest Town Arena on Monday 13th January 2020 from, 10.00 am until 12.00 noon**

Cost £1.50 for coffee and cake including a quiz and raffle.

CAN WE PLEASE HAVE SOME VOLUNTEERS FOR SOME LOVELY HOMEMADE CAKES/SCONES

So put the date in your diaries and come along to join the fun.

The Committee are always on the lookout for members who wish to get more involved with organising events. We are open to all ideas and suggestions so please, do come forward; this is your U3A and we welcome input from everyone!

Did you know that the National U3A has a YouTube channel as well as Pod- cast facilities? For the YouTube videos simply type U3A in the search box.

For the Podcasts just type "A Life Well Lived" in whichever search engine you use on your computer.

The Committee look forward to seeing you at the November meeting and please remember to keep on saying "Hello". Linda

Update on Policies and Procedures

Following the last committee meeting held on the 19th October 2019 the following Policies and Procedures have been agreed to be included into our constitution; these policies are the current versions taken from the National U3A guidelines.

Complaint procedure;

Grievance procedure;

Disciplinary procedure;

The above policies have been introduced to protect you our members, and offer support. These can be found on our web site for anyone to read. Safeguarding policy has been revised and supersedes the present policy agreed to by our U3A, this is the current version taken from our National U3A guidelines.

MEETINGS IN 2019

7th November 2019-Dr Irfan Malik (The First World War contribution of Dulmial Village, Pakistan): Dr Irfan Malik is a GP in Nottingham; he presents the First World War history of his ancestral village Dulmial in present day Pakistan. The talk also covers the Muslim contribution in the Great War.



5th December Steel Pantastic A Medley of Music

Reminder

If your address, contact number or e mail address changes would you please remember to let the Membership Secretary know.

NEW GROUP

Sherwood U3A has started a "Gentle Keep Fit Group", and they are looking for new members.

It is to be held in the big room at Sherwood Colliery Welfare Centre, Dunsil Road, Mansfield Woodhouse, NG19 7GD every Wednesday from 2.00pm till 3.00pm. It costs £5 per session and is geared for our age group. There is no need to book, just turn up in casual wear. There is no pre-payment you pay on the day and no commitment to come every week, come when you can.

Hopefully we will see people from other U3As there. For more details contact Anita

a.adlard@ntlworld.com

New Interest Group: The Lace Market Theatre Halifax Place, Nottingham

Are you interested in going to the theatre? Pauline Doughty, will book tickets for you. Any theatre goers will need to arrange their own transport, there is a Tram Stop near Lace Market Theatre. Tickets will cost approximately £10 and there is a bar and coffee facilities. November 11th-16th Consent by Nina Raine, December 9th-14th Seasons Greetings by Alan Ayckbourn. This is on Saturday at 14.30. But other times are available 19.30 Weekdays.

Group Leader email: paulinedoughty80@gmail.com

INTEREST GROUPS & LATEST REPORTS

GROUP MEETINGS AT A GLANCE

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
1 st	Book Club	Table Tennis Ambling Along	Rambling	MAIN MEETING	Music - 60s Appreciation
2 nd	Craft Poetry & Play Reading	Gardening	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 Country Dancing
4 th	Short Walks	Art Appreciation	Classic Vehicles	Cryptic Crosswords Painting & Drawing Evening Dining Out	Bridge
Groups with no Set Day - National Trust					

Ambling Along

Group Leader: Linda Bancroft 01623 618099
**Meet 1st Tuesday of the month at Forest Town
 Arena Car Park at 10.15am for car share.
 Email lindasb07@gmail.com**

Our next Ambling Along Group Is to meet at the
 Arena Car Park at 10.15 for car share to Newstead
 Abbey, on Tuesday 5th November.
 COME ALONG AND TAKE LIFE AT A SLOWER PACE
 YOU MAY SURPRISE YOURSELF.

Art Appreciation

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

isit to Graves Gallery, Sheffield.
 6 people and a wheelchair set out at 9.30 am.
 At Halfway we had trouble with the car park ticket;
 trouble with a bus pass; trouble with access to the
 gallery (for the wheelchair).
 But we made it !
 First view was Grayson Perry's "Comfort Blanket"
 ,a woven/embroidered panel of all things British,
 from H.M The Queen to the Archers. A must see!
 And his vases are quite nice, too (not exhibited)
 The next gallery included two Stanley Spencer
 paintings: one a biblical depiction, the other a Helter
 Skelter, quite a contrast. There was also Paul Nash
 and a L.S. Lowry paintings.
 The Pop Art exhibition of Richard Hamilton works.
 He's a British artist, one of the pioneers of the Pop
 Art movement of the 1950's and 60's perhaps best
 known for the Beatles album cover for White Album,
 1968. We had a full & interesting day (as ever), and
 the 6 people and a wheelchair arrived home around
 5.30 pm.

Bird Watching

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

This month a small group of bird watchers visited
 Budby hoping to see woodlarks. Beginning near the
 pumping station we stopped near the water watching
 various water birds, swans, heron and little egret but
 not the crane we had hoped for. Whilst at the water
 we spotted a large raptor sitting on a telephone pole,
 giving us a really good view. As it didn't seem to
 conform to anything we knew or could find in our
 books it's as yet a mystery, research on-
 going. Sometimes plumage is not exactly as it should
 be, very striking bird never the less. After this we
 continued our walk up to the Heath, a long walk but
 enjoyable as for a change the sun was shining and we
 were rewarded eventually with a sighting of the
 elusive woodlarks. All round a rewarding outing.

Book Club

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

Bridge

Group Leader: Steve Evans
**Meet 2nd & 4th Friday of the month
 10 am - 12 noon at the Flint Avenue Centre.
 Email steve.jackie84@ntlworld.com**

Classic Vehicles

**Contact Ann Stanford 01623 641864
 4th Wednesday 2pm Forest Town Arena
 Email annstanford1@sky.com**

Computer and IT Skills

Group Leader: Bob Hunt

Email foresttownu3a@outlook.com

Please contact Bob re meeting

Country Dancing

Pam Lander. Mobile: 07708361057.

Meet 3rd Friday of the month

Email annstanford1@sky.com



The group has decided to stay at St. Patrick's Church Hall. It is a lovely space with excellent facilities! As the hall is bigger we have spaces if you would like to join us. No experience required. There is a charge of £2 a session, paid in 3 monthly instalments of £6. This is to cover the hire of the hall and includes refreshments.

Craft

Group Leader: Jane Freeman

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

Contact 01623 624003

Email jam.freeman@btinternet.com

Despite the rather inclement autumnal weather, there was a lively and convivial atmosphere in the Arena lounge, with two new ladies joining us one with her crochet work, the other to observe, and hopefully return after her holiday with a full bag of crafting gems.

The range of items varied from beautifully crocheted rugs, an intricate embroidered tablecloth, purple poppies to commemorate the animals who did their part during the two world wars, embroidered name tags for Christmas stockings, canvas-work strawberries and The Last Leg (or sleeve) of The Striped Jumper keep up the good work Janis, you are almost there!

The conversation veered between the agreement that Domestic Science (properly taught!) should be compulsory on the school curriculum; parents spending more time on their mobiles instead of interacting with their children on the way to and from school; the offer of CPR training for each

interest group being a very good idea, which we hope to take up; the difficulty of selling items at craft fairs; and finding a new local café.

We were delighted to be able to have hot drinks, courtesy of a very obliging member of staff three cheers to him!

The next meeting is on Monday 11th November; 2.00pm looking forward to seeing you all then.

Regards Jane

Cryptic Crosswords

Meet on 4th Thursday, 10am at Forest Town Arena.

Group Leader Kay Toy

Email kaytoy@hotmail.co.uk

Despite having a small group this month (holidays), we had a successful session, with crosswords completed ("Coffee Break" crosswords and the Radio Times). The brilliance of the compilers was discussed, together with their dastardly tricks, making life difficult for us! However, progress continues to be made. Kay

Current Affairs

Group Leader: Desley O'Leary

2nd Wednesday 10am - 12 noon

Contact 01623 421642

Email desley@uwclub.net

Cycling Off Road

Meet on 3rd Tuesday

Group Leader David Duncan

Email wings33@btinternet.com

DAYS OUT/HOLIDAYS & OUTINGS 2019

Contact Denise 07791941502.

Email deewhits@aol.com

HOLIDAYS AND DAYS OUT FOR 2020 FOREST TOWN, SHERWOOD and MANSFIELD U3A's

27th April visit to Lichfield and the Cathedral including a cream tea at the Cathedral £20 pp

20th May visit to Liverpool free time around the docks and Liverpool centre plus a live guide tour of Liverpool/Beatles (we had the best guide) £21 pp

8th June Potter's resort

5* resort with full daytime and evening entertainment (worthy of west end stage)

Full board in bungalow plus

Price approximately £340 depending on how many are going for free place share out

Deposit £50 payable to Potters

22nd June National Arboretum
Arrive in time for Daily Act of Remembrance
Two course lunch private dining Land train private
tour of the Arboretum £40 pp

15th July Anderton boat lift & Chester including boat
lift £32pp

16th November Thursford Christmas spectacular
(3day)
Staying at Caley hall Hunstanton bed breakfast
evening meal
Day one afternoon show and evening at the hotel
Day two is spent in Norwich
Day three depart calling at Holt on the way home
£285 £50 deposit required
DENISE 07791941502 deewhits@aol.com

Evening Dining Out

Group Leaders: Jane Atkins, Marilyn Redfern
4th Thursday
Contact jane.e.atkins60@gmail.com
mjrfern@gmail.com

Gardening

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

Family History

Group Leader: Jenny Wright
Meet 2.30pm 3rd Monday - Flint Avenue Centre
Contact Jenny 01623 631371
Email j.wright445@btinternet.com

This month started off with the usual question, 'Have you found out anything new about your family in the past month?' Boy did we have some input! Mick had been busy in the Parish records and also the local newspaper archives and had come up with a couple of obituary reports about his mother's first husband, who died over Poland during a bombing raid on Berlin. Even luckier was that there was a photo attached to the articles. He'd also sent for his father's full birth certificate and we discovered his grandmother had been working in a munitions factory at the time; some time was then spent speculating as to where this was likely to be as she lived in Kirkby....?

After Mick had finished, David produced a tattered old leather bag which he slapped on the table. It had belonged to his mother and was stuffed with papers and a photo album recording his father's time in the Army during World War 2. There were his service papers, some early tourist guides for visitors to Delhi and Bombay and the photo album recorded all the places in and around the Indian sub-continent his

father had either been stationed at or had visited, and best of all, there were captions under the photos giving location and date! Where had these treasures been found? In the loft during a clear out and the bag was destined for the tip before a timely rescue by David.

I had planned to do an exercise with the group to get them thinking about where else we can look for Family History sources other than the Internet, which is valuable but not the be all and end all. We did the thinking in the time left before tea break and then looked at the results after suitable refreshment; apart from the usual sources, all the couples had come up with something different that the others hadn't thought of, Ann had a cookery book in which were recorded family details and occasions, a variation on the family bible but no less valuable. As I'd intended to do this I'd made notes beforehand and one of my sources said 'Anything from the past stored in the loft, don't allow anyone to throw anything out before you've checked it'. How lucky that David had done this before our session as all the history in his mum's bag would otherwise have been lost to him forever! Jenny

Local History

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

We started the session this month with a DVD, called Past Mansfield in Pictures; it was based on postcards and photographs, made possible with the invention of the Box Brownie camera and it really took off around the late 1800s and early 1900s as a means of recording events and communicating with family and friends. There were many buildings featured in and around Mansfield, and although a lot of them are long gone they were remembered by quite a few of us. Also covered was, the coming of public transport, starting with the trams and moving through to the omnibus. There was one accident recorded where a tram was overloaded, they were officially allowed to carry a maximum of 60 but often had over a 100 passengers, especially at the end of a shift at the local pits. The tram ran away down Skerry Hill and eventually came to rest in a shoe shop window. The DVD also covered occasions that happened in Mansfield, the official event marking the coming of the gasometer, how many of you can remember that on Church Lane? Also the First World War tank that stood in Titchfield Park and was gifted to the town as a thank you for the amount of money donated to the war effort by local people?

After tea break we had a general discussion, about the film and other topics, including what was happening in the Forest Town area. What had

happened to the vicarage wall? Would we get the railings around the War Memorial in time for the Remembrance Service next month? Apparently not maybe next year. What was happening with the boundary stone? No railings around that please...., and also what was going to happen to the land at the top of New Mill Lane? Watch this space, Local History isn't always about the past, it's being made every day. Jenny

Lunch Club

Group Leader: Denise Whitsed

Meet on 3rd Wednesday

Email deewhits@aol.com

Music - 60's Appreciation

Group Leader: John Kirk

1st Friday Meet Forest Town Arena 2-4pm

Contact 01623 640528

Email johnensorkirk@gmail.com

This month's gathering was slightly less busy than usual as we coincided with the sad day of Hazel Hett's funeral. I did register our condolences to Hazel's family on behalf of the music group before we started our normal Friday afternoon session. This month's featured artist was centred around the Brill Building in New York city where a team of professional song writers worked in the early 60's. This led us on to the life and times of Neil Sedaka singer, composer and classically trained pianist. Sandra Evans who has supported the music group since it first started was in charge of the quiz so we say thank you for that.

One new song was performed this month. Let it be me by The Everly Brothers a lovely ballad with English words put to French melody.

Our next session will be in November. Hope to see you then, all welcome. John.

National Trust Group

Ann Stanford 01623 641864

Email annstanford1@sky.com

The Last National Trust visit for 2019, will be Christmas at Hardwick Hall on Wednesday 27th November, we will be meeting at Forest Town Arena 10.30am for car share.

I have provisionally booked 7 dates with Ravenshead Community Transport for our 2020 programme. Most visits will be on the second Saturday of the month, starting from April through to October 2020. Ann

On Saturday 12th October the National Trust Group visited Calke Abbey. There was plenty to see and do on this beautiful autumn day. A guided walk around some of the 600 acres of parkland, drink coffee, eat scones, see the fantastic flower gardens with a

seasonal display of pumpkins and gourds in the auricula theatre and the early eighteenth century house.

The house itself is unique in that it is preserved in a state of deterioration. A bed piled high with taxidermy, rusting metal objects, cracks in the ceiling, peeling wallpaper and cases upon cases of stuffed animals and birds. The latter a pastime and preoccupation of several generations of the Harpur Crewe family and was their way of recording natural history. The family rarely threw anything away so consequently there are over 30,000 items stored in the house, ranging from fine art to broken chairs and tools.

We had a fun day out, with mixture of being outside in the fresh air surrounded by trees and plants, glimpsing into a family's past life and most of all the companionship of our U3A members. Ann

Painting and Drawing

Group Leader: Christine Cawthorne .

Meet on 4th Thursday 2pm till 4pm

Sherwood Centre, Stuart Avenue

Contact 01623 658171

Poetry & Play Reading

Group Leader: Allan Barham

Meet on 2nd Monday 10am till 12noon

Sherwood Centre, Stuart Avenue

Contact 01623 620849

Email allan.barham@gmail.com

Rambling

Group Leader: Andrew Riby

Rambles from 7 miles up to 9 miles

Meet on 1st and 3rd Wednesday

Contact Andrew Riby 01623 656958

Mobile 07833 543705 Email ribya@imcgroup.co.uk

On our first Ramble in October we explored the beautiful Churnet Valley in Staffordshire on a perfect autumn day. Setting off from Froghall Wharf, we walked the towpath of the Caldon Canal for a couple of miles as far as Consall Station, glimpsing steam trains running along the nearby heritage line. Climbing steeply through woods up the Devil's Staircase, we passed Belmont Hall to reach the heights of Noonsum Common with panoramic views. Lunch taken in a field attracted the attention of 3 curious horses which nuzzled and nibbled us throughout. Heading back through the delightful villages of Ipstones and Foxt, we ended our walk in Hetty's café at Froghall Wharf where the raspberry and banana scones went down a treat



For our second Ramble we started from Osmaston Village, it was a mild day however due to the amount of rain we had the previous days the ground was very muddy in places.

We walked to Shirley we had our lunch in the church yard. We then walked towards Osmaston Saw Mill in the valley of Shirley Brook, this was dammed to power mills, of which the most spectacular is this saw mill. The mill is a rather eccentric alpine style building constructed in 1845 for the owners of Osmaston Hall in whose grounds the mill lies.



The Mill was restored in 2009 and is only open to visitors in February for one week. **Our next rambles:** 6th November: Rowsley, Stanton Moor, Winster & Birchover (8.7 miles) 20th November: Duke's Wood, Eakring (8 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.

Scrabble & Rummikub

Group Leader: Celia Tassle
Meet on 2nd Friday & 3rd Monday Forest Town Arena
2pm Contact 01623 627905

Short Walks

Group Leader: Marilyn Redfern
Meet on 4th Monday 10.15am
Contact 01623 646547 Email mjrfern@gmail.com

Strollers

Group Leader: Denise Doud
Meet on 3rd Friday 10: 30am
Contact 01623 619856 Email dmdoud52@gmail.com

After our little summer break, 16 of us met at Mansfield Woodhouse railway station for our September stroll around Debdale Country Park. It was a lovely morning and as always lots of chatting and strolling and as some of us hadn't been there before it was really interesting to discover just how far you could travel along the paths to get to lots of other country parks.

Our group then split into two and one went further and the other took a shorter stroll back.

Unfortunately the shorter track group missed their turning and ended up walking further than the longer walk. That gave us all a smile whilst we enjoyed our coffee break.

After a week of unsettled weather 17 strollers enjoyed our October walk not exactly in sunshine but fine weather at Vicar Water.

Again some did the longer walk and others just round the lake. November's stroll will be at Rufford Abbey on Friday 15th November meeting at 10.30am in the Abbey end park.

There will be no stroll in December. Weather permitting the first stroll in the New Year will be Friday 15th January.

Table Tennis

Group Leader: Marilyn Redfern
Meet on 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 on 2nd Thursday 2pm
Mansfield Superbowl 2000
Contact 01623 620012
Email chapmanrogere490@gmail.com

Deadline for December Newsletter

Articles

Tuesday 26th November 2019.
Please send articles to Steve Evans also note the
change of email address.
ftu3anews@gmail.com

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

COMMUNITY NEWS - November

We know some of you went along to the Patchwork Quilting Show held at Clipstone Scout Hut that was mentioned last month. There was some amazing work and the event rose over £6000 for the Breast Care Unit, Kings Mill Hospital. Pauline

Saturday 10th November Remembrance Parade/Service. The parade will leave the Arena at 10.30am, it will proceed along 2nd Ave, up Kingsway, go left onto Clipstone Road and then up George St, left onto Atlee Ave, right onto Laurel Ave, left into Victory Drive, left onto Dorothy Drive, then left onto Old Mill Lane, down to the church. There will be a short service at the cenotaph with the two minutes silence and laying of wreaths. This will be followed by a service in St Alban's Church.

Saturday 16th November Christmas Fair

10am - 12.30pm St Alban's Church

Saturday 16th November Forest Town Craft

Market 10am - 2pm @ Kingsway Hall

Tuesday 19th November Forest Town Community Council will be meeting at 7.15pm Sherwood Room, Forest Town Arena.

Friday 22nd November Forest Town

Christmas Lights Switch on. A Carol Service in Kingsway Hall will start at 6pm and will be led by Reverent Philip Stead and Deacon Dave Keegan. The Cedar Church will accompany the Carols. The Lights will be switched on by Pauline & Malcolm Marples at 6.30pm, followed by refreshments.

Saturday 14th December Forest Town Craft Market

10am - 2pm at Kingsway Hall. Pauline



Volunteers needed in the East Midlands

Are you a good listener? Are you interested in people?

You'll record stories from people treated by or employed in any part of the NHS over the last 70 plus years. The online Digital Archive of these stories will be available to everyone.

nhs70.org.uk

As a volunteer you will:

Gain free professional 'oral history' training

Receive local support

Become a valued member of our team of UK volunteers

Help us create a shared history of the NHS

Get in touch now for more information

email: nhs70@manchester.ac.uk

Phone: 0161 275 0560

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Our supporters include



Forest Town U3A Executive Committee / Contacts			
Committee Position	Name	Phone number	Email
Chair	Linda Shutt		lindashutt953@btinternet.com
Vice Chair	Michael Lyall		mikelyall@hotmail.com
Business Secretary	Sue Harkin		Ftdbusinesssec@hotmail.com
Treasurer	Andrew Riby		ribya@imcgroup.co.uk
Assist Treasurer	Marilyn Redfern	01623 646547	mjrfern@gmail.com
Groups Co-ordinator	Anita Adlard		a.adlard@ntlworld.com
Assist. Group Co-ordinator	Steve Evans		steve.jackie84@ntlworld.com
Membership Sec	Jane Atkins	01623 453118	membershipftdu3a@gmail.com
Assist/Membership Sec.	Kelvin Foster	01623 422251	kelvinfoster298@yahoo.com
Website Editor	Bob Hunt		foresttownu3a@outlook.com
Joint Social Secretary	Susan Carlill		
Joint Social Secretary	Denise Whitsed	07791941502	deewhits@aol.com
Welfare Officer	Kelvin Foster	01623 422251	kelvinfoster298@yahoo.com
Speaker secretary	Desley O'Leary,	01623 421642	desley@uwclub.net