



Chat From the Chair

Hello! And welcome to the April edition of your U3A Newsletter! As I am writing this article the sun is shining and the spring flowers are in abundance! At the March General meeting we were entertained by Anthony Sharp



when he gave a very interesting presentation on "The History of Lincoln from The Romans to The Georgians". I hope all those of you that attended enjoyed the Speaker as much as I did. I would like to extend a vote of thanks to our wonderful refreshment team! They all do a fantastic job in serving tea, coffee and biscuits and always with a smile!

My recent appeal for Newsletter proof readers raised a response from three members and I was able to identify two of those who now join our busy Newsletter team.

At the recent Committee meeting it was decided to suspend the general meetings for the next three months. All the members who have an email address registered on our system will have been notified by email and the members with no email address will have received a telephone call advising them accordingly. This is not a decision that we have taken lightly and we hope our members understand that we have their welfare in mind at all times.

We hope to reconvene in July but this will be discussed by the Committee who will be guided by the latest medical guidelines. Members will be advised in due course.

Meanwhile, take care and we look forward to seeing you all before long.

Message from our Welfare Officer Kelvin Foster

I would like to think that our members would look out for one another.

But if there is the need for assistance or require help, then they can call on any of the committee members, group leaders, friends and neighbours for support. I would like to say to everyone stay safe and listen to the government advice on staying healthy.

Warning

Former colleagues have been telling me that there are people offering to do shopping and other errands for people who cannot get out due to the worrying situation of contracting the Coronavirus.

Unfortunately they are passing money onto unscrupulous people who then take the money to do the shopping, but then don't return with the goods. Please be careful with who you allow to do your shopping, only trust those who you know to be trust worthy.

Good luck to all our members Kelvin

Message to All Group Leaders

At the last Committee meeting on Monday 16th March 2020 it was decided to inform you of our advice to all our Group Leaders to cancel their group meetings due to Coronavirus.

Some groups are in more close contact with each member than other groups.

If you feel that you as group leader and all your members wish to carry on meeting that will be your personal choice and also the members that attend the meeting.

This advice is to keep you and your members safe.

The group leaders meeting that was to be held on the 30th March at the Arena is also cancelled.

I will be informing you later on how to hand in the registers.

Regards Group Co-ordinator Anita Adlard.

Message from Melonie Hannant Regarding use of Flint Avenue Community Centre

I have been asked to relay a message from my manager, Ruth Smith, concerning the tables and chairs at this Centre.

We have been advised that the caretaker has been asked to try and repair some broken/damaged furniture and he feels that this could be caused by dragging these items across the floor when moving them instead of lifting them carefully.

Please can we ask that all Groups using this Centre take care with the furniture if they are being moved?

Many thanks for your co-operation in this matter.
Melonie Hannant Housing Management Assistant

Due to the Corona virus outbreak Flint Avenue Community Centre is now closed until further notice.

Poem by Spike Milligan

INFECTIOUS SMILES

Smiling is infectious - you catch it like the flu
When someone smiled at me today – I started smiling too
I walked around the corner – and someone saw me grin
When he smiled I realised – I'd passed it on to him
I thought about the smile – and then realised its worth
A single smile like mine – could travel round the earth
So if you feel a smile begin – don't leave it undetected
Start an epidemic – and get the world infected

Community News

Sadly nearly everything has had to be closed during this time of the coronavirus but can I give you all something positive to think about.

1. I would like to keep the research side of the Forest Town Heritage Group and the U3A going, where it does not involve face to face contact.

2. The Prime Minister has said these are exceptional times. We are all living through what will in due course become "history." So please keep notes / diaries / pictures along the lines of: What did Forest Town do during this difficult time?

3. Look for the good things as well as the disappointing and sad things, for instance, if you go past the Methodist Church do notice the beautiful flowers in the garden? They are there to cheer us all up.

Pauline Marples Heritage.foresttown@ntlworld.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	Country Dancing	Rambling Cycling Lunch Club	Local History	Strollers
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

Art Appreciation

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

Bird Watching

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

This month eight members of our group visited the Idle Valley Nature Reserve at Retford. We were met in the car park by Stu a member of the Lound bird club who had very kindly offered to take us round and guide us on our walk, for which we were very grateful, always good have someone who knows the best sites.

As we started our walk we heard and then managed to see Chiffchaff and a male and female Reed Bunting in the reeds at the pond's edge.



Moving on, we saw Goldfinches, Goldcrest and Long Tailed tits in the scrub.

Onward and the next habitat was pine woodland where we had a lucky sighting of a Great Spotted Woodpecker flying quite low directly in front of us. Continuing our walk we arrived at Sutton Pit, a large lake previously a gravel pit, the reserve has been made from old gravel pits now filled with water.

We also saw lots of Canada geese and



ducks, Shoveler Ducks and Wigeon amongst the more common Mallards and Tufted ducks and also a pair of Oystercatchers. Eventually with the aid of Stu and his scope we spotted the Red Crested Pochard, fairly rare and what we had been hoping to see, a real benefit of having a guide. After spending some time at the lake we walked back to the visitors centre for lunch and to compare notes, we had seen thirty seven different species so a good morning walk. In the visitors centre is a screen showing an owl inside one of the owl boxes with a camera that has been put up around the site.

Book Club

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

Last month we read "The New Mrs Clifton", By Elizabeth Buchan. Gripping from the start, when in modern times, a skeleton is unearthed in a London garden. The story capitulates to broken Post Second World War London and Intelligence Officer; Gus Clifton brings a Berlin bride home. A powerful and emotional story_unfolds and satisfactorily all is resolved in the end. The group voted this book a resounding excellent read. Ann

In line with the changes the Coronavirus has impacted on our daily lives the Book Group will not be meeting until further notice. Inspire have audio books and magazines on line to read - even Hilary Mantel's new masterpiece of nearly 1,000 pages is there! It took me two months to read Wolf Hall so plenty of reading matter to weather the self-isolation. Take Care Ann

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

All future meetings are cancelled until further notice

Classic Vehicles

Contact Ann Stanford 01623 641864

4th Wednesday 2pm Forest Town Arena

Email annstanford1@sky.com

The Classic Vehicle Group is evolving slowly but unfortunately the brakes are on until the current Coronavirus situation significantly improves.

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 Tuesday Forest Town Methodist Church

Email annstanford1@sky.com

In line with the guidelines sent out by the government and U3A, Country Dancing will not be meeting until further notice. Whilst self-distancing and self-isolating a little bit of solo country dancing, practising those balances and skips Val, could keep the fitness levels up! We hope to see you all soon. Pam and Ann

Craft

Group Leader: Jane Freeman

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

Contact 01623 624003

Email jam.freeman@btinternet.com

A small (but Very select) group of ladies met this afternoon, on what had begun as a very promising Spring day, however, only because my windows had been cleaned! The weather deteriorated into squally showers, with us safely in the warm and dry. The crafts being worked on today included The strawberry canvas, with yet another leaf completed;

A baby's knitted cardigan; cargo pants for a barbie doll; A white knitted child's poncho.

And two new projects, with Very forward planning on behalf of the creators;

A sequin-embellished scarf for a child, to be put in a Christmas shoebox; and a very complex and intricate Christmas tree, made from milk bottle lids and Christmas fabric circles, involving a great deal of stitching and gluing.

We all wait with great interest seeing the finished item when we next meet.

The Stripy Jumper was noted for its absence, the "minder" of which, we had reliably been informed was on holiday.

We expect to see the completed garment at our next meeting, which will be in May, owing to the April date falling on Easter Monday.

The background conversations varied from the wider implications of the Corona Virus, with the Panic- Buying epidemic in various supermarkets being one topic, with Very interesting contents discovered in trollies; to the dilemma of people wanting to cancel holidays and possibly losing any money paid; to the need for The Government to be more rigorous in Taking Charge and insisting certain public health controls are put into action; and the unwillingness of a lot of people to pay "craftspeople" the going rate for any hand-made items, especially knitted or hand-sewn articles that take many painstaking hours to produce.

There will be no more meetings until further notice. Jane

Cryptic Crosswords

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

Group Leader Kay Toy

Email kaytoy@hotmail.co.uk

Our last Crosswords meeting proved successful, with a Coffee Break Crossword completed (teamwork!), one semi-completed, and The Times Quick Cryptic partially solved (teamwork again, and completed by Susan at home; wow!)

We discussed the "deletions" device and hand-outs were distributed. Great progress made for all concerned.

NB: In view of the risks posed by the Coronavirus, all future meetings of this group will be cancelled until we have better news. However, I hope we can stay in touch via email.

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 Wednesday
Group Leader David Duncan
Email wings33@btinternet.com

DAYS OUT/HOLIDAYS & OUTINGS 2020

Contact Denise 07791941502.
Email deewhits@aol.com

Due to the Government's advice Skills Bus Company have had to postpone all their bus trips until further notice. Usually day trips are never covered on travel insurance as you have to stay over for at least two nights. Skills have said there will be no loss of money. The day trips to Lichfield and Liverpool will be rescheduled, when they are able to do so. Potters will be closed down until further notice; we have only paid our deposits. I have not had a response from them at the moment. Take care and stay safe. Denise

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
7th December 2020 Monday to Friday price approximately £315 again depending on numbers plus bus fare. So come join us.
DENISE 07791941502 deewhits@aol.com

Evening Dining Out

Group Leaders: Jane Atkins, Marilyn Redfern
4th Thursday
Contact jane.e.atkins60@gmail.com
mjirfern@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
Cancelled for the next 3 months

Following much debate about whether the group should go ahead this month it was decided that it would, however it was left to members to decide whether to attend or not.

As it turned out it was almost a full house, I think everyone wanted to make the most of what was probably going to be our last get together for some time.

I had intended to look at breaking down brick walls, for those of you not familiar with Family History this is a term used when you hit a dead end and can't find any information about a person or family you are currently researching, however read on.....

We started by doing a round robin of where people were currently at, or if they'd made any interesting discoveries and the meeting ran itself from there. Advice was flying around about how to solve this problem or that and strangely enough most of the discussions were ticking off points on my intended brick wall list.

There was a big discussion over the frustration caused by ancestors using different, middle or pet names, and also the difficulties due to illiteracy as people often didn't know how their names were spelt, or even where they were born. Enumerators often made assumptions or mistakes when filling in census returns, not only with names but also relationships, especially if married members of a family were visiting on the night the census was taken.

Another problem was how to find out where an ancestor had vanished to. This could be because a woman had married but either no records were forthcoming on line, or there were several, and how did you know you had the right one, especially if they had a common surname?

At this point the meeting split into several smaller groups, with some looking at records on line to try to solve a specific problem while others were discussing

issues they themselves had experienced and how they had got around them.
It seemed a bit chaotic at times but everyone was involved and helping each other and at the end of the day isn't that what a U3A interest group is all about, learning together?

While we can't meet, we've set ourselves a project to write our own life story, so that hopefully at least all the facts will be there about us, and future genealogists in the family won't have to say I wonder...?

There will be no Family, or Local History group meetings now until further notice, but in the meantime, stay safe everyone, and hopefully it won't be too long before 'normal service' can be resumed. 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

As we have no Local history meetings till further notice, I thought you may all enjoy a bit of local history from the past, or is it similar to today?
Pauline

UP AND DOWN

The took a little gravel, and they took a little tar
With various ingredients imported from afar.
They hammered it and rolled it, and when they went away
They said they had a pavement
That would last for many a day.

But they came with picks and smote it
To lay a water main;
And then they called the workman
To put it back again.
To run a tramway cable
They took it up once more;
And then they put it back again
Just where it was before.

They took it up for conduits
To run the telephone;
And then they put it back again
As hard as any stone
They took it up for wires
To feed the electric light,
And then they put it back again
Which was no more than right.

Oh, the pavements full of furrows;
There are patches everywhere.
You'd like to ride upon it,

But it's seldom that you dare.
It's a very handsome pavement;
A credit to the town;
They're always diggin of it up
Or putting of it down.

"Cassell's Saturday Journal" From The Mansfield & North Notts Advertiser 15/5/1903 p6 c1

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

IMPORTANT NOTICE

Our last meeting on February 7th was a little chaotic to say the least. Due to an administration, error the Arena lounge was double booked, and we had to carry all the gear round the building into the large concert room. We were also very busy and it has become clear that we will have to adopt some way of limiting the numbers.

Having had recent discussions with our U3A committee with my concerns about overcrowding we all agreed that something had to be done. So, we will be taking extra care as members sign in and for the time being there will be no visitors without prior approval Thank you for your cooperation. John.

It is with regret that I have to cancel April & May's music groups session at the Arena. I have made this decision before it is made for us and I can get the information into the newsletter. I think that fifty members sat shoulder to shoulder would not be wise as most of us are a certain age and maybe a few with underlying health issues.
Fingers crossed we are able to resume sooner rather than later. Kind regards, keep safe. John.

National Trust Group

Ann Stanford 01623 641864
Email annstanford1@sky.com

Unfortunately, the Nation Trust have closed all their properties until further notice. However, you can visit their parks free of charge for the time being. All trips are cancelled until further notice. I will liaise with the Treasurer, Andy Riby, for refunds of any monies paid.

It is an unprecedented situation but necessary for the safety of us all. Thank you 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**](mailto: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

Fifteen of us led by Carol set out on our first walk of March from Markeaton Park in Derby to Kedleston Hall and back via the village of Mackworth. The warm Spring sunshine soon had us shedding a layer of clothing as we climbed steadily to Lower Vicarwood farm, enjoying wide views over Derby city and beyond on the way. Kedleston Hall appeared below us as we skirted the estate, making our way down to the weir and the lake. After a sunny lunch break in the garden, we made our way out of the estate on a tree and daffodil lined path. Our route to Mackworth proved to be exceedingly muddy, but it didn't spoil a fine day out.



Bob led our second walk from Barlborough. Only seven were able to join us as car sharing is no longer an option with Coronavirus. The day was damp and dull as we headed down to the delightful village of Spinkhill, seeing our first wood anemones of Spring on the way. The paths to Harthill reservoir were exceedingly muddy, but occasional bright clumps of daffodils brightened our way. Social distancing was evident as we ate our lunch sitting with 2 metre gaps

between us. Walking back into Barlborough we passed the hall, a magnificent 16thC mansion, now an independent day school. Sadly, the new hygiene regime meant no drink in a pub or café after the walk. Despite the weather and the new restrictions, it was so good to get out and escape the new realities of life for a day.



The emergency measures announced by the government on Monday 23rd March leave me with no option but to suspend the walk programme indefinitely with immediate effect. Andy

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

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, Contact 01623 620012
Email chapmanrogere490@gmail.com

We are looking for a new Group Leader to run the Ten Pin Bowling group.

Gordon has run this group from the start of our U3A but he wishes to stand down now, it is much appreciated the time he has given to this group. So if

anyone would like to take his place and take over the group to enable it to keep running.

Contact email: a.adlard@ntlworld.com

Regards Anita Adlard Group Coordinator

HOW LONG DOES IT TAKE TO DECOMPOSE?

PAPER TOWEL - 2-4 WEEKS
 BANANA PEEL - 3-4 WEEKS
 PAPER BAG - 1 MONTH
 NEWSPAPER - 1.5 MONTHS
 APPLE CORE - 2 MONTHS
 CARDBOARD - 2 MONTHS
 COTTON GLOVE - 3 MONTHS
 ORANGE PEELS - 6 MONTHS
 PLYWOOD - 1-3 YEARS
 WOOL SOCK - 1-5 YEARS
 MILK CARTONS - 5 YEARS
 CIGARETTE BUTTS - 10-12 YEARS
 LEATHER SHOES - 25-40 YEARS
 TINNED STEEL CAN - 50 YEARS
 FOAMED PLASTIC CUPS - 50 YEARS
 RUBBER-BOOT SOLE - 50-80 YEARS
 PLASTIC CONTAINERS - 50-80 YEARS
 ALUMINUM CAN - 200-500 YEARS
 PLASTIC BOTTLES - 450 YEARS
 DISPOSABLE DIAPERS - 550 YEARS
 MONOFILAMENT FISHING LINE - 600 YEARS
 PLASTIC BAGS - 200-1000 YEARS.

WE REQUEST YOU, PLEASE SHARE THIS PIECE OF INFORMATION IN YOUR NETWORK AS MUCH AS YOU CAN.

THIS WILL CREATE AWARENESS AMONGST PEOPLE THAT PLASTIC IS ONE OF THE MAJOR REASONS RELATED TO THE GLOBAL GREEN HOUSE EFFECT.

PLEASE SUPPORT A GREEN ENVIRONMENT.

Please send articles to Steve Evans @

ftu3anews@gmail.com

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

<i>Forest Town U3A Executive Committee / Contacts</i>			
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