

## NOTES FROM THE CHAIRMAN

**Membership Fees & Renewal** Our meeting on Thursday 3<sup>rd</sup> March will be the main opportunity for paying the renewal membership fee for the coming year. As previously advised the Steering Committee has set the membership fee at £18 and the year runs from the 1<sup>st</sup> April 2016 to 31<sup>st</sup> March 2017. If you are unable to attend the March meeting we will undertake a 'catch up' at the April meeting.

I do hope that you are enjoying your time with the U3A, both the monthly meetings and the Interest Groups – which continue to expand; and that you will want to renew your membership. There will of course be the opportunity for new members to join at the same time (as there is at every meeting) and I know that there have been a number of visitors to our meetings over the last couple of months.

If you are already a member of another U3A where you pay a full membership fee, the fee with ourselves will be reduced to £14:50, but please bring your other membership card with you to qualify for this.

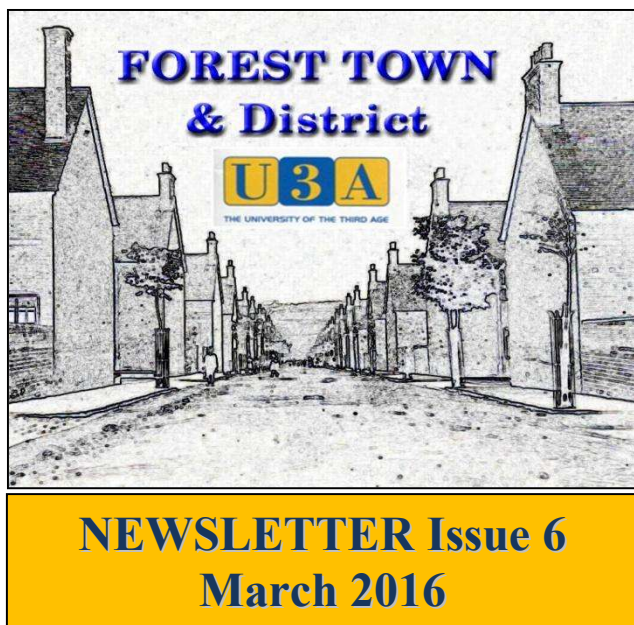
**Full Membership of the U3A** We have now received written confirmation of full membership of the U3A

**Nottinghamshire Network of U3A's** We have also joined the Nottinghamshire Network of U3A's which supports the U3A's in the county and is also active in establishing new U3A's; see their website <http://www.nottsu3anetwork.org/u3as.html>

**North Notts. Neighbourhood Group** Additionally we have joined this Group of U3A's which now incorporates 10 fairly local U3A's **FT&D, Mansfield, Sherwood, Ashfield, Dukeries, Rainworth, Retford, Hucknall, Sutton, and Worksop**. All ten groups have agreed that there should be a reciprocal arrangement between the groups whereby should you be interested in an Interest Group that a neighbouring group are running you can contact the Group Leader or Membership Coordinator of that U3A to see if you could attend. However if you are interested in a subject or activity that we aren't running at present how about looking to set one up at Forest Town & District!

**Birthday Celebrations** In addition to supporting each other in the Neighbourhood Group they run an annual event, and this year are looking to organise one to celebrate the Queens 90<sup>th</sup> birthday and the fact that she will be the longest ruling monarch. More details to follow as the plans move forward.

*Mike King*



Welcome to our March edition of the Newsletter which, in addition to our monthly meetings and web site, helps to keep you informed with all that is happening with the Forest Town & District U3A.

In this issue look out for how a lost mobile phone was discovered, how the craft group helps worthy causes and how members are enjoying the fresh air as they stroll, ramble or bird watch.

If you have any comments, ideas etc. about the Newsletter and your U3A please forward them either to me Pauline, Newsletter Editor or Mike King our Chairman.

### BEHIND THE SCENES

It is 6 months since the inaugural meeting of our U3A when a number of interested people were 'encouraged' to form a committee. Since then a lot of hard work has gone into establishing the successful Forest Town & District U3A we have today.

There have been regular committee meetings, all supplemented by coffee or tea. Endless emails and phone calls, computers working over time, the arranging of speakers and activity groups, a web site, newsletter established, etc., etc.

Venues to hold meetings have been sourced and it is pleasing that most of these are held in Forest Town such as; St Alban's Church, The Arena, Forest Town Library, and the Prince Charles Public House. The new Flint Avenue Centre is also being considered.



As you can see there has been plenty of hard work, but also plenty of fun as we all **Live, Laugh and Learn** with our U3A.



## ST ALBAN'S CHURCH OUR MAIN MEETING VENUE

The church has a warm friendly atmosphere with comfortable chairs and it is disability friendly.

There are two parking spaces for the disabled to the rear of the church, these are close to the back door which has a portable ramp for people in wheel chairs.

Inside there is ample room for people in wheelchairs. We also use microphones to enable everyone to hear speakers. Toilet facilities are also suitable for people with disabilities.

*If you have a disability we have not considered, please speak to a committee member and we will see if we can help.*



The photograph was taken at our February meeting in St Alban's Church when the speaker was Patrick Smith MBE. Patrick gave us an illustrated talk on 'Andalucía' a breathtaking area in Southern Spain. His slides of historical buildings were very interesting to see, and it was evident some member of the audience had also visited some of the places he showed us.

As the photo below shows, there was the opportunity to look what Groups were on offer and discuss them with Group leaders



## OUR MARCH MEETING & SPEAKER

Thursday 3<sup>rd</sup> March in St Alban's Church,

Saints and Sinners in the Classroom is an intriguing title, and all will be revealed by our guest speaker Barry Davies. After 52 years in teaching he retired from his full-time job as Deputy-head of a Nottingham City school in 1994.

After a few years he re-entered the teaching profession to teach pupils who had been permanently excluded from a number of comprehensive schools: that job morphed seamlessly into teaching children who were on the autistic spectrum, mainly pupils who had been diagnosed as suffering from Asperger's Syndrome.

## APRIL MEETING

Thursday 7th in St Alban's Church

Our talk will be 'SAMARITANS  
Supporting the community Since 1971'

A look at the background of the Samaritan organisation, the services and roles available, what they do, types of contact, expectations and the pathway to becoming one.

## HELP WANTED PLEASE

Members to help with

Welcoming people to our meeting

The tea bar -on a rota system

Audio equipment

Getting out, and later putting away tables

*Many hands make light work and help cover holiday periods. Speak to a committee member if you can help.*

## CAR SHARING

Several Interest Groups as part of their activities travel to different venues occasionally being quite a distance. Sometimes members alternate the car used or share one car on a regular basis. Whatever the arrangement it is reasonable that the driver receives a contribution towards the petrol costs, **though this is on a voluntary basis**. It is up to each group and its members to decide how best to proceed but for guidance the AA quote a rate of 45p per mile, though this covers other costs in addition to fuel. The total cost should be split between all the occupants of the car, including the driver, when deciding what the contribution should be.



# INTEREST GROUPS & LATEST REPORTS

## Bird Watching

Group Leader: *Lynne Cooper*

2<sup>nd</sup> Thursday 10am

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Well after the atrocious weather we had for our first two outings we were blessed with a lovely sunny morning. We were joined by two newcomers to the group which was nice as two of our regulars were unable to attend.

It was our first visit to the Pleasley Pit Country Park so we didn't know how many new species we would spot. We spotted quite a number of species not previously seen including skylark, green woodpecker, and cormorant which brought our total number of species seen up to date to 49.

Next month we are staying local again by visiting Kings Mill Reservoir where there should be some activity in the large heronry and if we are really lucky may even see a kingfisher.

*Keith B.*

**Next meeting Thursday 10th March 10am**

## Bridge for Beginners

Group Leader: *Steve Evans*

Meet 2<sup>nd</sup> & 4<sup>th</sup> Friday of the month  
10 am - 12 noon at the Forest Town Arena.

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*No report this time*

## Computer and IT Skills

Group Leader: *Bob Hunt*

4/5 people per session

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Computer group 1 met at my home on Tuesday<sup>nd</sup> 2 February, two members came to the meeting, the main topic was sending attachments with emails from an iPad.

Five members of Computer group 2 met in the Prince Charles Public House Forest Town on Thursday 18<sup>th</sup> February, we were made very welcome by the landlady Charlotte, again the main topic was sending attachments with emails.

**Future meetings of the computer groups will be held at the Prince Charles pub until further notice.**

## Craft

Group Leader: *Jane Freeman*

2<sup>nd</sup> Monday 2pm - 4pm Meet Forest Town Arena

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There were 6 ladies at the meeting this month; with apologies from 2 who are currently recuperating after being in hospital we all wish them both speedy recoveries, and hope to see them again in the spring. A letter was sent from the Neo natal unit at King's Mill, thanking us for the donation of knitted baby clothes. We have an ongoing batch of items to be dropped off there again very soon.

After contacting the Sir John Eastwood Hospice team, and offering the knee blankets, we were given a variety of ideas for other items that they would appreciate being made for their forthcoming Fairs. These include - stuffed toys, coat hangers, tea cosies, book marks, pin cushions, oven gloves, needle cases, peg bags and hand made cards, so there is plenty of scope for all the group to select projects to work on for the next few months.

An experimental session of knitting pieces to cover coat hangers began, results next time! We admired and examined a "twiddle muff" that had been made by one of the group, and discussed how more could be made. These items are used by dementia sufferers to calm down anxiety and restlessness, by giving something to occupy their hands.

Of course, the real object of the meeting was to yet again solve Major World Problems the topic of the day being the exorbitant cost of spectacles and lenses, and the fact that spectacle wearers are not able to claim any of the benefits, discounts, allowances that others with similar disabilities are granted. Unfortunately, a viable solution was not found!

We would like to extend the invitation to all the ladies who signed up during the monthly U3A meetings who have not so far attended the group meetings to give us a go! As you can see, there is plenty to keep you all occupied, so the more the merrier!

### Family History

**Group Leader: Glynis Benford-Chapman**

**1<sup>st</sup> Tuesday 10am Meet - St John's Centre, Mansf.  
New members welcome**

This 4<sup>th</sup> meeting of the group welcomed a visiting experienced Family Historian, Maureen Newton, to share with us her wealth of knowledge from 35 years of individual research into Family History and information on the lives of people of their respective time.

Maureen delivered a highly stimulating, interesting talk, providing examples of different birth, death and marriage certificates and supporting Census, County or Parish records to illustrate how the group might gain valuable information and evidence in tracing their ancestors.

Maureen shared an insight into her own research and where fellow enthusiasts could go exploring and digging in their quest for information but gave some excellent tips on what to look out for along the way. Questions were invited at the end of the session and illustrative answers given.

Maureen herself is a member of the Hucknall District U3A and more widely of a number of Family History Societies both local and National

### Film/Videos

**Group Leader: Arline Littlewood**

**Temporarily Postponed**

### Gardening

**Group Leader: Marian Story**

**Monthly, various dates**

**Next Meeting March 7<sup>th</sup> Rueben Shaw Garden  
Centre, Moor Green.  
No Report This Time**

### Local History

**Group Leader: Pauline Marples**

**Normally 3<sup>rd</sup> Thursday 2.15pm - Members Home**

Our behind the Scenes Tour at Mansfield Museum on the 25<sup>th</sup> February was fascinating. Led by Jodie Henshaw (Museum Education Development officer), we were shown a room full of boxes of Chad negatives, The archaeology store full of large and small objects. Another store that was like an Aladdin's Cave with so many items to be discovered from local households such as wash tubs and scrubbing boards, even a 'donkey stone' for scrubbing steps. Items from local factories such as Metal Box were a great attraction, and some of the group reminisced that they or their mother worked there.



Downstairs it was time to view the exhibitions presently on show. First the display of items normally in store, that people will recall from the early days of the museum, i.e. drawers of birds eggs, stuffed birds photographs, a penny farthing bike etc., all brought out for 12 months. In another room there was a spectacular display of black and white photographs of Thoresby Colliery - a wonderful enlightening afternoon and thank you to the Museum for enabling the visit.

**No Meeting in March, next meeting April 21<sup>st</sup>**

### Music - 60's Appreciation

**Group Leader: Keith Bancroft**

**1<sup>st</sup> Friday Meet Forest Town Arena 2-4pm**

**Fri 5 Feb.** Thought I had everything sorted but it all went pear shaped when I arrived. We were promised the Sherwood Room but due to crossed wires we ended up in the lounge. I set up my guitar and amplifier before anyone arrived. Also there was a selection of L.P's and C.D.s of well known 60's songs Together with a few other items of interest.



This was the inaugural meeting of the group and we had a total attendance of 15 which was a little disappointing as a lot more people had shown interest.

However it all started off at 2pm as arranged and we listened to music which brought back memories and also we engaged in discussions about groups we had seen etc.. Members also brought along programmes from old concerts plus books and magazines from the sixties. We even had Adam Faith's autograph.

Keith sang a mixture of rock n roll and ballads which a couple of members danced to while some of the others tried to remember how to do the hand jive. Hopefully all those in attendance will return next month together with a few more. Not a bad afternoon for the price of a coffee.

**Next Meeting Friday 4<sup>th</sup> March Feb**  
**On rare occasions the meeting could be the 2<sup>nd</sup>**  
**Friday so always check the newsletter**

### Photo Books

**Group Leader: Marian Batt**

**Twice a month - Meet - Members Home**

*No Report this time*

### Poetry/Creative Writing

**Group Leader: Margaret Wright**

**Meet Last Tuesday 2-3pm Forest Town Library**

*No Report This Time*

### Rambling

**Group Leader: Alan Radford**

**Rambles from 7 miles up to 9 miles on the 1<sup>st</sup> and 3<sup>rd</sup>**  
**Wednesdays of each month.**

**3<sup>rd</sup> February Ramble.** Seven of us set off on our first Eastern Edges ramble, across Froggatt Edge, Curbar Edge and The Goit. After encountering strong winds on Froggatt Edge it was quite sheltered although muddy in places as we descended below Curbar Edge for a drink stop at the distinctive Village Well in Curbar.

We carried on into Calver and by The Goit then followed the River Derwent through pleasant woods to Froggatt Bridge - a really graceful bridge – and into Froggatt Wood. I had lost my mobile phone whilst out reccieing this walk a few days earlier and this was probably the most likely spot where it might have been lost, but no sign of it. Then Steve kindly phoned

my number – and a phone could be heard ringing in the undergrowth! absolutely amazing after 3 days out in the woods and exposed to much rain! We



continued to Grindleford Station Café for cuppas before returning home, with one recovered phone.

**17<sup>th</sup> February Ramble** - We woke up to wet weather but five hardy souls set off from Linacre Reservoirs for a ramble through North East Derbyshire, a hilly area industrial in parts but also offering large rural areas of great beauty. After passing through Cutthorpe our route took us through Barlow and Millthorpe before heading back again through Johnnygate, Rumbling Street and Oxton Rakes, returning to the cars through Linacre Woods beside the three reservoirs. The reservoirs were built to provide water to Chesterfield and surrounding areas. Attractive displays of snowdrops were found in the Millthorpe area, a really nice cheerful sight after the cold drab days of winter. Finally, we passed the amusing signboard in Linacre Woods describing the dreadful state of the drinking water in the period up to 1909. We finished with drinks and/or cuppas in The Peacock Inn before heading home. A rather wet day, but it didn't spoil our enjoyment.

**The next rambles** will be to Carsington, Brassington and Harboro Rocks (**Weds 2<sup>nd</sup> March; 7¾ miles**), followed by Monyash, Lathkill Dale and Magpie Mine (**Weds 16<sup>th</sup> March; 8.8 miles**), meeting up at Arena car park to organise lift sharing and to depart at 08:40 am. Moderate rambles between 7 and 9 miles in length on the first and third Wednesdays of each month; new members always welcome. **Please note the 2<sup>nd</sup> March ramble will be led by James and Steve.**

### Scrabble

**Group Leader: Celia Tassle**

**3<sup>rd</sup> Monday 2pm Forest Town Arena**

*No Report This Time*

## Short Walks

Group Leader: **Marlene Mee**

2<sup>nd</sup> Tuesday & 4<sup>th</sup> Friday 10.30am.

Meet Various Locations

*No Report This Time*

## Strollers

Group Leader: **Denise Doud**

Meet 3<sup>rd</sup> Friday 10am

On a cold and frosty but sunny morning (19<sup>th</sup> February) the strollers had their second outing, this time at Kings Mill Reservoir. We did just one circuit, feeding and watching birds on the way round, then stopping for warm drinks at Strawberry Fayre. **The next outing is on 18<sup>th</sup> March** at Rufford Country Park meeting at 10 am in the car park near the Abbey ruins.

## Woodworking (Toys)

Group Leader: **Joseph Bell**

Three meetings have been arranged in March  
on the 2<sup>nd</sup>, 16<sup>th</sup>, 30<sup>th</sup>

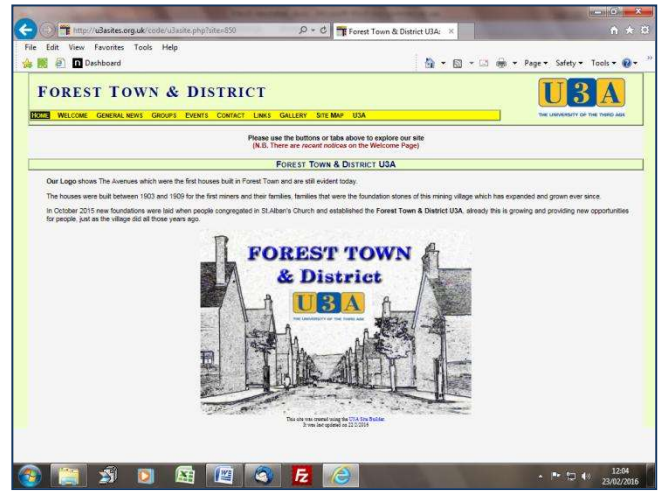


**Learn, laugh, live  
and make new friends  
with the U3A**



## OUR U3A WEB SITE

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



## DATES TO NOTE IN YOUR DIARY

### **MEMBERSHIP RENEWAL**

Membership fees of £18 for the 2016/17 year are due for payment at our March meeting; (our membership year is from the 1<sup>st</sup> April to the 31<sup>st</sup> March). If you are unable to attend the March meeting your membership fee can be paid at the April meeting.

### **MAIN MEETINGS**

Thursday 3<sup>rd</sup> March - Speaker  
Thursday 7<sup>th</sup> April - Speaker  
Thursday 5<sup>th</sup> May - Speaker  
Thursday June 2<sup>nd</sup> - AGM & Speaker

### **NEWSLETTER - APRIL DEADLINE**

Please send information/photos on your groups activities for the next newsletter to [pauline@mp-marples.co.uk](mailto:pauline@mp-marples.co.uk) by the **23<sup>rd</sup> March** – sooner if possible.

## **Forest Town U3A Steering Committee**

Committee Position	Name
Chairman & Treas Asst	Mike King
V/Chair & Speaker Sec	Susan Wright
Business Secretary	Jennifer Wright
Treasurer	Lynne Cooper
Groups Co-ordinator	Denise Doud
Asst Groups Co-ord.	Ann Stanford
Membership Sec.	Suzanne Herring
Asst Membership Sec	Kath Wolstonholme
Minutes Sec	Jill Gascoyne
Social Secretary	
Newsletter Editor	Pauline Marples
Publicity	
Website Editor	Bob Hunt

