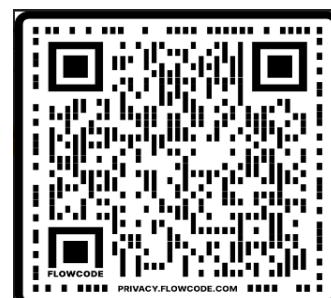




(Photograph courtesy of Hanna Sylvester)

NEWSLETTER

AUGUST 2023



Mansfield u3a QR Code

Words from the Chair: Yvonne Kennison

I would like to start my little piece today by thanking Kathryn for stepping in for me last month. I did feel guilty dropping her in at the deep end, but I am assured that all went well.

On our journey down to Fairlight near Hastings, I was beginning to wish we hadn't decided to go at all. It was like something out of a One Foot in the Grave sitcom. Without any warning whatsoever, when we reached the A21, it was barricaded and a notice saying "Closed". OK, so we followed the diversions, they took us through some windy roads and onto the main street in Tunbridge.

Every car coming off the M25, which had, as usual, done justice to Chris Rea's song, was in the same position. We crawled through the main street and at the end we saw another diversion sign. We turned left and followed it. Guess what? It led us all the way back to where we had started. So, we crawled down the High Street again, put on the Sat Nav this time, and yes, you've guessed it, it took us to the barricaded A21 sign once again. For the third time we joined Tunbridge High Street.

This is a shortened version because between this we maneuvered through some of the tightest little roads imaginable with locals coming the opposite way, refusing to give way. In 56 years of marriage, I have never heard Mick use language like he did that afternoon. It took us nine- and three-quarter hours to get to our destination! There should be signs saying "Welcome to England".

I don't usually like talking about myself but I thought you might like our little saga. It all turned out well in the end. Alex joined us on Monday and we relaxed. As usual I lost all the card games we played together in the evenings – nothing changes.

Looking forward to seeing you all at the Membership Day on 15 August – St Philip Neri's Church Hall from 1.30 pm.

Take care everyone.

Yvonne



Words from the Editor: Bill Harrison

Hi, and welcome to the August edition of the Mansfield u3a Newsletter.

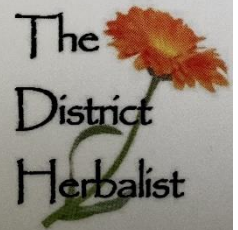
There is no Member's Meeting in August, which makes this edition of the Mansfield u3a Newsletter even more important. We all know the importance of keeping in touch, and what better way than through the Newsletter. Our July Members' Meeting was a huge success, with yet another great turnout of 120 members, but we still could do better. Philip Tucker once again came up trumps with Hanna Sylvester, our guest speaker who gave us a very interesting insight into the World of Medical Herbalism and its benefits. Having listened intensely, even the aroma of the dandelion roots and marshmallow enriched the nasal passages. A very dedicated lady whose passion for all things herbal, came across in such a relaxed manner. I left the One Call Stadium feeling invigorated.

Hannah Sylvester

MEDICAL HERBALIST
BSc (Hons) MNIMH

One to One Herbal Consultations
Herb Walks & Nature Education
Lincolnshire. East Midlands. Online.

info@thedistrictherbalist.co.uk
www.thedistrictherbalist.co.uk
07906 376342



This August edition is my penultimate edition of the Mansfield u3a Newsletter as Editor. I took over from Mike Allen, who was a true inspiration to me in my early years. Newsletters would not be the same without the incredible work carried out by the proof-readers, working to tight deadlines to return it back to me to send out to all our members. I was warned by Mike that Pearl Brown was bullet proof, and nothing would get past her. How right he was; she never missed a thing; so sadly missed by all, she was a lovely lady. But my thanks must be bestowed upon Elaine Huckerby and Sheila Pegg for their punctuality after wading through some 50 odd pages of the online version. I'm eternally grateful to you both. Big thanks also to the Group Leaders who have contributed during my time. Thank you for being on this journey with me. I sincerely hope I have bought you some interesting content, along with a little bit of humour.

Come September, I will be confidently handing the Newsletter baton to Yvonne Kennison, who I'm sure will bring you a great newsletter.

I look forward to meeting you all at the Membership Renewal Day on 15 August from 1.30 - 4.30pm at St Philip Neri's Church Hall

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Social Committee News 2023

Many thanks for your continued support of events the Social Committee are planning – the more the merrier, lots of laughter, fun and new friendships forged. Yesterday we began planning for 2024, so there are many more events in the pipeline.

MEMBERS' DAY – Tuesday 15 August 2023 1.30pm – 4.30pm

A day to pay your membership, see old friends and make new ones. There will be refreshments, a beadwork stall, a hand-made cards stall, an afternoon tea cake stall, an antiques and collectors stall, a walkers stall and a craft stall. If any group or person would like to run a stall, please contact the Social Committee. **PLEASE NOTE:** There will be Mass at St. Philip Neri's R.C. Church at 12.10pm as it is a holy day of obligation, **therefore please do not arrive before 1.30pm.** We must allow the congregation to leave the car park after mass safely.

LUNCH TIME QUIZ -Friday 13 October 2023 12.30pm.

The Kevin Bird Suite, One Call Stadium, Quarry Lane Mansfield, NG18 5DA. Lunch of lasagne and salad will be served at 1.00pm. **Please ensure you tell the Social Committee whether you want beef lasagne or vegetable lasagne. There are now a few tickets available.** Tickets cost £15 and are available from the Social Committee on Tuesday 15 August at the Members' Day. There will be prizes for the winning quiz team and a raffle. Please join us for a fun afternoon.

HALLOWEEN PARTY/PIE & PEA SUPPER - Friday 27 October 2023 from 7.00pm – 11.00pm

This is a joint party with Dukeries u3a and Forest Town u3a at Clipstone Social Welfare Club. The Moonshiners, an excellent band, will be providing toe tapping music to dance to. You do not have to wear Fancy Dress but there will be prizes for the best costumes and many people will be in fancy dress. Tickets are available on Tuesday 15 August at the Members' Day – there are only 7 tickets left.

CHRISTMAS LUNCH -Tuesday 12 December 12pm

The Hostess Restaurant, Sookholme Road, NG19 8LL 12.00pm – 3 course lunch + coffee and mince pies – the total cost is a non-refundable £19. The balance needs to be paid to the Social Committee on Tuesday 15 August at the Members' Day as Marie Barrows needs to pay the balance to The Hostess. **Please note there are no more places available.**

MESSAGE FROM THE SOCIAL COMMITTEE

Thank you to John Severn for donating 19 jigsaws to the Jigsaw stall at the Members' Day. If anyone else has a jigsaw to donate please hand it over to any member of the Social Committee or bring it in on 15 August.

Many thanks.



ANNUAL GENERAL MEETING

**Tuesday 19 September 2023
10.00-12.00**

**To be held in the 1861 Suite
One Call Stadium
Quarry Lane
Mansfield
Notts.
NG18 5DA**

ITEMS FOR DISCUSSION:

- **APPROVE THE NEW COMMITTEE**

The Agenda and Minutes from last year's AGM will be circulated shortly.

Followed by the Speaker

Geoff Harris

'The Stories of London not heard before'

For further information please contact Carole Harrison, Business Secretary businesssec.mansfieldu3a@gmail.com or (01623) 462188.

Speaker Finder: Philip Tucker

MEETING DATES/SPEAKERS 2023

Month	Members' Meetings Held in the 1861 Suite, Mansfield Town Football Club, One Call Stadium, Quarry Lane, Mansfield, NG18 5DA commencing at 10.00am
August	Membership Renewal Day 15 August 1.30 - 4.30pm St Philip Neri's Church Hall
September	Tuesday 19 Annual General Meeting Geoff Harris – 'Stories of London not heard before'
October	Tuesday 17 Catherine McAteer – 'From Russia with Love'
November	Tuesday 21 'Co-op legal issues'
December	CHRISTMAS LUNCH Tuesday 12 December The Hostess Restaurant, <u>Sookholme, NG19 8LL</u> 12.00pm – 3 course lunch + coffee and mince pies

Warsop & District u3a Barn Dance

Hello everyone,

I was unable to attend the last meeting of the North Notts Neighbourhood Group, but my colleague Ann Ayodele mentioned the Barn Dance we are holding.

I would be very grateful if you could advertise this event to your members and ask anyone who would like to attend to get in touch with me.

Details: Friday 20 October at 7.00pm in The Oaklands Centre, Oakfield Lane, Warsop, Notts, NG20 0JE.

Cost: £20.00 per head, non-members welcome.

Buffet supper, bar and the services of a professional caller, John Shakespeare, retired music teacher from Birmingham.

My contact details are jennifer568@btinternet.com 07762 476901

This will be our third Barn Dance at this venue and with this caller; they've all been really good fun.

Hope to see you there

Many thanks
Jennifer Thomson

NORTH NOTTS. NEIGHBOURHOOD GROUP OF u3as RECIPROCAL STATEMENT

It is the expectation of the member u3as that when a u3a joins the North Nottinghamshire Neighbourhood Group that they will be willing to take a full part in the activities.

It is agreed that any person who can prove membership of a u3a within the North Nottinghamshire Neighbourhood Group has unlimited access to all of the interest groups of the member u3as provided there are vacancies. They will be required to share the costs of the groups.

It is further agreed on the same premise that, if there are vacancies that are advertised, members may take part in social events, trips and holidays organised by u3as within the North Nottinghamshire Neighbourhood Group.

It should be noted that once you are a member of that group you cannot be asked to leave the group if a member of that particular u3a wishes to join.

If the group is termed to be full then the Groups' Co-ordinator/s should encourage a second group be started. If the person wishing to join is from another u3a then the Groups' Co-ordinator/s of their own u3a should be asked to start that particular group within the members of that u3a.

Agreed by the present members of the North Nottinghamshire Neighbourhood Group of u3as: - at the meeting on **Thursday 29 June 2023.**

Ashfield, Dukeries, Forest Town & District, Mansfield & District, Rainworth, Sherwood, Sutton in Ashfield, Warsop & District and Worksop & District.



Curling Group Announcement:

The Curling Group is still looking for a group leader. All the equipment is provided, and help will be available to anyone wishing to take on this role. Please contact the Group Leader Mick Kennison, should you be interested.

Solo Dining: Sheila Pegg

Eighteen of us enjoyed a trip out to Farnsfield in the July sunshine for our first meal of the month where we were served by congenial hosts at The Plough.

Good food, pleasant company and another lovely evening.

We returned to The Foxglove for another successful Sunday lunch; the weather was a little different but we managed to avoid the downpour and arrive home for some of us to watch the Wimbledon men's final.

Many thanks to the loyal support of our existing members.

Bridge Group: Sheila Pegg

Our July meetings were well attended; we had enough players for two tables and were able to have two enjoyable evenings.

Our next dates are 7 and 21 August.

Please contact me if you are interested in joining us.

Board Games/Card Games Group: Sheila Pegg

Eighteen people across three u3as attended our first session and it was a great success. We had three tables playing Mexican Trains - a new game to some of us. People brought different games and some were kindly donated to the group so we look forward to playing those at the next meeting which will be on Saturday 26 August commencing at 7.00pm.

Many thanks to all those who attended for your support.

Jean Hatton

What a cracking start to our new Board Games Group last night. Thanks to Sheila Pegg for organising this. We had a great turn out and I'm sure a good time was had by all.

Soft Tennis Group: Yvonne and Mick Kennison

Hi everyone

Please note that there will be no meeting in August as the Oak Tree Leisure Centre want the room for the children during the school holidays.

Future meeting dates:

12 September
10 October
14 November
9 January

The December date would coincide with the Christmas Lunch.

Many thanks
Yvonne Kennison



Hardwick Hall Estate to Ault Hucknall,

Rowthorne and Lady Spencer's Walk

Tuesday 11 July 2023

Walk Leaders: Val Hart & Steve Price

We had 17 keen walkers on this brand-new walk starting at the Hardwick Inn car park. The group progressed towards the Great Pond. It was planned to visit the Duck Decoy but unfortunately it was found to be closed so the group continued on until they reached the Cafe by the Great Pond. As the group walked up the hill, to the right was the Hardwick Old Hall looking down at us.



Hardwick Old & New Halls
Photo by Ken White

History of Hardwick Old Hall

Hardwick Old Hall is one of the top houses of the Tudor period. It was built around 1587 by Bess of Hardwick, who was among the richest and best-connected women of the Elizabethan age.

Hardwick New Hall

In 1599 Bess moved into the new Hardwick Hall. A radical modern mansion, with the latest Italian innovations in house design. It remains a glittering reflection of Bess's status and aspirations. Elizabeth Shrewsbury, the Countess of Shrewsbury, with her initials 'ES' proudly sitting atop the turrets of the house.



Walkers taking a break
Photo by Tony Wardell

Bess of Hardwick

Elizabeth Hardwick was the daughter of John Hardwick of [Derbyshire](#) by his wife Elizabeth Leeke, daughter of Thomas Leeke and Margaret Fox. Her exact birthdate is unknown, but is most likely to be in the last half of 1527 according to her witness statement under oath at a court hearing in October 1546, in which she gives her age at the time of her first marriage in May 1543 as being 'of tender years', i.e., less than 16.

The Hardwicks had arrived in Derbyshire from Sussex by the mid-thirteenth century.

By the mid-fifteenth century the family had risen to 'gentleman-yeoman' stock, with an estate of a few hundred acres.

The Hardwick coat of arms of Hardwick was granted in 1450 to William Hardwick.

Bess was born into this relatively minor gentry family. Her fourth marriage to the Earl of Shrewsbury in 1567 elevated her to the rank of 'Countess', and following the Earl's death in November 1590, Bess became one of the richest women in the kingdom, second only to the Queen.



Bess of Hardwick

After passing the cafe by the lake, the group climbed up the hill toward Broadoak Hill, to the Grange and then onto Oxclose Plantation until they reached Ault Hucknall.



Some more of the group taking a break
Photo by Tony Wardell

History of Ault Hucknall

The parish of Ault Hucknall, which first appears in 1291, includes the Domesday settlements of Astwith, Blingsby, Bramley Lane Farm, Hardstoft, Rowthorn and Stainsby. In 1291 it is listed as Hokenhale and Hukenalle in 1428.

From here the group turned east towards Rowthorne and picked up the Rowthorne Trail where they passed the Rowthorne Nature Reserve until they reached Norwood Lodge.

At the Lodge they turned west and walked through Lady Spencer Wood and followed her trail, Lady Spencer's Walk, into the grounds of Hardwick Hall.

Lady Spencer was the wife of the 1st Earl Spencer of Althorp (from whom Diana, Princess of Wales descended). Her daughter, Georgiana, lived at Hardwick as the wife of the 5th Duke of Devonshire (1748-1811). It was while Lady Spencer was visiting her daughter that she came upon this walk.

On completion of Lady Spencer's Walk the group returned back to the Inn at Hardwick for some well-deserved refreshments.

Further history relating to Hardwick Hall

Lady Arbella Stuart (1575-1615)

Lady Arbella Stuart (sometimes spelled Arabella) was born in 1575 and was considered a possible successor to Queen Elizabeth I. The only child of Charles Stuart, 1st Earl of Lennox, and Elizabeth Cavendish, Arbella was a direct descendant of King Henry VII.



Lady Arbella Stuart

Both Arbella's parents died before she was seven and she was raised by her grandmother, Bess of Hardwick.

Queen Elizabeth I, came to the throne in 1558. As a woman, a Protestant, and having been declared a bastard after the execution of her mother, Anne Boleyn, in 1536. there were many who felt her claim to the throne was weak. Although Arbella's claim to the throne was even weaker, Elizabeth feared her as she did all potential rivals, and kept a close eye on her throughout her life. It is likely that she preferred the idea of Arbella succeeding her rather than being succeeded by her Catholic cousin Mary, Queen of Scots.

However, towards the end of her reign her close advisor, William Cecil, convinced her that Mary's son, James VI of Scotland, who had been raised as a Protestant, should be her successor. There is no evidence that Arbella ever challenged this.

During the reign of King James VI and I (her first cousin), she married William Seymour, 2nd Duke of Somerset in secret. King James imprisoned William Seymour and placed her under house arrest. When she and her husband tried to escape England, she was captured and imprisoned in the Tower of London, where she died a terrible death at age 39.

Ken White July 2023

One for the family History Group

Family History: Group Valerie Wood and Ken Gilbert

In Order To Be Born, You Needed:
2 parents
4 grandparents
8 great-grandparents
16 second great-grandparents
32 third great-grandparents
64 fourth great-grandparents
128 fifth great-grandparents
256 sixth great-grandparents
512 seventh great-grandparents
1,024 eighth great-grandparents
2,048 ninth great-grandparents
For you to be born today from 12
previous generations, you needed a
total of 4,094 ancestors over the last
400 years.
Think for a moment about how many
struggles, how many battles, how
much sadness, happiness, love
stories, and hope for the future that
your ancestors had to undergo for
you to exist in this present moment.
You are the dream of many ancestors

Social Committee Outing: River Cruise



(Picture courtesy of Princess River Cruise)

Jean Hatton

A huge thank you to Irena and the ladies from Forest Town and Dukeries for organising last night's boat trip. Lovely evening, great atmosphere and good company; even the weather was kind to us

Bill Harrison

The amalgamation of the three u3as was such a success, with the proof of everyone mixing and having a great time. Big thanks to the three ladies who made this all possible. Thank you, Ted Dubowski, for the pictures.

Marie Barrow

Great evening - well done to the organisers!

Carol Renshaw

Totally agree!!! David and myself really enjoyed it and the company.



This was such a huge success, so watch this space. Don't miss out on a fantastic trip along the Trent, make sure you get your names down.



Sent in by Janet Whitlam



(Picture courtesy of St Peters Church)

Organ concert

In July, September, October, November on the last Friday of the month at 12.00noon for 45 mins

Venue: Mansfield: St Peter & St Paul, Church Side Mansfield Nottingham, NG18 1AP

Our organist, John Marriott, will play a selection of music on our wonderful church organ.

We meet at noon for a warm drink and cake before John plays a variety of musical pieces.

The event will finish between 12.45 and 1.00pm, depending upon the music choices.

This is a free event; however, donations are gratefully accepted for refreshments.

This is an open invitation event; tickets/booking are not required.

This is a monthly event but has a break in August and December.

Sent in by Sherwood u3a: Elizabeth Wilson

Wednesday, 13 September The Loire Holiday revisited in photographs, 10am The Coopers.

Saturday 30 September QUIZ NIGHT



7pm Turner Hall £10 includes Fish and Chip Supper, tabled quizzes, 6 rounds of quiz questions plus joker AND a fun format Quiz!!!! Bring your own drinks, glasses!

Saturday 21 October AFTERNOON TEA

2pm – 5pm Turner Hall £15 Entertainment by Martin Perry (you know, the one most people missed at the Meeting because of the snow, and everyone there thought he was brilliant!) AND Melody Flyte who will be doing 70s and 80s music so we can sing along and boogie!



National Trust

Tatton Park Tuesday 17 October Cost £15 - Cheques to Sherwood u3a

Pick up at:
Morrisons 9am
Iceland 9.15am
Depart Venue
4pm



Tuesday 14 November “AUTUMN FAYRE” COFFEE MORNING

To all Members of Sherwood u3a and friends.

The Committee is inviting you all to come along to our

“AUTUMN FAYRE “COFFEE MORNING

at Turner Hall 10am – 12 noon



Potters Resort: Denise Whitsed Sherwood u3a

20 November 2023

Monday to Friday

We are taking a group to Potters Christmas Extravaganza, as previously arranged
It is now fully inclusive of everything.

Every break is unashamedly full board which means four meals on each full day, each offering a wide selection to suit every appetite.

Kickstart your day the right way with a delicious **breakfast**, from a traditional and hearty full English, to a choice of cereal, yoghurts and pastries. For your tasty **3-course lunch** you can choose from a range of hot dishes, salads and desserts. And in the evenings, enjoy a sumptuous **3-course dinner** in readiness for the night ahead, including a delicious variety of starters, mains and desserts to satisfy even the healthiest of appetites. Plus, enjoy a **late night snack** before you either retreat for the evening, or continue your night in style.

Our chefs cater for most dietary requirements, so please feel free to discuss this with our friendly team at time of booking.



Two different accommodations of bungalow plus and hotel.

Depending on numbers we will get at least £60 discount plus 2 free places to be shared, so we can choose our rooms. We hire a separate bus with Skills Travel.

At the moment, I have only been given twins and double rooms in both hotel and bungalows.

Please email Denise deewhits@aol.com or telephone 07791941502 (Mon to Fri 9.00 to 16.00)

Many thanks
Denise

West Sussex Holiday: Denise Whitsed Sherwood u3a

West Sussex Holiday 18th September to 22nd September

Half Board – Avisford Park Hotel, Arundel

£415 for National Trust Members - £489 for Non NT Members

Monday

8am Pick up at Forest Town Arena.

Travel to Petworth House and Gardens (NT) and hotel



Inspired by Baroque palaces of Europe, set amidst a fine landscaped deer park and garden nestled in the South Downs, Petworth House displays one of the finest art collections in the care of the National Trust. // Petworth House is an extraordinary and surprising place created by just one family over 900 years.

Tuesday

Standon House and Gardens (NT) and Brighton



Wednesday

Arundel Castle (House and Gardens only entrance included) and Bognor Regis



Thursday

9am Travel to Uppark House and Gardens (NT) and Winchester



Friday

Nymans (NT) and home **BOOKING OPENS IN JANUARY - £50 DEPOSIT - SKILLS**

Please email Denise deewhits@aol.com or tele 07791941502 (Mon to Fri 9.00 to 16.00)

Many thanks
Denise

Gardening Group: Marilyn Dibble

Hi All

Please find attached Martin's newsletter for this Summer.

Don't forget that there isn't a meeting in August. The next meeting is Tuesday 5 September at 10.00am at St Peter's Church Hall.

Hope to see you all then and that the sun shines soon!

Marilyn

July-August 2023

Hello everyone,

Hope you are all well and having a good summer.



First of all, apologies for the lateness of the July email, which as you can see, I have now merged as a July & August issue. The reason is simply because Jill and I have been working away at Flower Shows since late June and I ran out of time! We had three weekends at Harlow Carr, followed by RHS Hampton Court, the Great Yorkshire Show and RHS Tatton. We're home for a couple of days before heading off to the Chorley Flower Show and then straight onto the RHS Hyde Hall Garden Show.

While we were working at Tatton, we met up with actress Thelma Barlow who used to play Mavis on Coronation Street. I worked with Thelma back in 2000 when I presented a 12-part gardening series for ITV called Simply Gardening, where Thelma presented the organic gardening features. It was good to see her and she was looking great at 94.



Martin and Thelma 2020



Martin, Thelma and Jill 2023.

Back at Ivy Cottage, the areas of the garden that we've planted in May & June are growing well, helped by the rain over the past week or two. In the veg garden everything is growing very well in the new raised beds, to the point that some plants are too big! It must be the newly imported topsoil that came from Plant Grow in Norfolk, which is enriched with their own compost. We've got potatoes that are 4ft tall and courgette plants bursting out of the beds. I'm sure by next year when the nutrient levels have reduced, everything will grow normally!

Back in May I mentioned that some plants were being nibbled and I thought it was being done by field voles. However, I noticed the damage was also appearing higher up the plants, which rules out voles unless they have step ladders! Looking out of the bedroom window one morning I spotted a young hare having a nibble of the sweet peas and when I went out, it ran out of the garden through the open gate. Since putting some wire on the bottom of the gate and keeping it closed, we've had no more trouble from Mr Hare!

When our busy time finishes in a couple of weeks, after a few days' rest, we can then get stuck into the back garden where we want to lay a new patio and create new beds and borders ready for planting. By then normal service will resume and newsletters will be back to monthly!

With best wishes and enjoy your garden.

Jobs for July by Martin Fish

As the flowers on roses fade, remove the old flowers to encourage more to develop. Either snap off the faded heads or cut back the flowering stems by a third to a bud to promote new shoots to grow. I also like to give a mid-season feed to encourage healthy growth through the second half of the summer.

Make sure that all summer containers and hanging baskets are always well watered as even in rainy weather they can quickly dry out. A weekly high potash feed will also keep them flowering.

This year spring flowering shrubs such as philadelphus and deutzia have bloomed very well. If the shrub is getting too large for its position, the ideal time to give it a light prune is as soon as the flowers have finished. Aim to cut out half the stems that have flowered to reduce the size and improve the shape of the bush.

Established clumps of bearded irises can be lifted and divided in July to prevent them becoming overcrowded. The long leaves can be cut down by two-thirds and always plant so that the top of the fleshy rhizome is visible above the soil and position them in full sun.

Garlic and shallots are usually ready to lift during July. Once the bulbs are out of the ground, dry them off outside in sunny weather, or if damp, take them into an airy shed to dry thoroughly.

Feed tomatoes, cucumbers and peppers once a week with a high potash tomato fertiliser to help the flowers and fruits develop.

If you're growing courgettes remember they grow very fast, so you'll need to harvest them at least a couple of times a week to prevent them from growing into marrows!

There is still time to sow beetroot, carrots, lettuce, radishes, spring onions, pak choi, spinach and turnips directly into the garden to give you a late summer and early autumn harvest.

Make sure runner and French beans are watered in dry weather to help the flowers set and after watering mulch the soil with compost or grass clippings to seal in the moisture.

Top up ponds and water features as the water evaporates in dry weather. Rainwater is always best in ponds, but if you haven't got any, mains tap water is fine.

Jobs for August

The rain over the past few weeks has certainly helped to keep the garden looking fresh and saved on watering, although if you have plants growing in containers, they will still need regular watering and feeding to keep the plants growing and healthy.

To keep lawns green and healthy mow little and often, which helps to maintain a thick covering of grass. If the weather turns hot and dry, lift the height of cut slightly.

Water and feed camellias from through August as this is when the tiny flower buds in the tips of the stems start to develop. If the soil is dry, they won't form properly, so keep the roots moist at all times.

Keep an eye on apples and plums and any fruits that turn brown and start to rot on the tree should be removed and disposed of. This is known as brown-rot and if left on the tree it soon spreads to healthy fruits.

If vine weevil is a problem in your garden, now is a good time to apply the nematodes that are watered into the soil or compost around susceptible plants. The microscopic worms find the vine weevil grubs and infect them with a bacterium that kills them.

Keep hoeing the borders and between rows of vegetables to chop off seedling weeds before they get too large and flower.

August is when many vegetables such as runner beans, courgettes are coming thick and fast and the secret to keeping them productive is to harvest little and often. Pick beans and courgettes while they are small and tender to encourage more flowers.

If growing tomatoes, remember to pinch off the side shoots on upright varieties and feed them weekly with a high potash tomato fertiliser to help the fruits develop and ripen.

There's still time to sow beetroot, carrots, lettuce, spring onions, spinach and other leafy veg to enjoy through the autumn.

Stop tomatoes to prevent them making more growth and flowers. This way the flowers and fruit that are already on the plants will have time to develop and ripen by the end of October.

Gooseberries and redcurrants can be given a summer prune to shorten the long new stems made this summer by up to two-thirds. With blackcurrants we prune slightly differently and cut out the old wood that's fruited and leave the long new stems for next year.

For more weekly gardening tips and advice from Martin visit "Pots & Trowels" on Facebook or subscribe on YouTube for free.

Happy gardening

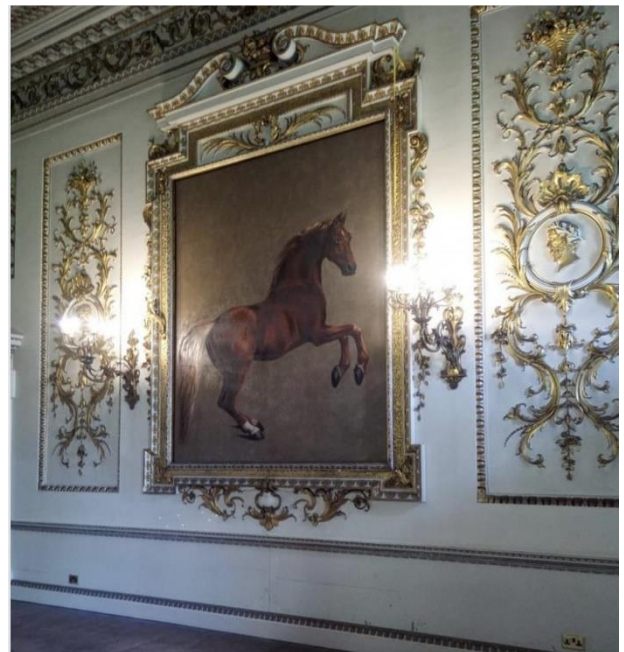
Martin and Jill Fish. www.martinfish.com

Wentworth Woodhouse: Sent in by Linda Oliver
(Photographs courtesy of Linda Oliver)

Brilliant day at Wentworth Woodhouse with Sherwood u3a.

The guide was excellent, the grounds and house were very interesting.

Even the weather was kind. Definitely worth a visit if you get the chance.





Pathfinders Walking Group: Val Hart and Ken White

A walk around Farndon, near Newark

27 July 2023

On Thursday 27 July the Pathfinders walking group completed a 3.5 mile walk around the lovely area of Farndon situated on the River Trent. There was 23 of us, enjoying the lovely weather and we began our walk, outside the Riverside Pub in the village of Farndon.



Setting off on the walk

The name Farndon means "Fern Hill". It is thought to be the site of the [Roman](#) fort Ad Pontem or "the place by the bridges." This was part of the string of forts guarding the Fosse Way. The parish church of [St. Peter](#) was built in [Elizabethan](#) times, and thought to be the third such church built on the same site since [Saxon](#) times.



River Trent at Farndon

The walk took us from the pub along the riverside, which led onto a footbridge over the entrance of Farndon Marina where many boats can be seen. The path continues along the river passing the Farndon Nature Reserve, (see <https://www.lincoln-rocks.co.uk/listings/farndon-ponds-nature-reserve> for further information), and then we walked into open fields on the sides of the Trent.



Farndon Marina

The fields along the riverside are a site containing a flint scatter, a spread of waste flakes produced by the working of stone using flint knapping to produce sharp edged tools, hunting equipment and weapons. It has been confirmed that these dated back some 13,000 years making it a rare open field site. It is thought that these were produced on the site by the nomadic peoples from Creswell.

The finds at Creswell showed that these hunters were also artists decorating both the caves and animal bone with depictions of horses, Ibex and other animals. In the Robin Hood Cave at Creswell, a depiction of a Horse was one of the notable discoveries of this Creswellian culture.

From here the walkers followed the banks of the River Trent for a further two miles, passing on our way Staythorpe Power Station and Avenham Weir.



Along the Trent

Staythorpe Power station previously housed two coal-fired power plants. Construction of the new gas-fired plant began in 1998, and came into full operation in 2010. It has a gross capacity up to 1,850MW – enough to cover the energy needs of around 2.8 million homes.

After going through a few "Clapper gates" as the path followed the course of the River Trent the walkers turned right away from the river at a point where an old windmill stood.

This Grade II listed windmill is almost 200 years old, now disused and built in 1823 as shown on the date stone over the west door. The round tower has 5 stages, doors to east and west, and irregularly staggered windows on each floor.



Farndon Windmill

After passing the windmill the path took us towards Farndon village passing Wayside and the back of Farndon Marina back to our starting point. On the conclusion of our walk, we all had an excellent meal at the Riverside Inn.

More photographs can be found on the Mansfield u3a Facebook page, see <https://www.facebook.com/groups/349190408987691>.

All photos by Liz Abbott & Ken White.

Ken White July 2023

The only way to LEARN, LAUGH, LIVE, is to get involved in the following groups.

Key to Meetings details:

The tables on the following pages show the Interest Groups. Please check the Mansfield u3a website for up-to-date information of your group/groups.

Some outdoor activities will be indicated by various meetings/meeting places.

Meeting places: various Groups will be meeting as indicated in the meetings column; please check with your Group Leaders or u3a website if any amendments have been made.

Group Leaders' names and contact details: please make a note of the contact details for your chosen Group.

Could all Group Leaders please inform the Newsletter Editor of any alterations.

July 2023

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

August 2023

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13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

September 2023

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24	25	26	27	28	29	30

October 2023

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29	30	31				

November 2023

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December 2023

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31						

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AFTERNOON TEAS GROUP



Name of Group:	Afternoon Teas
Group Leader:	Sheila Whalley
Group Leader's contact details:	01623 453908
Venue:	Various
Meeting dates and times:	2nd Saturday monthly 2pm–4pm
Cost of event:	Costs vary
What happens: The Mansfield u3a Afternoon Teas Group meets on the second Saturday of every month (usually) at pubs, garden centres and other places of interest locally. The aim is to develop friendships informally, while exploring new venues and sometimes indulging in some retail therapy. However, I do sometimes have to change the dates, so keep looking.	

ANTIQUES AND COLLECTABLES GROUP



Name of Group:	Antiques and Collectables
Group Leader:	Patricia Blackwell
Group Leader's contact details:	01623 481745
Venue:	St Peter's Centre Mansfield
Meeting dates and times:	2nd Tuesday monthly, 10am-12noon
Cost of event:	£0.00
What happens: The Group meets once a month and there is a different topic each time. Members bring along an item relating to the subject. It is helpful if they have done some research on the item and can tell the rest of the Group about it. In that way we all learn and expand our knowledge. If you haven't got anything that month it doesn't matter because you will learn from what others have brought. Group full, with a waiting list.	

BEADWORK GROUP



Name of Group:	Beadwork
Group Leader:	Marilyn Jones
Group Leader's contact details:	Marilyn.jones1947@gmail.com Landline: 01773 819155 Mobile: 07803 244841
Venues:	Group Leader's home in Hilcote
Meeting dates and times:	Every Wednesday 10am-12noon. There is also an overflow group every Monday at the same time.
What happens: Often, we are all working on a single project, or at times, members may be making different items.	
Equipment: Members can source their own materials singly, collectively, or can buy from Marilyn from her stock, if available, at cost.	
The Wednesday group is currently full.	

BIRDWATCHING AND WILDLIFE GROUP



Name of Group:	Birdwatching and Wildlife
Group Leaders:	Val Hart and Ken White
Group Leaders' contact details:	ken@atrain.org.uk - 07973 315050 valerie.hart@hotmail.co.uk - 07745 208248
Venues:	Various
Meeting dates and times:	Various
Cost of event:	Free but cost for transport if required and any entry charges
What happens: Visits to various places of interest in Nottinghamshire, Derbyshire, Yorkshire and Lincolnshire. Plus, occasional overseas visits.	
Equipment: Members should bring their own first aid kits. Suitable footwear and clothing to be worn Food and drink for picnics as required Bring binoculars or telescopes if required Please have your "in case of emergency card" with you at all times.	

Board Games/Card Games Group: Sheila Pegg



Name of Group:	Board Games/ Card Games
Group Leader:	Sheila Pegg
Group Leader's contact details:	07883720657
Venues:	The Rushley, Nottingham Road, Mansfield
Meeting dates and times:	Last Saturday of each month. 7.00 - 930pm
Cost of event:	£0
Equipment:	All welcome. No cost; just buy a drink for your own consumption. Some board games will be supplied, but feel free to bring your own games or donate any unwanted games.

BOWLS GROUP



Name of Group:	Bowls
Group Leader:	Paul Sanderson
Group Leader's contact details:	07592016691 paulsanderson168@gmail.com
Venues:	Mansfield Bowling Club (Summer) Lammas Centre Sutton (Winter)
Meeting dates and times:	This will be every Tuesday, time is 1.30-3.30pm If anyone requires any further information, please contact Paul on the above number.
Cost of event:	The cost will be £4 per session
Equipment:	All you need is a pair of flat shoes and we mean flat; there must be no heels.

BRIDGE GROUP



Name of Group:	Bridge
Group Leader:	Sheila Pegg
Group Leader's contact details:	07883720657
Venue:	The Rushley, Nottingham Road, Mansfield
Meeting dates and times:	1st & 3rd Mondays Time 6.30pm-9pm
Cost of event:	No fee charged by venue- we just buy a drink (or two!)
What happens: Just turn up. We can sort out a partner if you turn up alone. We are a friendly group, playing for fun. Equipment: Provided	

CALLIGRAPHY GROUP



Name of Group:	Calligraphy
Group Leader:	Marilyn Jones
Group Leader's contact details:	Marilyn.jones1947@gmail.com Landline: 01773 819155 Mobile: 07803 244841
Venue:	Leader's home in Hilcote
Meeting dates and times:	2nd and 4th Wednesday in the month from 1pm- 3pm. Three spaces available.
What happens:	This is a course led by Marilyn (Group Leader), using video tuition and lots of practice.
Equipment:	Members will need to source their own pens and paper, although these will be provided at the beginning until they know what they need.

CARD CRAFTING GROUP



Name of Group:	Card Crafting
Group Leader:	Jill West
Group Leader's contact details:	07554012769 jwptt1s@hotmail.co.uk
Venue:	Quaker Room 124 Rosemary Street NG18 1RB
Meeting dates and times:	Last Tuesday, monthly. Future dates for 2023 are: Christmas card making sessions 26 September, 31 October and 28 November. All at the Quaker Meeting Rooms 1pm to 3pm. There are 3 places now available in the group.
Cost of event:	Due to room hire and materials, sessions will cost £5, including free tea and coffee.
What happens: Ideal for beginners to moderate level, but everyone welcome. All materials will be provided. Look forward to seeing everyone and making some excellent card projects. At the moment the group is full; however, I would happily place anyone new that is interested on a list. Please contact Jill 07554012769 if you are interested or unable to attend so we can offer the place on that date to others.	

CLASSICAL MUSIC GROUP



Name of Group:	Classical Music
Group Leader:	Michael Allen
Group Leader's contact details:	michaelallen446@gmail.com 01623 653345 Mobile 07565 936859
Venue:	Group Leader's home
Meeting dates and times:	4th Monday, monthly, 2pm-4pm
Cost:	£0.00
What happens:	Play music / discuss
Future Events:	Nothing as yet

CLASSIC MOTORING GROUP



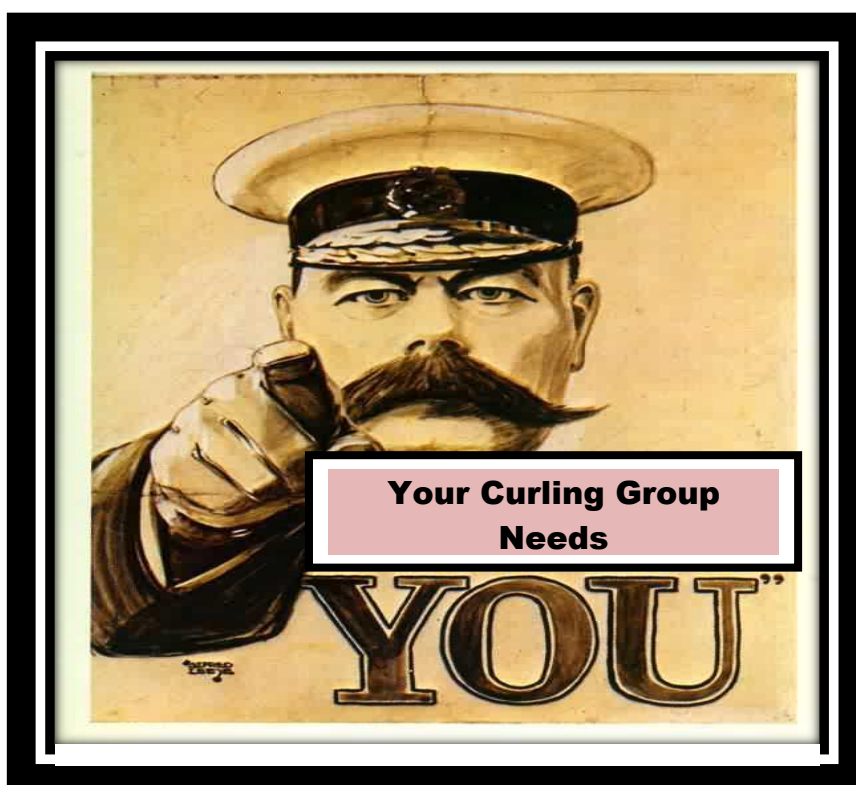
Name of Group:	Classic Motoring Group
Group Leaders:	Trevor Kirby
Group Leader's contact details:	Mobile: 07922 120729 Email: trevorandbarbara@hotmail.com
Venues:	The Rushley, Nottingham Road, Mansfield
Cost of event:	£0
Meeting dates and times:	1st Tuesday monthly 2.pm-3.pm
What happens: Members meet monthly to share knowledge of all things motoring. To discuss future visits of Classic Motoring	

CRAFTY CHAT



Name of Group:	Crafty Chat
Group Leaders:	Stephen or Stella Hall
Group Leaders' contact details:	07940460250 hall.s@hotmail.co.uk
Venue:	Quaker Room 124 Rosemary Street NG18 1RB
Meeting dates and times:	This Group will be run during term time only, on the 3rd Monday in the afternoon. 2pm-4pm Any new members will be more than welcome.
Cost:	There will be a charge of £12.00 a term to cover the cost of the room and refreshments.
Equipment:	No equipment required

CURLING GROUP



Name of Group:	Indoor Curling
Group Leader:	To be announced
Group Leaders' contact details:	To be announced
Venue:	To be announced
Meeting dates and times:	To be announced
Cost:	To be announced
Equipment:	To be announced

CURRENT AFFAIRS GROUP



Name of Group:	Current Affairs
Group Leader:	Graham Headworth
Group Leader's contact details:	01623 468883
Venues:	Mansfield Bowling Club Chesterfield Road South. NG19 7AP
Meeting dates and times:	The Current Affairs Group will meet between 10am and 12noon on the first Friday of the month.
What happens: We have some very interesting discussions which can be quite lively, especially when we are discussing Westminster matters. But we are always friendly. If any member of Mansfield u3a would like to join us on this occasion you will be welcome, but we will be restricting it to 15 guests. Please contact me on the above number for availability.	

FAMILY HISTORY GROUP



Name of Group:	Family History
Group Leaders:	Valerie Wood and Ken Gilbert
Group Leader's contact details:	Valerie Wood at v.a.l.woody11@gmail.com Ken Gilbert at kattaria@gmail.com
Venues:	Members' homes
Meeting dates and times:	4th Tuesday, monthly, 10am-12noon No meetings during August & December
What happens: Valerie Wood and Ken Gilbert are the Group Leaders for Mansfield u3a Family History. The group enjoys researching family histories and welcomes new members with similar interests. Members share their family history research, photographs, maps and artefacts. We will also guide members to which websites to use to do their research. Our Group's usual meetings are held at 10.00am on the 4th Tuesday of the month. Our meetings take place at a member's home. If you would like to join our Group, please contact Valerie Wood or Ken Gilbert on the above emails.	

GARDENING AND GARDEN VISITS GROUP



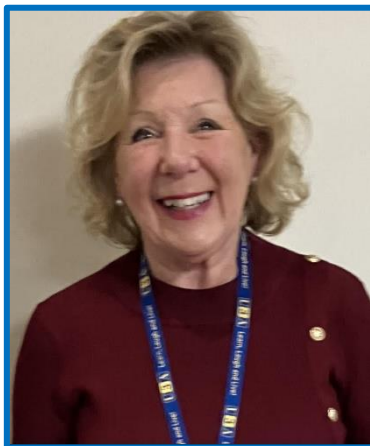
Name of Group:	Gardening and Garden Visits
Group Leader:	Marilyn Dibble
Group Leader's contact details:	01623 634805 dandmdibble@gmail.com
Venue:	St Peter's Centre Mansfield NG18 1AP
Meeting dates and times:	1st Tuesday, monthly, 10am-12noon Visits – various The speaker next month is Jonathan Gant with a talk on Sweet Peas.
Cost of event:	For those who would like to be a Garden Group member. Members pay £16.00 twice a year. Guests most welcome at £5.00 per session. Cash or cheque (cheque to Mansfield u3a)
What happens: We have a wide variety of guest speakers covering a broad selection of horticultural topics. In the summer we have an organised group visit to an outstanding garden. There is a charge for the monthly meetings, refreshments are included.	

HISTORY GROUP



Name of Group:	History
Group Leader:	Philp Tucker
Group Leader's contact details:	01623 437516
Venue:	Mansfield Bowling Club Chesterfield Road South. NG19 7AP
Meeting dates and times:	3rd Wednesday, monthly, 10am-12noon
Cost:	£2.00 per head
<p>What happens: I look forward to hearing suggestions for interesting presentations coming through from Group members. Presentations which have some quirky appeals are especially welcome.</p> <p>If you have a particular passion for some historical event, by all means bring it forward.</p> <p>At our friendly meetings, we have tea or coffee and sometimes homemade cakes. We have presentations and discussions from members.</p> <p>Funds permitting, we may have the opportunity to hire an external speaker at least once during the coming year.</p>	

MINI BREAKS GROUP



Name of Group:	Mini Breaks
Group Leader:	Jacqui Hampshire
Group Leader's contact details:	01623 239210 jhampshire09@talktalk.net
Venues:	Various
Meeting dates and times:	See table at the meetings
What happens: A group formed to organise mini-breaks for u3a members throughout the year. Please contact Jacqui Hampshire for more details.	

PATHFINDERS WALKING GROUP



Name of Group:	Pathfinders Walking
Group Leaders:	Valerie Hart and Ken White
Group Leader's contact details:	ken@atrain.org.uk – mobile - 07973 315050 valerie.hart@hotmail.co.uk – mobile - 07745 208248
Venues:	Various
Meeting dates and times:	Various
Cost of event:	Free, but cost of transport if required and any entry
What happens: Shorter walks of 3-5 miles Longer walks of 5-7 miles	
Equipment: Members should bring their own first aid kits and emergency contact cards at all times. Suitable footwear and clothing to be worn. Food and drinks for picnics as required.	
Future Events: Please visit the website or contact Valerie or Ken on the above numbers for details. Please have your “in case of emergency card” with you at all times.	

PHOTOSHOP GROUP



Name of Group:	Photoshop
Group Leaders:	Gordon Howlett
Group Leader's contact details:	g.howlett@ntlworld.com
Venues:	Group Leader's Home
Cost of event:	£0
Meeting dates and times:	3 rd Thursday monthly 10am-12noon
What happens: Members meet monthly to share information and knowledge about image manipulation based on, but not exclusive to Adobe Photoshop. The programme will reflect the on-going needs or challenges mentioned by members. This enables them to develop their skills and encourage others. Two hours when you can set aside time to enhance your skills and, of course, have a chat.	

POPULAR MUSIC GROUP



Name of Group:	Popular Music Appreciation
Group Leader:	Elizabeth Ellis
Group Leader's contact details:	01623 644429
Venue:	Members' homes
Meeting dates and times:	4th Tuesday, monthly, 2pm-4pm
Cost:	£0
What happens: The Group has been running successfully for nine years. We meet on the 4th Tuesday of each month. We now meet at Members' Homes from 2.00pm till 4.00pm, except in March when we have lunch and a music quiz at the Carnarvon Arms, Teversal. We do not meet in December, but we have our Christmas fuddle at the November meeting. The Popular Music Group welcomes new members who have a wide interest in all types of music. Do join us or contact Elizabeth Ellis on the above number for more information.	

READ A LITTLE LOUD GROUP



Name of Group:	Read a Little Aloud
Group Leader:	Susan Howlett
Group Leader's contact details:	01623 627423
Venues:	Members' homes
Meeting dates and times:	2nd Friday, monthly, 2pm-4pm
Cost:	£0.00
What happens: We read extracts from books, poems etc and then discuss. This group provides an opportunity for members to sample a variety of extracts from novels, biographies or non-fiction books. Copies are provided which have been marked in sections so that each person reads aloud about two paragraphs each. The topics involved might be: Friendship, Love and Marriage, Indiscretion, etc. The idea is to prompt discussion afterwards about our reactions to the subject; we don't delve into criticism or style of the writing. We always fly off on a tangent and relate our own anecdotes on the theme, and it's surprising where it leads us! It is not necessary for all members to read aloud if they prefer just to listen. This Group is currently full.	

READING GROUP 1



Name of Group:	Reading Group 1
Group Leader:	Peter Dawson
Group Leader's contact details:	01623 882191
Venues:	Peter Dawson's home or members' homes
Meeting dates and times:	3rd Thursday, monthly, 2pm-4pm
Cost:	£0.00
What happens: We meet once a month on the third Thursday, usually in Farnsfield, but sometimes at other members' homes. At our friendly meetings, we have tea or coffee and then we discuss the book we have read the previous month; we are then given the book we will read in time for the next meeting.	

READING GROUP 2



Name of Group:	Reading Group 2
Group Leader:	Mick Kennison
Group Leader's contact details:	01623 481721
Venue:	Sylvia Slack's home
Meeting dates and times:	3rd Tuesday, Monthly, 2pm-4pm
Cost:	£0.00
What happens: The Mansfield u3a group members are supplied with the same book to read. We then meet for discussion.	

SCRABBLE



Name of Group:	Scrabble
Group Leader:	Lynne Payne
Group Leader's contact details:	Mobile - 07954463384 Home – 01623 555738
Venue:	Lynne's home
Meeting dates and times:	2nd Monday, monthly, 2pm-4pm
Cost:	£0.00
What happens: We meet at my house on the second Monday of the month, where we enjoy 2/3 games of Scrabble with a break for coffee/tea and biscuits.	

SHUFFLERS GROUP



Name of Group:	Shufflers
Group Leaders:	Sylvia Newlyn and Ian Lakin
Group Leader's contact details:	Sylvia Newlyn 01623 655893 Ian Lakin 07989668272
Venues:	Various – Short and Gentle
Meeting dates and times:	4th Thursday, monthly, 12.pm. Variable finish times
Cost of event:	£0.00
What happens: Mansfield u3a's Shufflers Group holds social meetings for members who have problems that restrict their mobility. This has enabled members to continue enjoying friendship and outings with like-minded members. We meet for lunch at various venues that have flat grounds to enable as many as possible to enjoy a short 'shuffle': Rufford Park, Vicar Water and Sutton Lawn have all proved very enjoyable as they have facilities for short walks and somewhere for those less able to walk to enjoy the surroundings and have a natter. Please have your "in case of emergency card" with you at all times.	

SOFT TENNIS GROUP



Name of Group:	Soft Tennis
Group Leaders:	Yvonne and Mick Kennison
Group Leaders' contact details:	01623 481721
Venue:	Oak Tree Leisure Centre
Meeting dates and times:	2nd Tuesday, monthly 2pm-3pm
Cost:	£10 each for the four months.
Equipment:	Provided. No black soled shoes
Dates for 2023/24: September 12 October 10 November 14 (subscriptions due) January 9 No meeting in December the date coincides with the Christmas Lunch.	

SOLO DINING GROUP



Name of Groups:	Solo Dining
Group Leader:	Sheila Pegg
Group Leader's contact details for. Mid-Week Evening Solo Dining	Sheila Pegg: Mobile – 07883720657
Venues:	Various
Meeting dates and times for: Mid-Week Evening Solo Dining Solo Sunday Lunch	First Thursday in the month for the evening meal. Solo Sunday lunch – third Sunday in the month. Times Various.
Cost:	Choose from the menu and we all pay individually.
What happens: This group enjoys the company of other single people in a friendly atmosphere. An evening meal is arranged at various dining locations on the first Thursday of the month. A Sunday lunch has also proved to be popular, generally on the third Sunday of the month. It is with great regret that due to the large number of diners on our list, we are unable to add any new members at the moment. If the situation changes in the future, you can be assured that we will let you know through this Newsletter. Many thanks to the loyal support of our existing members.	

STROLLERS GROUP



Name of Group:	Strollers
Group Leaders:	Susan Howlett, Valerie Hart and Ian Lakin
Group Leader's contact details:	Susan Howlett – 01623 627423 valerie.hart@hotmail.co.uk - 07745 208248 Ian Lakin - 07989 668275
Venues:	Various
Meeting dates and times:	2nd Wednesday, monthly, 10.30am. Variable finish times
Cost of event:	£0.00
What happens: Mansfield u3a's Strollers Group do short easy walks of about two miles in length, avoiding stiles and steep hills. It is a good way to improve your health and to make new friends. Please have your “in case of emergency card” with you at all times. At the end of the walk, there is an opportunity to have coffee, tea and refreshments.	

TAI CHI GROUP



Name of Group:	Tai Chi
Group Leader:	Lorna Pye
Group Leader's contact details:	Mobile – 07712 029262 01623 636060
Venue:	Bethel Chapel, Nottingham Road
Meeting dates and times:	Monday, weekly, 10.30am-11.30am
Cost:	£30.00 per term
Events:	We do have two spaces at the moment. If anyone would like to come and give it a try.
What happens: Within our group, you work amongst friends, within your own ability, standing, or sitting if needed, and feeling that you have gently exercised every part of your body (even internal bits that you cannot see). Ken really understands how our bodies work. Tai Chi, with its calm movements, focuses on deep breathing, and is known to reduce chronic stress and improve health and emotional well-being. With all these benefits, it comes to u3a members highly recommended.	

WINE APPRECIATION GROUP ONE



Name of Group:	Wine Appreciation 1
Group Leader:	Michael Allen
Group Leader's contact details:	michaelallen446@gmail.com 01623 653345 Mobile 07565 936859
Venue:	Members' homes
Meeting dates and times:	3rd Wednesday, monthly, 7.30pm
Cost:	To be shared
What Happens:	Drink wine/discuss
Future Events:	To be announced
We do have two spaces at the moment. If anyone would like to come and give it a try. Please contact Mike Allen on the above contact details.	

WINE APPRECIATION GROUP TWO



Name of Group:	Wine Appreciation 2
Group Leader:	Graham Allin
Group Leader's contact details:	01623 473662
Venues:	Members' homes
Meeting dates and times:	4th Tuesday, monthly, 7.30pm
Cost of event:	To be shared
What happens: Our meetings are essentially to give Mansfield u3a members friendly, relaxed evenings, whilst, at the same time, fostering a desire to know more about good wine. A number of wines will be tasted. This group is full.	

WRITING FOR PLEASURE GROUP



Name of Group:	Writing for Pleasure
Group Leaders:	Susan Ford and Hilary Miller
Group Leader's contact details:	Hilary Miller 01623 620067 Susan Ford 01623 844286
Venue:	Friends Meeting House Rosemary Street Mansfield NG19 6AB
Meeting dates and times:	2nd Monday, monthly, 2pm-4pm
Cost of event:	We pay 3 times a year Cost per session = £3.00
What happens: Mansfield u3a members enjoy writing for the pleasure of it – simply that. Get your ideas and words flowing and share them with others in an entertaining and happy two-hour session. We write on a variety of subjects including found poetry, free verse, many different story titles and even the odd Limerick.	

LEARN

Symbols of Knowledge & Wisdom with Meanings

Throughout history, symbolism has been used as a means to convey meaning and instill emotions in a way that an outright explanation cannot achieve.

Across ancient cultures, we can find a plenitude of engagement in symbolism, including in the depiction and means of acquiring wisdom.

Below are some of the most well-known and important ancient symbols of wisdom.

Tyet (Ancient Egypt)

The Tyet is an Egyptian symbol that is associated with the goddess Isis, who was known for the magical powers she possessed as well as her great knowledge.

Isis has been described as being “cleverer than a million gods.” The Tyet represents a knot of cloth and is similar in shape to the widely recognized Egyptian hieroglyph, the ankh, which symbolizes life.

It was a common practice in the Egyptian New Kingdom to have mummies buried with a Tyet amulet.



Ibis of Thoth (Ancient Egypt)

Alongside Goddess Seshat, Thoth was the ancient Egyptian God of wisdom, knowledge, and writing. He played many prominent roles in Egyptian mythology, such as maintaining the universe, providing judgment to the dead, and serving as the scribe of the gods.

Being a moon god, he was originally represented by a moon disk, but his symbolic depictions changed to that of an Ibis, a bird considered sacred in the religion of ancient Egypt and already a symbol of the scribes.



Owl of Athena (Ancient Greece)

In Greek mythology, a little owl is usually depicted accompanying Athena, the goddess of wisdom and warfare. The reason for this is unclear, although some scholars believe that the owl's ability to see in the dark serves as an analogy of knowledge, allowing us to see through the darkness of ignorance instead of being blinded by our own perspective.

Regardless, because of this association, it has come to serve as a symbol of wisdom, knowledge, and perspicacity in the Western world.

It is also perhaps the reason why owls, in general, have come to be considered as wise birds in many western cultures.



Mandala Outer Circle (Buddhism)

In Buddhism, the circle of the Mandala (a geometric pattern representing the universe) symbolizes fire and wisdom.

In the context of it, both fire and wisdom are used to signify the essence of impermanence. A fire no matter how great the flames, they eventually die out and so is the case of life itself. Wisdom lies in realizing and appreciating this state of impermanence.

The fire also burns away impurities, and thus, by moving through the circle of fire, one burns away their impurity of ignorance.



Raven (Norse)

Accompanying the chief Norse God Odin are two ravens – Huginn and Muninn. They are said to fly all over Midgard (Earth) every day and bring back all the news to him that they see and hear.

Their association with the Odin is old, going way back, even before the Viking age.

One reason may be that as carrion birds, they would always be present in the aftermath of a battle – death, war, and victory were the realm of Odin.

However, this wasn't the only association. Ravens are extremely intelligent birds, and Odin was known to be an exceptionally intelligent god.



After 35 years of marriage, a husband and wife came to see a therapist. When asked what the problem was, the wife went into a tirade listing every problem they had ever had in the years they had been married.

On and on and on: neglect, lack of intimacy, emptiness, loneliness, feeling unloved and unlovable, an entire laundry list of unmet needs she had endured.

Finally, after allowing this for a sufficient length of time, the therapist got up, walked around the desk and after asking the wife to stand, he embraced and kissed her long and passionately as her husband watched - with a raised eyebrow. The woman shut up and quietly sat down as though in a daze.

The therapist turned to the husband and said, "This is what your wife needs at least three times a week. Can you do this?"

"Well, I can drop her off here on Mondays and Wednesdays, but on Fridays, I fish."

An experience we have all come across





Life is
meant to be experienced.
Put yourself out there.
Do things you've never
done. Live a life where at
the end, you will have
No Regrets.

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IMPORTANT INFORMATION

First of all, here's hoping that everyone is keeping safe and well. If anyone is struggling or needing any help in any way, please don't hesitate to let me or any of the Committee know. We will do our best to help in any way we can. (Businesssec.mansfieldu3a@gmail.com)

Subscription costs for current members for 2023/2024 is £16.00. £18.00 for new members and £12.00 for Associate Members.

Cheques payable to Mansfield and District u3a

The Membership Renewal Form can be downloaded from the website or will be available from the Treasurer at the monthly meetings.

Please note: All current members must complete all sections of the Membership Renewal Form to comply with Data Protection laws when paying their subscriptions. Thank you.

Online Banking is now available to members to pay their subscriptions online. As publishing details for this facility has compromised its security, members are asked to apply to the Treasurer. treasurer.mansfieldu3a@gmail.com

Events and visit payments

Members are reminded that deposits and payments for events and visits organised by Mansfield u3a and its interest groups are non-refundable, but places may be offered to others.

Please note: if you go on a trip/visit organised by a company, cheques for the event must be made out to the company, not Mansfield u3a.

Changes of Address, etc. Please contact the Membership Secretary, Jean Hatton on (0793 5707582) or membership.u3amansfield@gmail.com if you've changed your address, phone number or email recently so that she can update our records.

If you have any health issues that you think may affect your participation in, or enjoyment of, the activities of Mansfield & District u3a, you might wish to disclose them voluntarily to the Group Leaders of the groups you join, should it be helpful to do so.

Please have your "in case of emergency card" with you at all times.

(If you do not have one of these cards, then please ask Jean Hatton, Membership Secretary, when you sign in at your next members' meeting).

Mansfield u3a may take photographs of members engaged in u3a activities for the Newsletter and Website. Should you not wish to be included in any photographs, please inform the photographer as otherwise we will assume your consent has been given. **You may change your data consent at any time by contacting the Business Secretary (businesssec.mansfieldu3a@gmail.com).**

Safeguarding is everyone's responsibility. Please bring any issues to the notice of any Committee Member or the Safeguarding Officer once appointed.

Mansfield District u3a will seek to ensure that the u3a is active and accessible to all.

Disclaimer

The views expressed here are those of the contributors only, and do not necessarily reflect those of the Editor, the Committee of Mansfield & District u3a or the Third Age Trust. Nor can any responsibility be accepted for members' announcements or any errors that may occur.

CLOSING THOUGHTS

Newsletter Editor's Farewell Poem by Bill Harrison

They said it would be like riding a bike
When my first meeting was with Mike.
As my pulse raced, the blood through my veins,
It was more like riding a horse
As I took hold of the reins.

Newsletter Editors don't stand still;
I certainly had big shoes to fill.
Mike Allen's knowledge of the u3a
Was paramount. Still is, I must say.

I sincerely hope I've brought you some joy
As each month's Newsletter came in turn.
Up-to-date news, events and laughter
As we all Live, Laugh and Learn.

The finale, as September approaches,
As I remove my memory stick
And leave you in the capable hands:
Mr and Mrs Kennison, Yvonne and Mick.

I thank you all, straight from my heart,
For your support, right from the start.
Our journey has been a good one;
Feeling sad we have to part.

Please send contributions for the next issue to newsletter.editoru3a@gmail.com or by hand to Bill Harrison as soon as you can and by the 28th of the month at the latest.

Newsletter Editor: Bill Harrison: 01623 462188 / 07849 966962

Website: www.u3asites.org.uk/mansfield/home

Flickr: www.flickr.com/photos/mu3a2016

Facebook: www.facebook.com/groups/349190408987691/

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