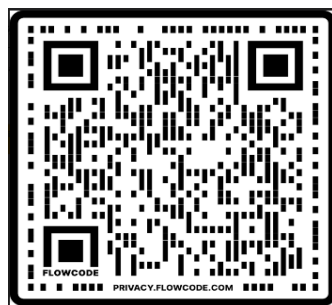
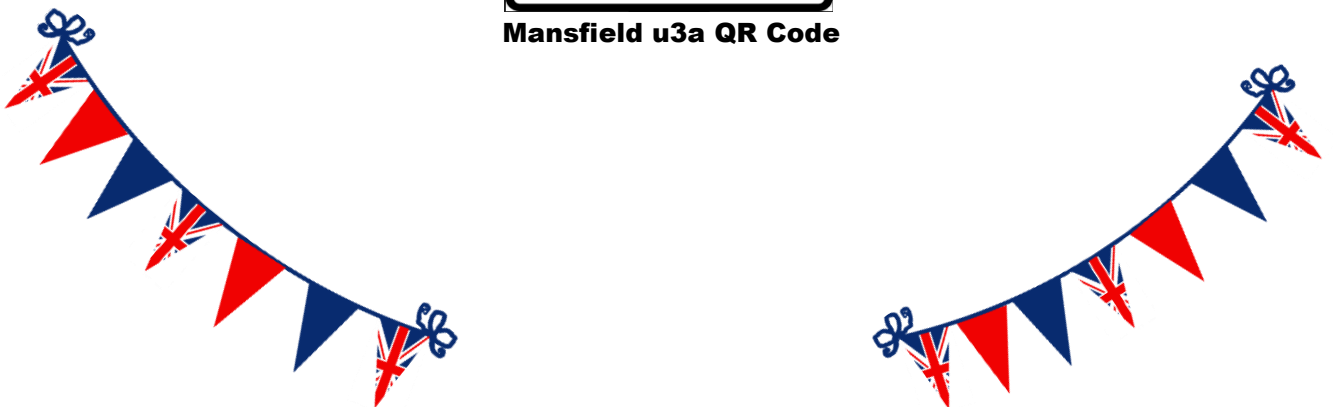


# NEWSLETTER

## MAY 2023



Mansfield u3a QR Code



## Words from the Chair: Yvonne Kennison



The little girl looking a bit browned off, on the right-hand side of the picture on the left, is me 70 years ago at our street party to celebrate the Coronation of Queen Elizabeth II. I'm on the bottom left hand side tucking into my party food, in the picture on the right.

My twin cousins are just in the front of the picture. We had a great time, just like I am hoping we have for our new King Charles around the time this goes out to print.

Whatever you are going to be doing, I hope you have a great celebration. If you want to share some photos, either new ones or from 1953, I am sure Bill will be pleased to share them in the newsletter.

I do hope that everyone is in good spirits, whatever life is throwing at you just now.

Don't ever forget we are here to support one another.

Take care.

Yvonne



## **Words from the Editor: Bill Harrison**

Well, here we are, once again, back at the laptop, compiling the May edition of the Newsletter.

My Grandmother's favourite saying, "Never cast a clout 'till May is out"

The proverb basically reminds us of our fickle British weather and its ability to bathe us in warmth one day and bring chilly winds the next. It is an old saying but still a very apt one.

So, you keen gardeners, just be aware when you are rushing to B&Q and the garden centres for your bedding plants, that Old Jack Frost is still lurking.

Big thanks to Philip Tucker for his replacement speaker David Skillen, yet another very interesting and informative talk on Pilots 'n Petticoats – Women Masters of the Sky.

We, once again, applaud the efforts of our brilliant Social Committee, who are going above and beyond to bring us some cracking social events. Please support these events if and when you can.

Good luck to Trevor Kirby with his new Motoring Group. Please see details of this group below in the Groups section on page 37.

The month of May will bring us all such an historic event, the likes of which many of us have never witnessed. No other country in the world can replicate, the pomp and pageantry quite like Great Britain.

So, whatever you may be doing over the weekend of the 6,7 and 8 May, have a fantastic time, and please share your memories for the next newsletter. We would love to hear your stories and see your pictures.

Big thanks to all the contributors of this newsletter, without your input, it just wouldn't happen.

Bill

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## Social Committee News 2023

Please support the events the Social Committee are planning as we have really tried to respond to your requests on the survey that was conducted.

### A NIGHT AT THE RACES

Tuesday 23 May 2023

Unfortunately, this event has had to be cancelled due to the poor response. If you'd like your money refunded then please see Gill Mallinder, our Treasurer, for a full refund or ask the Social Committee desk to transfer the money to The Lunch Time Quiz on Friday 13 October, 2023.

### THE PRINCESS RIVER CRUISE

Wednesday 12 July 2023

Thank you to everyone for paying the balance. Details for pick-up times and place will be in June's newsletter and on Facebook.

### LUNCH TIME QUIZ

Friday 13 October 2023

**This event replaces A Night at the Races**

The Kevin Bird Suite, One Call Stadium, Quarry Lane, Mansfield, NG18 5DA from 1.00pm. Lasagne and salad. Tickets £15 available from the Social Committee on Tuesday 16 May at the Main meeting. There will be prizes for the winning quiz team and a raffle.

### HALLOWEEN PARTY and PIE & PEA SUPPER

Friday 27 October.

Details to come in June's newsletter.

### CHRISTMAS LUNCH

Tuesday 12 December at the Hostess Restaurant, Sookholme Road, NG19 8LL

12.00pm – 3 course lunch + coffee and mince pies

Non-refundable deposits of £10 payable to the Social Committee on Tuesday 16 May at the Main meeting.

Please note places are filling up very quickly and we only have 100 places.



The Coronation of His Majesty the King and Her Majesty the Queen Consort will take place at Westminster Abbey on Saturday 6th May 2023. The service will be conducted by the Archbishop of Canterbury. As previously announced, the service will reflect the Monarch's role today and look towards the future, while being rooted in longstanding traditions and pageantry. Across the Coronation Weekend, there will be further opportunities for people to come together in celebration of the historic occasion. On Sunday 7th May 2023, a special Coronation Concert will be staged and broadcast live at Windsor Castle by the BBC

### **Saturday 6 May 2023**

The Coronation Service at Westminster Abbey

The Coronation Service will take place on the morning of Saturday 6 May 2023 at Westminster Abbey. The Coronation is a solemn religious service, as well as an occasion for celebration and pageantry.

Their Majesties the King and The Queen Consort will arrive at Westminster Abbey in procession from Buckingham Palace, known as 'The King's Procession'.

After the service, Their Majesties will return to Buckingham Palace in a larger ceremonial procession, known as 'The Coronation Procession'. Their Majesties will be joined in this procession by other Members of the Royal Family.

At Buckingham Palace, The King and The Queen Consort, accompanied by members of the Royal Family, will appear on the balcony to conclude the day's ceremonial events.

### **Sunday 7 May 2023**

The Coronation Concert at Windsor Castle

On Sunday, 7 May 2023, a special Coronation Concert will take place at Windsor Castle. Produced, staged and broadcast live by the BBC and BBC Studios. The Coronation Concert will bring global music icons and contemporary stars together in celebration of the historic occasion.



## 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
May	Tuesday 16 Paula Cornwell – 'Mind your manners'
June	Tuesday 20 Wendy Davenport – retired female police officer discussing her career
July	Tuesday 18 Ellie Devereux – 'Use of herbs in Medicine'
August	<b>Membership Renewal Day</b> <b>15 August 2.00-5.00pm</b> <b>St Philip Neri's Church Hall</b>
September	Tuesday 19 Annual General Meeting
October	Tuesday 17 Catherine McAteer – 'From Russia with Love'
November	Tuesday 21 'Co-op legal issues'
December	<b>CHRISTMAS LUNCH Tuesday 12 December</b> The Hostess Restaurant, <u>Sookholme, NG19 8LL</u> 12.00pm – 3 course lunch + coffee and mince pies Non-refundable deposits of £10 payable to the Social Committee on Tuesday 18 April at the Main meeting.

### Bowls Group: Paul Sanderson

The outdoor bowls coaching starts on Tuesday 2nd May at 12.15-1.45pm.

This will take place every week for five weeks. The last session will be held on 30 May. Every session will be organised by DBS checked, registered coaches.

These sessions will be held at Mansfield Bowls Club, Chesterfield Road, Mansfield. Flat soled shoes without tread must be worn whilst on the green. All other equipment will be provided.

The cost is £2 per session.

If anyone requires any further information, please contact Paul on 0759 2016691.

# A Statement from Liz Thackray, Chair of the Third Age Trust

## Board Review of Changes since October 2022 AGM

In response to criticism following the 2022 AGM, the Board committed to a programme of actions that would improve transparency, consultation and member engagement. At the Board meeting on 29 March, we reviewed that programme to see what was working and what actions still needed to be completed.

Having spoken to many u3as and local Trustees after the AGM, it became obvious that whilst some u3as and some individual members sought more information about finances or other activities, there were many parts of the movement where additional detail or repeated information was unwelcome. Therefore, our focus has been on ensuring that as information and more detail was made available, it would be more easily accessible for those who want it, both via the website, and through talks and special mailings.

## Main Principles

A number of crucial principles were initially agreed that all Board members would commit to, which would guide our future actions in decision making and in our ongoing work and communication with the u3a membership:

1. Be clear and responsive as a Board
2. Demonstrate that we are both listening and responding to members
3. Demonstrate that we have learned lessons and recognised and addressed our mistakes
4. We also recognised that in order for members to understand why and how the Board makes decisions, we need to improve the accessibility and visibility of information, and improve the channels used to communicate with u3as and u3a members. Proposals need to be justified with appropriate evidence.
5. **Accessibility of Information**  
A dedicated section on the website, [Trust and Trustee Updates](#), now contains regular updates on a range of activities, with regular links

going out to u3as, regions and networks. The section can be accessed on [the u3a website](#). Members are required to sign into the website in order to access this section.

- Summaries of all recent Board meetings
- Half-year finance report, Reserves and Investment Policies. (In addition to circulating Finance News Extras to u3a Treasurers.)
- Trust Annual Report and draft AGM Minutes
- Staff roles and hours graphic
- £4 subscription breakdown
- Summary of the CEO's report to the Board

### **Improving Communication Channels**

The structure of the u3a movement creates challenges for communicating consistently and regularly with the u3a membership. We hope that during the pilot phase, the introduction of a u3a Council will provide greater opportunities to improve representation and engagement, and to justify and enable u3as to propose and prepare for any future changes.

### **The following additions to our communications have been introduced:**

- Ask The Staff sessions are being held monthly on Zoom, and Ask the Chair, and Ask the CEO sessions will continue throughout the year.
- Each main Newsletter now includes an article featuring a member of staff, explaining their role.
- Special single-topic Mailings are being issued – Finance News Extra, Fit for The Future and u3a Council mailings are examples.
- Latest Update Mailings are now issued twice monthly updating on various activities. There is more information on [the Trust and Trustee Updates page](#) of the website.

If you want more information, or you cannot access information on the website, please speak to the Trustee for your region or nation - see all the Trustees on [the Board of Directors page](#).

Liz Thackray  
Chair of the Third Age Trust

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### **Solo Dining: Sheila Pegg**

Our first outing in April was at The Talbot on Nottingham Road where seventeen of us enjoyed 'pub grub'.

Our Sunday lunch was at The Plough, Farnsfield - a new venue for us and certainly one we will be visiting again. The staff were helpful and friendly and the food was enjoyed by all. A new member joined us for each occasion and we hope they will join us again.

It is with great regret that due to the large number of diners on our list, I am unable to add any new members at the moment. If the situation changes in the future, you can be assured that I will let you know through this newsletter. Many thanks to the loyal support of our existing members.

### **Bridge Group: Sheila Pegg**

Our Bridge Group is expanding! We now have eight people although we haven't yet managed to all be there at the same time.

We meet at The Rushley on Nottingham Road, Mansfield on the first and third Mondays of the month from 18.30 to 21.00.

Our next dates are Monday 15 May, 5 June and 19 June.

Please contact me if you are interested in joining us.

### **COFFEE-MORNING AND PLANT SALE: Jill Pullen**

Sunday 14 May  
10.00am—2.00pm  
33 Southwell Road East  
Rainworth. NG21 0DL  
Free entrance.

Sunday 5 June  
10.00am – 1.00pm  
33 Southwell Road East  
Rainworth. NG21 0DL  
Free entrance.

Plants – Flower Bedding; Perennials; shrubs; Vegetables;

Tomato plants; climbing beans etc...

Tea, coffee and cakes.

Please come along and support the Veg Society

plus Gardening for Mental Health

## Gardening Group: Marilyn Dibble

Hi All

I hope you all had a great Easter.

Please find Martin's newsletter attached.

It was wonderful to catch up with Martin and Jill Fish this month.

His talk was so entertaining.

Next month's speaker is Mike Davey with a talk about Wonderful Wisley.



## April 2023

Hello everyone and hope you are managing to get out and enjoy your garden.

After spending January and February in New Zealand, I was really looking forward to seeing the last of the snowdrops in the garden on our return. Before we set off on our travels in early January, the snowdrops were just starting to push through the soil with the promise of things to come. Unfortunately, when we got home, I was a little disappointed because, although there were some large clumps of foliage, there was very little evidence of flowers.

I've since lifted several clumps, only to find very small, weak bulbs tightly packed together. I suspect the crowded clumps have never been lifted and divided or fed to build them up. What I intend to do is feed the plants with a seaweed liquid fertiliser now as a boost and when the leaves have yellowed and almost died back, lift the clumps, divide into smaller clumps of 8-10 bulbs and replant in soil that's been improved with garden compost and a dressing of general fertiliser. I'm sure that in better growing conditions, we will one day get lots of flowers - but it might take a couple of years!

Work on creating our new garden in Lincolnshire is a little behind, I'm afraid, because I've been ill since we arrived home at the end of February. Unbeknown to me, I picked up Salmonella in Thailand on the journey home and was very ill for 10 days after we got home. Unfortunately, the bacteria got into my bloodstream and caused various issues with internal organs and secondary infections, meaning I was out of action for around 5 weeks! Fortunately, I'm now on the mend and I'd like to thank all those people that send messages via nurse Jill, wishing me a speedy recovery. I did have to cancel a few talks and thank you for the groups for being so understanding and to friends, Sarah Hopps and Steven Routledge, who covered for me.

Moving on, it will very soon be the start of the show season, with the Harrogate Spring Flower Show (20-23 April) starting things off. I'll be there giving talks and answering gardening questions with Sarah Hopps, Helen Bainbridge and Jonathan Moseley for the four days. Just a couple of weeks after Harrogate is the Malvern Spring Festival (11-14 May) where Jill and I will be working on the Potting Shed stage in the Floral marquee. In the May newsletter I'll add a list of all the shows through until the end of September that Jill and I will be working at, giving cookery and gardening talks. Until then, have an enjoyable Easter weekend and keeeeeeep gardening!

# Martin & Jill

## Jobs for April by Martin Fish

The garden is really waking up now and shrubs, trees, roses and perennials are all starting to make new growth. Feeding plants at this time of the year really sets them up for the summer – I think of it as the equivalent of a hearty breakfast to us! Simply sprinkle a little general fertiliser such as Growmore or fish, blood and bone around the plants and lightly work it into the soil surface.

Early spring flowering shrubs such as spiraea, forsythia and ribes can, if needed, be lightly pruned after flowering. The aim is to cut out around one-third of the stems that flowered and tip back any long stems.

The grass is growing now, so to keep your lawns in trim, try to mow little and often, ideally once a week. This helps to thicken up the grass, helping to prevent weeds from establishing. There's also still time to seed any thin or bare patches.

Dormant dahlia tubers can be planted into the garden now. New shoots can take a few weeks to emerge, and when they do, make sure they are protected from late frosts.

Wait around six weeks after flowers fade on spring bulbs before you cut the old leaves off. This gives time for the bulbs to swell and build energy for next year.

Hardy annuals such as cosmos, calendula, nigella and larkspur can be sown directly into the garden where you want them to flower. A great way to fill gaps in borders.

Keep on top of weeding. Seedling weeds in beds and borders can simply be chopped off with a hoe on a dry sunny day and left to wilt.

From early April you can sow carrots, beetroot, parsnips, spring onions, lettuce, salad leaves, peas and plant onion sets into the garden.

It's also time to plant potatoes into the garden, especially first early varieties. If you haven't already bought seed potatoes you might still find some in a garden centre. Plant them around 12" apart and space the rows 2ft apart. If you don't have room in your garden for potatoes, consider planting a few in large pots. Plant one potato in a 10-litre pot of multipurpose compost and always keep it moist.

From mid to late April you can start sowing French beans, runner beans, courgettes and sweetcorn in cell trays or pots in a frost-free place to have plants ready for planting out in late May when the frosts have finished.

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

**Happy gardening**

**Martin Fish.** [www.martinfish.com](http://www.martinfish.com)

## Motoring Group: Trevor Kirby

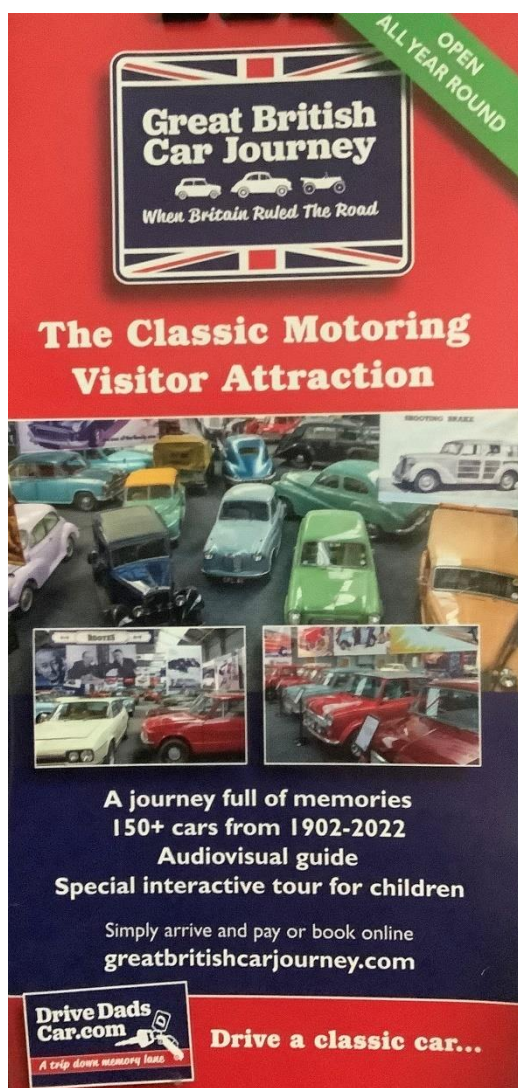
Members of the recently formed Motoring Group enjoyed a visit to the Classic Car Show at the NEC.

This event brings together an enormous number of enthusiasts and cars of yesteryear, many that we not only recognised but had previously owned (the cars that is!).

Some vehicles were being restored at the show, including a Bradford made Jowett. I recognised it as the same model owned by my father with its three forward gears and its wooden frame. Windows were being cut out by a group of 'young' devotees to turn, what was essentially a van, into a family car - just as my father had.

Television motoring celebrities were also present taking Q&A sessions with some surprising anecdotes of the things that hadn't quite gone to plan in filming the programmes.

We resisted the temptation to get involved in the auctioning of some stunning vehicles but realised that it was possible to purchase some beautiful cars for a fraction of the price of very ordinary modern runabouts.



**Great British Car Journey**  
*When Britain Ruled The Road*

**The Classic Motoring Visitor Attraction**

**A journey full of memories**  
**150+ cars from 1902-2022**  
**Audiovisual guide**  
**Special interactive tour for children**

Simply arrive and pay or book online  
[greatbritishcarjourney.com](http://greatbritishcarjourney.com)

**Drive Dads Car.com**  
*A trip down memory lane*

**Drive a classic car...**

We had a super day out and look forward to many more, including a visit on Wednesday 24 May to the nearby Great British Car Journey Museum which features many of the British cars driven by our parents.

Please join us and have a lovely day out. Details to follow.

**For more information on this group, please see details in the Motoring Group Grid**



**Drive Dads Car.com**  
*A trip down memory lane*

**Take a trip down memory lane in one of 35 iconic British cars from the 1930s to the 1990s.**

This is your opportunity to go back in time and take Dad's (or Mum's) car for a spin. Drive the car you learned to drive in, had your first date in or the one you've always wanted to drive.

Accompanied by an experienced instructor, take a drive on our closed road route and relive the golden era of British motoring. Experience the old car smell, manual controls, fresh air ventilation and lack of any power assistance! Passenger rides are available and your drive can be captured on film.

Makes a perfect present in our gift pack

Buy your drives now online  
[drivedadscar.com](http://drivedadscar.com)



(Picture courtesy of St Peters Church)

## Organ concert

In January, February, March, April, May, June, July, September, October, November. Every Last Friday at 12.00noon for 45 mins

Venue: Mansfield: St Peter & St Paul

Address: 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.

## 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](mailto: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 18<sup>th</sup> September to 22<sup>nd</sup> 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](mailto:deewhits@aol.com) or tele 07791941502 (Mon to Fri 9.00 to 16.00)

Many thanks  
Denise



## **Pathfinders Walking Group: Val Hart and Ken White**

### **Pathfinders Carsington Water Walk, Tuesday 18 April 2023**

Our walk this week was around Carsington Water in Derbyshire, which was just over 8 miles of glorious countryside views and wildlife interest.

A dozen members of the Pathfinders group began the walk from the Sheepwash car park looking over the waters. We walked around the lake in a clockwise direction on excellent paths and the weather was dry and sunny, but breezy.

Out of the breeze and in warmer sections of our walk, we came across several butterflies and, as it always is in the spring, the birdsong was wonderful to hear.

The group stopped off for a short refreshment break at the Stones Shelter, a wooden building with interesting additions like a TV, Chairs, Telephone, Piano and Fireplace all made from wood.

On crossing the dam, we encountered strong winds coming directly down the lake; some of the walkers were hanging on so as not to be blown off! From the dam, we walked to the main Visitor's Centre for a well-deserved coffee and cake.

We completed the remainder of the walk, about another 2 miles, from the Visitor's Centre back to the car park during which time we saw many wild flowers enjoying the sunshine.

An excellent day was had by all, albeit we were a little tired upon completion.

You will find the interesting facts about Carsington Waters in the Learn section.

Photographs courtesy of Ken White.

You will find more photographs on the Mansfield u3a Facebook page.

**c. Ken White 2023**



Some of the group at Carsington Waters



## REFINED DINING WEST NOTTS COLLEGE

Refined dining doesn't come much better. A wonderfully organised afternoon of dining, cooked and served by students who are chefs of the future. A very good menu choice at very reasonable prices.

Twenty-eight of our Mansfield u3a diners, enjoyed a wonderful afternoon lunch in good company. Big thanks to Irena and your band of social committee for organising this event. I'm sure we will be back to sample the delights.

Some feedback by our diners:

Irena Dubowski

I stayed behind to talk to Joanne and she was very pleased with how the Level 2 students performed. I will send a thank you card from all of us to the students.

Marie Barrow

They deserve a big thank you - all the students were polite, helpful and professional. I thought they were excellent.

The food was delicious and great value.

Sue McGarry

Thank you Irena, for organising, it was a lovely afternoon.

Megan Lepley

Thank you for organising. The food delicious, students attentive, super lunch.

Dawn Hardstaff

We are new members of the u3a, so a good opportunity to mix and chat with long standing members, while enjoying a lovely meal. Thank you for organising an enjoyable lunch.





## Share your family memories of WW2

You are invited to take part in 'Their Finest Hour', a Heritage Lottery-funded nationwide campaign organized by the University of Oxford to collect and preserve the everyday stories and objects of the Second World War.

As these personal stories are fast fading from living memory, it is vital to preserve them and the wartime objects that often accompany them. As well as artefacts from the front, there are the experiences of those at home, including women and children.

### How can you help?

- Subscribe to a national email group where u3a members can share views, air your Q&As with 'Their Finest Hour', and generally keep in the loop at:

<https://forms.office.com/e/ctt2eu6v2c>

- Attend the u3a Online Learning Event, date tbc.
- Share this message in your u3a, on Facebook, and in your newsletters.
- Go to a 'Digital Collection Day' to bring your stories or volunteer at it.
- Run a collection in your activity group over several meetings.
- Go online and upload your war-related stories and materials at:

<https://theirfinesthour.english.ox.ac.uk/>

'Digital Collection Days' are being run at a host of museums, libraries, services charities, and schools across the country, from Belfast, Cumbria, and Edinburgh down to Essex, London, Oxfordshire, and South Wales. u3a members volunteered at one of the first 'Days' in Oxford:

"It's like 'Flog It!' or 'Antiques Roadshow' without the valuation! There's so much you can do, from meet-and-greet to, what I enjoyed the most, showing someone their husband's war record online - he flew Lancaster's - helping them understand more about their family story."

Ally Edwards, u3a Evesham and District, 10 March

There are connections between 'Their Finest Hour' and u3a groups, for example, genealogy, local history, creative writing, photography and storytelling. Plus getting our members confident in using technology, and combating loneliness.

Find out more on: <https://theirfinesthour.english.ox.ac.uk/>

**History Group: Philip Tucker**

**Bletchley Park Part Two April 11 2023**

Many thanks to Dave Drew, for organising our second visit to the incredible Bletchley Park. Twenty-three of the Mansfield u3a code breakers, embarked on this mission impossible.

You have all heard of Brideshead Revisited; well this was Bletchley Revisited.

Following the success of our first visit, we witnessed the incredible work undertaken by these very intelligent people. Our return visit certainly did not disappoint, as this is one place you can visit repeatedly and still not have time to digest all the information available.

Information that is mind-blowing, but, by the same token, very rewarding. With a mixed blend of the 1940s and a futuristic look at what's to come.

The Mansfield u3a Code Breakers society had one particular member who goes by the name of Sheila (surname omitted for security reasons), who was successful in sending out a Morse Code signal; a certification of approval was awarded (see picture).

A very enjoyable, albeit brain storming, day was had by all.





### **Why did you leave us twice?**

The unexplained cannot be sought  
Of powerful minds, that once were nice.  
Minds so bright, and filled with love,  
So why did you leave us twice?

Fading fast, as brain cells cease to be,  
Our loved ones, who have been so kind,  
As repetition becomes more evident  
With the vagueness in their mind.

Understand my needs; I'm not as I once was.  
Patience, as I fight to make it right.  
Guide me through my troubled times  
On my journey through this plight.

I will do my best to understand you  
And all the things you say.  
Please tell me that I know you;  
For this I often pray.

My illness is not contagious,  
It's just I don't know who you are  
As my mind it travels back in time,  
But my body won't go far.

I thank you for your kindness,  
For treating me so nice,  
I'm sorry that you've lost me,  
And sorry I left you twice.

Inspired by events close to home.

**Poem by Bill Harrison**

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.

## Calendar for Year 2023 (United Kingdom)

January								February								March							
Week	Mo	Tu	We	Th	Fr	Sa	Su	Week	Mo	Tu	We	Th	Fr	Sa	Su	Week	Mo	Tu	We	Th	Fr	Sa	Su
52							1	5			1	2	3	4	5	9			1	2	3	4	5
1	2	3	4	5	6	7	8	6	6	7	8	9	10	11	12	10	6	7	8	9	10	11	12
2	9	10	11	12	13	14	15	7	13	14	15	16	17	18	19	11	13	14	15	16	17	18	19
3	16	17	18	19	20	21	22	8	20	21	22	23	24	25	26	12	20	21	22	23	24	25	26
4	23	24	25	26	27	28	29	9	27	28						13	27	28	29	30	31		
5	30	31																					
6:O 15:O 21:O 28:O								5:O 13:O 20:O 27:O								7:O 15:O 21:O 29:O							

April								May								June							
Week	Mo	Tu	We	Th	Fr	Sa	Su	Week	Mo	Tu	We	Th	Fr	Sa	Su	Week	Mo	Tu	We	Th	Fr	Sa	Su
13						1	2	18	1	2	3	4	5	6	7	22				1	2	3	4
14	3	4	5	6	7	8	9	19	8	9	10	11	12	13	14	23	5	6	7	8	9	10	11
15	10	11	12	13	14	15	16	20	15	16	17	18	19	20	21	24	12	13	14	15	16	17	18
16	17	18	19	20	21	22	23	21	22	23	24	25	26	27	28	25	19	20	21	22	23	24	25
17	24	25	26	27	28	29	30	22	29	30	31					26	26	27	28	29	30		
6:O 13:O 20:O 27:O								5:O 12:O 19:O 27:O								4:O 10:O 18:O 26:O							

## AFTERNOON TEAS GROUP



<b>Name of Group:</b>	<b>Afternoon Teas</b>
<b>Group Leader:</b>	<b>Sheila Whalley</b>
<b>Group Leader's contact details:</b>	<b>01623 453908</b>
<b>Venue:</b>	<b>Various</b>
<b>Meeting dates and times:</b>	<b>2<sup>nd</sup> Saturday monthly 2pm–4pm</b>
<b>Cost of event:</b>	<b>Costs vary</b>
<b>What happens:</b>  <b>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.</b>	

## ANTIQUES AND COLLECTABLES GROUP



<b>Name of Group:</b>	<b>Antiques and Collectables</b>
<b>Group Leader:</b>	<b>Patricia Blackwell</b>
<b>Group Leader's contact details:</b>	<b>01623 481745</b>
<b>Venue:</b>	<b>St Peter's Centre Mansfield</b>
<b>Meeting dates and times:</b>	<b>2<sup>nd</sup> Tuesday monthly, 10am-12noon</b>
<b>Cost of event:</b>	<b>£0.00</b>
<b>What happens:</b> 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.  <b>Group full, with a waiting list.</b>	

## **BEADWORK GROUP**



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

## BIRDWATCHING AND WILDLIFE GROUP



Name of Group:	Birdwatching and Wildlife
Group Leaders:	Val Hart and Ken White
Group Leaders' contact details:	<a href="mailto:ken@atrain.org.uk">ken@atrain.org.uk</a> - 07973 315050 <a href="mailto:valerie.hart@hotmail.co.uk">valerie.hart@hotmail.co.uk</a> - 07745 208248
Venues:	Various
Meeting dates and times:	Various
Cost of event:	Free but cost for transport if required and any entry charges
<b>What happens:</b> Visits to various places of interest in Nottinghamshire, Derbyshire, Yorkshire and Lincolnshire. Plus, occasional overseas visits.	
<b>Equipment:</b> 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  <b>Please have your "in case of emergency card" with you at all times.</b>	

## **BOWLS GROUP**



<b>Name of Group:</b>	<b>Bowls</b>
<b>Group Leader:</b>	<b>Paul Sanderson</b>
<b>Group Leader's contact details:</b>	<b>07592016691</b> <b><a href="mailto:paulsanderson168@gmail.com">paulsanderson168@gmail.com</a></b>
<b>Venues:</b>	<b>Mansfield Bowling Club (Summer)</b> <b>Lammas Centre Sutton (Winter)</b>
<b>Meeting dates and times:</b>	<p>The outdoor bowls coaching starts on Tuesday, 2nd May at 12.15-1.45pm.</p> <p>This will take place every week for 5 weeks. The last session will be held on 30th of May. Every session will be organised by DBS checked, registered coaches.</p> <p>These sessions will be held at Mansfield Bowling Club, Chesterfield Road, Mansfield.</p> <p>If anyone requires any further information, please contact Paul on the above number.</p>
<b>Cost of event:</b>	<b>The cost will be £2 per session</b>
<b>Equipment:</b>	<b>Flat soled shoes without tread must be worn whilst on the green. All other equipment will be provided.</b>

## **BRIDGE GROUP**



<b>Name of Group:</b>	<b>Bridge</b>
<b>Group Leader:</b>	<b>Sheila Pegg</b>
<b>Group Leader's contact details:</b>	<b>07883720657</b>
<b>Venue:</b>	<b>The Rushley, Nottingham Road, Mansfield</b>
<b>Meeting dates and times:</b>	<b>1<sup>st</sup> &amp; 3<sup>rd</sup> Mondays Time 6.30pm-9pm Our next dates will be 15 May, 5 June and 19 June.</b>
<b>Cost of event:</b>	<b>No fee charged by venue- we just buy a drink (or two!)</b>
<b>What happens:</b> <b>Just turn up. We can sort out a partner if you turn up alone. We are a friendly group, playing for fun.</b>  <b>Equipment: Provided</b>	

## CALLIGRAPHY GROUP



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

## CARD CRAFTING GROUP



<b>Name of Group:</b>	<b>Card Crafting</b>
<b>Group Leader:</b>	<b>Jill West</b>
<b>Group Leader's contact details:</b>	<b>07554012769</b> <a href="mailto:jwptt1s@hotmail.co.uk">jwptt1s@hotmail.co.uk</a>
<b>Venue:</b>	<b>Quaker Room</b> <b>124 Rosemary Street</b> <b>NG18 1RB</b>
<b>Meeting dates and times:</b>	<b>Last Tuesday, monthly, 1pm-3pm</b> <b>Future dates for 2023 are: May 30, June 27</b>
<b>Cost of event:</b>	<b>Due to room hire and materials,</b> <b>sessions will cost £5, including free tea and coffee.</b>
<p><b>What happens:</b> Ideal for beginners to moderate level, but everyone welcome. All materials will be provided.</p> <p>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.</p> <p>Please contact Jill 07554012769 if you are interested or unable to attend so we can offer the place on that date to others.</p>	

## CLASSICAL MUSIC GROUP



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

## CRAFTY CHAT



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

## CURLING GROUP



<b>Name of Group:</b>	<b>Indoor Curling</b>
<b>Group Leader:</b>	<b>David Drew</b>
<b>Group Leaders' contact details:</b>	07960 385537 <a href="mailto:david.drew100@icloud.com">david.drew100@icloud.com</a>
<b>Venue:</b>	<b>Maun Community Centre Barringer Road Mansfield NG18 2DF</b>
<b>Meeting dates and times:</b>	<b>2<sup>nd</sup> Tuesday Monthly 3.30pm-4.30pm</b>
<b>Cost:</b>	<b>Provisionally £3.00 (subject to change)</b>
<b>Equipment:</b>	<b>Provided. No black-soled shoes</b>

## CURRENT AFFAIRS GROUP



<b>Name of Group:</b>	<b>Current Affairs</b>
<b>Group Leader:</b>	<b>Graham Headworth</b>
<b>Group Leader's contact details:</b>	<b>01623 468883</b>
<b>Venues:</b>	<b>Mansfield Bowling Club Chesterfield Road South. NG19 7AP</b>
<b>Meeting dates and times:</b>	<b>The Current Affairs Group will meet between 10am and 12noon on the first Friday of the month.</b>
<b>What happens:</b>  <b>We have some very interesting discussions which can be quite lively, especially when we are discussing Westminster matters.</b>  <b>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.</b>	

## FAMILY HISTORY GROUP



<b>Name of Group:</b>	<b>Family History</b>
<b>Group Leaders:</b>	<b>Valerie Wood and Ken Gilbert</b>
<b>Group Leader's contact details:</b>	Valerie Wood at <a href="mailto:v.a.l.woody11@gmail.com">v.a.l.woody11@gmail.com</a> Ken Gilbert at <a href="mailto:kattaria@gmail.com">kattaria@gmail.com</a>
<b>Venues:</b>	<b>Members' homes</b>
<b>Meeting dates and times:</b>	<b>4<sup>th</sup> Tuesday, monthly, 10am-12noon</b> <b>No meetings during August &amp; December</b>
<b>What happens:</b>  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



<b>Name of Group:</b>	<b>Gardening and Garden Visits</b>
<b>Group Leader:</b>	<b>Marilyn Dibble</b>
<b>Group Leader's contact details:</b>	01623 634805 <a href="mailto:dandmdibble@gmail.com">dandmdibble@gmail.com</a>
<b>Venue:</b>	<b>St Peter's Centre Mansfield NG18 1AP</b>
<b>Meeting dates and times:</b>	1 <sup>st</sup> Tuesday, monthly, 10am-12noon Visits – various The speaker next month is Mike Davey with a talk on the Wonderful Wisley.
<b>Cost of event:</b>	For those who would like to be a Garden Group member. Guests most welcome at £5.00 per session. Cash or cheque (cheque to Mansfield u3a)
<b>What happens:</b>  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 small charge for the monthly meetings, refreshments are included.	

## HISTORY GROUP



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

## **MINI BREAKS GROUP**



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

## MOTORING GROUP



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

## PATHFINDERS WALKING GROUP



Name of Group:	Pathfinders Walking
Group Leaders:	Valerie Hart and Ken White
Group Leader's contact details:	<a href="mailto:ken@atrain.org.uk">ken@atrain.org.uk</a> – mobile - 07973 315050 <a href="mailto:valerie.hart@hotmail.co.uk">valerie.hart@hotmail.co.uk</a> – 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.  <b>Please have your “in case of emergency card” with you at all times.</b>	

## PHOTOSHOP GROUP



<b>Name of Group:</b>	Photoshop
<b>Group Leaders:</b>	Gordon Howlett
<b>Group Leader's contact details:</b>	<a href="mailto:g.howlett@ntlworld.com">g.howlett@ntlworld.com</a>
<b>Venues:</b>	Group Leader's Home
<b>Cost of event:</b>	£0
<b>Meeting dates and times:</b>	3 <sup>rd</sup> Thursday monthly 10am-12noon
<b>What happens:</b> 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 aside time to enhance your skills and, of course, have a chat.	

## POPULAR MUSIC GROUP



<b>Name of Group:</b>	<b>Popular Music Appreciation</b>
<b>Group Leader:</b>	<b>Elizabeth Ellis</b>
<b>Group Leader's contact details:</b>	<b>01623 644429</b>
<b>Venue:</b>	<b>Members' homes</b>
<b>Meeting dates and times:</b>	<b>4<sup>th</sup> Tuesday, monthly, 2pm-4pm</b>
<b>Cost:</b>	<b>£0</b>
<b>What happens:</b>  <b>The Group has been running successfully for nine years.</b>  <b>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.</b>  <b>We do not meet in December, but we have our Christmas fuddle at the November meeting.</b>  <b>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.</b>	

## READ A LITTLE LOUD GROUP



<b>Name of Group:</b>	<b>Read a Little Aloud</b>
<b>Group Leader:</b>	<b>Susan Howlett</b>
<b>Group Leader's contact details:</b>	<b>01623 627423</b>
<b>Venues:</b>	<b>Members' homes</b>
<b>Meeting dates and times:</b>	<b>2<sup>nd</sup> Friday, monthly, 2pm-4pm</b>
<b>Cost:</b>	<b>£0.00</b>
<b>What happens:</b>  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



<b>Name of Group:</b>	<b>Reading Group 1</b>
<b>Group Leader:</b>	<b>Peter Dawson</b>
<b>Group Leader's contact details:</b>	<b>01623 882191</b>
<b>Venues:</b>	<b>Peter Dawson's home or members' homes</b>
<b>Meeting dates and times:</b>	<b>3<sup>rd</sup> Thursday, monthly, 2pm-4pm</b>
<b>Cost:</b>	<b>£0.00</b>
<b>What happens:</b> <b>We meet once a month on the third Thursday, usually in Farnsfield, but sometimes at other members' homes.</b>  <b>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.</b>	

## READING GROUP 2



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

## **SCRABBLE**



<b>Name of Group:</b>	<b>Scrabble</b>
<b>Group Leader:</b>	<b>Lynne Payne</b>
<b>Group Leader's contact details:</b>	<b>Mobile - 07954463384 Home – 01623 555738</b>
<b>Venue:</b>	<b>Lynne's home</b>
<b>Meeting dates and times:</b>	<b>2<sup>nd</sup> Monday, monthly, 2pm-4pm</b>
<b>Cost:</b>	<b>£0.00</b>
<b>What happens:</b>  <b>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.</b>	

## SHUFFLERS GROUP



<b>Name of Group:</b>	<b>Shufflers</b>
<b>Group Leaders:</b>	<b>Sylvia Newlyn and Ian Lakin</b>
<b>Group Leader's contact details:</b>	<b>Sylvia Newlyn 01623 655893</b> <b>Ian Lakin 07989668272</b>
<b>Venues:</b>	<b>Various – Short and Gentle</b>
<b>Meeting dates and times:</b>	<b>4<sup>th</sup> Thursday, monthly, 12.00pm.</b> <b>Variable finish times</b>
<b>Cost of event:</b>	<b>£0.00</b>
<b>What happens:</b>  <b>Mansfield u3a's Shufflers Group holds social meetings for members who have problems that restrict their mobility.</b>  <b>This has enabled members to continue enjoying friendship and outings with like-minded members.</b>  <b>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.</b> <b>Please have your "in case of emergency card" with you at all times.</b>	

## SOFT TENNIS GROUP



<b>Name of Group:</b>	<b>Soft Tennis</b>
<b>Group Leaders:</b>	<b>Yvonne and Mick Kennison</b>
<b>Group Leaders' contact details:</b>	<b>01623 481721</b>
<b>Venue:</b>	<b>Oak Tree Leisure Centre</b>
<b>Meeting dates and times:</b>	<b>2<sup>nd</sup> Tuesday, monthly 2pm-3pm</b>
<b>Cost:</b>	<b>£10 each for the four months.</b>
<b>Equipment:</b>	<b>Provided. No black soled shoes</b>
<b>Dates for 2023:</b>  <b>May 9</b> <b>June 13</b> <b>July 11 (subscriptions due)</b> <b>August 15</b> <b>September 12</b> <b>October 10</b> <b>November 14 (subscriptions due)</b> <b>No meeting in December</b>	

## SOLO DINING GROUP



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

## STROLLERS GROUP



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

## TAI CHI GROUP



<b>Name of Group:</b>	Tai Chi
<b>Group Leader:</b>	Lorna Pye
<b>Group Leader's contact details:</b>	Mobile – 07712 029262 01623 636060
<b>Venue:</b>	Bethel Chapel, Nottingham Road
<b>Meeting dates and times:</b>	Monday, weekly, 10.30am-11.30am
<b>Cost:</b>	£30.00 per term
<b>Events:</b>	<b>We do have two spaces at the moment.</b> If anyone would like to come and give it a try.
<b>What happens:</b>  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



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

## WINE APPRECIATION GROUP TWO



<b>Name of Group:</b>	<b>Wine Appreciation 2</b>
<b>Group Leader:</b>	<b>Graham Allin</b>
<b>Group Leader's contact details:</b>	<b>01623 473662</b>
<b>Venues:</b>	<b>Members' homes</b>
<b>Meeting dates and times:</b>	<b>4<sup>th</sup> Tuesday, monthly, 7.30pm</b>
<b>Cost of event:</b>	<b>To be shared</b>
<b>What happens:</b>  <b>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.</b>  <b>A number of wines will be tasted.</b>  <b>This group is full.</b>	

## **WRITING FOR PLEASURE GROUP**



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

## LEARN



**View Across Carsington Water**

Planning for Carsington Water started in the 1960s and construction started in 1979. In 1981 four workers died due to oxygen starvation in a drainage chamber and in 1984 the dam collapsed and had to be totally rebuilt. Construction of a new dam began in 1989. The finished reservoir was opened by Queen Elizabeth II in 1992.

Carsington has a long history, including Roman occupation (an old Roman settlement now lies beneath the [reservoir](#)).

In prehistoric times, [woolly rhinos](#) lived in the area; the remains of one such animal were discovered nearby in the "Dream Cave" adjacent to the Callow and Hopton end of Summer Lane in the late 20th century.

During the Middle Ages and right up until about 1800 it was a major location for lead mining and the lead obtained in the many Brassington and Carsington mines was usually smelted in [Wirksworth](#).



**Stone Shelter**

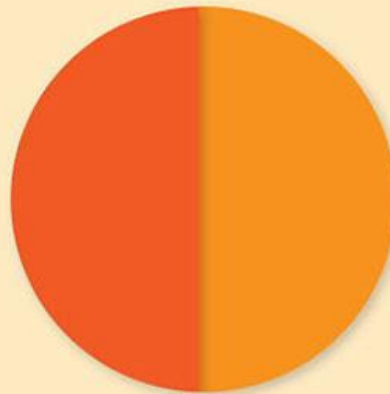


**Brimstone Butterfly**

Things to think about:

1. What if my dog only brings back the ball because he thinks I like throwing it?
2. If poison is past its expiry date, is it more poisonous or is it no longer poisonous?
3. Which letter is silent in the word "Scent," the S or the C?
4. Do twins ever realise that one of them is unplanned?
5. Why is the letter w, in English, called double u? Shouldn't it be called double v?
6. Maybe Oxygen is slowly killing you and it just takes 75-100 years to fully work.
7. Every time you clean something, you just make something else dirty.
8. The word "swims" upside-down is still "swims".
9. Intentionally losing a game of rock, paper, scissors is just as hard as trying to win.
10. 100 years ago, everyone owned a horse and only rich people had cars. Today everyone has cars and only the rich own horses.
11. Your future self is watching you right now through memories.
12. The doctors that told Stephen Hawking he had only two years to live in 1953 are probably dead.
13. If you replace "W" with "T" in "What, Where and When", you get the answer to each of them.
14. Many animals probably need glasses, but nobody knows it.
15. If you rip a hole in a net, there are actually fewer holes in it than were before.

CONTENT OF WOMEN'S MAGAZINES



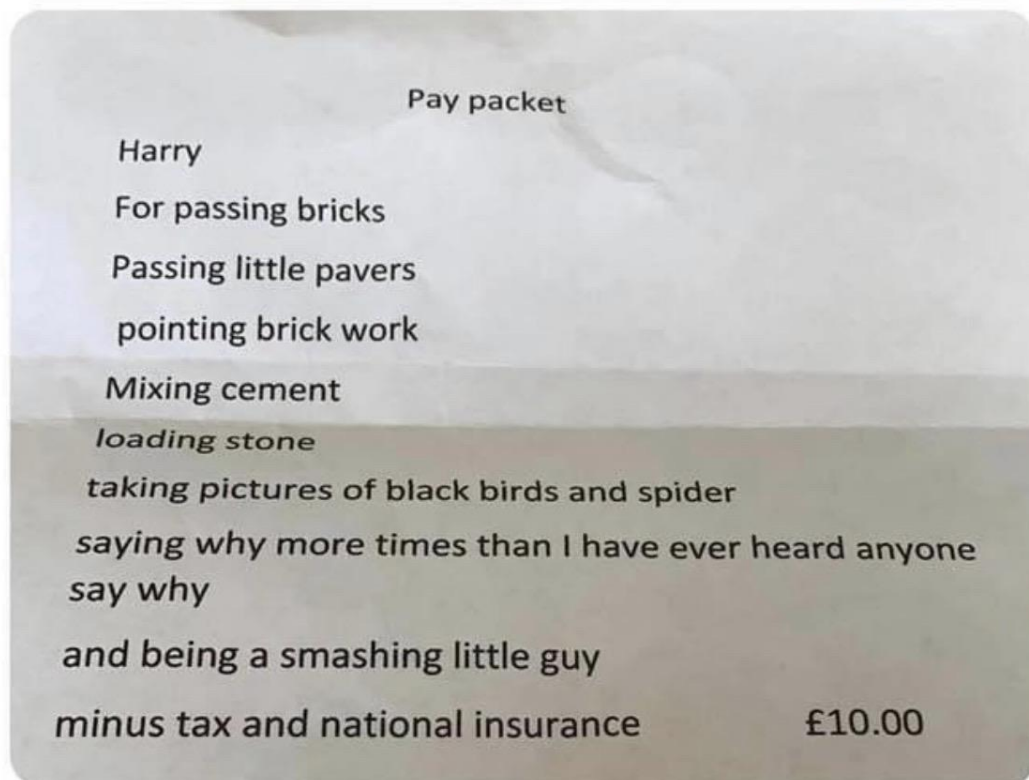
- Accept yourself – you're beautiful just the way you are
- How to lose 20 lbs in four weeks

truthfacts.com

Thank you, Marrie Barrow, for your inclusion.

Hate has 4 letters but so does love.  
 Enemies has 7 letters but so does friends.  
 Lying has 5 letters but so does truth.  
 Hurt has 4 letters but so does heal.  
 Cry has 3 letters and so does joy.  
 Negativity has 10 letters but  
 So does positivity.  
 Life is two sided.  
 Perception begins with us.

We have just had our patio done and my 6yo has loved going out and helping the builder, so it made his day to receive this. What an example of kindness 😊



## IMPORTANT NOTIFICATIONS:

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](mailto:Businesssec.mansfieldu3a@gmail.com))

Subscription costs for current members for 2022/2023 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](mailto: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](mailto: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 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](mailto:businesssec.mansfieldu3a@gmail.com)).**

## 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.

**Please send contributions for the next issue to [newsletter.editoru3a@gmail.com](mailto:newsletter.editoru3a@gmail.com) or by hand to Bill Harrison as soon as you can and by the 28<sup>th</sup> of the month at the latest.**

**Newsletter Editor: Bill Harrison: 01623 462188 / 07849 966962**

## CLOSING THOUGHTS

We are like the little branch  
that quivers during a storm,  
doubting our strength and  
forgetting we are the tree,  
deeply rooted to withstand  
all of life's upheavals.

Dodinsky

PhotoBonito.com



GOD SAVE THE KING

Website: [www.u3asites.org.uk/mansfield/home](http://www.u3asites.org.uk/mansfield/home)

Flickr: [www.flickr.com/photos/mu3a2016](http://www.flickr.com/photos/mu3a2016)

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