

Mansfield & District u3a

January 2024 Newsletter Learn, Laugh, Live





Website:www.u3asites.org.uk/Mansfield/home Facebook page: Mansfield u3a

Registered Charity : 1164177

Words from the Chair



The pre-Christmas u3a activities might have been overtaken by those with our family and friends by now, but they are certainly not forgotten. It was fun to celebrate the festive season within all our groups in the run up to Christmas; and let's not forget the u3a Christmas meal at the Hostess, so ably organised by the Social Committee. It was good to see everyone in their Christmas finery and enjoying a Christmas meal. Did

anyone manage to complete the colours quiz? It seemed to be easy to start with!

We are now experiencing slightly longer days - three minutes of extra daylight every day, so we are slowly heading towards Spring. In the meantime, let's appreciate the Winter season and hope for some blue skies, sunshine and crisp days.

A very happy New Year to you all. Elaine

Speakers for First Half of 2024

| January | 16 | Alistair Littlewood | Norse Myths |
|----------|----|----------------------|---------------------------------------|
| February | 20 | Simon Croson | Bee Keeping Year |
| March | 19 | Geoff Harris | Folklore, Funny Tales and Funny Folk |
| April | 16 | Ian Morgan | Inspector Hopkinson's Discovery |
| May | 21 | Catrin Rutland | Science Fiction vs Science |
| June | 18 | Alison Drew - Gems f | rom the Archives of Foreign Office |
| July | 16 | David Skillen | An Overview of the American Civil War |

Christmas Lunch – Bill Harrison

One hundred and two members went on their annual Christmas jolly to the Hostess Restaurant. Once again members were not disappointed.

The three-course lunch followed by coffee and mince pies were delicious as always. All fuelled up, the quiz sheets were handed out and it was time for a brainstorming moment. The winners of the quiz were table 12.

Our first picture depicts the wonderful hard working and totally passionate Marie Barrow, whose dedication ensures this fabulous event goes without a hitch. Special thanks also go to the Chair of our Social Committee, Irena Dubowski and the rest of the Social team.

Please find photographs from the event and apologies to anyone who may not be represented.















Social Committee News:

Many thanks for members' continual support of events the Social Committee organise.

BURNS NIGHT/REFINED RESTAURANT - Wednesday 24th January 6.30pm 20 places have been booked at the restaurant. A deposit of £10 has been collected, the balance is paid at the restaurant. 3 courses £22.50. Please note there are no more places available.

CHINESE NEW YEAR - Thursday 8th February 7pm

Springwater Restaurant, Calverton -12 places have been booked at the restaurant. Entertainment starts at 9:30 pm & ends about midnight, this includes a lion dance, disco and fireworks display. A non-refundable deposit of £5 has been collected. The total cost is £30 per person. The balance is payable on the night. Please note there are no more places available.

GREEK NIGHT/REFINED RESTAURANT - Thursday 21st March 6.30pm

24 places have been booked at the restaurant. A deposit of £10 will be collected at the Main Meeting on Tuesday 16^{th} January, the balance is paid at the restaurant. 3 courses £22.50. The menu hasn't been issued yet.

UP-COMING EVENTS

Treasure Hunt Wednesday April 10th 2024 starting at The Mansfield Bowling Club.

River Trent boat trip - Friday 10th July 2024

A massive thank you to Councillor Stephen Garner for his generous donation of funds to support us with our printing and stationery costs. Councillor Garner often attends our monthly meetings and we are very grateful to him for his continued support. Thank you! Jill West and her team from the Card Crafting Group would like to wish everyone a Happy New Year and thank all the u3a for their support at the recent craft sale. We have made some stunning cards at the recent group meetings. Our next meetings are at the Quaker Meeting Rooms Off Rosemary Street Mansfield once a month on Tuesday afternoons between 1pm and 3pm the dates are as follows:

January 30th (all Tuesday afternoons) 27th February 26th March 30th April 21st May (a week earlier than usual due to holidays) and 25th June.

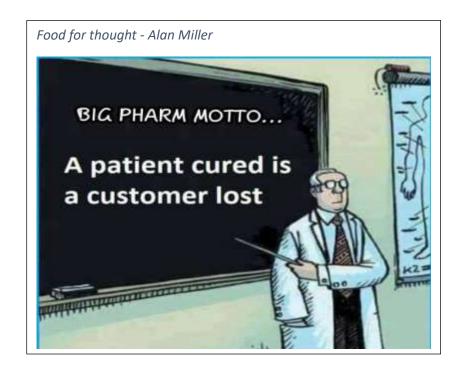
We currently have 1 or 2 places available in the group and would love to welcome a new member or two please contact Jill West tel. 07554012769 for details. You would be welcome to attend a one-off session to see what the sessions are like and try them to see if it is for you. Refreshments available at each session and all materials are provided. The sessions are aimed at beginners to moderate level although we do have a couple of very experienced card makers who attend. Everyone welcome.





Solo Dining – Sheila Pegg

Twenty-one diners had a weekday lunch this month rather than a Sunday lunch we tried this last year between Christmas Day and New Year's Day and it was a success so we returned to Ciao Bella Lounge where we were served excellent food by efficient, friendly staff. Two newly affiliated members from Ashfield u3a joined us and we hope they will come again.



Soft Tennis

Yvonne and Mick wish all their members a very Happy and Healthy New Year and look forward to re-commencing on Tuesday 9 January 2024 at Oak Tree Leisure Centre 2.00 – 3.00 pm.

Beading Group – Marilyn Jones

Members of the Beading Group obviously enjoyed a lovely get-together to Celebrate the festive season.



Derbyshire Walk - Message from Ken White, Pathfinders Group.

Hello Everyone,

I don't know if you saw the walk on BBC4 recently which included Millers Dale, well we have Millers Dale on our agenda for next year, so if you would like to view it, (recommended), please click here... <u>https://www.bbc.co.uk/programmes/m001111j</u>

Enjoy, Ken

Happy New year from the Mansfield u3a Pathfinders

Walkers don't get old



they just ramble on

Looking forward to seeing you all in the New Year if not before!



"NOW I'M GLAD I SPRAINED MY ANKLE. THE VIEW FROM UP HERE IS BEAUTIFUL."



"Well if I'm so 'bloody useless' perhaps you'd better read the map!"



"You told me there'd be shops!"

Walking can add minutes to your life.

This enables you at 85 years old to spend an additional 5 months in a nursing home at \pounds 1,000 per month.

My grandpa started walking at 60 with the Mansfield u3a Group. After a year of that he started walking five miles a day. He's now 97 years old and we have no idea where he is.

Proposed Pathfinders Longer Walks 2024

Please note that these are our proposed walks for the forthcoming year and may be subject to alteration dependent upon weather conditions, etc., at the time of the walk.

| Date | Walk | Distance & Standard (Miles) |
|-------------|-------------------------------------|-----------------------------|
| 9th Jan | Fiskerton Circular | 6.3 miles - Easy |
| 13th Feb | Gunthorpe, Hoveringham & Caythorpe | 6.2 miles - Easy |
| 12th Mar | Worksop Canal Circular | 5.5 miles - Easy |
| 9th April | Alfreton Park & Bluebell Woods | 6.4 miles - Easy |
| 14th May | Lathkill Dale & Youlgreave Circular | 5.9 miles - Moderate |
| 11th June | Bakewell - Ashford in the Water | 6.0 miles - Moderate |
| 9th July | Eyam - Foolow Circular | 6.3 miles - Moderate |
| 13nd August | Dovedale Circular | 6.1 miles - Easy |
| 10th Sept | Nine Ladies Circular | 5.7 miles - Moderate |
| 15th Oct | Welbeck Abbey Estate Circular | 6.1 miles - Easy |
| 12th Nov | Ogston Reservior | 7.1 miles - Easy |
| 10th Dec | Christmas Walk TBA | |

Proposed Pathfinders Short Walks 2024

Please note that these are our proposed walks for the forthcoming year and may be subject to alteration dependent upon weather conditions, etc., at the time of the walk.

| Date | Walk | Distance & Standard (Miles) |
|-------------|---------------------------------------|-----------------------------|
| 25th Jan | Creswell Crags Circular | 3.7 miles - Easy |
| 22nd Feb | Bishops Walk | 3.5 miles - Easy |
| 28th Mar | Clumber Park | 4 miles - Easy |
| 25th April | Mansfield Woodhouse - Roman Villa | 4 miles - Easy |
| 23rd May | Minninglow Circular, Derbys | 4.7 miles - Moderate |
| 27th June | Padley Gorge, Derbys | 4.6 miles - Moderate |
| 25th July | Millers Dale, Derbys | 4.2 miles - Moderate |
| 22nd August | Turnerwood Watery Walk | 4.8 miles - Moderate |
| 26th Sept | Matlock, Oker & Darley Bridge, Derbys | 4.9 miles - Moderate |
| 24th Oct | Wollaton Park | 4.8 miles - Easy |
| 28th Nov | Calverton | 3.4 miles - Moderate |
| 26th Dec | None | |

GARDENING GROUP

Mansfield u3a Gardening Group meeting on Tuesday 5 December

Christmas flower arrangements by Jane of Minster Flowers.

This was the last meeting of the Mansfield u3a Gardening Group for 2023. Considering the weather conditions were appalling, we had another fantastic turnout, thanks to the determination and dedication of Marilyn Dibble our Group Leader, assisted by Janet Whitlam, doing a wonderful job on the door collecting subs and raffle monies.

Our tea ladies once again did a fantastic job, with Teas/ Coffees, and the wonderful buffet at the interval, gorgeous veggie rolls and mince pies all made by Marilyn - went down a treat. Our Group were subjected to an amazing display of (it looks so easy until you try it) flower arranging by the wonderful and very entertaining Jane of Minster Flowers, look her up on Facebook under Minster Flowers. Jane put together five incredible arrangements all with a festive feel.

These were kindly raffled off following our social gathering of tea /coffee and a chat. Yet again, another wonderful Group meeting. This is a "must join Group" for, not just the keen gardeners, but small patch gardeners and the like.

There is something for everyone. The photographs show our lucky raffle winners. Our raffle prize is proudly presented on our dining table. Well done to all attendees. Just leaves me to wish you all a happy and healthy New Year 2024. Bill Harrison.



Jane of Minster Flowers



Lois King raffle winner



Elizabeth Ellis raffle winner



Carole & Bill's raffle prize

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

groups.

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.

| January 2024 | | | | | < | |
|--------------|----|----|----|----|----|--|
| S | М | т | W | Т | F | |
| 31 | 1 | 2 | 3 | 4 | 5 | |
| 7 | 8 | 9 | 10 | 11 | 12 | |
| 14 | 15 | 16 | 17 | 18 | 19 | |
| 21 | 22 | 23 | 24 | 25 | 26 | |
| 28 | 29 | 30 | 31 | 1 | 2 | |
| | | | | | | |

| AFTERNOON TEAS Second Saturday of every month 2pm – 4pm | Sheila Whalley 01623 453908 | 9 | Meets in 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 |
|---|--------------------------------|---|--|
| | | | sometimes the dates have to change so keep looking. |

| ANTIQUES & COLLECTABLES | Patricia Blackwell | There is a different topic at each |
|---|--------------------|--|
| Second Tuesday of every month 10 am – 12 noon St Peter's Centre | 01623 481745 | meeting. 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. That way we all learn something. 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 | Marilyn Jones | Often we are all working on a |
|---|-----------------------|--|
| Marilyn's home, Hillcote. Every Wednesday 10am-12noon. Overflow group Every Monday at the same time. | 01773 819155 | single project, or, at times, members may be making different items. |
| | Mobile : 07803 244841 | Members can source their own materials singly, collectively, or can buy from Marilyn from her stock at cost price. (Group on Wednesday is currently full). |

| Times and meeting places Vary.Image: Second Line Construction Plane Line Notting frameshire, Derbyshire, Yorkshire and Line Conshire. Plus occasional overseas visits. Members are asked to bring their own first aid kits. Suitable forotweir and clothing to be worn. Food and dirink for planes are asked to bring their own first aid kits. Suitable forotweir and clothing to be worn. Food and dirink for planes are required and binoculars or telescopes if required. In case of emergency card "should be with you at all times.BOARD GAMES Fourth Saturday in month. 7pm - 9.30pm The Rushley, Nottingham Road, Mansfield.Sheila PeggJust come along to enjoy a pleasant evening playing board games. Cost of a drink for yourselfBOWLS (Summer). Lammas Centre Sutton (Winter).Paul Sanderson Paulsanderson168@gnail.com O7592016691Outdoor coaching will take place every week for 5 weeks. Every session will be organised by DBS checked, registered coaches. The outdoor bowls coaching starts on Tuesday 2 May. 12.15 - 1.45BRIDGE First and Third Mondays 6.30 - 9 pm. The Rushley, Nottingham Rd. Mansfield.Sheila PeggJust turn up. We can sort out a partner if you come alone. We are a friendly group, playing for fun. Equipment provided.CALIGRAPHY Second and Fourth Wednesday Monthy 1.3.00pm Leader's homeMarilyn Jones 01773 819155 01773 819157Course led by video tuition and lots of parcine. Members, ai well as learning ard indexing skills on the | BIRD WATCHING & WILDLIFE | Val Hart & Ken White | Visits to various places of interest |
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| well as learning card making skills, | | | |
| Anna 2000 at Friends Masting 07554040700 bave a lovely part to take home | Last Tuesday monthly | | |
| | 1pm – 3pm at Friends Meeting | 07554012769 | have a lovely card to take home. |
| House. Rosemary St, Mansfield NG19 6AB.jwpttls@hotmail.co.ukContact Jill to find out if there are spaces. | • | jwpttls@hotmail.co.uk | |

| CLASSICAL MUSIC 1 | Michael Allen | Music is played and discussed. |
|---|----------------------------|--|
| | Michaelallen446@gmail.com | |
| Group Leader's home. | | |
| Fourth Monday monthly | | |
| 2-4pm. | 01623 653345 | |
| | 07565 936859 | |
| CRAFTY CHAT | Stephen & Stella Hall | Just bring along something you |
| Group is run during termtime only at the Quaker Room, 124 Rosemary St. | hall.s@hotmail.co.uk | want to be creative with or just come along for a chat. A charge of $\pounds 12$ is made per term to cover room hire and refreshments. |
| On 3 rd Monday 2-4pm. | 07940460250 | New members welcome. |
| | Graham Headworth | We have some your interacting |
| CURRENT AFFAIRS Mansfield Bowling Club NG18 7AP First Friday of the month. 10 am – 12 noon. | 01623 468883 | We have some very interesting discussions which can be quite lively, especially when we are discussing Westminster matters. We are always friendly. Members of Mansfield u3a welcome but restricting to 15 guests. Contact Graham on above number for availability. Charge to cover cost of room hire & refreshments. |
| FAMILY HISTORY | Valerie Wood & Ken Gilbert | The group enjoys researching |
| | v.a.l.woody11@gmail.com | family histories and welcomes new members with similar interests. |
| Members' homes | | Members share their family history |
| Fourth Tuesday monthly | | research, photographs, maps and artefacts. We also guide members |
| Except for August & Dec | kattaria@gmail.com | to which websites to use for their research. |
| 10 am - 12noon | | New members welcome |

| GARDENING AND GARDEN VISITS | Marylin Dibble | Garden Group Members pay £16 |
|---|-----------------------------|--|
| | dandmdibble@gmail.com | twice a year to cover room rent fees. |
| St Peter's Centre NG18 1AP. First Tuesday monthly. 10 am –12 | | |
| noon | 01623 634805 | Guests most welcome at £5 per session. Cash or cheque payable to Mansfield & District u3a. |
| | | |
| HISTORY GROUP | Philip Tucker | If you have a particular passion for some historical event, by all |
| Mansfield Bowling Club | | means bring it forward. All our meetings are friendly, with tea |
| Third Wednesday monthly 10am - | | and coffee and sometimes home- |
| 12 noon | | made cakes. Funds permitting, |
| £2 per session | 01623 437516 | we may hire an external speaker at least once during the year. |
| | Philip.tucker1@ntlworld.com | |
| MANSFIELD PALACE THEATRE | Julia Hyde | Details of the shows on offer will |
| GROUP | 0 | be advertised at the meetings and |
| | | on the website. |
| | | |
| | 01623 514806 | |
| MINI BREAKS | Jacqui Hampshire | Details of breaks on offer will be |
| Various | | advertised at the meetings and on the website. |
| | 01623 239210 | |
| | Jhampshire09@talktalk.net | |
| PATHFINDERS WALKING | Val Hart and Ken White | Shorter walks of 3-5 miles, longer |

| PATHFINDERS WALKING | Val Hart and Ken White | Shorter walks of 3-5 miles, longer walks 5-7 miles |
|--|----------------------------|---|
| | Valerie.hart@hotmail.co.uk | |
| Times and dates vary | 07745 208248 | |
| The events are free except for cost of transport if required and any | ken@atrain.org.uk | Members should bring their own first aid kits and emergency |
| entry fees. | | contact cards at all times. Suitable footwear and clothing to be worn. Food and drinks for picnics as required. Please visit website or contact Valerie or Ken for details. |

| POPULAR MUSIC Members' homes | Elizabeth Ellis 01623 644429 | The Group has been running successfully for nine years. In March instead of our usual meeting, we have lunch and a music quiz at the Carnarvon Arms, Teversal. |
|--|---------------------------------|---|
| Fourth Tuesday of each month. 2.00pm-4.00pm | | |

| READ A LITTLE ALOUD | Sue Howlett | We read extracts from books, |
|--|--------------|---|
| Members' homes Second Friday monthly 2.00pm – 4.00pm | 01623 627423 | poems etc and then discuss. Books 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 promote discussion about reactions to the subject. We don't delve into criticism or style of writing. We always fly off on a tangent and it's surprising where it leads us! If a member prefers to just listen and not read aloud that's fine. Currently the group is full. |

| READING GROUP 1 Group Leader's home or Members' homes | Peter Dawson 01623 882191 | 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. |
|---|------------------------------|--|
| Third Thursday monthly 2.00pm – 4.00pm | | |

| READING GROUP 2 Sylvia Slack's home | Sylvia Slack | Our members are supplied with the same book to read and then we meet for discussion. |
|--|--------------|--|
| 2.00pm-4.00pm Third Tuesday monthly | 01623 481721 | |

| Sylvia Newlyn and Ian Lakin Image: Sylvia Newlyn | Mansfield u3a's Shufflers hold social meetings for members who have problems that restrict their mobility. This has enabled members to continue enjoying friendships 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. |
|--|---|
| | Please have your "in case of emergency card" with you at all times. |
| Sue Howlett, Valerie Hart and Ian Lakin | It is a good way to improve your health and to make new friends. At the end of the walk there will be opportunity to have refreshments. |
| Sue 01623 627423 Valerie 07745 208248 Ian 07989668275 | Please have your "in case of emergency card" with you at all times |
| Yvonne & Mick Kennison | Tennis is played on a badminton court and normal rules apply, but we play with soft tennis balls.£10 for four months paid in advance.Equipment provided.No black |
| | Sue 01623 627423 Valerie 07745 208248 Ian 07989668275 |

your "in case of emergency card"

with you at all times

| SOLO DINING | Sheila Pegg | | This group enjoys the company of other single people in a friendly atmosphere. |
|--|--------------|---|--|
| First Thursday in the month for evening meal. | ACC | R | An evening meal is arranged at various dining locations. Sunday lunches have also proved to be popular. |
| Third Sunday in the month . Times vary | 07883 720657 | | It is with 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 we will certainly let you know through this newsletter. Many thanks to the loyal support of our existing members. |

| TAI CHI GROUP | Lorna Pye | Within our group, you work amongst friends, within your own |
|--------------------------------------|-------------------------------------|---|
| Monday weekly 10.30 am – 11.30 am | | ability, standing or sitting 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 |
| £30 per term. | 01623 636060 07712 029262 | calm movements, focuses on deep breathing and is known to reduce chronic stress and improve health and emotional well-being. With all |
| Bethel Chapel, Nottm Rd. | We do have two spaces at the moment | these benefits it comes to u3a members highly recommended. |
| | | |

| WINE APPRECIATION GROUP 1 Third Wednesday monthly 7.30 pm | Mike Allen Michaelallen446@g | <u>şmail.com</u> | We do have two spaces at the moment. If anyone would like to come and give it a try. Please |
|---|---------------------------------|------------------|---|
| Members' Homes | 01623 653345 07565 936859 | N | contact Mike Allen on the above contact details. |

| WINE APPRECIATION 2 Fourth Tuesday monthly 7.30pm | Graham Allin | 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. |
|---|--------------|---|
| | 01623 473662 | |

| WRITING FOR PLEASURE | Hilary Miller and Susan Ford | Mansfield u3a members enjoy writing for the pleasure of it – simply that. |
|--|---|--|
| Second Monday monthly 2.00pm – 4.00pm. Friends Meeting House Rosemary St, Mansfield | | Get your ideas and words flowing and share them with others in an entertaining and happy two-hour session. |
| NG19 6AB We pay three times a year. Cost per session £3 | Hilary 01623 620067 Susan 01623 844286 | We write on a variety of subjects including found poetry, free verse, many different story titles and even the odd limerick. We currently have room for two more members. |

Please note the following telephone numbers are the correct ones which should appear on your Membership Cards : Val Hart - 07745 208248, Ian Lakin - 07989 668275, Lorna Pye - 01623 636060

IMPORTANT NOTICES - <u>First of all, here's hoping everyone is keeping safe and well</u>. If anyone is struggling or needing any help in any way, please don't hesitate to let any of the Committee know. We will do our best to help in any way.

Subscription costs for the current year have remained the same - £16. New members £18 and £12 for Associate Members. Cheques payable to Mansfield & District u3a. Online payments can be made. Contact the Treasurer, Gill Mallinder for bank details. Membership forms can be downloaded from the finance page on the Website. All current members must fill in all sections to comply with data protection laws when paying their subscriptions.

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

Changes of address etc. Please let Jean Hatton, Membership Secretary know to keep our records up to date.

If you have any health issues that you think may affect your participation in, or enjoyment of, the activities of Mansfield 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, please obtain one at the next Members' meeting.

Should you not wish to be included in any photographs taken whilst members are engaged in any activity, please let the photographer know as otherwise we will assume your consent has been given

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.