

THE THIRD AGE TRUST



THE UNIVERSITY OF THE THIRD AGE

Mansfield and District U3A Newsletter



Established 1999

February 2011

Website: www.mansfield-u3a.org.uk

Noticeboard: <http://mansfieldu3a.blogspot.com>

Welcome from your chairman and committee

HURRAY! The worst of the winter is over, and we can see the nights beginning to draw out. The snowdrops are out, and the daffodils will soon be following them.

Many of our events suffered as a result of the severe snow and ice in November and December. Some were cancelled, and few didn't suffer from lower than normal attendance. Nobody can be blamed for not wanting to turn out in such conditions, but full marks for those who did! We hope the effort was worth it.

However, January saw a marked improvement in the weather, and our interest groups are once again operating at "full steam ahead", and providing enjoyment to their members.

I'm delighted to welcome Mike Allen as Vice Chairman. He needs no introduction as there can be few members who don't know him already as Speakers Secretary, as leader of our Theatre Visits and Wine Appreciation 2 groups and supporter of the Luncheon Club.

We hope that our new members are already feeling at home in the Mansfield U3A, and enjoying the fellowship and friendship by joining one or more of our interest groups.

Hopefully, the Coffee Morning for new members on the 7th of February will have stimulated some ideas!

If anyone has an idea for a new and different interest group, don't be hesitant in coming forward and mentioning it. Remember that all our groups started life as somebody's good idea!

Max Clarke

Speakers corner

THE SPEAKER this month is **David Darby**.

David lives in Cotgrave and is, by his own admission, a theatre 'anorak'. His interest in the theatre started early and he has been an amateur actor since 1964. In between shows, he has been a Junior School Headteacher in Derbyshire and Notts (Clifton, to be precise), retiring in 2005 to talk about the theatre – his other subjects include Noel Coward and Sir John Gielgud.

A particular interest is finding the errors in theatrical biographies – far more occur than you might think, and the errors range from factual ones to autobiographical embroidery by famous Thespians!

We welcome him today with his talk on the subject '**It's Behind You**', the story of Pantomime.

Mike Allen

Dates for your diary ([Check the website](#) for more information and updates.)

Sat. 19th Feb: FUN QUIZ NIGHT at Queen Elizabeth's School Hall. 7.00 pm. Cash prizes. Tickets £6 each including supper. Bring your own drinks and glasses. (See opposite)

Fri. 4th March: COMMITTEE/CO-ORDINATOR'S MEETING at the Oakham Suite. 10 -12.

Tues. 12th April: THIRD AGE PROM at John Fretwell Complex. 7.00 pm. £16 inc hot buffet and entertainment. Pay bar. Details from Rita Turner (660003) or Sylvia Slack (633981)

26th/28th April: RESIDENTIAL SCHOOL, Myerscough College, Preston. Details from Carole Justice (491809)

Fun Quiz Night - Saturday 19th February 2011 **Queen Elizabeth's School Hall. 7.00 pm. start.**

BUFFET supper included but please remember to bring your own drink and glasses.

Parking – there is plenty of parking at the school. Both barriers on the drive up to the school will be open and we can use all the parking at the front of the school and also the large car park.

Further details – Pauline Boucher 01623 644798 (paulineannboucher@yahoo.co.uk)

Holiday Notices

The Isle of Man 15th – 21st May: You should be bringing to my table today either your cheque for £29.50 payable to **The Coach Holiday Warehouse Ltd.** (having taken the firm's insurance) or details of your own insurance handed to me on paper please; that is: Insurance Company name, their telephone number, your policy number and the medical emergency telephone number. *Remember insurance for this holiday is compulsory and has to be sent in by the end of February.*

The balance of £349 must be paid in March at the next meeting – cheques to be paid to Sherwood U3A – after which, one large cheque will be sent on to the holiday firm.

The Loire Valley 10th – 18th July: Referring to the 'Just For Groups' document which I distributed to you all before Christmas – I expect the detached first page in today completed as instructed. Those of you who have decided to take the firm's insurance should be returning this sheet with a cheque to the value of £34 made payable to **Just for Groups.** Those who have your own insurance need to return the sheet having filled in both sections.

Remembering that I need this sheet before the end of February and in case you have forgotten it today, you will need to send or bring in this information to me at 91 Chatsworth Drive, Mansfield, Notts. NG18 4QU.

Margaret Burlinson

Recent Events

Members' Day

THE HALL was packed in January for our annual members' day, when members entertain us with presentations in place of our usual speakers.

This is always a popular event and thanks are due to Glenis Carr (centre), flanked by (l-r) husband Harry – whose planned talk about life in the CID had to be postponed, Eric Prescott – who talked about his love of music, John Florence – who had us all in stitches with humorous tales about cricket, June Fell – leader of our Singing for Fun group, who concluded the presentations with two songs conducted by Suzy Fell, Ray Reader – whose working life in the NHS was based in several local asylums and Ian Boucher – an ex-Mansfield Brewery manager who traced the company's history.

David Ling



Thoresby 2011

ANOTHER very enjoyable Winter break at Thoresby Hall was enjoyed by over 100 members from local U3As in January.

After the snow and biting cold weather in December members took advantage of Thoresby's first class facilities and enjoyed a range of activities from dancing, archery, yoga, walking and much more to enjoy a four night break which has to be the bargain of the year!



The Thoresby Players again provided excellent entertainment in the form of short sketches, an afternoon farce and lively shows in the evening.

Some members preferred just to relax with a good book or enjoy the swimming pool, spa and gym.

Thanks again to Terry and Lilian Whitehead for organising the whole thing and to Terry in particular for hosting the daily teatime Quiz which was enjoyed by all those who attended – non U3A members included.

Pauline Boucher

New Year Social

ST JOHN'S Centre was the venue for the first social event of 2011. Approximately 50 members enjoyed a pleasant evening – eating, drinking, completing quiz papers and generally making merry in our time-honoured fashion.

Entertainment was provided by our own raconteur Mr John Florence followed by the first (and only) performance by The Odd Bedsocks Players who gave their truly forgettable rendering of *Cinderella on a Shoestring*.

All five parts were played by Mesdames Slack and Turner with Mrs Pat Blackwell as narrator.

Rita Turner



***There are more photos of all these [events on the website](#)
Groups News starts on page 9 ...***

*You're getting old when you're cautioned to slow down by your doctor instead of the police.
I tried to daydream, but my mind kept wandering.
I used to be indecisive, now I'm not so sure.
I used to be schizophrenic, but we're all right now.*

Key to Meetings details:

THIS TABLE SHOWS THE DAY of the month, time and frequency using the first two letters of the day, followed by numbers 1 - 5 to represent the week number. The final letter M (or F or W) indicates that the group meets monthly, fortnightly or weekly.

So "Tu2. 2.30 M" would mean a group meeting on the 2nd Tuesday at 2.30 pm monthly.

The main Mansfield and District U3A meetings are held on the third Tuesday of each month (except for August and December) at the Oakham Suite, Nottingham Road, Mansfield from 10 am - 12.30 pm.

Interest Group	Meetings	Meeting Places	Leader/Contact
Art Appreciation	Mo1, 2.00 - 4.00 M	Baptist Church, Rosemary St.	Pauline Boucher 01623 644798
Next Meetings: 7th March – <i>Jack Vetriano</i> ; 4th April – <i>Members' contributions</i> Next Visit: Friday 6th May – Upton House. (<i>A joint visit with the Garden Visits Group</i>)			
Beginners' Bridge (With Ashfield U3A)	Mo, various dates, 6.30 - 9.00	Enviro Centre, Derby Rd College, Mansfield	Maxine Rose / Edith Senior 01623 654022
Next Meetings: 28th February; 14th March; 28th March; 11th April (Also Acol sessions at the Mechanics Institute – Th, 10 - 12.30 W)			
Chat and Stitch	Mo3, 2.00 - 4.00 M	St John's Centre, Mansfield	Marion Owens 01623 634408
Next Meetings: 21st February; 21st March; 18th April; 16th May; 20th June			
Current Affairs	Tu2, 2.00 M	Friends Meeting House, Mansfield	Norma Shillinglaw 01623 466934
Next Meetings: March 8th; April 12th; May 10th; June 14th			
Digital World	We3, 2.00 - 4.00 M	TBA	David Ling 01623 822994
Next Meeting: March 16th; April 20th – Visit to Burton Joyce U3A photography group.			
English Country Dancing *	Sa3, 2.00 M (except as below)	South Forest Leisure Centre	Jean Kirk 01623 480207
Next Meeting: 26th February; 26th March			

All members are invited to contact the relevant Group Leader if they would like to participate in any interest group or attend an event. **NB: * indicates a waiting list.**

A senior citizen was driving down the M1 when his mobile rang. Answering, he heard his wife's voice urgently warning him, "*Clarence, I just heard on the news that there's a car going the wrong way on the M1. Please be careful!*"
"*Hell,*" said Clarence, "*It's not just one car. It's hundreds of them!*"

Interest Group	Meetings	Meeting Places	Leader/Contact
Family History	Tu4, 10.00 M	St John's Centre Mansfield	Pat Blackwell 01623 481745
Next Meeting: February 22nd – <i>'Flesh on the Bones'</i> ; March 22nd – Record keeping			
Film Studies *	We1, 1.30 M	Joy's home	Joy Crowe 01623 645400
Next Meetings: 2nd March; 6th April			
Garden Visits	During the Summer	Various	Marion Thornton 01623 651528
Next Visits: 6th May – Upton House Gardens. (Joint visit with the Art Appreciation Group); 10th June – Trentham Estate village (AM) and the Dorothy Clive Garden (PM)			
Gardening	Tu1, 10.00 M	St Peter's Centre, Mansfield	Avril McGee / Freda Cooper - 01623 452688 / 01623 621173
Next Meeting: 1st March – <i>Grow Your Own for Beginners</i> ; 5th April – <i>Hardwick</i>			
Holidays (Home & Abroad)	Various	TBA	Margaret Burlinson 01623 632538
Next holidays: 15th - 21st May – <i>Isle of Man Little Railways*</i> ; 10th - 18th July – <i>Loire Valley Châteaux and Wine</i>			
Introduction to Internet use	Various	Stanton Hill Baptist Church	Terry Whitehead 01623 626991
Next Meeting: Contact Terry			
Luncheon Club	Th3, 12.30 M	Various	David Ling 01623 822994
Next Meetings: 17th Feb. – <i>An Indian Adventure</i> at Ve Raj, Ravenshead; 17th March – <i>St Patrick's Day</i> at the Cross Keys, Epperstone			
<u>Music Groups</u>			
Classical Music 1 *	Th2, 2.00 - 4.00 M	Members' homes	Alan & Marlene Radford 01623 427934
Next Meetings: 10th March – <i>Gounod</i> with Marlene and Alan; 14th April – <i>Mahler</i>			
Classical Music 2	Mo4, 2.00 - 4.00 M	Members' homes	Peter Hart wef March 01623 624224
Next Meetings: 28th Feb. – <i>Dvorak</i> with Mike; 28th March – <i>French C19/20</i> with PeterH			

Interest Group	Meetings	Meeting Places	Leader/Contact
Music 2 *	Mo4, 2.00 - 4.30 M	Members' homes	Eric Prescott 01623 631160
Next Meetings: 28th February – <i>Memories</i> ; 28th March; 25th April; 23rd May			
Popular Music Appreciation	Tu4, 2.00 - 4.00 M	St John's School, Mansfield	Peter Haynes 01623 451053
Next Meetings: 22nd February; 22nd March; 26th April Next Concert Visit: TBA			
Pudding Club	Tu1, 4.00 M	Members' homes	Sylvia Slack 01623 633981
Next Meetings: 1st March at Janet's; 29th March at Sylvia's; 3rd May at Janet's			
Reading 1 *	Th3, 2.00 - 4.00 M	Peter Dawson's home	Peter Dawson 01623 882191
Next Meetings: 17th February; 17th March; 21st April			
Reading 2	Tu3, 2.00 - 4.00 M	Ravenshead Library	Joan McDonald 01623 511713
Next Meetings: 15th February; 15th March; 19th April			
Science & Technical	Tu1, 1.30 - 3.30 M	Stanton Hill Baptist Church, Albert St.	Ian Boucher 01623 644798
Next Meetings: 1st March – <i>Cottam Power Station</i> ; 5th April – <i>Falkirk Wheel</i> Next visit: TBA			
Scrabble	Mo2, 2.00 - 4 .00 M	Brenda Thurkettle's home	Brenda Thurkettle 01623 628136
Next Meetings: 14th February; 14th March; 11th April;			
Singing for Fun	Th2&4, 7.30 F	Brunts School, Mansfield	June Fell 01623 623547
Next Meetings: 24th February; 10th & 24th March; 7th & 21st April Next Performance: TBA			
Sunday Lunchers	Su, Various	TBA	Jessie Best 01623 628671
Next Meetings: Please contact Jessie			
Tai Chi	Mo, 9.30 - 10.30 W	St John's Centre Mansfield	Cliff Laycock 01623 481985
Next Meetings: Feb. 21st & 28th; March 7th, 14th & 21st; April 4th, 11th, 18th & 25th			

Interest Group	Meetings	Meeting Places	Leader/Contact
Theatre Visits	Various	Various	Mike Allen 01623 653345
Next visits: March 4th, Mansfield Palace Theatre. 7.30 pm – ' <i>Oklahoma!</i> ' March 23rd, Royal Theatre. 2.00 pm – ' <i>Yes, Prime Minister</i> '; July 13th – Stamford			
<u>Walking Groups</u>			
Hikers <i>(all-day, 6 - 8 miles)</i>	Th1 & Mo3, 9.30 F	Tesco car park, off Oak Tree Lane	Peter Thurkettle 01623 628136
Next Meetings: 21st Feb – Whittington; 3rd March – High Peak; 21st March – Carsington			
Strollers <i>(a leisurely 2 miles)</i>	We2, 10.30 M	Various	Barbara Massey / Marion Thornton 01623 628357 / 01623 651528
Next Meetings: 9th March – Kings Mill Reservoir; 13th April – Teveral Trail			
Walkers <i>(an easy 4 - 5 miles)</i>	We4, 10.30 M	Various	Sylvia Slack 01623 633981
Next Meetings: 23rd Feb – Clumber (Burnt Oak Wood); 23rd March – Spa Ponds			
Whist	Various Sa, 7.30 M	Chatsworth Drive, Mansfield	Edith Senior 01623 654022
Next Meetings: Feb 26th; March 26th; April 16th; May 14th; June 18th.			
Wine Appreciation 2 *	We3, 7.30 M	Members' homes	Mike Allen 01623 653345
Next Meetings: Feb 16th – Chenin Blanc with Hilary (at Mike's); March 16th – Vin De Pays d'Oc / Fitou with Ron & Carol; April 20 – One wine, 4 openings			
Wine Appreciation 3 *	Tu4, 7.30 M	Members' homes	Graham Allin 01623 473662
Next Meetings: Feb 22nd – Wine Society Rising Stars with Barrie and Lynne; March 22nd – Argentina with Ron and Carol; April 26th – Portugal with Eileen & Graham			

BOOK TABLE REPORT JANUARY 2011

THE BOOK TABLE for January raised £37.20.

Just to remind you, we raised £467.03 during 2010. At 40p per book and 20p per magazine we actually undercut quite a large proportion of charity shops. How about a New Year resolution (bit late but we are all getting older)? Buy 2 books each month and bring two books back. A lot of members come into the Hall, find a seat and sit down. Do something more positive; come to the book stall, pick up a bargain and keep your annual subscription down.

Lilian Whitehead.

Groups News

Popular Music Appreciation

THIS IS the third anniversary of the music group and I would like to thank everyone for their support.

There are two places available, should anyone be interested please contact me.

Peter Haynes (451053)

Wine Group 2

THE GRAPE last month was Tempranillo – but not just the wine from Rioja. We included wines from Estramadura, Ribero del Duero and Navarre – all sources of good quality wines made from that grape.

Sticking to one region can lead to ignoring excellent wines from the neighbouring areas – Bordeaux wines can overshadow those from, say, the Dordogne, where a good Bergerac can be obtained for less than a very mediocre Bordeaux.

Anyway, we tasted the differences and came up with a winner. To our surprise, it was a super-market wine – Tesco Finest from Estramadura.

Mike Allen

Luncheon Club

THE LUNCHEON Club's New Year began in glorious spring sunshine with a full house at Mansfield's Lamb's at the Market, where Norma Shillinglaw had arranged a simple but varied menu we all enjoyed.

It was good to welcome several new members – I just hope Lamb's didn't set the standard so high that disappointments lie ahead!

Especially notable were the very efficient service and the piping-hot and beautifully-presented food so a return next January looks very likely!

Well done Norma!

Our next lunch will be on 17th February, when Mary Lewis is arranging an Indian Adventure at the **Ve Raj** restaurant at the Sherwood Ranger, Ravenshead, which has had some rave reviews. She's chosen a starter platter and a selection of mild and medium dishes for us to try but it may be too late to book a place by the time you read this as space is limited.

Space will also be limited on 17th March, when Maisie Hammond is arranging for us to celebrate St Patrick's Day at a return visit to the popular **Cross Keys, Epperstone**, for some Irish fare at it's home-cooked best. Cost will be £13.95 per person for three courses and details will be available at the Lunch Club table today so get your name on the list if you're able to join us. (First come!)

David Ling

Theatre Visits

THIRTEEN tickets have been booked for '**Yes, Prime Minister!**' on Wednesday March 23rd at the Theatre Royal.

It's a matinee performance, curtain up at 2 pm. I've booked the back stalls, Row S, seats 9 – 21 (13 in all). Because more than 10 booked, the seats now cost **£17.55**.

Could the following people please make cheques out for that amount to Mansfield & District U3A and give them to the Treasurer today if possible!

Those going are: Margaret Burlinson, Barbara Dixon, David and Jackie Ling, Malcolm and Jill Pullan, Edith Humphreys, Bessie Crisp, Janet Hartley, Jean Dalton, Reginald Dixon, Eileen Slater and Sylvia Slack.

Thanks.
Mike Allen

Holidays

Thursford Christmas Spectacular Cost £164 & £179 (singles) November 23rd, 24th & 25th

DUE TO the fact that the company has moved the start date to a week later, to the 11th November and I had applied for us to see the show on the 10th November, it means that I had to go for my second choice which is the 23rd November. If our application is accepted in March we shall now be staying at the 'Ramada Jarvis' in Norwich. You will be pleased to know that the 3-day break will cost less, with some of you appreciating an indoor heated pool and a gymnasium.

Details of the excursions will be decided after March when we will be told by Thursford Enterprises if our application has been successful.

Will those who have put your name down for Thursford come and see me ASAP if the new date does not suit you.

Margaret Burlinson

Thoresby 2011.

AS YOU MAY KNOW (or as you may not know as someone once said) I have been organizing a break for U3A at Warner's Thoresby Hall for six years now during January each year. This year we had 104 in the party, no-one had a valid complaint that I heard about (or perhaps people are getting to know me better and do not dare).

There are five U3As that participate and some people bring non-U3A friends with them. No problem with that.



Next year I have put the break back a couple of weeks. The original idea was a short break after Christmas while the evenings are dark and folks get depressed, so early January. Not too near the New Year because the senior kitchen staff will be taking their break then. Over the years we have got earlier with the date (keeping Monday to Friday). I had a word with my committee and she said if we put the break back one week it would interfere with Mansfield monthly meeting. Hence next year we are going Jan 23 to Jan 26 2012.

Obviously no prices yet but if you might be interested send an email to: thoresby2012@yahoo.co.uk and you will be kept informed of developments. No email? Phone me (preferably before my bedtime (10 pm)!

I do know there will be a shortage of single rooms, officially there are no single rooms at Thoresby and the normal supplement is 100%. For guidance, the four nights break

cost £180 pp for double (or twin) and £220 for singles but that price will go up. If they try to put it up too much we will not be going (and I have told them that).

Terry Whitehead (01623 626991)

Classical Music 2 (Change of Leader)

CLASSICAL MUSIC 2 was set up in February 2006 and I agreed to become co-ordinator (as it was called then!) for a year; in the event that year stretched to six but now I am to step down. Peter Hart has agreed to be the new leader (as it is called now) and will take over in March when he returns from holiday.

I have enjoyed looking after the Group and thanks to its members I now know rather more about classical music than I did at the start.

I know the group will support Peter as it has me and I look forward to listening to much more music in the future.

Thanks again to all the members and I should include also Alan Radford (leader of Classical Music 1) for his advice over the past six years.

Peter Crabbe

About the website ...

JANUARY brought another record number of visitors to our site with 597 logging-in – the first month we've passed the 500 mark. The most popular pages were [Interest Groups](#), [Recent Events](#) and [Holidays](#).

Many first-time visitors will have been new members, so for their benefit especially, I'd like to remind everyone that all interest groups have their own dedicated pages that the leaders keep up-to-date with meetings programmes and news of planned outings – and that you can sign-up on the home page side bar to be emailed automatically when anything changes.

Back issues of this newsletter are all archived in the [Documents](#) section so it's easy to catch-up with past events and print-off old issues if you want – or have lost any!

David Ling

A walk a day can keep dementia at bay, research shows

TERRY Whitehead spotted this in the Telegraph and we both think it's worth highlighting as one of the many health advantages Third Agers gain though participation in our interest groups – active ones such as the article highlights but also other brain-boosting ones like Bridge, Art Appreciation and Sci-Tech. (And even using our website to open the door to the continued learning that is the whole point of the U3A movement.)

There isn't room for the full article here but you can read the whole thing by copying and pasting <http://tinyurl.com/4zo95eu> into any internet browser.

Researchers discovered that just 40 minutes of moderate exercise in pensioners physically grows the brain and helps people boost their brain power.

The regular workout works on people already showing signs of dementia and loss of brain function, it was found.

Most elderly people experience some difficulty in remembering as an area of the brain associated with memory known as the hippocampus shrinks as we get older.

Around 820,000 in Britain suffer more serious dementia. But the new study suggests this can be warded off and even reversed with regular exercise.

Professor Kirk Erickson, a psychologist at the University of Pittsburgh, said: *"We think of the atrophy of the hippocampus in later life as almost inevitable.*

"But we've shown that even moderate exercise for one year can increase the size of that structure. The brain at that stage remains modifiable."

Art Kramer, co-author at the University of Illinois, said: *"The results of our study are particularly interesting in that they suggest that even modest amounts of exercise by sedentary older adults can lead to substantial improvements in memory and brain health."*

David Ling

Susie's husband had been slipping in and out of a coma for several months. Things looked grim, but she was by his bedside every single day. One day as he slipped back into consciousness, he motioned for her to come close to him. She pulled the chair up to the bed and turned her ear to be able to hear him.

"You know" he whispered, his eyes filling with tears, "you have been with me through all the bad times. When I got fired, you stuck right beside me.

When my business went under, there you were.

When we lost the house, you were there. When I got mugged, you stuck with me.

When my health started failing, you were still by my side.

And you know what?"

"What, dear?" she asked gently, smiling to herself.

"I think you're bad luck."

Next Issue

PLEASE SEND CONTRIBUTIONS for the March issue by email to mansfieldu3a@aol.com, or in typescript to the editor, as soon as you can and by 27th February at the latest. Thanks!

Editor: David Ling (01623 822994)

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