

August 2023 Issue No 88

MUSINGS FROM THE CHAIR



As I reflect on the last month I realise that the weather has featured heavily in my thoughts. Earlier in the month I was bemoaning the rain and chilly temperatures which were keeping me from one of my favourite pastimes, gardening. However, more recently I am thankful for our very unpredictable weather when I see the scenes of devastation caused by the wildfires in Europe and beyond! I always say 'be careful what you wish for' and in this case, a bit of rain is good for the garden!

We've had a couple of interesting trips this month the highlight of which for me, was the 1940's celebration at Woodhall Spa. A glorious day with surprises around every corner. Singers, dancers, vintage stalls, vintage cars, a fly past from the Battle of Britain Memorial flight, and many people dressed in period clothes....definitely worth the visit.

The National Trust group visited Hardwick hall and again the weather was kind to us apart from a very sudden storm which lasted about fifteen minutes!

The Committee are starting preparations for our AGM in September. The meeting itself is a formality and is usually done and dusted in half an hour or so but this can only happen if we prepare effectively. We need to get the necessary documents out to you for your perusal prior to the meeting, so keep your eye on your emails. Following my email a few weeks ago I have spoken to a few members who have expressed an interest in joining the committee but we're always looking for more. There are other roles that members might be interested in, to help us with the various jobs that need to be done. Meeters and greeters, setting up and clearing away on meeting days, technical support, tea and coffee helpers....the list goes on. So if you fancy getting a bit more involved please let me know. Remember, we are all volunteers and our u3a is only as good as it is, because people give their valuable time to support it.

It's almost time to pay membership fees again and Andrew, our membership secretary will be contacting you to let you know how to pay it. You can pay from now if you wish and the cost is the same as last year, £18 for full membership and £14 for associate membership. If you do pay in advance your membership will be covered until September 2024.

Best wishes
Geraldine Chaffe
Chair

MEETINGS FOR PROSPECTIVE MEMBERS - THE OLD FLOWER SHOP

Prospective Members are very welcome to come to our General Meetings. Our Membership Secretary always has forms and information to take away.

The week following the general meeting, we have at least two people at The Old Flower Shop at 934 Woodborough Rd, Mapperley, Nottingham NG3 5QS.

We shall be there **from 10.30 am to 12 noon** on **Thursday 3 August and Thursday 31 August.**

We book a table and are there to meet people who have recently joined or those who are thinking about joining our u3a. It's an opportunity for people to find out more about the groups and events so that they can make the very best of their u3a membership.

If you know of someone who is interested then please ask them to come and see us.

Save the Date :

General Meeting

Thursday 24 August at 10:00am

Thursday 28 September at 10:00am - AGM

Jump to :

[What's on at the Lace Market Theatre](#)

[What's on at the Playhouse](#)

NOTICES

NOTICE OF AGM

Our General Meeting on **Thursday 28 September** will also be our AGM, followed by a social with tea/coffee and cake, jigsaw swap, quiz and social. Make a note in your diaries to attend if you can. The meeting will also be available via Zoom.

Your Committee 2022-23

Geraldine Chaffe	Chair	Lesley Harrington	Committee Member
Carolyn Luckhurst	Vice Chair	Anna Harper	Committee Member
Andrew Harper	Business & Membership Sec	Elaine Khan	Committee Member
Val Girling	Treasurer	Elaine Lindley	Committee Member
Eileen Braham	Speaker Seeker)	Patricia Wright	Committee Member
Liz Hagan	Speaker Seeker)	Sue Cullen	Co-opted to Committee
Val Wilkinson	Groups Convener	Richard Hill	Co-opted to Committee

FROM OUR MEMBERS

HOW TO TALK TO ME by Maxine Linnell

Many thanks to Annabell Gallier for sending in this beautiful poem to share with members

What are you here for? Have you come to lecture,
test, assess?

What do you bring with you? What's your idea of
who I am?

Do you want to talk to dementia, or would you like
to talk with me?

Are you here to mourn who you think I was, to
soak me in your loss,
punish me for changing while you stay the same,
or try to push me back?

Are you here to show me that you care, to take
control,
make me do something you want? Are you here to
love me in spite of who you think I am?
Don't you remember me?

Are you holding back your anger and your fear?
You smother me in pity, I can't breathe.

Are you grasping for your version of the past?
Your mouth moves and your voice goes on and on.
Your smile, that's not a smile that I can feel.

Do you want to meet me, as I am?
Do you want to spend time with me?
Look how the light spills into the room.
Look at the grasses and the flowers outside,
don't they sway and dance in the breeze?
Could you and I dance with them?
I love to dance, in my own way.
Listen to my toes, dancing.

Put aside yourself and what you need from me,
just for now. We're here, you and I.
Take in this room. Take me in.
Maybe I have something to say.

A word comes out - it's wrong. You frown, sit
forward, strain to hear.

I try again, but I see you've gone already. You look
at your watch.

You look embarrassed.

And then I cry, or rage, give up.
I wish you'd go if you can't truly stay.
This hurts, you talking to me.

Let's start again. Take me in.
Be with me - maybe touch my arm.
Listen, deeper than you've ever listened
in your life. Listen to my hand,
restless in my lap. Listen to my eyes, my shoulders.
I'm here.

I may not be who I was or who you want
but I have gifts for you, and things to say.
I'm here, and in this space you've made now,
the thoughts begin to take a shape.
There's things I can tell you now you can hear.
And you can tell me how you feel inside.
I'd like to know.

My world is small, beautiful, deep.
Will you hold my hand, gently?
Listen, my fingers reach out to you.
I've learned so much, here.
I'd like to share my world with you
now you're alongside me,
holding my hand, listening.

Now it's you, and me.
Let's talk, together.

NAME ME LAWAND

Report on a Cinemates visit to watch this film at the Broadway Cinema

Until the film had started, I didn't realise it was actually a documentary film of the true daily life of this family and Lawand, and 4 years of his life that saw his parents decide to trek to the borders of Kurdistan heading for the UK. His parents wanted to give their son, Lawand, a chance in life. Lawand was born deaf, and was labelled and eventually asked not to attend school, as his frustration in not being able to benefit from his education came out in class. He became categorised as 'disruptive' by his school. This, alongside the bullying he experienced, gave him no chance of aspiring through education in any way and personally he was being denigrated by others where he lived.

Eventually the family crossed the channel to England on one of the infamous 'boats' but not before Lawand was spotted by a deaf man who volunteered around the migrant campsite in Calais. He told Lawand he wanted to help him. Through this man, Lawand and his family arrived in Derby and Lawand's rehabilitation educationally and personally began. The Royal Society's School for Deaf People is based in Derby so, with the help of the volunteer, the family headed up to one of our local cities, along the Brian Clough Way! And how

well he did! His older brother so much wanted Lawand and him to be able to converse, so he slowly learnt sign language as Lawand picked things up at the school and, eventually, his parents began to learn signing so they could all converse as a family.



There was the dreaded moment when there was the possibility that the family's application for asylum could be turned down, and how the school and the local community came together to advocate for the family to be able to stay. Appearing at court, to appeal against the refusal to allow the family to remain in the UK, it was Lawand himself who stole the show and persuaded the powers that be to reverse that decision. They at last had UK 'passports' (ie citizenship) and could stay.

Thinking of my own experience, I didn't realise the Royal Society's School for Deaf People was in Derby. What it reminded me of was doing an IT course at

Mackworth College in Derby when I worked for the local authority there. That college specialised in courses for deaf people and there were always people around you signing in the refectory. Now I understand why!

I have a feeling that Mackworth College became a victim of FE cuts. I hope there are still courses dedicated to deaf students. You could see how they could happily just get on with things in their own crowd.

On reflection, the thing that hit me the most was the sheer courage and dedication to parenthood for all their children by the parents. The risk and sacrifice is so much more immense than most people have to face, and they did it with such purpose and determination.

I didn't realise until the very end of the film that the campsite Lawand talked about with so much fear was Calais. Sorry to say it, but what we in the west do to people who merely want to aspire as providers in parenthood like any other parent, is unthinkable. I couldn't help but keep dabbing away the tears, but I'm glad compassion rather than bureaucracy and privilege prevailed in the end.

Sheila Bawar

NEWS FROM THE GROUPS

Photography

The themes for the Photography group this month were [Food](#) and [Depth of Field/Bokeh](#). Click on the links to view the photo albums.

Our themes next month are *Travel/Holidays and Still Life*.

If you'd like to join this friendly group please send an email to photography@madu3a.org, and for more information please [click here](#).

Local History

1 August - Nottingham General Hospital - presented by Dorothy Ritchie @ Mapperley Social Club (£3)

5 September - Hidden History of Wollaton Hall @ Wollaton Hall (£12 to be paid in advance using the code LHWH)

3 October - Nottingham Lido's - presented by Margaret Knowles @ Mapperley Social Club (£3)

All Welcome

Energy Efficient Cooking Group

This month we had the theme of sweet treats for the 2nd month. Over the past months we have made and tasted :

- a Victoria sandwich made by Georgina in her microwave, and
- a fruit crumble made by Maggie,
- biscotti donuts & fruit scones made by Val
- caramelised cinnamon bananas made by Sue
- all made in air fryers.

We consider the merits of everything and enjoy the tasting. Next month our theme is breakfast ideas.

Our group is full, but if anyone else thinks they could host a second group, I would be happy to give support and compare ideas.

Val Wilkinson



A Good Read

A Gentleman in Moscow by Amor Towle

I read this book during lockdown and it was a good choice. It's about a man whose physical environment has been restricted by circumstances. The story is set in post-revolution Russia but no great historical knowledge is needed to enjoy this very unusual but uplifting novel. I found it a real joy. My husband's reading preferences are either a good thriller such as something by David Baldacci or Michael Connelly or heavy non fiction history or politics, but he also was enthusiastic about it.

This book is the August read for Book Group 1 and so far there has been only positive feedback from members. I think this novel will be enjoyable for many different tastes.

Christine Bingham

Creative Crafts



We had a most enjoyable creative craft session learning how to paint a landscape with watercolours. There may not be too many that will be hung in the National Gallery but we had fun with our creations non the less.

The photo showing a finished painting is Janette's painting... what mine should have looked like!

Val Wilkinson



Family History

In June Richard was able to help several of us discover more about our ancestors. Anne Moore had family connections with the school which once stood on the site of the Lace Market Theatre, Sharon Rick and Arnold Harris had connections in different parts of the country investigated and I was presented with the name of a five times great grandfather!

July's meeting will hopefully have contributed to what Pam Gartside, Marion Wright, Anne Shipman and Paul Mullins know about their ancestors in the same way.

There is no meeting on 28 August, as it is a Bank Holiday.

Clair Wilkie

German Conversation

It was nice to see our friends again after our June break and to also welcome Karen, who is attending a few meetings to see if she would like to join our group.

We read, translated and discussed two very interesting articles. The first one about how artificial intelligence could enable the voice of John Lennon to be heard again on a new record which in being planned for the Autumn. The second article concerned the proposed reduction in Parental Allowance currently being discussed by the German Government.

Our usual, enjoyable chat and discussion followed. Sue told us about her recent trip to Berlin and Dresden.

Many thanks to Tricia for hosting our meeting in her beautiful garden and for the delicious, chocolate biscuits (a picture of which has been sent to Mike).

We look forward to seeing everyone again at our next meeting on 22nd August.

Joy Brown



Outdoor Activities



10 of us braved the weather to enjoy a fun morning, learning the basic skills of croquet. We then put our new skills into a game playing 2 against 2, which became quite competitive at least in my group!

The club provided volunteer coaches, who gave us tea and coffee, and showed us how to play.

A great fun morning and the weather stayed dry as a bonus. I am sure we will be visiting the club again.

Eileen Braham



National Trust Group

The weather forecast said heavy rain, thunderstorms and gale force winds not the ideal day for a visit by members of the National Trust group to Hardwick Hall!

Thankfully they got it wrong, yes it was windy but it was a lovely morning when we arrived there. We had an interesting talk from a volunteer giving us a potted history of the hall and then we were free to explore the hall. Admittedly it wasn't my favourite National Trust property as I found it quite empty, but if you're interested in tapestries then this is the place for you!



As we reached the kitchen, which was the final room, I noticed a flash of lightning followed by a sharp rumble of thunder. It was time to make a quick exit to the restaurant for a late lunch!

Unfortunately, we didn't make it and we made about 5 steps outside when the heavens opened and rain drops and hail stones the size of golf balls came down. Luckily we were able to get under the shelter at the front of the hall without getting too wet and we stood for 10 minutes watching the hail and rain pouring down.

Thankfully then the sun came out and we made our way to the restaurant dodging the puddles for a tasty lunch.

We all agreed that it had been a lovely day and we look forward to the next visit.

Geraldine Chaffe

Short Walks Group

Many thanks to Fay Darroch for sourcing and leading the Short Walk group on Friday 14 July. Only five members ventured out in the heavy drizzle to walk four miles along bridlepaths, through fields and hillsides in East Bridgford, taking in the spectacular views over the River Trent.

Short Walks take place monthly, in the morning of the second Friday. If you know a walk that is between 3 and 5 miles and would be prepared to lead members then please contact shortwalks@MaDu3a.org.



GENERAL MEETINGS

JULY'S GENERAL MEETING



Alison Gove-Humphries

'I have hope. I can look to the future.....He's given me my life back', so said Emily Cook about her lovely Hungarian Vizsla dog, Barna, who accompanied her to the fascinating and heart-warming talk given by Ann Hilton. It showed just what a difference such dogs can make to our lives.

Ann is a volunteer with the charity - Medical Detection Dogs. She gave us a potted history of the charity which is relatively new. The CEO of the charity is Claire Guest. She set it up after personal experiences with dogs identifying illnesses and consequent research with a doctor.

The charity has two arms: Bio-Detection dogs and Medical Alert Assistance dogs. Ann gave a detailed talk on Bio-Detection dogs and Emily then spoke about the difference a Medical Alert Assistance dog has made to her life.

Regarding detecting illness, it is all about the dog's nose. I found it astonishing when Ann told us that we have 5 million receptors in our nose whereas dogs have 300 million. We can sniff out sugar in a cup of tea, a dog could sniff out sugar in two Olympic swimming pools!!!! So a lot of the charity's work is training dogs to carry out early and accurate diagnosis of illness such as Parkinson's, COVID, cancer and Urinary Tract Infections. This is done by training dogs to pick up on a person's odour change. Early detection means a better prognosis for the patient and savings in money for the NHS. It was interesting to see pictures of how the dogs were trained.

The Medical Alert Assistance dogs can alert someone before they have a fit, can fetch help or medication. Emily told us that because of a complex neurological condition that developed when she was twelve, she had been unable to do normal things, be independent or go to university. Her consultant suggested getting a puppy. She got Barna when he was only eight weeks old. He turned out to be a natural 'alerter'. Emily noticed that five to ten minutes before she had a blackout, Barna would stare at her and give one bark. She said he had saved her life several times.. She has even been able to go to college and obtain a sign language qualification.

The cost of training these dogs is £29,000 a dog. Trials can cost £500,000 and last up to five years. For all its work HDD needs £2.5 million a year, £6800 a day, £5 a minute. An NHS call-out costs £250 and an overnight stay in hospital £1700 so using Medical Assistance dogs could actually eventually save the NHS a lot of money. Ann told us many ways we could help the charity. There were several questions asked and it seems that several of our members have had direct experience of being assisted by their dogs in medical emergencies.

We would like to thank the brilliant members of Mapperley and District U3A who raised a whopping £400 through merchandise and donations for this charity. Well done everyone and special thanks to Eileen for arranging such an interesting talk.



Ann, Emily and Barna

Alison Gove-Humphries

FUTURE GENERAL MEETINGS

24 August **Our member Linda Stevenson** **u3a Trip across the country**

From Nottingham to Berwick on Tweed by bus, then by train from there to lands end and then home by buses. Should be a fascinating talk about traversing the country!

28 September **Our AGM, and social meeting**

Yesterday, my husband thought that he saw a cockroach in the kitchen. He sprayed everything down and cleaned thoroughly.

Today, I'm putting the cockroach in the bathroom.

MaD u3a SOCIAL MEDIA

We are using social media such as Facebook, linking in with Mapperley People and other sites to attract the attention of people who may be interested in joining our u3a. It's working, but there's nothing better than having someone come along with a friend or neighbour. If you know of someone who is eligible to join us but they can't attend our general meeting or The Old Flower Shop meeting, please let us know by contacting membership@MaDu3a.org or chair@MaDu3a.org so that we can make sure they have all the information they need.

All potential members can join us for two meetings of any kind before deciding. Unfortunately, visitors (including grandchildren) are NOT allowed to join us for any of the walking groups, trips or visits. This is due to a restriction imposed by our insurance policy.


NEWSLETTERS

Our **MaD Moments Newsletter** is published monthly in digital format. Please contact our Chair Geraldine Chaffe on chair@madu3a.org or speak to one of the Committee members if you cannot receive the Newsletter via email.

THIRD AGE MATTERS MAGAZINE

If your household is receiving two copies of the **Third Age Matters** monthly magazine please let our Membership Secretary know [via this link](#) so that one of them can be cancelled - and if you no longer wish to receive TAM at all, please use the above link so that our Membership Secretary can sort this for you.

NATIONAL u3a NEWSLETTER

 The u3a National Newsletter is available for all members to receive directly if you sign up for it. To receive your monthly copy just [click on this link](#). There's lots of information there for everyone and it's good to see what is happening in u3as across the country. Click on this link for the latest edition - [National Newsletter - June 2023](#)

Nottinghamshire Network of u3as - [Newsbites June 2023](#)

Gedling Community and Voluntary E-Newsletter - [July 2023](#)

Gedling Health and Wellbeing Newsletter - [July 2023](#)

Nottingham Arrow Magazine - [Spring 2023](#)

HAVE YOU MOVED HOUSE? Please remember to let the [Membership Secretary](#) know if your personal details change. If you don't you may stop receiving Third Age Matters, email information and the Newsletter.

DO YOU HAVE SOMETHING TO SAY ABOUT MaD u3a?

If you have any concerns, ideas, problems or appreciation of or concerning Mapperley and District u3a that you would like to voice or share, please contact either your Chair Geraldine Chaffe at chair@madu3a.org or the newsletter editor Sue Cullen at newsletter@madu3a.org and they will do their best to deal with your issue or pass along your comments as appropriate.

DO YOU HAVE ANYTHING FOR THE NEWSLETTER?

We have had lots of lovely stories and contributions from our members in the past, and members have said how much they have enjoyed reading them.

And, we'd love to hear from you! A story or poem, a recipe, tips or tricks, a lesson learned or a near-disaster averted (or not!) - anything you think may be of interest to MaD members.

Send your contribution, with pictures if you have them, to the editor at newsletter@madu3a.org.

PUZZLES

Keep your little grey cells exercised with these puzzles. Answers at the end of the Newsletter.



The Little MaD Quiz

1. What is the term for a speed of 1 nautical mile per hour?
2. In Indian cooking, what is ghee?
3. According to the proverb, with what is the road to hell paved?
4. What is the popular name for the obelisk of Thothmes III which is in London?
5. What was the real first name of King George VI?
6. In which American state is Jim Beam distilled?
7. Of what is Ikebana a formal Japanese art?
8. For what are Lascaux in France and Altamira in Spain famous?
9. Bratislava is the capital of which country?
10. With which actress did Burt Lancaster have a memorable clinch in the film *From Here to Eternity*?

Should he spin again?

A guy is playing Russian roulette with a six-shooter revolver. He puts in one bullet, spins the chambers and fires at you, but no bullet comes out. He gives you the choice of whether or not he should spin the chambers again before firing a second time. Should he spin again?

Second decision

Same situation, but two bullets are put into consecutive chambers. Should you tell him to spin the chambers again this time?

What number should replace the question mark?

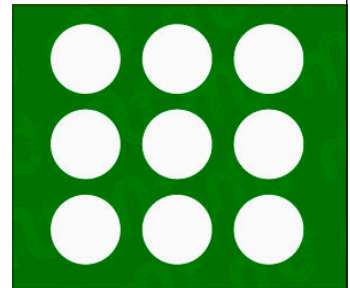
$$12 \times 12 = 9$$

$$23 \times 23 = 16$$

$$34 \times 34 = ?$$

9 Dot Brain Teaser

Connect the dots with no more than 4 straight lines without lifting your hand from the paper



Dingbats - what are the phrases depicted below?

<p>1</p>	<p>2</p>	<p>3</p>	<p>4</p>
<p>5</p>	<p>6</p>	<p>7</p>	<p>8</p>

INTEREST GROUPS

[Badminton Group](#)

The Badminton group meets at St Jude's Church Hall, Woodborough Road.

If you would like to join please send an email to badminton@madu3a.org

Angela Huggins

[Book Groups 1 and 2](#)

Book Group 1 meet once a month at Mapperley Golf Club to have a discussion on a chosen book. The deliberations are often wide ranging and always enjoyable and entertaining. The group is currently full but Book Group 2 is taking new members.

Martin Cooke

We may be Book group 2 but we're not playing second fiddle! Our group is small and friendly with opportunity for everyone to share opinions. We have really lively and interesting discussions across a wide and eclectic book choice. Meetings are held at a member's home and garden. A warm welcome is extended

We have space for a couple more members so if you fancy joining please send an email to

bookclub2@madu3a.org.

Diana Cooke

[Breakfast Club](#)

We have breakfast/brunch together once a month - future meeting dates for 2023 are :

Tuesday 29 August, Monday 25 September, Tuesday 31 October, Monday 27 November

If you would like to join the group please send an email to breakfast@madu3a.org.

Sue Cullen

[CineMates](#)

We go to Broadway independent cinema once or twice a month, usually on either a Monday or a Friday early evening, to watch a wide genre of films. We meet for a drink beforehand in the lovely cafe/bar and occasionally some of us stay to eat after the film.

To join this very friendly group, or for more information, please send me an email to cinemates@madu3a.org.

Eileen Braham

[Creative Crafts](#)

We usually meet on the second Monday of the month at 10:00am at St Jude's Hall, on Woodborough Road. New members are very welcome.

For more information or to join the group please contact craft@madu3a.org.

Debbie Foreman

[Creative Writing](#)

We meet once a month. We usually try to target ourselves to write a piece of around 1,000 words. If you wish to know more about our group, please email write@madu3a.org.

Carolyn Luckhurst

[Cryptic Crosswords for Beginners](#)

The group meets on alternate Wednesday mornings from 10.00 to 11.30 am at the Wetherspoons pub 'The Woodthorpe Top', on the corner of Woodborough Road and Woodthorpe Drive.

The group sets its own speed and helps newcomers to make headway at their own pace. If you'd like to join the group please send an email to crosswords@madu3a.org.

Elaine Khan

[Curry Club](#)

This is a very lively and friendly group of curry-lovers who enjoy monthly visits to curry restaurants locally or in Nottingham. The group meets once a month at 6:30pm, usually on the evening of the third Monday.

If you'd like to join us please send an email to curry@madu3a.org - you will be made very welcome.

Sue Cullen

Did you hear about the guy who overdosed on curry powder? He went into a korma

Energy Efficient Cooking

The aim of this group is to discuss and discover energy efficient cooking methods - air fryers, slow cookers, soup makers, pressure cookers, microwaves etc. We meet at the convener's house so numbers are limited to 8.

If you would like to know more please send an email to eeccooking@madu3a.org.

Val Wilkinson

Family History

For the next few months the Group will be aiming to help individual people with their research, so there is no specific topic.

Meetings are held at the Sherwood Community Centre, Mansfield Road on the 4th Monday of the month at 2:00pm.

Claire Wilkie

French Conversation and Culture

The French Conversation Group has grown in size recently with new members joining, from other u3a's as well as friends of group members. We are all always delighted to meet and chat with new people who swiftly become friends. We have now changed both time and venue to Mapperley Golf Club from 14.00 hours to 15.30 hours. The Club is really welcoming too, providing us (for a small fee) with big pots of (freely replenished!) tea.

The French Group provides a space for all levels and everyone always contributes; their knowledge, laughter, mistakes and insights. I get a lot of fun and increased knowledge and competence from convening this group. Everyone comes up with jokes, card games, photos, biscuits, cheese straws, new words and new faux pas. I think we DO epitomise the u3a slogan of learning, laughing and living to tell the tale.

Annabell Gallier

Games Group

We meet every Wednesday afternoon (2:00 to 4:00pm) at Mapperley Golf club to play various games. Some of our group meet earlier at the Golf club for a pre-games lunch.

New members are very welcome.

Marian Wright

Gardening Group

We are a friendly, cheerful group of enthusiastic people who share an interest in gardening. None of us are experts but we have willing hearts and minds, so why not join us? We meet on the third Monday of the month, starting at 10.15 am, at various locations, and sometimes we organise to meet at a member's garden or in our home.

For more information please send an email to gardening@madu3a.org.

We also have a WhatsApp Group so we can share current information, tips, hints etc.

Celia and Martin Lassetter

German Conversation

The German Conversation group meets monthly to chat about all things German. To join us, or for more information, please send an email to german@madu3a.org.

Joy Brown

Italian Speech

Do you speak some Italian? Would you like to improve? Come and join this very relaxed and friendly group of intermediate Italian speakers. We meet every Wednesday from 11:00 to 12:00 at Arnold Library.

To join, or for more details, please send an email to italian@madu3a.org.

Joice Hall

Jazz Appreciation

Each month there is a specific theme and we meet, via Zoom, on the first Thursday of each month to share our music choices. Our Zoom screens are pretty full but we'll always endeavour to make room for a keen jazzier or two - our aim is to do what we can to help jazzers improve their knowledge and enjoyment of this wonderful genre of music. We also have a WhatsApp group to share jazz-related stuff.

Interested?

Contact madjazzers@madu3a.org. If you're uncertain, you could join a session and listen in before deciding.

Bryan Ruskin

Lace Market Theatre Group

The Lace Market Theatre is Nottingham's small, independent, amateur theatre. This group goes to various productions at the LMT on Thursdays evenings. If you're interested or just want to be included on the mailing list for upcoming productions, please contact me at lacemarket@madu3a.org.

Richard Hill

Let's Sing!

Everyone can sing!

Let's Sing! usually meets on the first Tuesday of every month from 2.00pm to 4.00pm at Westdale Lane Community Centre, Westdale Lane West, Mapperley NG3 6ES.

This is a sing-along group, not a choir. Lyric sheets are provided and we sing well known rock & roll, pop, ballads and folk songs from the 50s, 60s, 70s and even a bit beyond. We have a keyboard to help lead the music, and may add other players.

You can just turn up on the day, regardless of whether you have signed up to the group, pay £2:00 which includes tea & coffee, and join in. There is parking on site or use Kenrick Road. The 25 and 45 buses stop right outside in each direction. If you do want to receive updates about the group, watch out for the Newsletter, sign up with the Let's Sing group at any General Meeting, or send an email to letssing@madu3a.org.

Gary Cawthorne

Literature

We read and discuss short stories by various authors. All the stories are provided by the convener as email attachments. We meet via Zoom at 2.30 on Tuesday afternoons.

As Convener, I will send one story each week, a week before the Zoom meeting, by email attachment. These stories will be annotated where necessary and appended to them. If you are interested but not sure if you want to commit yourself, you could request from me the title page, which includes a list of the stories I have chosen, together with my introduction and the first story, to see how you feel about it.

I look forward to hearing from any members or prospective members who are interested in joining in.

literature@madu3a.org

Jonathan Brown

Local and Live Music Group

We are a friendly group who enjoy the many lovely live music venues in and around Nottingham. If you love live music and would like to join please contact me on localandlive@madu3a.org.

Eileen Braham

Local History

The Local History Group Meetings take place in the bar area of the Mapperley Social Club on the first Tuesday of the month from 10:00am to 12:00 noon. For more information please contact me on localhist@madu3a.org.

Marian Donaldson

Lunch Club

The lunch club is going really well now with a lovely variety of places coming up.

Please contact me if you would like to join us, even if you have not previously listed your name as a member of the lunch club - lunch@madu3a.org.

Elaine Khan

MaD Girls

MaD Girls meets on the 2nd Monday of each month at 2:00pm at Mapperley Golf Club.

New members will be made very welcome. We buy a drink and then just chat. Sometimes we have set topics but conversation just flows. We try not to be too political or controversial.

If you would like to be added to the list please email madgirls@madu3a.org.

Val Wilkinson

MaD Men

This group is just for the men in our MaD u3a and the number of members attending the MaD Men is gradually increasing. We meet at 2.00pm on the third Monday of each month at the Mapperley Golf Club. The only cost associated with being a part of this group is the obligation to buy a drink of some sort.

We talk about anything and everything and enjoy each other's company. If you fit the criteria and would like to give it a try, please contact madmen@madu3a.org and I'll put you on the mailing list.

Anton Luckhurst

[Music Appreciation](#)

Our group continues to meet via Zoom on the first Monday of the month at 7.00pm. We find that this format works well for us. We focus on a theme for the meeting and everyone makes their music choice, gives us a little background on it and then plays it to us. We end up with a good, varied programme with different genres of music.

Do get in touch if you would like to join us - music@madu3a.org.

Joan Davis

[Outdoor Activities](#)

This group enjoys a wide selection of outdoor activities. It's a very friendly group and we have a lot of fun.

For further information on the above activities please contact me on outdoor@madu3a.org.

Eileen Braham

[Photography](#)

Would you like to join this friendly and supportive group? We'd be delighted to have you. You don't need to be an expert or have any previous experience - you just need enthusiasm and a digital camera or smart phone to take photographs following the month's theme. Photos are submitted via email, then we view and discuss all images at our monthly Zoom meeting. There is no judging or criticism, just general chat about our choice of pictures and how and when we took them.

To join the group, or for more information, please send an email to photography@madu3a.org.

Sue Cullen

[Playhouse Theatre Group](#)

This group visits various performances at the Nottingham Playhouse.

Information on future visits is available on the [website](#) and at our monthly meetings, or you can send an email to playhouse@madu3a.org.

Lesley Harrington

Travelling to Nottingham Playhouse by car?

Validate your parking at NCP Mount Street or NCP St James Street using the ParkPass NCP app: [NCP app](#).

You will need to use the SaverID for Nottingham Playhouse visitors to get your parking discount: NTPL4H

[Play Reading Group](#)

The Play Reading group meets at the Convener's home on the first Thursday of each month from 1:30pm to about 4:30pm, so that we have time to read through a whole play. The group is full at the moment but if you'd like to be put on the waiting list please contact me on playreading@madu3a.org.

Sue Cullen

[Table Tennis](#)

This is a really fun group and just gives us that little bit of exercise that many of us need.

We meet on the 2nd Tuesday of the month from 2.00 to 3.15pm at the Sherwood Methodist church hall. There is a limit on numbers because we need to ensure that everyone gets a fair share of games.

We currently have 14 members signed up but usually get 6 to 8 max. We need 8 as a minimum each time to cover room rental and allow sufficient rest time between games.

Would you like to join us? If so please contact me on tabletennis@madu3a.org.

Val Wilkinson

[Walking Groups](#)

Strollers

Strollers walks take place on the first Friday of each month and are for those people who don't usually walk a great deal or wish to walk at a gentle pace in the company of others. Well behaved dogs are welcome.

Members who have already registered interest will receive an email with details. If you are not already registered and wish to join us, please send an email to strollers@madu3a.org.

Carolyn Luckhurst

Zoom meeting tip - blowing on the wine in the mug will help convince everyone that your tea is hot

Short Walks

Our Short Walks are usually between 3 and 5 miles and take place on the second Friday of each month. If you have a walk that you would like to share with the group, please let the convener know by email to shortwalks@madu3a.org. Members who are registered with the Group will receive an email giving full details of the walks. If you are not registered and are interested then please email to shortwalks@MaDu3a.org.

Carolyn Luckhurst

Wine Appreciation

The Wine Appreciation Group meets in person once a month. Although this meeting can't accommodate any more members, the weekly Zoom MaD Wine Bar welcomes all MaD members for a convivial drink and chat, as well as continuing to learn about wine. Yes, it is educational! We also have a lively WhatsApp group.

We meet every Wednesday at 6.00pm (except on the weeks when we have our in-person meetings). Contact wine@madu3a.org for the Zoom invitation. Come and join us in the Wine Bar!

Maggie Grimshaw

COULD YOU HELP TO RUN AN INTEREST GROUP?

If you have a skill or knowledge about a subject you would like to share with others why not consider starting an interest group? There is lots of help to get you started and help with the technical side of things. Conveners find running a group is very enjoyable and rewarding.

If you think you'd like to have a go don't be shy - please send an email to our Groups Convener Val Wilkinson on coordinator@madu3a.org or have a chat with Val or any Committee member so we can help you to get going.

NOTTINGHAMSHIRE NEWS

NOTTINGHAM
LAKE
SIDE
ARTS

Do you have the grandkids over the summer?

Here are some ideas of things you might like to do with them - or you might just like to pop along yourselves and enjoy

Lakeside Arts has a free exhibition of Little Angel Theatre's handcrafted puppets in the Wallner Gallery. And, in the Djanogly Gallery there is a free interactive installation *Enchanted Forest*, and also free themed craft activities for the children.

For more information click on the link - Lakeside Arts.



Kids eat free (or for just £1)

BBC
goodfood

Got the grandkids during the holidays? Check out these places listed on the BBC Good Food website where kids eat free (or for £1) - Kids eat free.

Wine pairing in the stone age, simple rule of thumb :
If it tries to eat us, serve with red
If it runs away from us, serve with white

Nottingham Riverside Festival

The East Midlands' biggest free family festival will be back on Nottingham's Victoria Embankment from **Friday 4 to Sunday 6 August**.

A mile-long stretch of fairground rides, games and attractions will be situated along the banks of the Trent, plus numerous street food vendors, bars and market stalls. River-based activities including Dragon Boat Racing will return, which has raised thousands of pounds for charities over the years.

This event is free and in support of the Nottinghamshire Hospice. To find out more about this free event [click here](#).

Nottingham Dragon Boat racing

Part of the Nottingham Riverside Festival, the Dragon Boat racing return to Nottingham. To find out more about this very popular event, click on the link - [Dragon Boat racing](#).

Legendary Joust at Bolsover Castle

Bolsover Castle is a great venue to visit, and to add to the attraction there will be jousting on Saturday 26 - Monday 28 August 2023. This an English Heritage site so entrance is much reduced if you're a member.

To find out more about it please click here - [Jousting at Bolsover](#).

HEALTH



A guide to UV protection sunglasses

We didn't see much sun in July but summer isn't over yet (hopefully) and we should be ready for the sun.

It's not just our skin that ultraviolet radiation (UV) can damage. Did you know that long-term exposure to the UV rays in sunlight can harm the structures inside our eyes, as well as the skin around it?

Experts believe that our eyes are 10 times more sensitive to UV light than our skin!

You can protect your eyes by wearing UV protection sunglasses that meet the health standards of protection. To read this article from the Patient website, click on the link [UV Protection Sunglasses](#).

Can coloured noise help you sleep?



You probably have your own tried-and-tested go-tos to help you nod off, but have you ever considered adding noise to your sleep routine?

Noise? Not police sirens or loud bangs, but certain types of music and frequencies that may be able to help soothe and calm your mind. Thanks to white, pink and brown noise, the sound of silence might not be the answer to better sleep after all.

[Click here](#) to read the article on coloured noise, from the Boots website.

Could bacteria in your mouth play a role in obesity?



Some research suggests that the community of microorganisms in your mouth may play a role in obesity and metabolic disease. Like the gut microbiome, the oral microbiome varies from person to person.

[Click on this link](#) to read about the research Zoe's scientists have been doing into a possible link between obesity and oral bacteria.

Calorie counting for weight loss - why it doesn't work

Although calorie counting is one of the best-known approaches to weight loss, studies have shown that it's an ineffective way to achieve and maintain a healthy weight in the long run.

Millions of people try some kind of weight loss program every year, but most who are successful will regain the weight over the following years. In fact, people who go through cycles of weight loss and regain, a process sometimes called yo-yo dieting, are likely to weigh more than people who don't have restrictive eating patterns. This is especially true for women.

Counting calories *ought to* work, but it doesn't. In an article on the Zoe website they explain the many flaws in counting calories, why it's so difficult, and why it doesn't work in the long run.

To read this fascinating article on how the calories in food work click on the link - [Why calorie counting doesn't work](#).

5 interesting studies: Artificial sweeteners, olive oil, and more

- Can legumes lengthen your life?
- Can diet improve cognitive function in older adults?
- Artificial sweeteners, blood sugar, and hormones
- Olive oil, parent, and child
- Exercise and sleep

[In this article](#), again on the Zoe website, they cover five new studies listed above, explaining what the scientists did, what they found, and what it means for your health.

A very interesting read!

What are the benefits of eating fermented food?



The Patient website looks at the benefits of eating Kimchi, Sauerkraut and other fermented foods. They're healthy, tasty and do you a lot of good.

Click on the link to read the article - [Benefits of fermented food](#).

GARDEN

Which?

Did you know that Which? have a gardening newsletter?

It's free, and gives expert tips every month

- Jobs of the month to get your garden looking great all year round
- Our latest plant and product recommendations, plus what to avoid
- Ways to solve common problems, from sowing seeds to repelling pests
- Gardening projects, including landscaping and renovations

Click on [this link](#) to sign up to receive the newsletter.

National Open Garden Scheme

If you're looking to organise a private visit to a garden, whether it be for a local group or for friends and family, a 'By Arrangement' can provide something a little different.

In Nottinghamshire there's a range of gardens available for private By Arrangement visits, find out more by clicking on [this link](#)



What scams are trending this month?

Visit the Which? website to discover the scams you need to know about this month, including dodgy delivery messages and copycat websites. [The latest scam alerts.](#)

Mobile antivirus apps

Mobile antivirus can help protect you against phishing scams, where criminals trick you into clicking a dodgy link and revealing your personal details on a fake website.

Which? checked its effectiveness when they put free and paid-for mobile antivirus apps through their lab tests and compared them against the built-in security that comes with Apple and Android phones.

Click on the link to find out more - [Mobile antivirus apps.](#)

How to spot an online shopping scam

It's essential to keep yourself informed about online security practices to protect yourself while shopping online.

Did you know that in 2022, consumers lost £67m to online shopping scams?

It can be difficult to spot a fake, fraudulent or scam website as fraudsters are experts at replicating official sites, but the Which? guide gives [tips for spotting and dodging online scams.](#)

Scammers impersonate your friends for gift cards

The latest wave of gift card scams involve fraudsters impersonating one of your email contacts and asking you to buy a gift card for them as a favour.

This scam begins with a fraudster sending a bogus email posing as someone in your contacts list. They then request gift cards for retailers such as Amazon, claiming that they need help purchasing the cards for a sick family member.

As the message appears to come from someone you know, you might think it's real and agree to buy the cards. However, it's important to be careful and double-check any unusual requests, even if they appear to be genuine at first glance.

Visit the Which? website and [Discover how fake gift card messages are written and how to keep yourself safe.](#)

Tech tips you can trust

You can sign up for the free which? newsletter giving advice, news, deals and stuff the manuals don't tell you.

Just click on the link and fill in your details to receive the newsletter. [Which? Tech newsletter.](#)

*I hate it when you can't figure out how to operate your iPad and the resident tech expert is asleep.
Because he's 5, and it's past his bedtime*

ANSWERS TO THE PUZZLES

The Little MaD Quiz

1. A knot, 2. Clarified butter, 3. Good intentions, 4. Cleopatra's Needle, 5. Albert, 6. Kentucky, 7. Flower arranging, 8. Cave paintings, 9. Slovakia, 10. Deborah Kerr

What number should replace the question mark?

The answer is **13**

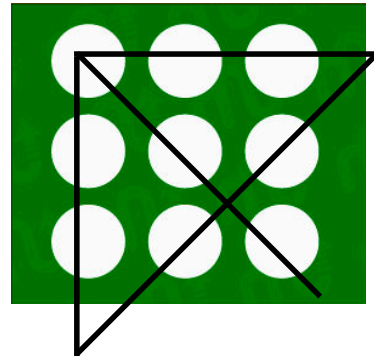
After performing the multiplication, the result is reached by adding the individual numbers that make up the sum

$$12 \times 12 = 144, \text{ then } 1 + 4 + 4 = 9$$

$$23 \times 23 = 529, \text{ then } 5 + 2 + 9 = 16$$

$$34 \times 34 = 1156, \text{ then } 1 + 1 + 5 + 6 = \mathbf{13}$$

9 Dot Brain Teaser



Dingbats

1. Free spirit, 2. Fly by night, 3. Flat mates, 4. Grand stand, 5. Eyeliner, 6. Fan club, 7. Disc jockey, 8. Family ties



And finally ...

Did you know that -

1. All the batteries on Earth store just ten minutes of the world's electricity needs
2. The world's oldest wooden wheel has been around for more than 5,000 years
3. Dead skin cells are a main ingredient in household dust
4. Sudan has more pyramids than any country in the world
5. By the time we reach adulthood we have approximately 100,000 miles of blood vessels
6. The Philippines consists of 7,641 islands
7. A one-way trip on the Trans-Siberian Railway involves crossing 3,901 bridges
8. There's enough gold inside Earth to coat the planet
9. Japan has one vending machine for every 40 people
10. Lemons float, but limes sink
11. Armadillo shells are bulletproof
12. Cats have fewer toes on their back paws than they do on their front paws
13. Blue whales eat half a million calories in one mouthful
14. That tiny pocket in jeans was designed to store pocket watches
15. Thanks to 3D printing, NASA can email tools to astronauts
16. Dogs sniff good smells with their left nostril
17. No number before 1,000 contains the letter A
18. Mercedes invented a car controlled by a joystick
19. The Eiffel Tower can grow more than six inches during the summer (due to heat expansion)
20. The British Empire was the largest in world history (controlling almost $\frac{1}{4}$ of earth's land area)