

April 2023 Issue No 84



MUSINGS FROM THE CHAIR

It was good to see so many of you at the main meeting on Thursday last. I hope you all enjoyed our speaker as much as I did. I had no idea that the Forest Recreation Ground had so many links to such a wide variety of sports. I must apologise that many of you struggled to find parking spaces as the overflow car park at the rear of the building hadn't been unlocked. We will be sure to check with the caretaker in the future to ensure this doesn't happen again.

I believe we are still having issues with the sound on Zoom and we are working hard to resolve the problem but we are struggling and I know our wonderful Webmaster Richard would appreciate any help or expertise you might be able to offer.

I'm so pleased to see some new groups opening in the next few months, including a breakfast group, a badminton group which is being organised by a very new member, and hopefully a National Trust group organised by me.

Our membership is growing every month and whilst we don't want to get so big that people struggle to join groups, it's important that we maintain a healthy number of members to ensure stability and continuity of our lovely u3a.

Some good news, the Playhouse theatre have released some more Hothouse tickets for The Elephant Man and A Christmas Carol (a ghost story). So if you fancy a trip to the theatre at the bargain price of £7.50, get in contact now.

Best wishes

Geraldine Chaffe
Chair

MEETINGS AT 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 30 March.**

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 Dates :
Thursday 27 April - General Meeting
Friday 28 April - Quiz Night

Jump to :
[What's on at the Lace Market Theatre](#)
[Trips, Short Breaks and Events](#)

NOTICES

LOWDHAM HORTICULTURAL SOCIETY SPRING SHOW

**Grandkids aged 16 or under?
They can enter classes for Young People**

**Take entries to Lowdham Village Hall
on Sunday 2nd April from 9.30 - 11.30am**

Judging at 11.45am

Prize for every entry

Click on the link for the [Spring Show Schedule](#)

Lowdham Horticultural Society

SPRING SHOW

Sunday 2nd April
1 pm to 3.30 pm
Lowdham Village Hall



£1.50 adults/under16s free

Artwork & Floral displays by
Lowdham Painting for Pleasure Group
and Lowdham Flower Guild



Children's
Activities

Stalls & Refreshments

Raffle

Classes for Spring Flowers, Shrubs,
Pot Plants, Floral Art, Photography
and Young People



For more information
and a schedule
visit



www.lowdhamhortsoc.org.uk

VOTING? REMEMBER YOUR ID!

If you want to vote in person at a Polling Station, it is now necessary to take with you some form of personal identification that includes a photograph. This could be your passport, driving licence, blue badge or elderly person's bus pass. (Google Voter Identity Card to find out more.)

If you don't have any suitable ID, you can apply for a Voter Authority Certificate. You can do this on-line at gov.uk or contact the local Council to ask for a form. To complete the form, you will need to provide your name, address, date of birth and National Insurance number and a passport style photograph.

There will be elections coming up in May, so make sure that you have the ID that you will need to cast your vote.

FREE TO GOOD HOME

Does anyone need large jars for pickling or jam making? I have far too many for the summer, so if you can make use of them please contact me on Ekbird@hotmail.co.uk.

Elaine Khan

BOOKING A HOLIDAY?

If you book a holiday through Riviera Travel mention to them that you are a member of MaD u3a. They contribute a percentage of the cost of your holiday to our funds, and it doesn't cost you any more

BUILD A NEW MaD WEBSITE

Our website is our 'shop window' and is the place to look for information about our groups and future events. It's the place to go to see the Newsletter, photos from the Photography group, Conveners' contact details and much more - but we think that the site we currently have could be improved.

We hope soon to be building a new website for MaD u3a and are looking for people with ideas, and also people with skills to build and get a website up and running.

Is this something you'd like to be involved with?

If you have ideas of what you would like our website to include, or if you have skills which might help in constructing a new site please contact Richard Hill on webmaster@madu3a.org.

BOOKING A HOLIDAY?

If you book a holiday through Riviera Travel mention to them that you are a member of MaD u3a. They contribute a percentage of the cost of your holiday to our funds, and it doesn't cost you any more!

RECYCLE YOUR TETRAPAKS

The fabulous Woodthorpe Park Plant Shop has tetrapak and small electrical recycling bins, as well as plant pots and compost bags!

NEWS FROM THE GROUPS

BADMINTON GROUP

This new group will start on Monday 17 April at St Jude's Church Hall, 405 Woodborough Rd, Nottingham NG3 5HE.

All will be welcome, but please let me know if you are coming by sending an email to badminton@madu3a.org. And, if you have a racquet, please bring it along.

Click [here](#) to see the dates for future meetings of the Badminton Club. The exact cost isn't yet confirmed, but should be between £2.00 and £4.00 per session.

Angela Huggins

SNOOKER GROUP

The Snooker Group has been inactive for a while but it's hoped we can get it up and running again in the near future, but ideally we could do with more members. Would you like to join? We play at the Stadium Leisure Club on Nottingham Road in Basford and there's plenty of local parking available.

We're easy-going and all levels of skill, so if you fancy having a go why not give it a try?

If you'd be interested in joining please contact me on snooker@madu3a.org.

Bryan Ruskin

BREAKFAST CLUB

How about joining other MaD members for breakfast? We shall visit local eateries for breakfast/brunch at around 10:00am. As with the Lunch Club it's hoped that members will take turns to choose and book a place to visit for breakfast (help is available with collecting members' names and sending emails).

Would you be interested in joining? We shall meet at the end of each month, either on a Monday or a Tuesday. The list of meeting dates for 2023 is on the Breakfast Club page of our MaD u3a website [Breakfast Club](#).

If you'd like to join the Breakfast Club please contact breakfast@madu3a.org.

QUIZ NIGHT AND SUPPER

Our MaD Quiz Night on **Friday 28 April at 6:00pm** to be held at the **Mapperley Golf Club** on Central Avenue, Mapperley has now sold out!

If you were hoping to come along but hadn't got around to buying your ticket please contact quiz@madu3a.org to have your name put onto the waiting list.

HELP NEEDED PLEASE!

Many thanks to our member and 'tech' expert Richard for his skill and expertise in setting up all the tech for our meetings. Without the projector, screen, computer and sound equipment we wouldn't be able to have the presentations that we enjoy.

BUT, it takes quite a while to get the equipment out of storage and set up, and then to put it all away again at the end of our meetings, and we need a team of people to help.

You don't need to have technical skills, but to be willing to commit to come to the main meetings at about 9:15am and help set up the equipment, and then to stay on afterwards to assist in putting everything back again.

Will you help?

Please consider helping. If you're willing to assist please send an email to webmaster@madu3a.org.

100 years ago everyone owned a horse and only the rich had cars.
Today, everyone has a car and only the rich have horses.
Oh how the stables have turned

MaD MEMBERS OUT AND ABOUT

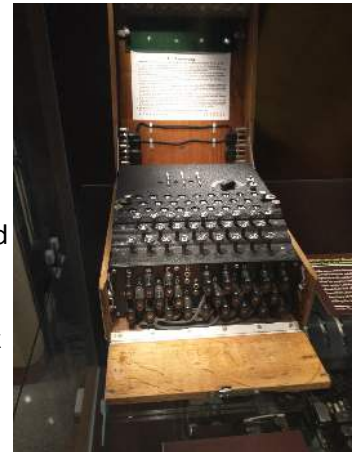
A GREAT EXPERIENCE

Thanks to the Events team, nine of us enjoyed a weekend in London and Bletchley. We spent four hours at The Imperial War Museum in Lambeth. The magnificent building houses war artefacts on three floors. The 14-18 war on the 1st floor featured original weapons, ammunition, uniforms, photographs and letters giving personal accounts of warfare and life in the trenches. The bombs exhibited were huge; many exhibits were animated and very impressive.

The 2nd World War was another permanent exhibition on the 2nd floor. There were 1,500 exhibits featuring weapons, flags, uniforms, photos and letters written by serving forces and civilians involved in enemy raids and the London Blitz. A huge tank dominated one corner.

The 3rd floor was dedicated to the Holocaust. This temporary exhibition showed photographs of normal family Jewish life in the 30's. In contrast, harrowing photographs revealed the terrible fate of 30 million Holocaust victims.

At Bletchley we visited many huts containing radios, complicated machines and detailed history of code breaking developments. A large exhibition was dedicated to the life and achievements of Alan Turing. The guided walk was excellent and gave us a wonderful insight into war time life at Bletchley.



Our driver and assistant were cheerful, helpful and efficient and contributed to our weekend enjoyment!

We arrived back in Arnold, tired and very well informed!

Anne Moore



UN EXCELLENT REPAS FRANÇAIS



On 8 March, which was International Women's Day, 12 women from the French Conversation Group, accompanied by some members of Carlton and Gedling u3a French Conversation Group, went to a celebratory French Evening at Fletcher's Restaurant, on Canal Street. This is a new building purpose built for Catering students.

We had a wonderful French themed meal which was authentic and actually quite superb.

A great evening was had by all and we would recommend this venue, because the service, food, ambience and atmosphere was 1st class.

Annabell Gallier

GERMAN GROUP

We had an extremely enjoyable meeting in March. We read, translated and discussed an interesting article on the planned re-opening of Notre-Dame after the devastating fire in 2019. Mike showed us some pictures from the time his choir performed in Notre Dame.



Our usual light-hearted discussion followed. Pat and Joy shared experiences from their recent trip to Cologne and Boppard, including a visit to Cologne Cathedral, a Rhine cruise to Loreley rock and a trip on the Hunsrückbahn.

Various pamphlets, brochures, magazines and other literature from both areas were on show, as well as some famous goods from Cologne.

Joy Brown

LOCAL AND LIVE

The Local and Live music group is up and running and proving very popular, with some of the events with waiting lists. We enjoyed hearing Shell's Belles jazz at The Lion Pub in Basford and a Jazz/Blues band called TJ Johnston at Peggy's Skylight in March and have a full programme of events booked through to the end of May.

On St Patrick's Day a couple of us went to the free lunchtime concert at the Theatre Royal (great saxophone quartet) then wandered into the square to sample some Irish Stew, watch some of the Irish dancing and listen to the excellent band Kelly's Heroes. 5 of us then went to Broadway to see Alleluja!. A full and enjoyable day.

If you would like to join the group please contact Eileen on localandlive@madu3a.org, or give your name to a Committee member at the main meeting.

Eileen Braham



Kelly's Heroes on the Market Square



LUNCH CLUB

The Lunch club is increasing in popularity every month. We now have over 30 members on our list and a regular attendance of around 15. We are having a lovely social time, meeting and getting to know new people all the time. To find out about our next lunches click [here](#).

If you would like to join the Lunch Club you can sign up at the monthly meeting or send an email to lunch@madu3a.org.

MaD WINE TASTING WELCOMES A GUEST EXPERT

The MaD Wine Appreciation Group welcomed a guest expert to the March meeting. Ralph Northwood brought some unusual and complex wines for us to taste and comment on. Ralph used to be a lecturer in wines at Clarendon College and still runs a fine wine group in Nottingham, with two colleagues. It was interesting to be taken on a fine wine journey by a different aficionado from our own resident wine expert, Sue, and we certainly broadened our horizons.

In the normal way of things, we will continue to develop our knowledge of affordable and accessible wines but we have been inspired to plan the occasional foray into more sophisticated territory!



GENERAL MEETINGS

MARCH'S GENERAL MEETING

Sport on The Forest Recreation Ground from the 17th century

My decision to join our monthly meeting and listen to Steve LeMottee's talk on Zoom wasn't a wise one. Unfortunately, although the sound was fine when our members spoke from the floor, once the speaker began his presentation the sound quality was very echoey and distorted. All was not lost, however, as Steve illustrated his talk with a vast range of interesting old sepia photographs, postcards, maps and press cuttings from the seventeen hundreds to the present day, many of which really spoke for themselves.

The Forest has been a playground for generations of Nottingham folk and Steve took an alphabetical approach to discussing the numerous sports that it has hosted over the years, starting with Archery and continuing with at least sixteen other sports— some

obvious ones like Football and the less obvious Shinney which appears to have been a very rough version of hockey (a report of injuries sustained during a game illustrated the dangers.) What a spectacle Mr Cracknell's hot air balloon must have made in 1785 when it was liberated in front the Grandstand, and 200 years later what excitement when our local Olympians Torvill and Dean performed Ice Dancing on the Forest in a specially adapted circus tent.

As I stood at the Forest Tram stop a short time after the talk there was very little sign of sporting activity but the ghosts of the past were not far away, so thank you Steve for bringing them so vividly to life with your meticulous research.

Brenda Jarrand



Brenda Jarand

APRIL'S GENERAL MEETING

27 April

Lord Jim O'Neill

An insight into the Northern Powerhouse

TRIPS, SHORT BREAKS AND EVENTS

For all events and trips please visit our website - [Trips, Short Breaks and Events](#)

Marian Donaldson

Mapperley & District U3A Trips/Events 2023							
	Trip/Event	Booking status	Day	Month	Date	cost from	U3A CODE
03/04/23	Newquay - Eden Project (5 days)	no singles	Mon	April	3rd	£239.00	TED
11/04/23	Scarborough (Daish's) 5 Days	places	Tues	April	11th	£174.00	TSCA
23/04/23	Harrogate Flower Show & York (Skills)	places	Sun	Apr	23RD	£50.00	THFS
26/04/23	Mayfair Chinese Meal	places	Wed	April	26th	£15.00	TMFM
03/05/23	Eastbourne (Daish's) 5 days	places	Wed	May	3rd	£304.00	TEB
11/05/23	Wind in the Willows Fletchers	places	Thur	May	11th	£6.50	TFWW
15/05/23	Night at the Dogs	places	Mon	May	15th	£22.00	TNAD
22/05/23	Leicester by Train	places	Mon	May	22nd	£8.50	TLET
02/06/23	LONDON 3 days	places	Fri	June	2nd	£220.00	TLOH
07/06/23	RIVER CRUISE	places	Wed	June	7th	£24.75	TRC
09/06/23	MAD Night @ Golf club	places	Fri	June	9th	£8.00	
14/06/23	Caberet Fletchers	places	Wed	June	14th	£3.25	TFC
20/06/23	David Austin Roses	places	Tue	June	20th	£15.00	TDAR
22/06/23	Brookfields	places	Thur	June	22nd	£14.00	TBFJ
30/06/23	Scarborough (Daish's) 5 Days	places	Fri	June	30th	£384.00	TSCJ
09/07/23	Woodhall Spa 1940's WW2	places	Sun	July	9th	£15.00	TWS
20/07/23	Moorcroft Pottery	FULL	Thur	July	20th	£21.00	TMP
22/07/23	Northern Line Motown Night	places	Sat	July	22nd	£7.00	TNMN
15/08/23	Lincoln by Train	places	Tue	Aug	15th	£14.00	TLIT
26/09/23	Brookfields - Autumn Baskets	places	Tue	Sept	26th	£14.00	TBFS
27/09/23	Black Country Museum	places	Wed	Sept	28th	£30.00	TBCM
29/09/23	Belfast Titanic	places	Fri	Sept	29th	£350.00	TBF
07/10/23	Revival	places	Sat	Oct	7th	£7.00	TREV
18/10/23	Wedgewood	places	Wed	Nov	30th	£24.00	TWW
24/11/23	Burghley Christmas Markets	places	Fri	Nov	24th	£20.00	TBXM
28/11/23	Brookfields - Festive Preparations	places	Tues	Nov	28th	£14.00	TBXM

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.

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.

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 - March 2023](#).

Gedling Community and Voluntary E-Newsletter - for the latest edition [Click here](#).

Gedling Health and Wellbeing Newsletter - for the latest edition [click here](#).

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 ANYTHING YOU'D LIKE TO SHARE?

We'd love to hear from you. A story or poem, a recipe, tips or tricks, a lesson learned or a near-disaster averted - 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.

I ordered a chicken and an egg from Amazon. I'll let you know ...

NEWS FROM THE INTEREST GROUPS

Badminton Group

The Badminton group will meet at St Jude's Church Hall, Woodborough Road on the following dates :

Monday 17 April

Monday 5 June

Monday 3 July

Monday 1 May

Monday 19 June

Monday 17 July

Monday 15 May

The exact cost isn't yet confirmed, but should be between £2.00 and £4.00 per session.

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

Angela Huggins

[Book Groups](#)

Book Group #1 is full, and Book Group #2 is running well, and 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](#)

The Breakfast Club will have its first meeting on Monday 17 April at 10:00am at The Old Flower Shop, Mapperley Top.

We plan to have breakfast/brunch together once a month, details of future meeting dates are on the Breakfast Club page of the MaD Website (click on the Breakfast Club title above to go to that page).

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

Sue Cullen

[CineMates](#)

We go to Broadway independent cinema once or twice a month, usually on 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 meet on the second Monday of the month at 10:00am at St Jude's Hall, on Woodborough Road. New members are very welcome. **As our next two scheduled dates fall on Bank Holidays, our next meeting will now be on Monday 24 April. The May date is yet to be confirmed.**

In April we shall be doing some fabric painting and printing to make bunting in preparation for the Coronation celebrations or to decorate our summer gardens.

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

Debbie Foreman

[Creative Writing](#)

We have a wonderful afternoon, listening to each other reading our various works. We will be compiling another booklet of our Scribblings to share with the membership and will let you know when it is ready to view on the website.

The Group meets in the afternoon on the 4th Thursday of each month at a member's home. For further information, 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, usually on the evening of the third Monday at 6:30pm.

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

Sue Cullen

The irony for mankind is that a computer program asks a human to prove that they aren't a robot

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.

So far we have made scones in the air fryer, cooked oven ready bought chips in the oven at the same time as home made chips from fresh potatoes in the air fryer to compare times taken and taste. Our next challenge is various curries in the slow cooker.

Val Wilkinson

Family History

In February we had an interesting look at free web pages which can help our research. Once again, we were indebted to Richard for using a computer and screen to help us, with the addition of Zoom for those unable to be with us. In March we investigated all we can discover from having our DNA tested.

The April topic is Finding Information Pre 1837 and Parish Registers.

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 to 4pm) 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? For more information, just use the option below to drop us a line.

We meet on the third Monday of the month, starting at 10.15 am.

We meet in various locations and sometimes we organise to meet at a member's garden or in our home.

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

It just gets better and better :-) Have a look at the play list [March Playlist](#) for our last session "My Desert Island Jazz Disk" to get a measure of what a great evening we had on our most recent session.

Next session will be a tribute evening to the recently departed Wayne Shorter - RIP

You don't know what you're missing folks. !!

Our Zoom screens are pretty full but we'll always endeavour to make room for a keen jazzer or two - our aim is to do what we can to help jazzers improve their knowledge and enjoyment of this wonderful genre of music. 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

We are now taking bookings for :

27 April @ 19:30 :

Measure for Measure by William Shakespeare in the Auditorium

The play's plot features its protagonist, Duke Vincentio of Vienna, stepping out from public life to observe the affairs of the city under the governance of his deputy, Angelo. Angelo's harsh and ascetic public image is compared to his abhorrent personal conduct once in office, in which he exploits his power to procure a sexual favour from Isabella, whom he considers enigmatically beautiful.

11 May @ 19:30 :

The Son by Florian Zeller, translated by Christopher Hampton in the Studio

Nicolas, just two years ago a smiling boy, is going through a difficult phase after his parents' divorce. He's listless, skipping classes, lying. He believes moving in with his father and his new family may help. And a different school, a fresh start. When he doesn't feel comfortable there, when he senses he isn't wanted, he decides that going back to his mother's may be the answer.

1 June @ 19:30 :

Towards Zero by Agatha Christie, adapted by Gerald Verner in the Auditorium

When a house party gathers at Gull's Point, the seaside home of Lady Tressilian, Neville Strange finds himself caught between his old wife Audrey and his new flame Kay. A nail-biting thriller, the play probes the psychology of jealousy in the shadow of a savage and brutal murder. A carefully unpeeled investigation before our eyes brings the story to a pointed ending.

I shall order tickets about 3 weeks before the performance and will notify all those who requested them before I buy them. Please let me know if you require tickets and if you pay by bank transfer **let me know when you have paid for them**.

The bank Transfer sort code is **77-22-10** and the account number is **24903168**. Please use **LMT and your membership number** in the reference.

Ticket cost = Concession price £12.00, Full price £13.00.

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

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 History

4 April : The Willoughby Family / Wollaton Hall

Usual fee £3 to be paid at the door to cover costs of the event.

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

Local and Live Music Group

The group has now started visiting music venues and have enjoyed a lovely Saturday afternoon at Peggy's Skylight Jazz club in Nottingham. We have the Pelican Club and The Malt Cross venues in April and May and some of us are going to the West End production of *The Dubliners Story* at the Concert Hall on Saturday 8 April.

If you love live music and would like to join this friendly group please contact me on localandlive@madu3a.org.

Eileen Braham

Lunch Club

On 25 April the Lunch Club meeting will be visiting Portobello at 294 Carlton Hill, Carlton, Nottingham NG4 1GD - [Portobello](#). The menu choices need to be submitted and prepaid. Please visit the [Lunch Club](#) page of our website then click on the 'Portobello Menu' on the right for more details.

On 23 May we will go to Le Mistral for lunch. For this meal we will have to pay a £10.00 deposit per person at the time of booking. The meal will be about £20 for 2 courses. [Mistral menu](#).

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

We meet monthly on the 3rd Monday afternoon at 2.00 pm at the Mapperley Golf Club. **Please note the change of venue.**

For more information, please email madmen@madu3a.org and I will add you to the circulation list. An email will be going out to interested members nearer the time.

Anton Luckhurst

Music Appreciation

Our theme for March was 'Music featuring the violin' and we had a wide selection of styles of music. Another very enjoyable evening.

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

Photography

In March our photography themes were 'Abstract' and 'Funny Photos' and we had some beautiful and surprising entries. You can view the albums on the Photography page of the website or by clicking on these links - [Abstract Photography](#) and [Funny Photos](#). For April our themes are 'Through the window' and 'The colour yellow'.

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

We are taking reservations for the following performances :

Friday 22 September @ 7:30pm	<i>The Real & Imagined History of the Elephant Man</i>	£7.50pp
Friday 3 November @ 7:30pm	<i>A Christmas Carol - A Ghost Story</i>	£7.50pp
Friday 1 December @ 7:30pm	<i>Pantomime - Cinderella</i>	£8:00pp

All the above performances available to book on the [website](#) and at the 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

Our play for March was *Because of the Lockwoods* by Constance Cox from the novel by Nottingham's Dorothy Whipple. In April we shall be reading Gogol's *The Government Inspector*.

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

Singing Group - 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 but due to holidays there will be changes -

The next meetings :

- **Tuesday 4 April**, as usual
- **May - NO MEETING**
- **Tuesday 13 June**

Then back to the usual first Tuesday in the month.

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

[Snooker](#)

We have just a few members at the moment and could ideally do with more. Would you like to join? We're easy-going and all levels of skill, so if you fancy having a go why not give it a try?

We play at the Stadium Leisure Club on Nottingham Road in Basford and there's plenty of local parking available.

If you'd be interested in joining please contact me on snooker@madu3a.org.

Bryan Ruskin

[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, but we do need a minimum of 7 to attend each time to cover the costs of the hall.

We currently have 14 members signed up but only 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](#)

Strollers

The new footpath at Colwick Park has been completed and we can walk around the lake without going on any muddy ground. It's an ideal walk for our Strollers at this time of year as we can walk even if it has been raining.

We shall meet outside the gates to the Colwick Hall Hotel on Racecourse Road NG2 4BH to set off at 10.15 am on Friday 7 April. There's plenty of kerbside parking and a car park a little further down the road.

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

Short Walks

Rosemary Mahoney will be our Walk Leader on Friday 14 April. We shall be starting from Strelley Hall car park at 10.00 am and enjoying the spring flowers. 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 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 meet every Wednesday (except when we meet in person) at 6.00pm. 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.

PUZZLE PAGES

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



The Little MaD Quiz

1. What is the name of the school in the Harry Potter novels?
2. Who was the first female Speaker of the House of Commons?
3. Which Somerset town is associated with the legendary Isle of Avalon?
4. What is the most populous city in Turkey?
5. Which musical instrument has been made by Rickenbacker International Corporation since 1932?
6. Site of a well-known lighthouse, which rocks are located in the English Channel 14 miles from Plymouth?
7. Who wrote the 1897 novel Dracula?
8. Ramsay MacDonald was the first Labour Prime Minister. Who was the second?
9. What was the tallest building in London from its completion in 1964 to 1980?
10. Manon and Thaïs are operas by which French composer?

Spot the Difference

Can you spot the 8 differences between these pictures?




Maths Puzzle

Can you make this equation correct using three of these four symbols? $+$ $-$ \times \div
(Order of operations doesn't apply, and no fractions or negative numbers are involved)

$$2 \square 1 \square 6 \square 6 = 48$$

Dingbats : What are the phrases depicted below?

<p>1.</p> <p>1 3 5 7 1 3 5 1 3 1 3 5 7 9 11 13 1 3 5 1 3 5 7 1 3 1 3 5</p> 	<p>2.</p> <p>O E R T O</p>	<p>3.</p> <p><u>stay</u> <u>pause</u> hand foot</p>	<p>4</p> <p>give GET give give GET GET give GET</p>	<p>5.</p> <p>THEHANGRE</p>
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OUTDOOR THEATRE RETURNS

The popular Open-Air Theatre Season returns to Wollaton Hall and Newstead Abbey this summer with a full programme of new and traditional performances. Pack your picnics, camping chairs and blankets to enjoy theatre in the great outdoors from June to September.

To discover more and book tickets, go to [Wollaton Hall Open Air Theatre](#) and [Newstead Abbey Open Air Theatre](#).

NOTTINGHAM CASTLE TO RE-OPEN

A plan to re-open Nottingham Castle in June has been given the go-ahead by councillors and locals will be able to visit the site even sooner.

The castle was put back into the hands of the City Council after Nottingham Castle Trust went into liquidation, forcing the site to close in November 2022, less than two years after a £30m refit.

A decision was taken by the Council's Executive Board to work towards reopening the whole site in June as part of its Museums and Galleries service. Free Open Days are planned in May, alongside the launch of the historic Brewhouse Yard cottages, open for the first time since before the castle's redevelopment.

NOTTINGHAM TO SCREEN CORONATION

The Government has confirmed Nottingham will be one of a number of places around the country to host screenings of the Coronation and the Coronation Concert. The City Council now plans a Coronation Day Picnic and Celebration Concert events within the grounds of Nottingham Castle over the weekend of 6 and 7 May 2023.

The Coronation will be broadcast on a large screen within the castle grounds, where visitors will be invited to bring a blanket and have a picnic, and the grounds will be open again for the screening of the Coronation Concert. For more on this [click here](#).

NOTTINGHAM LEADS IN WALKING & CYCLING INFRASTRUCTURE

Nottingham has been ranked by the Government's Active Travel England organisation as among the best in the country at providing infrastructure promoting and encouraging walking and cycling.

We are one of only five places in the country rated three in [newly-released rankings](#), by demonstrating very strong local leadership, comprehensive plans and a significant network in place with a growing number of people choosing to walk, wheel and cycle.

MEAL PRODUCTION PROJECT SHORTLISTED FOR NATIONAL AWARD

The Council's innovative meal production project with FareShare has been shortlisted for a Public Sector Catering Award for sustainability.

This important project saves surplus food from being wasted and uses the Council's Loxley House kitchens to turn it into 1,000 meals a week which are then delivered to charities and community groups helping local families in need. The meals created have been of an excellent standard and it is evident that they are making a difference to people who receive them.

Not only that, but the project is giving volunteers, including adults with learning difficulties, valuable opportunities to develop their skills, take part in training, improve their employability and improve mental wellbeing. The project also supports the Council's commitment to CN28 by saving on CO² emissions, with food production - from farm vehicles to production and transportation of fertiliser and animal feed - having a significant carbon footprint. This project highlights the need to reduce food waste, which releases further greenhouse gas as it biodegrades.

The Public Sector Catering Awards celebrate the work of individuals, teams and organisations in the catering industry that work to make a difference whether in schools, universities, NHS or local government. Click to [read more about it](#).

I finally did it! I bought a new pair of shoes with memory foam insoles.
No more forgetting why I walked into the kitchen!

HEALTH

zoe



DISCOVER HOW FOODS AFFECT YOU

Good sleep is fundamental for your overall health. Unfortunately, many people don't get enough quality sleep.

There are plenty of quick-fix claims about ways to improve sleep. Some people say that having a banana before bed might help. But there isn't much evidence to support this. In fact, eating a banana late at night may cause a big rise in your blood sugar - and this could make your sleep worse!

Zoe has an at-home test for you to find out more about how foods affect your body, and there's a short quiz.

Click on the link to learn more - [How food affects your body](#).

IS DECAF COFFEE HEALTHY?

Decaf coffee can be a great option for people who like the taste of coffee but don't want the effects of caffeine.

Everyone feels these effects differently, and some of us are [particularly sensitive](#) to caffeine. This can cause unwanted symptoms, like restlessness and disrupted sleep. People without this sensitivity may just prefer decaf in the afternoon or evening because it doesn't keep them up.

[This article](#), again from the Zoe website, looks at how producers make decaf coffee, whether it's good for you, and how it compares to its caffeinated cousin.



WHAT'S CAUSING MY HEARING LOSS?

We often take our hearing for granted, but as we get older, we shouldn't make assumptions: the number of people affected by hearing loss doubles between the ages of 50 and 60.

Most of us wait years before getting it checked out, yet hearing loss affects much more than your hearing. If untreated, it can lead to social isolation, anxiety, depression, and even falls or reduced independence.

Yet there's almost always a solution - it's just a question of asking for help.

Click on the link to go to the Patient website to find out much more about [hearing loss](#).

SMART WATCHES AND PACEMAKERS

Do smartwatches stop pacemakers and ICDs from working properly?

Newspapers have reported that recent research has found smartwatches and other wearable fitness trackers could disrupt pacemakers and ICDs, putting people at risk. But is this true?

Click on [this link](#) to read an article about smart watches and pacemakers from the British Heart Foundation's Heart Matters website.



GENE-EDITED FOOD LEGAL IN ENGLAND

Gene-edited food can now be developed commercially in England following a change in the law.

Supporters of the technology say it will speed up the development of hardier crops that will be needed because of climate change. Critics say that the change could bring "disaster" to our food production and the environment.

Gene editing involves making precise changes to an organism's DNA to enhance certain characteristics.

The new law also opens the door to the development of gene-edited farm animals, but a further vote by MPs will be required before it is allowed, again only in England. The Scottish, Welsh and Northern Irish governments have not permitted the commercial use of gene editing.

To find out more about gene-editing click on the link to visit the BBC website - [gene-editing](#).



STRETCHES FOR SCIATICA PAIN RELIEF

Sciatic nerve pain can be so excruciating and debilitating that you don't even want to get off the couch. Common causes of [sciatica](#) can include a [ruptured disk](#), a narrowing of the spine canal (called [spinal stenosis](#)), and injury.

Dr. Mark Kovacs, a certified strength and conditioning specialist, says best way to alleviate most sciatica pain is to do 'any stretch that can externally rotate the hip to provide some relief' - the Healthline website has 6 exercised which do just that.

[Click here](#) to visit the website and read more.

The fitness trainer asked me what kind of squat I was accustomed to doing. I replied "Diddly"

SCAMS

Which?

BEWARE OF FAKE DONATION APPEALS

If you're considering donating to victims of the dreadful Turkey-Syria earthquake, keep in mind that scammers are always lurking to take advantage of such a crisis.

On social media there are pages, posts and videos containing misleading or false information about the earthquake. This is in an attempt to get people to send funds, including Bitcoin and NFT donations.

To learn more about this, visit the Which? website and [Learn how to make a safe donation to the Turkey-Syria earthquake.](#)

PHONEY HMRC TAX REFUND EMAILS

Fraudsters are impersonating HMRC and sending phoney tax refund emails. The emails include a link to 'claim' your refund, and if you click on the link you'll be taken to a website that puts you at risk of giving away your personal details to a scammer.

It is helpful to know that HMRC will never send specific tax information (such as how much you owe or any rebates due to you) by email, so if you receive this email you can rest assured that it's a scam.

Check out [these tips](#), again open the Which? website, for identifying and reporting phoney emails.

AMAZON PRIME SCAM

Scammers are impersonating Amazon to get access to your device.

These scam calls involve fraudsters telling consumers that their Amazon Prime subscription is increasing in price or expiring. If you say you want to cancel, you'll be asked to download remote access software such as AnyDesk. This is a genuine program that fraudsters sometimes use to exploit victims.

Once you download the program, the scammer will be able to access your device and steal your information or install malware.

Click on the link to visit the Which? website and [Discover how to safeguard yourself from this type of scam.](#)

REPORT SCAMS TO WHICH?

There's now a much easier way to make Which? aware of scams.

Just click on their [scam sharer tool](#) and complete the simple form to tell them your experiences of phishing emails, fake texts, cold calls and other types of fraud.



DON'T GET SCAMMED BUYING ONLINE

When you're buying online, how confident are you that you're dealing with a genuine seller and not a criminal? Or do you even think about it?

Many people believe that online shopping scams are easy to spot, with poor spelling or grammar, dodgy logos or unusual website or email addresses or phone numbers. However, this is now rarely the case, with scammers going to great lengths to earn your trust before cheating you out of your money. It's upsetting at the best of times, but even worse when money's tight.

Whether you're buying a car, clothes or gifts online, help to safeguard yourself and your money by watching Get Safe Online's latest short video and reading on to discover our top tips: [Get safe online.](#)

WHAT IS IDENTITY FRAUD?

ID fraud and scams can happen to anyone, but some straightforward advice from Vodafone can help you reduce your chances of becoming a victim.

Identity theft, when cybercriminals steal your personal information to impersonate you for financial gain, can seem both frightening and impossible to defend against, but the steps needed to safeguard your personal data, and reduce your chances of being victimised, are actually very straightforward.

Here's what you need to know - [How to protect yourself against identity theft.](#)

NEIGHBOURHOOD WATCH NEWSLETTER



Click on the link to read the [Neighbourhood Watch Newsletter March 2023.](#)

YOUR GARDEN



JOBS FOR APRIL

Spring is finally in evidence as daffodils and flowering trees start to bloom. Expect the inevitable April showers this month but with sunny days too, when you can turn your attention to the lawn. It's an exciting month, with indoor-sown seeds well into growth, and it's also time to start sowing outdoors. Just watch out for frosts!

April gardening tips from the RHS :

1. Sow hardy annuals, herbs and wild flower seed outdoors
2. Protect fruit blossom from late frosts
3. Tie in climbing and rambling roses
4. Keep weeds under control
5. Start to feed citrus plants
6. Increase the water given to houseplants
7. Feed hungry shrubs and roses
8. Sow new lawns or repair bare patches
9. Prune fig trees
10. Divide bamboos and waterlilies

For in-depth information, garden projects and many more ideas click here - [RHS Gardening in April](#).



ATTRACT BIRDS TO YOUR GARDEN

It's easy to attract birds to your garden, however small and close it is to a city, but the variety of species will increase with its size, how bird-friendly it is and its proximity to countryside or well-wooded parks.

Some birds such as nuthatches are never far from mature trees, whereas predators, such as sparrowhawks and tawny owls, penetrate deep into some cities.

Stick to your feeding routine once you've started as the birds will become accustomed to it and rely on you. By feeding birds year-round you'll give them a better chance of survival.

For some really useful tips and hints visit the [BBC Wildlife](#) website.

KEEP YOUR PLANT POTS TIDY

A great solution for keeping all your plant pots together and tidy - simply hang them in tights or stockings. *(Photo taken from Pinterest)*

Nail old tights to the wall, with the feet cut off, put the pots in the legs (from the waist down the leg) then just pull them out from the foot part when needed them. Neat and simple!



WHAT'S ON IN NOTTS

- | | |
|------------|--|
| 1-10 April | Easter activity trail at Belvoir Castle |
| 8 April | Newark Food & Drink Festival |
| 18 April | A Very Victorian Murder -
The intriguing true story of the Saville Murders in Colwick Woods |
| 22 April | Carlton Male Voice Choir Festival Concert |
| 29 April | IIHF Ice Hockey World Championships |

For more information on these and much more go to the [Visit Nottinghamshire](#) website

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.

ANSWERS TO THE PUZZLES

The Little MaD Quiz

1. *Hogwarts*, 2. Betty Boothroyd, 3. Glastonbury, 4. Istanbul, 5. The electric guitar (also mandolin and banjo), 6. Eddystone, 7. Bram Stoker, 8. Clement Attlee, 9. The BT Tower (formerly the Post Office Tower), 10. Jules Massenet

Spot the Difference



Maths Puzzle

$$2 \times 1 + 6 \times 6 = 48$$

Dingbats

1. Long odds
2. Painless operation
3. Wait on hand and foot
4. Forgive and forget
5. Hang in there

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



And finally ...

A new state-of-the-art supermarket opened near my house.

It has an automatic water mister to keep the produce fresh. Just before it goes on, you hear the sound of distant thunder and the smell of fresh rain.

When you approach the milk fridges you hear cows mooing and experience the scent of fresh hay.

When you approach the egg shelves you hear hens cluck and cackle, and the air is filled with the aroma of bacon and eggs frying.

The veggie department features the smell of fresh buttered sweetcorn.

I don't buy toilet paper there anymore ...