



Your Monthly Mapperley and District u3a Newsletter

July 2023 Issue No 87

MUSINGS FROM THE CHAIR

As I reflect over the last four weeks I realise that it has been a month of contrasts in many ways, particularly with the tragedy of 3 people losing their lives in our city. Grace O'Malley-Kumar, Barnaby Webber and Ian Coates will be sadly missed by their families and everyone who knew them. Thankfully events such as this are rare in our lovely city, which makes it all the more shocking.

The contrast being the celebration of 75 years since the Windrush generation arrived from the Caribbean bringing so many people to help our country to get back on its feet after the war. They have made a rich and lasting contribution to our city and have helped to make Nottingham the diverse welcoming city it has become.

But what about MaD u3a you may ask? We have had lots of trips, visits and events over the last month but I think the absolute highlight of the month, if not the year, was our amateur dramatics group entertaining us with 'Murder at Peacehaven Care Home' and the various entertainments around it. Those of us who were lucky enough to be there will agree it was it was great fun, hilarious at times and demonstrated the talent of a number of our members and friends. I do hope that it wasn't a one-off and I look forward to the next production!

Thank you so much to the members who responded to my appeal for volunteers to join the Management Committee in September. It is so important that we get new members every year to keep our u3a vibrant and relevant and to ensure succession particularly with the Officer roles. We are trying to get members to shadow Officers so that they feel confident to perhaps take on a role themselves in the future.

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.

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 27 July at 10:00am

Jump to:

What's on at the Lace Market Theatre
What's on at the Playhouse

NOTICES

TRIPS AND VISITS

What a busy month we have had since the last update, Night at the Dogs, Leicester by train, a weekend in London, a River Cruise, Cabaret at Fletchers, Day trip to David Austin Roses and of course our MAD night which have all been very successful and enjoyable. I hear tell that our MaDDrammers may be looking at putting on another show, watch this space!! Unfortunately our June event at Brookfields was cancelled. Some of our members will be currently enjoying a 5 day break in Scarborough so let's hope the weather is good for them and of course us all so that we can enjoy our gardens.

In July we have booked a minibus to take us to the Woodhall Spa WW2 1940's Festival on Sunday 9 July. This is a great weekend and the cost is £15.00pp (Code TWS) there are still 4 places left on this trip. We have already paid for the parking.

Unfortunately we had to change the date for Moorcroft Pottery and this has now moved to 21 September. Those who had booked have been contacted to see if the new date is convenient to them, once we know who can and can't go we will open any spare places up to the reserves and then the rest of the members. If you have paid and can't make the new date you will be refunded.

We have reduced the number of trips offered in August as we know members are often busy with their families over the school holidays, however we are planning a day in Lincoln going by train on the 15 August, we have now got the rail price and at the time of checking it was £9.35 return with a railcard and £14.20 without a railcard so we will try and get this booked over the next couple of weeks to ensure we get the cheapest offer.

For those of you who have booked and paid for your revival tickets they will be available for collection at the next meeting or by arrangement.

We are already looking at what to offer next year so please let us have your ideas. We are also planning to put a suggestion box on the desk at the next meeting. We will follow up all suggestions and look at costs and viability.

Some good news!!! Alpha travel are not charging for single supplements next year so we will be looking at booking these trips as a priority before the singles are fully booked so please bear this in mind.

Kind regards

Trips, Visits & Events Team

	Trip/Event	Status	Day	Month	Date	Cost from	U3A CODE
09/07/23	Woodhall Spa 1940's WW2	4 places	Sun	July	9th	£15.00	TWS
15/08/23	Lincoln by Train	places	Tue	Aug	15th	£14.20 (£9.35 with rc)	TLIT
21/09/23	Moorcroft Pottery	Date Change	Thur	Sept	21st	£21.00	TMP
26/09/23	Brookfields - Autumn Baskets	Fully Booked	Tue	Sept	26th	£14.00	TBFS
27/09/23	Black Country Museum	2 places	Wed	Sept	28th	£30.00	TBCM
07/10/23	Revival	places	Sat	Oct	7th	£7.00	TREV
12/10/23	Belfast	All booked	Fri	Sept	29th	£170.00	TBF
18/10/23	Wedgwood	9 places	Wed	Oct	18th	£24.00	TWW
24/11/23	Burghley Christmas Markets	Fully Booked	Fri	Nov	24th	£20.00	TBXM
28/11/23	Brookfields	Fully Booked	Tues	Nov	28th	£14.00	TBXM
01/12/23	Tribute W/E Dolly & Boy George	Places (Singles + £25)	Fri	Dec	1st	£120.00	TDBG
09/12/23	Twilight at Kew (2 days) skills	Places No Singles	Sat	Dec	9th	£140.00	TTK
14/12/23	Xmas Lunch Golf Club	24 places	Thur	Dec	14th	£18.00	TXM23

LACE MARKET THEATRE

27 July 2023 Salad Days by Julian Slade (music) / Dorothy Reynolds & Julian Slade (lyrics) in the Auditorium

Jane and Timothy Dawes meet in a park, soon after their graduation, to plan their lives. They agree to get married, and do so in secret, but Timothy's parents have urged him to ask his various influential uncles to find him suitable employment. He and Jane, however, decide that he must take the first job that he is offered. A passing tramp offers them £7 a week to look after his mobile piano for a month, and, upon accepting, they discover that when the piano plays it gives everyone within earshot an irresistible desire to dance.

We go to the Lace Market on Thursdays. To see the future programme click Lace Market Future Programme.

NEWS FROM THE GROUPS

Walk from Lambley to Burton Joyce

The walking group braved the burning heat to explore the paths and by-ways between Lambley and Burton Joyce on 16 June.

Many thanks to Julie King for stepping in to lead the walk. She's a relatively new MaD member but no stranger to hiking boots, having been a member of The Ramblers in Nottingham for several years.

I was a little alarmed (writes John Andrews) when I discovered the destination. From Lambley to Burton Joyce is miles by car, but just a pleasant couple of miles over the hill using the maze of paths and bridleways that criss-cross the woods and farmland between. It was a good job Julie knew the way or we could still be there now trying to work out which route to take.



A short stretch along the banks of the Trent took us to the Nelson at Burton Joyce which provided a stop for much needed rehydration before the return to Lambley. A most enjoyable and picturesque walk.

John Andrews

Wine Tasting at Taste First in Arnold

The wine appreciation group had an excellent tasting at Taste First wine bar in Arnold Market Place. We enjoyed 6 excellent and unusual wines accompanied by a delicious meat and cheese board from the deli a couple of doors away.

Everyone had a really good evening and most bought some of the wines we'd tasted. We hope return for another tasting later in the year.

Sue Cullen





Book Group 1

Our group is currently full but Book Group 2 is still open for new members.

Why not join? It's not just for women!

Martin Cooke



Local and Live

This month we have listened to a mix of free and ticketed music. A brass band at a garden party, 10 of us enjoyed New Orleans blues and jazz at Peggies Skylight Jazz club and a small group went to The Lion Pub in Basford for Irish music and lunch.

We have another session at Peggies booked for July 14th and a few of us are going to Splendour music festival at Wollaton Park.

<u>Contact me</u> for further information about this friendly group.

Eileen Braham

Outdoor Activities

We have started activities again with a return to Bulwell Forresters Archery Club, where Georgina Stevenson was the winner of the 'burst the balloons' challenge. A great 2 hour session with tea and cake at a lovely local tea room to follow.

Our next activity is on Sunday 16 July at Highfields Croquet Club.

<u>Contact me</u> for further information about this friendly group.

Eileen Braham



Walking Group

In May the Walking group enjoyed a walk along the Trent to Gunthorpe, Bulcote and Burton Joyce, with a coffee stop at The Unicorn.





Cryptic Crosswords

If you've ever picked up a cryptic crossword, read the first clue and been baffled, then this is for you.

Research is indicating that by keeping an active mind and body we can significantly improve our chances of avoiding mental decline in our golden years.

Each fortnight, on a Friday morning at 10:00am, we try to solve two crosswords which have been sent out two weeks previously. It's all on Zoom where you can see the crosswords being filled in as we solve the clues.

There are only a few of us and whilst we are by no means experts we have a lot of fun working out the answers between us.

If this interests you please join the group and help solve the latest crosswords or just listen to the discussion.

Email crosswords@madu3a.org if you would like to join us.

Richard Hill

Outing to Canary Wharf

A happy band of 5 members travelled to a sunny London for a two night stay at Canary Wharf.

The first outing was a walking tour about Jack the Ripper followed by some much needed liquid refreshment. The following morning Val and Tony Wilkinson went to find one of the many rehearsals for the Trooping of the Colour and were not disappointed as their views and enjoyment far exceeded expectations. They spent the afternoon watching Lion King. Marian, Paula and Carolyn went to find Borough Market. It happened to be the anniversary of the dreadful attack on London Bridge 6 years ago and we were pleased to be able to spend a few minutes looking at the flowers that had been laid just before we arrived.

We managed to arrange our own walking tour which included the Tower of London, Shakespeare's Globe and the Monument to the great fire of London. We finished up in the Clink. Some 8 miles later, we gathered together for drinks and dinner before collapsing into bed.

Sunday was bright and sunny yet again and a trip along the Thames from Westminster to Greenwich was the perfect way to spend our time and save our aching feet. The tour guide was excellent. Seeing London from the river is so very different and such a pleasant way to travel on a warm day.

We all agreed that a future trip would have to include more time in Greenwich as there is a lot to do and see. Many thanks to Marian and Paula for organising a memorable weekend.

Carolyn Luckhurst









Photography

The themes for the Photography group this month were <u>Decay, Deterioration, Ruin</u> and <u>Liquid</u>. Click on the links to view the excellent images.

Our themes next month are Food and Bokeh / Depth of Field.

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

Lunch Club

On 25 July Linda Randall is hosting the lunch club at The Wine Room 962 Woodborough road NG3 5QS.

The meeting on 22 August will take us to The Hearty Good Fellow, 81 Church Street, Southwell, chosen by Barbara Hartley.

On 26 September Bob and Margaret Cartwright have arranged a visit to The Nag's Head, Main Street, Woodborough, NG14 6DD.

For any or all venues please just drop a line to lunch@madu3a.org to join us in the fun.

Elaine Khan

Local History

Our next meeting will be on Tuesday 4 July at 10:00am in the bar at the Mapperley Plains Social Club. The subject will be Nottingham Washhouses and this talk will be presented by our very own Jackie Mansfield.

Tuesday 1 August, same time and place. the subject will be Nottingham General Hospital.

5 September we are looking at the possibility of the 'Hidden History of Wollaton Hall' which *may be* at the later time of 12:00 noon.

3 October will be about Nottingham Lidos, presented by Margaret Knowles one of our members.

For more information or to join the group please send an email to localhist@madu3a.org.

Local History Team

Curry at Cumin

The curry group enjoyed a meal at the Cumin restaurant on Maid Marian Way.

The food was delicious and plentiful, but it was disappointing that we had such a long wait between the starters and the main course. The problem was, apparently, a large group of people eating in the upstairs area - which we thought shouldn't have impacted our experience there. Despite that the group would visit Cumin again as the food was excellent.

If you like curry why not join the group? We meet once a month, usually on the 3rd Monday evening at 6:30pm. Contact curry@madu3a.org to join.

Sue Cullen



MaD Gardeners

During May and June the gardening group have peeped over the gates of two special spaces!

The Nottingham Organic Gardening group welcomed us to their demonstration allotment at the Whitemore Allotments where we ate cake and listened with enthusiasm as they spoke about their work. We also wandered around a huge private allotment with a homemade pizza oven, raised beds and all manner of sheds and outhouses. Who'd have guessed we were right next to the tram!

In June we were privileged to visit a beautiful, secluded cottage garden, belonging to one of our members, right in the middle of Sherwood.

We love chatting about flowers, vegetables and all things gardening over tea and snacks. Our next meeting will be held in July at the allotment of two of our members who are now in the second year of developing this space.

If anyone feels they have an interesting space for us to visit, or for more information about the group, please contact our Gardening Convenors at gardening@madu3a.org.







Celia & Martin Lassetter

Princess River Cruise

A group of MaD members enjoyed a traditional roast dinner followed by Black Forest gateau and cream with tea or coffee during a 3 hour lunch cruise on the River Trent aboard the Princess.







Lace Market Theatre Backstage Tour

On 5 June twenty of us is visited the Lace Market Theatre for a back stage tour.

On arrival at the 1700s building in the old area of Nottingham we enjoyed refreshments in the bar/Studio area before listening to a short history of the origins of the amateur theatre company. The building previously housed chapels, a school from 1832 to 1850 (when founder of the Salvation Army, William Booth was a pupil) and a lace warehouse. After becoming derelict for many years two theatre companies acquired the building; a rear extension was added later. They separated and The Lace Market Theatre Trust was formed and members are presenting productions to the present day. Talented volunteers cover all aspects of the theatre. There are no paid staff and there is no financial support from outside organisations. Ticket sales and donations are their only source of income.

As we toured the 118 seat auditorium and stage we were told there are fourteen productions annually, each presenting seven performances per week. Some plays are presented in the less formal studio. Seventy volunteers are needed for each week's plays. Behind the stage, in numerous rooms, was furniture, wood collections for set building, artefacts and a 'green' room for the actors. Huge original beams were above us in the lower rooms and we climbed old stone steps back to the auditorium.

Several of us attend the varied performances and appreciate the high standard of the acting, direction and production, sets, lighting, catering and front of house volunteers. Thanks to volunteer Richard Hill for organising this excellent visit.

Anne Moore





Short Walks Group

Sue Oliver led us from Nottingham Station along the canal paths to Trent Bridge and down to the Toll Bridge. We detoured slightly to visit the freshly painted Victoria Memorial. We also visited the little know Iremongers Ponds and admired the flora and fauna before returning back over the Toll Bridge and to the station through St Ann's.

Carolyn Luckhurst

Murder at Peacehaven

We had been in a bit of a panic about the whole thing - would we remember our lines? Would the jokes work? We didn't know if the last-minute changes and additions would be OK.

It all turned out to be such fun.

Despite the fact that I was rushed off my feet for the whole first act - I could relax after that in the linen closet, without a care in the world!

Edith (Linda), Mary (Stefka) and Doris (Maggie) had a fair old time with the wine, while poor Fred (John) got none. Jack (Andrew) is hoping the new care assistant will be better than Kathy now she is gone at last (Lazy Cow!)

Matron is still taking CVs if you need a job and there is a spare room at the care home now that Mary has been sentenced to life for murder.

The blonde wig falling off in the third act was probably the highlight for many people. The rousing end to the mystery was Fred and his "I was right! Mary in the linen closet with the knitting needle".

The other small acts - Anne Marie and her lovely voice and Judith and John with their 'marriage made in heaven' - were a welcome change from the normal tribute act.

A really good night was had by all in attendance.

A great deal of praise for all who took part and we can hardly wait for next year. I have some grand ideas - what about you, can you think of anything? Just tell a committee member. We will consider anything for a laugh!! Elaine Khan







Rosé in the sunshine

In June the wine appreciation group enjoyed tasting and comparing 7 rosé wines in the sunshine in Maggie and Vic's lovely garden. We had a delicious sparkling rosé and 6 still wines made from different grapes and varying in style. A really lovely way to spend a Wednesday afternoon.



The Wine Appreciation group, which meets once a month in person, is full but there is always space in the Wine Bar, which opens via Zoom every Wednesday at 6.00pm (except on the weeks when we have our inperson meetings). Each week there is a theme and we buy our chosen wine for that week then meet via Zoom and share our thoughts and tasting notes. Come and join us in the Wine Bar!

Contact wine@madu3a.org for the Zoom invitation.

Sue Cullen

Breakfast at The Old Flower Shop

The Breakfast Club meet once a month, usually on the last Monday - or on a Tuesday if there is a 5th Tuesday in the month. We have enjoyed breakfasts at The Old Flower Shop on Mapperley Plains - lovely food and good value.

Why not join us? Send an email to breakfast@madu3a.org to join the group. Sue Cullen











The secret of enjoying good wine:

- 1. Open the bottle to allow it to breathe
- 2. If it does not look like it's breathing, give it mouth-to-mouth

GENERAL MEETINGS

MANY THANKS TO BRENDA JARRAND

For several years Brenda has written an excellent report on the monthly speakers at our general meetings, giving an insightful and succinct account of each speaker's content, but the time has come for her to retire as reporter and hand over the pen to someone else. Many thanks Brenda for all your efforts on our behalf - you will be a hard act to follow!

But ... we are very fortunate to welcome Alison Gove-Humphries who has volunteered to take over. Alison's first report is below and I think you'll agree with me that she is a worthy successor to Brenda.

Our thanks to both of you.

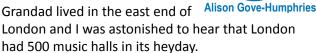
JUNE'S GENERAL MEETING

Do infants enjoy infancy as much as adults enjoy adultery? Mike Storr offered us this as a joke for a Christmas cracker and it drew a great laugh from the audience. "I can see what type of audience you are" quipped Mike. This set the scene for a very entertaining talk about the laughter makers of the old music hall days. What a treat it was to relax and laugh for an hour! Not only did Mike give us a potted history of the music hall and an introduction to some of his favourite characters from music hall days, he also entertained us with re-enactments of these entertainers, getting into role by changing hats and at one time even donning a necklace!

Mike devised the talk while recovering from a near fatal asthma attack ten years ago, using it to raise money for Asthma UK. In 2019, Mike won Fundraiser of the Year in ITV's Pride of Britain's awards, raising a wonderful £45,000 for which he was given a resounding round of applause. The talk he was giving today was his 720th talk.

Mike took us back to the turn of the 20th century when beer was ten pence a pint and TV hadn't been invented. The only entertainment was either homemade or found in the music halls and every self respecting town or city had at least one. I was particularly interested in the fact that the Temperance movement tried to stop them selling alcohol as my granddad was a lifelong teetotaller and

he loved going to the music hall. He used to tell me about seeing comedians like Arthur Askey, who featured in this talk.





The highlight of the talk was when Mike took on the role of some of his favourite music hall characters from the lesser known (to me) Robb Wilton, who influenced Ken Dodd and Les Dawson, to the very well known Stanley Holloway. He skilfully performed a series of monologues, most memorably those of Marriott Edgar - the Battle of Hastings, the Recumbent Position and the most popular The Lion and Albert. The audience was delighted when Mike put on a necklace and recited a couple of Pam Ayres poems ending with 'They should have asked my husband', which seems as relevant today as when it was written in 2004.

Geraldine summed up the talk very well in her vote of thanks when she said it brought back memories she didn't know she had.

Thank you Eileen for organising such an entertaining and nostalgic talk.

Alison Gove-Humphries

JULY'S GENERAL MEETING

27 July Ann Hilton

Medical Alert Assistance Dogs

Medical Alert Assistance Dogs are trained to support people with life-threatening health conditions, saving their lives on a daily basis and helping the NHS by keeping them out of hospital. Ann Hilton will tell us about these dogs and how they are used.

The best way to arrange a family meeting is by turning off the wifi

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 <u>via this link</u> 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 <u>click on this link</u>. 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 - May 2023.

Nottinghamshire Network of u3as - Newsbites June 2023

Gedling Community and Voluntary E-Newsletter - for the latest edition click here.

Gedling Health and Wellbeing Newsletter - for the latest edition click here.

Nottingham Arrow Magazine - Spring 2023

HAVE YOU MOVED HOUSE? Please remember to let the <u>Membership Secretary</u> 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.

INTEREST GROUPS

Badminton Group

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

Monday 3 July Monday 17 July

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.

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 :

Monday 24 July, 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 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 1000 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

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 eecooking@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

Our next meeting will be on 18 July.

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

<u>Italian Speech</u>

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

An Italian man asks his doctor to prescribe a sleeping pill for his mother-in-law. "Why" asks the doctor "is your mother-in-law suffering from insomnia?" "No" says the man "She sleeps well at night - the sleeping pill was for the daytime"

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 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. 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

We are now taking bookings for 27 July 2023 - Salad Days by Julian Slade (music) / Dorothy Reynolds & Julian Slade (lyrics) in the Auditorium

The bank 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

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 letsing@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

The group is going very well. This month we have been to two really good venues to listen to jazz and blues. 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

Tuesday 4 July – Nottingham Wash-houses presented by Jackie Mansfield. Usual fee of £3.00 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

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 are finding the Mapperley Golf Club to be a much more suitable venue. 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. We meet at 2.00pm on the third Monday of each month at the Mapperley Golf Club.

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

Now the weather is pleasant the group is running again and has already had an archery session. The next activity will be on Sunday 16 July at Highfields Croquet Club.

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

We are taking reservations for the following performances:

Friday 6 October @ 7:30pm

The Real & Imagined History of the Elephant Man

£7.50pp

Friday 10 November @ 7:30pm

A Christmas Carol - A Ghost Story

Friday 1 December @ 7:30pm

Pantomime - Cinderella

£8:00pp

All the above performances available to book on the <u>website</u> and at the monthly meetings, or you can send an email to <u>playhouse@madu3a.org</u>.

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

Many thanks to Liz Hagan for leading our Strollers around Woodthorpe Park in June. She will be in charge again on Friday 7 July at Arnot Hill Park. Details of the walk can be found <u>Strollers in July</u>.

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

Short Walks

The walk leader in July will be Fay Darroch and we are going to East Bridgford. Car sharing is recommended if possible. Details of the walk can be found at Short Walk in July. An email will be sent to members who have previously registered interest in these 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.

GENERAL INTEREST

ANYONE FOR PICKLEBALL?

What is Pickleball?

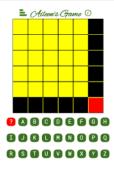
It's an indoor or outdoor racket/paddle sport in which two players, or four players, hit a perforated hollow plastic ball over a 34-inch-high net in the middle using solid-faced paddles. A bit like tennis, but different!

You might have seen the Pickleball item in TAM. The planned u3a Pickleball Tournament had to be postponed and is now more likely to take place next spring. If you're interested you can still sign up for the event - Pickleball Tickets, and make sure to say that you are happy to be contacted about u3a pickleball more generally, if you are happy with this, and then you will be kept in the loop on the upcoming tournament, other opportunities and potentially arrange a Zoom call for u3a pickleball players to enable networking and the sharing of ideas.

HAVE YOU TRIED AILEEN'S GAME?

If you enjoy playing Word games then Aileen's Game might be one you'll enjoy. It's a free online game (like Wordle) and the challenge is to score as many points as possible by making words in a 5 x 5 grid. You choose thirteen of the twenty five letters and the game will give you twelve random letters.

You can play Aileen's Game here - Aileen's Game



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Cartoons taken from the Nillumbik u3a web page

Your Committee 2022-23

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

Committee Member Committee Member Committee Member Committee Member Committee Member Co-opted to Committee Co-opted to Committee

PUZZLES

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

The Little MaD Quiz

- 1. What was first played at Kennington Oval on 16th March 1872?
- 2. Which Charles Dickens novel is subtitled "The Parish Boy's Progress"?
- 3. With which city did Mike Oldfield have a number three hit in 1976?
- 4. Which detective had an older brother called Mycroft?
- 5. lago is a Spanish version of which male name?
- 6. What is the name of the Mausoleum near Windsor where Queen Victoria is buried?
- 7. Who led the victorious Union armies in the American Civil War and became President in 1869?
- 8. Who is the female protagonist of Gone With the Wind?
- 9. Who performed a rendition of the national anthem from the roof of Buckingham Palace prior to a Golden Jubilee concert at Buckingham Palace?
- 10. Which forest in the Weald is the setting for the Winnie-the-Pooh stories?

Can you spot 9 differences between these pictures?





Can you name the towns?

- 1. Tub full of water
- 2. A dirty place to swim
- 3. Meadow full of cooks
- 4. Crank Miss Rantzen
- 5. How to eat dangerous cheese
- 6. Cranium stuck in rabbit hole
- 7. Tying meat
- 8. A chocolate bar without for instance
- 9. Needed for a change of locks
- 10. A person who is leaving

- 11. People's rock
- 12. A complete bacon
- 13. Horses stride to funeral
- 14. Which car?
- 15. Ship's company
- 16. Latest Fortifying wine
- 17. No ends to a a hairdryer
- 18. The first 'R'
- 19. Male pectorals with some hesitation
- 20. Witches have a go

NOTTINGHAMSHIRE NEWS

FRIENDS OF GEDLING COUNTRY PARK PLANT NATIVE TREES

The Natural History Museum reports that overall 41% of species have declined; of these, 26% of mammals are at risk of extinction and 22% of bird species have declined and some animals have fared very badly.

Hedgehogs and Turtle Doves have declined by 95% and 98% respectively

A very alarming set of statistics!

The Friends of Gedling Country Park are running a campaign to raise funds to plan to clear space in the woods and plant a variety of British broadleaf trees over the next decade or so starting in the Autumn of 2023 so that there will be a variety of tree species and maturity in the future, increasing the diversity of species and also the quality of the woodlands as a habitat for wildlife.

To find out how you can help Diversification of Woodland Habitats.

DON'T BIN BROKEN OR UNWANTED ELECTRICAL ITEMS!



If you've been decluttering as part of your spring cleaning and have found some broken or old electrical items that you no longer want, please remember to dispose of them correctly.

Lithium-ion batteries which are found in many electronic devices, toys, laptops and power tools can cause fires if put in household waste bins. Once crushed in the back of bin lorries they can ignite other flammable waste such as paper or plastic causing damage and disruption to collection services in your area.

Small electronic devices are accepted at all our recycling centres and special containers are also available at the sites for removed batteries. Large retailers like supermarkets who sell batteries will also have containers for the recycling of used batteries.

Remember, if you're not sure if an item can be recycled, you can use our free Recycling Checker to check. <u>Simply download the free MyNotts app to get started</u>.

HAVE YOU HEARD OF THE PEGASUS SCHEME?

The Pegasus scheme is for people who find it hard to communicate with the Police - your pre-registered information is safe on the police computer and it can quickly be accessed if you call them. You don't need to repeat all your details.

Who can register?

- Anyone who has a disability or illness that may make it hard to communicate with the police in an emergency or difficult situation.
- Registration is free.

How it works

- You'll be issued with a card and a personal identification number (PIN) and if you need to call the
 police, say 'Pegasus', tell them your PIN and your details will be accessed right away, which will
 save you time.
- You can also show your card to a police officer, member of police staff or other emergency services staff if you need assistance in person and they'll know you may need extra help and support.
- · You can change or update your details at any time.
- If you agree, your Pegasus information will be shared with other participating emergency services (fire, ambulance) and local authorities.

To find out more about this scheme click on the link - Pegasus Scheme.

HEALTH

COULD YOU BE MINERAL DEFICIENT?



Almost six in ten Brits are clueless about symptoms which could show they are suffering from a mineral deficiency.

It's easy to associate 'mineral deficiency' with having severe and easily recognisable symptoms, when in fact everyday issues like headaches, low mood and even bad breath could be down to a shortage in minerals and or vitamins.

This article from the Healthspan website looks at some of the common signs.

COULD ULTRA-PROCESSED FOODS BE HARMFUL TO US?



Aimee, 24, spent two weeks on an ultra-processed diet as part of a test carried out by scientists from King's College London for BBC Panorama. Her identical twin, Nancy, was also on a diet containing exactly the same amount of calories, nutrients, fat, sugar and fibre - but she was consuming raw or low-processed foods.

Aimee gained nearly a kilo in weight - Nancy lost weight.

Aimee's blood sugar levels also worsened and her blood fat levels - lipids - went up.

This was a short-term study on just one set of twins, but the results highlight growing fears among some scientists about the possible impact of so-called ultra-processed foods on our health, which BBC Panorama has been investigating.

To read about this study and its findings click on the link - <u>Ultra-processed foods</u>.

ULTRA-PROCESSED FOODS - HOW BAD ARE THEY?



On the same subject, the Senior Dietitian from the British Heart Foundation reveals what ultraprocessed foods are, how they can affect your health, and simple ways to avoid them.

To read this very interesting article click on the link to the Heart Matters website - <u>How bad are ultra-processed foods?</u>

SCAMS



HMRC ISSUES SCAM WARNING

With another tax deadline looming, scammers are once again trying to trick victims by posing as HMRC.

Which? has previously reported on fraudsters <u>imitating the tax agency</u>, and it has now issued a warning about messages claiming that your details aren't up to date, a payment hasn't gone through or that you will be arrested if you don't pay a tax debt. It has also warned of scammers claiming your national insurance number has been used in fraud, and messages offering phoney tax rebates or bogus grants or support.

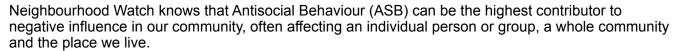
HMRC is currently sending out tax credits renewal packs ahead of the 31 July deadline. It says recipients who haven't received their pack should wait until after 15 June before contacting HMRC. You can renew your tax credits for free online or via the HMRC app. Click on the link to find out about some specific HMRC scams readers have recently reported to Which? HMRC Scams to be aware of.

Lance is a very uncommon name nowadays. But in medieval times, people were called Lance a lot

ANTISOCIAL BEHAVIOUR

ASB Awareness Week 3rd - 9th July 2023





We know, because we have heard the distress from people that are going through this, here and now. ASB Awareness Week is an opportunity to raise awareness of what it covers, provide methods of how and who to report it to, understand your right to your case being reviewed and more importantly, what support you can expect from various agencies and organisations.

We would like to encourage the conversations and we have arranged for 4 webinars to help you. We have speakers from Resolve, ASB Help, British Transport Police and from our Central Support Team, all talking about the many facets of antisocial behaviour in our communities and helping you to know the changes that were announced earlier this year and how that affects you, understanding your rights, knowing what to do when faced with ASB whilst on transport and what Neighbourhood Watch is doing to help communities deal with ASB in public spaces, through the Community Safety Charter.

ASB Awareness Week is spearheaded by Resolve and we are delighted to welcome Rebecca Bryant OBE, who is the Chief Executive Officer (CEO). Resolve is a Centre of Excellence solely focused upon community safety and antisocial behaviour (ASB) who strongly advocate that community safety issues and ASB can be tackled effectively, and everyone has a right to feel safe. ASB should be treated as a priority, it is not low level and is a precursor to serious crime.

Our webinar programme for **ASB Awareness Week** is as follows. If you see a webinar that you would like to attend online, please **click on the below links** (webinar title) to book your space. You will need to do this for each individual webinar that you wish to attend. **All webinars are online and are via Zoom.**



NATIONAL FOREST - PLANT A TREE

Help to grow the Forest by dedicating a tree.



Each sapling you donate is helping to create woodland habitats that will benefit people and wildlife for years to come.

Whether you want to give back to the environment or share a special gift with someone else, each donation comes with a personalised certificate for you to print at home and the guarantee that a sapling will be planted. Once your sapling has been planted, The National Forest will then follow up with an update about the woodland you have helped create.

To read more about the scheme by clicking on the link - Dedicate a tree

LADY BAY OPEN GARDENS 2023

The organisers of the Lady Bay Open Gardens have confirmed that the 2023 Open Gardens will go ahead as planned. The dates have been set for 8th and 9th of July (11am to 4pm each day).

Over 25 gardens have registered to open their garden so far and there is still time to take part for those not already signed up.

This will be a very special year marking the 30th anniversary! The volunteer organisers are aiming to build on the amazing success of previous years and raise even more money for charities and other local good causes. Proceeds go to the Lady Bay Community Fund as well as various charities nominated by garden owners. Lady Bay Open Gardens

ANSWERS TO THE PUZZLES

The Little MaD Quiz

- 1. The FA Cup Final, 2. Oliver Twist, 3. Portsmouth, 4. Sherlock Holmes, 5. James,
- 6. Frogmore, 7. Ulysses S Grant, 8. Scarlett O'Hara, 9. Brian May, 10. Ashdown Forest

Spot the Difference





Can you name the towns?

1. Bath, 2. Blackpool, 3. Sheffield, 4. Winchester, 5. Caerphilly, 6. Edinburgh, 7. Nottingham, 8. York, 9. Newquay, 10. Exeter, 11. Folkstone, 12. Fulham, 13. Canterbury, 14. Watford, 15. Crewe, 16. Newport, 17. Airdrie, 18. Reading, 19. Manchester, 20. Coventry



And finally ...

Books which were never written (and for good reasons)

- 1. The Numbers Game by Cal Q. Later
- 2. Rusty Bed Springs by I.P. Freeley
- 3. Twenty Yards to the Outhouse by Willie Makit, illustrated by Betty Wont and published by Andy Dint
- 4. The Joys of Drinking by Al Coholic
- 5. My Life with Igor by Frank N. Stein
- 6. The Complete Proctologist's Handbook by Ben Dover
- 7. Supporting Athletes by Jacques Strappe
- 8. The Lost Scout by Werram Eye
- 9. Long Walk Home by Miss. D. Bus
- 10. How To Dance by Sheik Yerbouti
- 11. I.Q. Competitions by Samar T. Pants
- 12. The View of the Skyline by Bill Ding
- 13. The Science of Optometry by Seymour Clearly
- 14. Transportation in the Middle Ages by Orson Cart
- 15. Lullaby by Sarah Nade