

June 2023 Issue No 86

## MUSINGS FROM THE CHAIR

I would like to take this opportunity to welcome all our new members. We have had quite an influx over the last few months and I'm sure the fact that our reputation as a very welcoming group has contributed to this. I hope our new members will integrate well and soon feel able to share their ideas and skills with the rest of us.

It has been an interesting month with more bank holidays than you can shake a stick at! I'm sure many of you have been caught up in various celebrations for the Coronation of King Charles and Queen Camilla. It was heartening to see the bunting and the street parties and all the pageantry. I know that not everyone was overjoyed but it's good to see that we can still put on a good show when necessary.

I'm glad to report that I've finally got around to convening a National Trust group and our first visit is to Calke Abbey. I hope to organise visits approximately every 6 weeks or so throughout the summer months so keep your eyes peeled for further information and let me know if you want to be added to the list. You don't need to be a National Trust member but you will have to pay an entrance fee if not.

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 1 June and Thursday 29 June.**

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 22 June at 10:00am**

**Jump to :**  
[What's on at the Lace Market Theatre](#)  
[What's on at the Playhouse](#)

## NOTICES

### u3a RADIO PODCAST

The [u3a radio podcast](#) released its May episode earlier this week. As always, it's a celebration of the learning and connection going on across the u3a movement, with stories directly from u3a members.

## TRIPS AND VISITS

June is a busy month for our U3A, we have a cruise and meal on the river, a weekend in London, short break in Scarborough, a visit to Fletchers again to see Cabaret and a day trip to David Austin Roses and another night at Brookfields all of which is now fully booked. In addition to all this our very own MAD Amdrammers will perform in "Murder at Peacehaven" written by one of our members, this will include a buffet meal and is £8pp to be held at the Mapperley Plains Golf Club on 9th June and open to family and friends. Only 2 places left.

July we have booked a minibus to take us to the Woodhall Spa WW2 1940's Festival on Sunday 9th July. This is a great weekend and the cost is £15pp (Code TWS) reserve your seat now. Moorcroft Pottery 20th July is fully booked.

August 15th we are planning a day in Lincoln going by train, this hasn't been finalised or booked as yet as prices not available at this time so let us know if you wish to join us and also if you have a railcard.

September 26 we visitarefields again and there are currently 3 places left. On 27th September we have planned a day trip to the Black country Museum only 2 seats left.

	Trip/Event	Status	Day	Month	Date	cost from	U3A CODE
02/06/23	LONDON 3 days	Too late	Fri	June	2nd	£220.00	TLON
07/06/23	RIVER CRUISE	Too Late	Wed	Jun	7th	£24.75	TRC
09/06/23	MAD Night	2 Places	Fri	Jun	9th	£8.00	
14/06/23	Cabaret Fletchers	places	Wed	Jun	14th	£3.25	TFC
20/06/23	David Austin Roses	Fully Booked	Tue	June	20th	£15.00	TDAR
22/06/23	Brookfields	Fully Booked	Thur	June	22nd	£14.00	TBFJ
30/06/23	Scarborough (Daish's) 5 Days	Too late	Fri	June	30th	£384.00	TSCJ
09/07/23	Woodhall Spa 1940's WW2	6 places	Sun	July	9th	£15.00	TWS
20/07/23	Moorcroft Pottery	Fully Booked	Thur	July	20th	£21.00	TMP
15/08/23	Lincoln by Train	places	Tue	Aug	15th	£14.00	TLIT
26/09/23	Brookfields - Autumn Baskets	3 places	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	Too late	Fri	Sept	29th	£170.00	TBF
18/10/23	Wedgewood	9 places	Wed	Nov	30th	£24.00	TWW
24/11/23	Burghley Christmas Markets	Fully Booked	Fri	Nov	24th	£20.00	TBXM
28/11/23	Brookfields	4 places	Tues	Nov	28th	£14.00	TBXM
01/12/23	Tribute W/E Dolly & Boy George	Too Late	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	27 places	Thur	Dec	14th	£18.00	TXM23

All payments should be made to Mapperley and District U3A Sort Code 772210 and Account No 24903168 using the appropriate Code as the reference.

Marian and Paula

## 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](mailto:newsletter@madu3a.org).

## FROM OUR MEMBERS

### Go To Jail

Hands up, anyone who wants to go to jail. Not many takers, I fear. But that's what I did. And I am very pleased that I did.

When I retired I wanted to do something useful as well as kicking back and enjoying my leisure but didn't know what.

I had been living in Nottingham for a few months before I saw a sign for HMP Lowdham Grange. I wanted to know more. I wanted to get inside for a proper look.

I used to be a journalist and I could usually find a pretext for getting into places where people aren't generally allowed. I had been inside a dozen or more prisons over the years. Now that I was retired I didn't have that excuse, so how could I get in?

Every prison has an Independent Monitoring Board, volunteers from the local community who go in regularly to check on the safety and welfare of prisoners. They're often looking for more members and so I put my hand up.

There's a very thorough vetting process. Board members can draw their own keys and go anywhere in the prison so they're careful about who they let in.

I have been a regular visitor for about six months now and it is one of the most fascinating things I have been involved in. Lowdham Grange is a high security Category B prison with 900 prisoners, most of whom are on long sentences, including a high proportion of 'Lifers' and those on IPP indeterminate sentence for public protection. There are murderers, drug barons, gangsters and others who you would not want to meet on the outside.



John Andrews

It's our job to talk to the prisoners and ensure they are safe and their treatment is humane. I have never felt threatened in any way and I've been pleasantly surprised by how many prisoners are genuinely caring and helpful towards their fellow inmates.

There is trouble, however. Fights between prisoners do happen, and prison officers get attacked occasionally. Drugs do get in and prisoners even manage to make home-brewed 'hooch' in their cells sometimes.

We're more concerned with prisoners who're not coping. There's a worrying amount of self harm and earlier this year there were three suicides in the space of three weeks after several years without any. We also keep a close eye on the segregation unit where prisoners can be held if they've caused trouble or because they're vulnerable for reasons like debt or suspicions they're informers.



HM Prison Lowdham Grange

I seem to have landed on Monopoly's Go To Jail square. I don't pass Go and I don't collect £200. But luckily I do have my 'Get Out of Jail Free' card in the form of a Ministry of Justice pass so I get to go home and sleep in my own bed at night. Coming out of prison makes me appreciate that all the more.

John Andrews

## NEWS FROM THE GROUPS

### Curry Group visit Colombo Street

In May the MaD Curry Group enjoyed a delicious Sri Lankan meal at Colombo Street. After an ordering mix-up which meant we were waiting quite a while to be served, our food was plentiful and very tasty and very different from the 'usual' curries.

Another enjoyable curry outing.

Sue Cullen



### German Conversation and Culture

In May the group discussed, translated and read two very interesting articles at our meeting on Tuesday 16 May. The first one about a new Travel Card for which people can elect to pay a monthly subscription enabling them to travel, on local and regional trains and buses, all over Germany without purchasing a different ticket for each region. An enjoyable discussion arose comparing the transport systems here as well as abroad. Julie and Arthur have often travelled and were very impressed with the ICE train, an inter city express train which travels throughout Germany.

Our second article was about a new floating or suspended Skywalk constructed above Rugen an island in the Baltic Sea. The circular route through a national park enables visitors to view the coast safely as, due to erosion, the chalk cliffs are very unstable.

Dina brought along some delicious Banana Chips which together with our usual biscuits we enjoyed with our coffee and tea.

Joy Brown

### Beginners' Bridge

The bridge for beginners group runs over the winter months and is held at the conveners house in Woodthorpe.

The aim of the group is to introduce people who have never played bridge before to the game, or to be used as a refresher for people who haven't played for a long time and who wish to play again.

The course covers basic ACOL bidding and some tips on how to play - contained in ten weekly sessions.

The next 10 week course will probably start in October. For more information please contact me on [bridge@madu3a.org](mailto:bridge@madu3a.org).

John Heeson

### Ukulele group

We are looking into the possibility of a ukulele group which could start after the summer, subject to levels of interest and ability.

As we are unable to start a group before the autumn, if anyone is interested and, in the meantime, wants to see whether this may be a group for them you are invited to attend the ukulele group which is held at the Baptist church on Westdale Lane every Monday evening between 7:00pm & 9:00 pm. Two of our members are involved with teaching there.

If you are interested in finding out more please email [coordinator@madu3a.org](mailto:coordinator@madu3a.org), and let us know if you have ever played before or are a complete beginner and if you happen to have a ukulele - it doesn't matter if you don't.

Val Wilkinson

## Local History

The June meeting of this group is on Tuesday 6 June at the Mapperley Social Club. The talk will be given by Tony Wilkinson, a member of the group who will talk about his research into the Seely family.

The family name attaches to The Colonel Frank Seely Academy at Calverton, The Seely Church of England infant and primary school at Burnstump Hill, Seely School on Perry Road, Seely Road Nottingham, and Seely Avenue, Calverton - but who were the family that gave that name to those places?

This talk traces the family from its early roots to modern day with reference to various industries and buildings in the locality with whom they were connected.

All members who are interested are welcome. The group meets in the bar with the usual subs of £3.00 payable.

## Local and Live

The Local and Live group had a very pleasant evening at The Wine Room in Nottingham (not the one in Mapperley) where we enjoyed some very pleasant easy jazz. Sadly as they had a staffing issue the service that night was poor and some meals could have been better, but they did their best to make up for it.



## Walking Group

After a few months resting we are pleased to say that our member Julie King has volunteered to lead a walk for the walking group on Friday 16 June.

The walk will start at 10.15am from Lambley church, (on street parking available), and the route then goes through Bulcote and Burton Joyce before returning to Lambley. It is just over 6 miles. Well behaved dogs are welcome. and there may be the opportunity for refreshments in the Woodlark at the end of the walk.

Please email [walking@madu3a.org](mailto:walking@madu3a.org) to add your name if you would like to join this walk or the group.

**A volunteer to lead a walk in July is needed.**

Val Wilkinson

## Strollers Group in Arnot Hill Park

The Strollers Group had a very enjoyable walk on Arnot Hill Park in May. The sun was shining, the birds were singing and the Canada Geese parents were out walking about 14 goslings round the park.

A lovely stroll - spoiled for one member who forgot to get a parking ticket resulting in a £25.00 fine for a free parking session !!



## National Trust Group

I have finally got around to sorting out a visit for members who have National Trust membership. My main difficulty has been trying to find a day that didn't clash with too many other groups and activities, so I have decided to try a weekend day.

For the first trip I have chosen Calke Abbey at Ticknell Derbyshire DE73 7JF on **Sunday the 4 June**. The Abbey opens at 11:00am but the gardens open from 9.30am.

We will meet in the car park at 10.30am. You may choose to go off on your own and that's absolutely fine but others may like company. It's not easy to get there using public transport so I suggest car sharing. Please indicate whether you are able to offer a lift to other members and how many seats are available. Also indicate if you need a lift and I will endeavour to match you up

Of course you are welcome to join us if you're not a National Trust member but unfortunately you will have to pay the entrance fee.

If you would like to join the group please send an email to [natrust@madu3a.org](mailto:natrust@madu3a.org) and I will add you to the list.

Geraldine Chaffe

## Wine Group out to Lunch

The Wine Appreciation Group celebrated International Viognier Day with a Sunday Lunch, accompanied by a glass or two of lovely Viognier wine, at The Wine Room, Mapperley Top.

The food was delicious and plentiful and the conversation was lively. A great way to spend a Sunday lunchtime.

Sue Cullen



The Wine Appreciation Group is currently full, but there is always space in the Wine Bar, which opens most Wednesday evenings at 6:00pm via Zoom.

For more information please send an email to

[wine@madu3a.org](mailto:wine@madu3a.org)

## Strollers

The Strollers will be walking on **Friday 2 June starting at 10.15am**. The walk leader is Liz Hagan.

The walk is around Woodthorpe Park, starting from the benches at the rear of the Grange (house) overlooking the field area. There's lots of parking on the site. The simplest route for our members is to go anti-clockwise so as to avoid climbing up the steep bit.

The park is glorious at the moment with lots of blossoms and flowers. You can also pick yourself a bag of luscious wild garlic leaves for a delicious pesto or an addition to a salad. Just follow your nose around the rear of the formal gardens. Well behaved dogs will be welcome.

It's not necessary to book a place on this walk but it will be helpful to Liz if she knows who to look out for. Please let me know - [strollers@madu3a.org](mailto:strollers@madu3a.org).

## Wine Group in the Garden

The May meeting of the Wine Appreciation Group was held in Maggie and Vic's lovely garden, in glorious sunshine. The group was tasting a selection of wines from Morrisons's The Best range. The afternoon was made even more enjoyable when Hazel presented the group with two bottles of excellent Cava and a deli selection of cheeses and meats to help her celebrate a big birthday.

Thanks again Hazel and we're happy to help you celebrate any time!

Sue Cullen



Happy birthday Hazel



## Family History

I thought some people might be interested to see what's happened this month in the past ...

Claire Wilkie

### WHAT HAPPENED IN JUNE?

- 2 June 1994 The RAF's worst peacetime disaster when a Chinook helicopter crashed on the Mull of Kintyre killing all 29 on board
- 3 June 1892 Liverpool FC founded
- 4 June 2022 Queen's sketch with Paddington Bear
- 5 June 1963 Minister John Profumo resigned as the result of a sex scandal
- 9 June 1873 Alexandra Palace burns down after only being open for 16 days
- 11 June 1982 The film E T released
- 12 June 1942 Anne Frank turned 13 and started her diary
- 16 June 1972 David Bowie released his Doggy Stardust LP
- 18 June 1815 The Battle of Waterloo took place
- 20 June 1837 Queen Victoria's accession.
- 21 June 1948 Columbia Records unveils the LP
- 22 June 1911 King George V and Queen Mary crowned
- 25 June 1950 Korean War started
- 25 June 2009 Michael Jackson died
- 26 June 1997 Harry Potter and the Philosopher's Stone published.
- 29 June 1613 The original Globe theatre burned down after a special effect mishap
- 30 June 1894 Tower Bridge inaugurated
- 30 June 1963 The last Coronation of a Pope, Paul VI

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## GENERAL MEETINGS

### MAY'S GENERAL MEETING

#### Ensa and the Forces Sweethearts of World War II - Melody Flyte

If a casual visitor had wandered in at the beginning of Melody's talk they may have been surprised to see the microphone draped with a Union Jack flag and a young woman smartly dressed in a khaki cap, skirt and jacket with the letters ENSA on the shoulder. Our speakers don't usually bring a flag or come in fancy dress so this was clearly something special. We were not disappointed.

Melody explained that the acronym ENSA stood for Entertainments National Service Association (not, as she jokingly told us later in her talk, 'Every Night Something Awful'). The organisation was established in 1939 by Basil Dean to provide entertainment for British Forces at home and abroad during WWII. Theatres and places of entertainment were closed on



Brenda Jarand

the outbreak of war in 1939 so many famous showbusiness folk signed up to join. Melody spoke in detail of several leading entertainers collectively known as 'The Forces Sweethearts' - Gracie Fields, Vera Lynn and Joyce Grenfell - still recognised names today

These artists sometimes performed to vast audiences in difficult conditions, travelled uncomfortably in ancient aircraft and endured the hazards of biting insects and snakes. As Joyce Grenfell's diary relates, this was nothing compared to the injuries and horrors which they encountered in the field hospitals they visited abroad. However, this was no dull treatise of facts and anecdotes as each was uniquely captured by Melody singing some of 'The Sweethearts' most famous songs and inviting us to join her. Sentimentality was in the air - I'm sure many of us can remember those old tunes sung by our parents (but perhaps not as tunefully as Melody).

Thanks to Eileen for finding us such an entertaining speaker.

Brenda Jarrand

# JUNE'S GENERAL MEETING

22 June

Mike Storr

Masters of Mirth

An affectionate look at some favourite music hall laughter-makers, including 'How the music hall began', Mike's favourite characters with examples of their acts and famous monologues.

Not to be missed!

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## 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](mailto:membership@MaDu3a.org) or [chair@MaDu3a.org](mailto: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.

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## NEWSLETTERS

Our **MaD Moments Newsletter** is published monthly in digital format. Please contact our Chair Geraldine Chaffe on [chair@madu3a.org](mailto: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 - May 2023](#).

**Nottinghamshire Network of u3as** - [Newsbites April 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 [Membership Secretary](#) know if your personal details change. If you don't you may stop receiving Third Age Matters, email information and the Newsletter.

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## 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](mailto:chair@madu3a.org) or the newsletter editor Sue Cullen at [newsletter@madu3a.org](mailto:newsletter@madu3a.org) and they will do their best to deal with your issue or pass along your comments as appropriate.

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To err is human. To blame it on someone else shows management potential

# INTEREST GROUPS

## Badminton Group

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

Monday 5 June                      Monday 19 June                      Monday 3 July                      Monday 17 July

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](mailto: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](mailto:bookclub2@madu3a.org).

*Diana Cooke*

## Breakfast Club

The next Breakfast Club meeting will be on Monday 26 June at 10:00am at The Old Flower Shop, Mapperley Top.

We plan to 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](mailto: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](mailto: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](mailto:craft@madu3a.org).

*Debbie Foreman*

## Creative Writing

The subject "Too much of a good thing" proved to be a challenging one and although members said they had found it difficult the stories were excellent, and all very different.

We had some discussion about what we can do that might challenge us a little more and vary our writing diet. It was decided that we are each to write the opening to a story without having a middle or an end. This will be a short amount of writing, probably a paragraph or two with around 250 to 300 words. The subject is "I didn't sleep a wink ...".

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](mailto: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](mailto: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](mailto: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](mailto: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? 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, at 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](#)

**Our next meeting will be on 18 July** as most of us are away in June.

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](mailto: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](mailto:italian@madu3a.org).

*Joice Hall*

## [Jazz Appreciation](#)

At our meeting in May we all chose versions Errol Garner's wonderful tune 'Misty' and what a lovely evening it was. Such a variety of sounds and styles. You can see the playlist if you [click here](#). Next month our theme will be a tribute to the late Ahmad Jamal.

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](mailto: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 :

**29 June 2023**

**Something Unspoken / Suddenly Last Summer by Tennessee Williams in the Auditorium**

Miss Cornelia Scott is a grand, Southern woman whose outer extravagance belies inner insecurities. She has a complex, codependent relationship with her secretary, and during the elections for the local chapter of the Daughters of the Confederacy, their tensions reach a tipping point. Catherine Holly has witnessed the murder of her cousin Sebastian, which has sent her to a psychiatric hospital. When Sebastian's mother, Mrs. Venable, invites a psychiatrist to question Catherine about her story, she paints a picture so graphic it's almost unbelievable. Mrs. Venable would rather not believe it and have her son's secrets remain secrets. In one of Tennessee Williams' most haunting pieces of writing, how far will a mother go to preserve her son's reputation?

**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.

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 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](mailto: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](mailto:literature@madu3a.org)

*Jonathan Brown*

## Local History

- Tuesday 6 June - The Seely Family by Tony Wilkinson
- 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](mailto:localhist@madu3a.org).

*Marian Donaldson*

## 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](mailto:localandlive@madu3a.org).

*Eileen Braham*

## Lunch Club

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

On Tuesday 27 June, Geraldine will host the lunch club at the Bridge Inn Nottingham Rd, Oxtun, Southwell NG25 0SE - 0115 965 2013.

For our meal on 25 July Linda has chosen The Wine Room, 962 Woodborough road NG3 5QS - 0115 969 1336. Maps for each are loaded to Beacon for each location, so you can see where they are.

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](mailto: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](mailto: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](mailto: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](#)

'Drums' was the theme for our meeting in May and the music pieces were all very varied and interesting - from military pieces to modern music. There will not be a meeting in June due to holidays, and in July we shall be choosing music featuring the piano.

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](mailto:music@madu3a.org).

Joan Davis

## [Photography](#)

The themes for May were [Knobs and Knockers](#) and [Framing](#). You can click on the links to view all the images.

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](mailto:photography@madu3a.org).

Sue Cullen

## [Playhouse Theatre Group](#)

We are taking reservations for the following performances :

Friday 6 October @ 7:30pm	<i>The Real &amp; Imagined History of the Elephant Man</i>	£7.50pp
Friday 10 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](mailto: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](#)

In April we read *The School for Scandal* by Richard Brinsley Sheridan, first performed in 1777. Although written nearly 250 years ago it was still very funny and proved that people haven't really changed much. Our text in June will be *Rumours*, a modern farce by Neil Simon.

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](mailto: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 meeting - **Tuesday 13 June**

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](mailto:letssing@madu3a.org).

*Gary Cawthorne*

## **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](mailto:tabletennis@madu3a.org).

*Val Wilkinson*

## **Walking Groups**

### **Strollers**

The Strollers will be walking on **Friday 2 June starting at 10.15am**. The walk leader is Liz Hagan.

The walk is around Woodthorpe Park, starting from the benches at the rear of the Grange (house) overlooking the field area. There's lots of parking on the site. The simplest route for our members is to go anti-clockwise so as to avoid climbing up the steep bit. Well behaved dogs will be welcome. It's not necessary to book a place on this walk but it will be helpful to Liz if she knows who to look out for. Please let me know - [strollers@madu3a.org](mailto:strollers@madu3a.org).

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](mailto:strollers@madu3a.org).

*Carolyn Luckhurst*

### **Short Walks**

On 9 June, Sue Oliver will be leading a walk starting from outside the Nottingham Station, meeting at the bottom of the station steps on Station street. This walk will start at 10.30am to allow members to get there using bus passes. The walk will proceed along the canal path.

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](mailto: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](mailto:shortwalks@MaDu3a.org).

*Carolyn Luckhurst*

### **Walking Group**

The next walk will be on Friday 16 June, starting at 10:15am Lambley church, (on street parking available), and the route then goes through Bulcote and Burton Joyce before returning to Lambley. It is just over 6 miles.

Well behaved dogs are welcome. Please email [walking@madu3a.org](mailto:walking@madu3a.org) to add your name if you would like to join this walk or the group.

**A volunteer to lead a walk in July is needed too please.**

I'm so modern that rather than walking into a room and forgetting why I went there, I open a google page and forget what I was looking for

## 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.

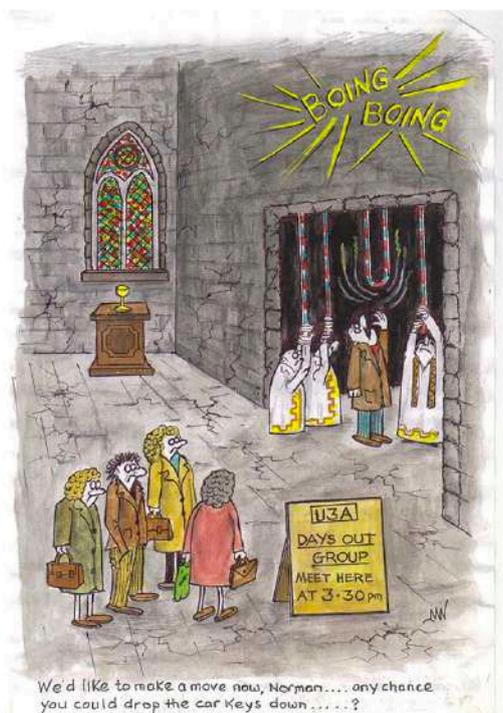
We meet every Wednesday at 6.00pm (except on the weeks when we have our in-person meetings). Contact [wine@madu3a.org](mailto:wine@madu3a.org) for the Zoom invitation. Come and join us in the Wine Bar!

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](mailto:coordinator@madu3a.org) or have a chat with Val or any Committee member so we can help you to get going.



Cartoons by Mike Watson of Lyndhurst & District u3a in Hampshire

### 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



## WHAT'S ON IN NOTTS

Visit the [What's on in Nottinghamshire](#) web page to find out what's on in and around Nottingham. Festivals, motor show, tennis tournament, open air theatre venues, marathon and more. Lots of information on the website.

## FILMS FOR A FIVER

The Bonington are launching a new money saving offer to help make cinema more accessible and affordable for people.

The Films for a Fiver offer means that you can buy tickets for their Tuesday film screenings for just £5.00, so you can watch the latest Hollywood blockbusters and independent films at a reduced cost. That means any film for just £5 every Tuesday!

To find out what's on click on the link - [Films for a Fiver](#).

## DON'T LEAVE REFLECTIVE OBJECTS IN THE SUNLIGHT!



Firefighters have issued a warning against leaving reflective objects in sunlight after a pair of sunglasses set a car on fire.

Nottinghamshire Fire and Rescue Service was called to the blaze in Nuthall on Saturday.

The service said the fire, which significantly damaged the vehicle, was caused by a pair of sunglasses that had been left on its dashboard.

A spokesperson for the fire service said: "The sun has been strong but beware this can cause fire. Make sure you keep reflective objects out of direct sunlight."

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## HEALTH

### HOW YOUR MEMORY WORKS



#### ... and why forgetting is totally OK

Have you ever misplaced something you were just holding? Completely blanked on a famous actor's name? Walked into a room and immediately forgotten why?

Neuroscientist Lisa Genova digs into two types of memory failures we regularly experience - and reassures us that forgetting is totally normal. In conversation with TED science curator David Biello, Lisa Genova describes the difference between common moments of forgetting and possible signs of Alzheimer's, debunks a widespread myth about brain capacity and shares what you can do to keep your brain healthy and your memory sharp.

To listen to the talk, click here [How Memory Works](#) - it's 22 minutes well spent (if you can remember to do it!)

### CAN STRESS CAUSE VERTIGO?



Do you keep feeling so dizzy that you find it hard to control your balance?

You may be experiencing vertigo, a strange and often distressing sensation that can have several possible causes. Most causes are physical, but what's the connection with emotional wellbeing and can stress cause vertigo?

To find out, click on the link to read the article from the Patient website - [Stress and vertigo](#).

## FOOD FLAVOURINGS - WHAT ARE THEY AND ARE THEY SAFE?

zoe

Humans have been adding flavourings to food for millennia. Initially, herbs and spices were among the few options we had. But as technology and the food industry developed, artificial flavourings entered the scene, providing a never-ending selection of tasty chemicals. These days, aside from whole foods, you'd be hard-pressed to find a product that doesn't contain flavourings. But does it matter?

This article - [Food flavourings](#) - on the Zoe website explains the difference between natural and artificial flavourings, and whether any health concerns are linked to them.

## SCAMS

### NEIGHBOURHOOD WATCH MAGAZINE



This link will take you to the [Neighbourhood Watch Magazine](#) for May 2023. It has lots of useful information and advice.

### FRAUDSTERS STOLD £2,300 A MINUTE FROM VICTIMS IN 2022

UK Finance reports that victims lost a total of £1.2bn to scammers last year!

Which?

The latest data shows the shocking extent of losses to unauthorised and authorised fraud.

Unauthorised fraud occurs when a scammer carries out transactions without your consent or authorisation – for example, if your bank card is stolen. Authorised fraud, or APP fraud, occurs when you're tricked into sending money to a criminal's account.

It's crucial to be aware of how these scams work and take precautions to protect yourself. Learn more about [Different types of fraud and how to spot them](#).

### NEW CREDIT CARD SCAM

There's a current scam in which you receive a call, supposedly from your bank, saying they'd seen suspicious activity going on in your account. While you're on the phone the caller says he can't take your customer number over the phone and will send a text with a cancellation form attached which you're asked to complete - whilst the caller is on the phone.

Don't be taken in by this - or anything like it! Fraudsters will put pressure on you to take the action they suggest as otherwise 'they won't be able to protect your account and stop the so-called fraudulent payment being taken from your account'.

**Don't be fooled - it's a scam, of course.**

Be aware that if you willingly give all your details to a fraudster there's a high chance that your bank won't refund the money the fraudsters steal from you.

Just stop and think for a second or two, then hang up and call your bank to check - if it's genuine the bank will understand and deal with the problem, and if it's not you will have saved yourself a great deal of stress and heartache. AND, don't just hang up and then dial your bank - there are ways a fraudster can keep a phone line open so that although you think you're calling your bank you are really still connected to them. First, call a friend or relative to check the line is open, or use another phone if possible.

Pass the word onto people who may be a bit more vulnerable. These people sound very genuine knowing who you bank with, your full name and phone number and people could very easily fall for it!

**REMEMBER fraudsters are professionals and very good at what they do**

**Don't let it happen to you!**

## RECEIVED A NEW BANK CARD YOU DIDN'T EXPECT?

Another scam involves you being sent a new bank card. It's not a contactless card and comes with an accompanying letter telling you how to activate the new card. The letter looks totally like the communications you usually receive from your bank.

If you activate one of these fraudulent cards you stand a very high chance of losing all the money in that account.

If you don't expect a new card and one arrives, check with your bank to be sure it's genuine.

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## YOUR GARDEN

### PLANT BASIL WITH YOUR TOMATOES

Planting basil with your tomato plants is one of the best ways to grow healthier and tastier tomatoes - and of course, have plenty of fresh basil on hand all summer long!

Basil has long been the perfect culinary partner to fresh tomatoes in the kitchen, but it actually rivals marigolds in the pest repelling category and is extremely effective in repelling whiteflies, aphids and tomato hookworm, all three of which can spell big trouble for a tomato plant's health.

Basil also repels mosquitoes. The mosquito benefit is huge when working in the garden, but you can also harvest some of your basil throughout the year and place in a vase to help keep the pesky biting insects off porches and patios. If that wasn't enough, basil also helps repel the common housefly.

Beyond repelling pests, basil is also known to help tomatoes to healthier, stronger growth. And perhaps best of all, it is also thought to improve the overall flavour profile of tomatoes when growing in close proximity.

The 'This is my Garden' website has an interesting article about companion planting, and lots of other interesting stuff - [Companion planting](#).

### PRUNING EARLY-FLOWERING CLEMATIS

Monty Don gives advice on how to prune your early-flowering climbs .....

"The best time to prune early-flowering clematis is immediately after they finish flowering. Obviously the timing of this will vary considerably in different parts of the country, but the principle remains constant.

For many of us this occurs at the end of May. Next year's flowers are formed on all the new growth made from this period until late summer so if you prune them much later than mid to late June, you'll be removing potential flowers that would bloom next spring.

Pruning clematis is solely to maintain their size and spread for your convenience rather than any other reason. This means gardeners can cut back freely, not worrying about individual stems or the position of the cut."

## URBAN WOODS

### The Green Lungs People and Nature Rely On

Did you know at least 80% of the UK population lives in urban areas? Although trees make a difference to our health and wellbeing wherever we are, the life-giving benefits of woodland are particularly important in towns, cities and suburbs. The hundreds of urban woods owned by the Woodland Trust are extra special - vital for people, climate and nature.

The Woodland Trust has launched a [very urgent Urban Woodland Appeal](#) to raise funds to help realise their vision for UK woods - and maintaining these essential wildlife havens in urban areas is a huge part of that. To read more about it click here - [Urban Woods](#).

Reading a book under a tree seems nice to us, but to a tree we're just taunting them with the shredded flesh of their family

# KEEP CATS FROM USING YOUR FLOWER BEDS AS A LOO

Cats don't like some smells, especially citrus fruit - specifically orange peels. Cut oranges and scatter them round the flowerbed. Put them down daily and the cat will soon find another place!

## ANSWERS TO THE PUZZLES

### The Little MaD Quiz

1. Rabbits, 2. Hieroglyphics, 3. *Phantom of the Opera*, 4. Michael Schumacher and Lewis Hamilton, 5. The tomb of Tutankhamun, 6. John Brown, 7. Joan Sims, 8. Lincoln, 9. *Honey, I Blew Up the Kid*, 10. Percentage of alcohol by volume (ABV)

### Spot the Difference



### House Numbers

19 and 91.  
The difference is 72.

### Seven Times

The answer is 21  
 $1 + 2 = 3$ ,  $7 \times 3 = 21$



And finally ...

Things you learn from the movies -

1. If staying in a haunted house, women should investigate any strange noises wearing their most revealing underwear
2. Once applied, lipstick will never rub off - even while scuba diving
3. Should you wish to pass yourself off as a German officer it will not be necessary to speak the language, a German accent will do
4. A man will show no pain while taking the most ferocious beating but will wince when a woman tries to clean his wounds
5. Medieval peasants had perfect teeth
6. All single women have a cat
7. One man shooting at 20 men has a better chance of killing them all than 20 men firing at one
8. A detective can only solve a case once he has been suspended from duty
9. If you decide to start dancing in the street, everyone you bump into will know all the steps
10. If you are heavily outnumbered in a fight involving martial arts your enemies will wait patiently to attack you one by one by dancing around in a threatening manner until you have knocked out their predecessor
11. Vehicles that crash will almost always burst into flames
12. Rather than wasting bullets, megalomaniacs prefer to kill their arch-enemies using complicated machinery involving fuses, pulley systems, deadly gases, lasers and man-eating sharks that will allow their captives at least 20 minutes to escape