

March 2023 Issue No 83

MUSINGS FROM THE CHAIR

It was good to see so many of you at the meeting on Thursday and I hope you enjoyed our speaker as much as I did. I have to admit it came as a complete surprise to me that Gretna was so important to the war effort. I know we had a few technical problems with the sound for those who joined us on Zoom, but thankfully Richard was able to sort it out. I hope it didn't spoil it for you.



We continue to go forward with new groups springing up all the time. There were signing up sheets at Thursday's meeting for a badminton group, a breakfast club, a quiz night and lots of trips and visits. Remember if you would like an activity that we don't presently offer, speak to Val Wilkinson our groups convener and she will help you to fill the gap. So if you fancy dancing, knitting, origami or anything else, come and have a chat with us.

A small group of members including myself spent 5 days in Porthcawl last week. We were extremely fortunate with the weather considering it was the middle of February! We had day trips to Cardiff and Swansea and stayed in a hotel right on the seafront where we were treated to some amazing sunsets each evening. We returned on the Friday evening, and then on Saturday Barbara Hartley and I went to Preston in Lancashire on a Waterways and Railways trip. Again we enjoyed lovely weather so our canal trip on Saturday and our steam train trip on Sunday were great fun. If you haven't joined us on one of our longer trips you should give it a go, I can highly recommend them.

The nights are drawing out now and as the weather gets warmer we can all start to get out and about a bit more. However, I've just seen a weather forecast which says we might be getting some snow in the not too distant future, so don't pack your sledges away yet!

Best wishes

Geraldine Chaffe
Chair

MEETINGS AT THE OLD FLOWER SHOP

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

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

We shall be there **from 10.30 am to 12 noon on Thursday 2 March.**

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

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

NEW GROUPS

BADMINTON GROUP

Anyone for Badminton?

We're hoping to get a Badminton group going if there is enough interest, so if you think this is something for you please contact badminton@madu3a.org to put your name on the list.

BREAKFAST CLUB

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

Would you be interested in joining? As yet no specific day has been set but if you let us know your preference we shall go with the *choice of the majority*.

So if you'd like to join the Breakfast Club, please contact breakfast@madu3a.org and state your preferred day/s. Details will be emailed to members when days and dates have been sorted.

QUIZ NIGHT AND SUPPER

We are having another MaD Quiz Night on **Friday 28 April at 6:00pm** to be held at the **Mapperley Golf Club** on Central Avenue, Mapperley.

Tickets are *£10.00 per person which includes the quiz and a finger buffet. There will be a bar and there are 'facilities' on the same level.

The quiz is open to all not just MaD u3a members, so bring along family and friends to this fun evening.

Team size will be up to 4 people and you can form your own team or just come along on the night and join others.

So that we know numbers for catering, please let us know if you would like to come along on the night - quiz@madu3a.org

* *We're hoping we may be able to reduce this amount*

NOTICES

COOK FOR THE KING

Following a wonderful suggestion from a member on how to mark the forthcoming Coronation in May the u3a is launching a new event - 'Cook for the King'.

We would like you to create a dish that celebrates and reflects Britain in 2023. You could consider King Charles III's campaigning on sustainable farming practices or something that celebrates the diversity in British cuisine today, but it is up to you - please be as creative as you wish.

We would love the u3a movement to find the dish of 2023 and we aim to send all the recipes to the Palace.

To see more details about this, and to find out how to submit your recipes (and any pictures you have of the cooked dish) on [the Events page](#) on our website.

This initiative ends on 10 April



HELP US BUILD A NEW MaD WEBSITE

We may soon be building a new website for MaD u3a and are looking for people with ideas, and also people with skills to build and get a website up and running. Is this something you'd like to be involved with?

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

INDEPENDENT BOOK SHOP IN ARNOLD

You may be interested to know that Arnold has a new, independent bookshop on Calverton Road. It's called 'Buk' and you can learn more about it by clicking on this link - [Buk](#).

This small bookshop has books for all tastes and if you can't find what you want they will happily order it in for you.

Their focus is to try to keep things as local as possible, and they'd love you to go in, have a chat and a browse!

Do you recall that we had a charity collection box for Maggie's?



Since Covid people aren't using cash very much and we decided it was time return the collection box and its contents.

We had a very nice letter from Maggie's thanking us for our donation - from our spare coins MaD u3a members raised a total of £72.84.

Well done everyone!

Maggie's is a charity providing free cancer support and information in centres across the UK and online.

THIRD AGE MATTERS MAGAZINE

Do you read your copy of TAM (Third Age Matters magazine), or does it just sit about until it gets put into the recycling?

If you don't read it - or if you would just rather not receive a printed copy (you can read it online in Screen Reader format - see Page 8 below) you can have your name removed from the mailing list. It's not difficult to do yourself as you can enter your name on the Poll on the Beacon web site and tick the box to let the system know you no longer wish to receive it. To do this :

- go onto the Beacon website, and click 'Members'
- click on your name and check the box NO TAM.

OR you can contact secretary@madu3a.org and request to be removed from the TAM mailing list.

u3a ON-LINE CLIMATE CHANGE GROUP

Yes! The u3a has its own online Climate Change Group.

The website aims to act as an information point for all u3a Interest Groups within the UK which are concerned with the various aspects of Climate Change and the Environment, including Sustainability, Renewable Energy, Biodiversity, Recycling and much more.

There is information about forthcoming events and a Toolkit page linking to books, films, courses and more.

Click on the link [u3a Climate Change](#) to visit the site and learn more.

BOOKING A HOLIDAY THROUGH RIVIERA TRAVEL?

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

MaD MEMBERS OUT AND ABOUT

German Conversation & Culture Group

At our meeting on 21 February we discussed the origins and variations of Carnival which is celebrated, in many countries, during February and March.

First we read and translated an article about Venice carnival which has been taking place for hundreds of years, with colourful masks and costumes from Medieval times. We then looked at an article about Cologne Carnival, which this year is celebrating 200 years.

Having visited several times, Pat and Joy explained how passionate the Cologne people are about their carnival.

Many processions take place throughout the Rhineland, where the costumes are particularly colourful, as well as other areas. Many areas in Germany call it the "5th season of the year".

We then read and translated a very interesting article about an exhibition of Vermeer paintings taking place at the Rijks Museum in Amsterdam until June.



Kohle Alaaf!

It is the first time so much of his work will be shown in one place, as previously individual paintings have been displayed in various museums in many other countries.

Our usual light-hearted and enjoyable chat followed.

Our next meeting will take place on 21st March.

Joy Brown

MaD Members visit South Wales



Some of our members enjoyed a break to South Wales in February and guess what - we had the best weather in the country! We were so lucky for February.

We stayed at a seafront hotel in Porthcawl and our trip included visits to Cardiff and St Fagan's History Museum, Cardiff Bay, Bracelet Bay the Mumbles and Swansea.

The only downside to the trip was getting there and back as we started and finished on feeder buses so it was a bit long winded.

Two of our members arrived home on the Friday to go off again the Saturday on the Railways and Waterways of East Lancashire so I bet they were exhausted on their return.



Our steam train



Cardiff Castle

Marian Donaldson

The Gardening Group visit Holme Pierrepont Hall



Our February Gardening Group visited Holme Pierrepont Hall to see their glorious displays of Snowdrops along with other winter flowering plants including Hellebores, Cyclamen, Cornus and winter flowering Irises. We enjoyed rambling through the woods, gardens and exploring the courtyard.

In the courtyard we were fascinated by the ugly stumps of what we believe to be Gunnera also known as 'Giant Rhubarb'. Some of us would be interested in

visiting this in the summertime when it is sure to draw attention and provide a truly stunning visual effect in the secluded courtyard space.

On Sunday 26th March between 11am and 4pm Holme Pierrepont Hall is open to host a 'Flower Power' garden and plant fair which will have unusual plants and shrubs for sale. It is £5 entry at NG12 2LD.

For more info click here - [flowerpowerfairs](#)

Celia & Martin Lassetter

Curry at MemSaab

18 members of the Curry Club enjoyed a delicious and beautifully presented meal at MemSaab on Maid Marian Way. The group was well looked after and those who tried the facilities were very impressed! Some thought it was the best Curry night so far.

Joan Davis



Family History - An unusual find and a puzzle

I had just started my attempt to clear the back bedroom of some of its clutter when I happened on an old white carrier bag. There wasn't a lot in it, just a few papers, it seemed, but two of the papers were a complete eye opener for me, as they turned out to be bills relating to the time my mother spent in Timperley Lodge Nursing Home, near Altrincham, between 19 October and 3 November 1948. They cover the time when I was born!

Why I had never come across the £18-5s-8d Nursing Home bill, and the payment of the same amount to the midwife, I have no idea, but what interesting documents to find!

They are, however, a little puzzling.

The NHS came into existence on 5 July 1948. That being the case, why did my parents PAY for Mum's care in October? Was free maternity care not yet available?

I do wonder if the reason relates to Mum's age. She turned 40 only two months after I was born, so maybe the payment was an extra insurance because of that, as, going back in time, 40 was a dangerous age at which to give birth.

If there is anyone who could solve this little puzzle, I'd love to know the answer!

Whatever the reason, the discovery of the documents was fascinating, and had I come across them when my parents were still alive I'd have enjoyed asking them whether they thought I was cheap at the price!!

Claire Wilkie



A Valentine Ode for the Wine Appreciation Group



MaD member Vic Blake is a published writer and poet, and he treated the Wine Appreciation to his poem concerning a not-so-attentive fella on Valentine's Day. A lovely poem which we all very much enjoyed.

The group also 'enjoyed' a blind tasting of 3 white and 3 red wines. They were given tasting notes for 4 white and 4 red wines and had to decide which 3 of the 4 they were tasting, and in what order. A difficult task and I don't think any of us got a 100% correct result, but we all had a lot of fun - which, after all, is what life should be about.

The Wine Appreciation Group is currently full, but we also have a weekly Wine Bar which takes place via the wonders of Zoom each Wednesday evening at 6:00pm. Each week we have a different wine theme

and members join the meeting with a bottle of their chosen wine and share with the rest of the group their thoughts and judgment about that particular wine. We also often watch informative videos. It's always a very enjoyable evening, and if you'd like to join the group please send an email to wine@madu3a.org.

Sue Cullen

The best thing about Valentine's Day is the day after, when the chocolate is on sale

TRIPS, SHORT BREAKS AND EVENTS

Thank you to those members who popped in for a coffee and chat to St Augustines Church Hall it was great to chat and catch up with other members.

In March we have members booked to go to the Imperial War Museum and Bletchley Park. We have offered this trip previously and had a great trip so I am sure they will too. We also have a couple of trips to Illfracombe (6th for 5 days) and Fort William (19th for 7 days) which are now fully booked and paid up so nothing to do except look forward to them.

Brookfields is fully booked for March again and we will be in touch beforehand regarding the menu for the evening.

We're also looking forward to going to Newark on the train; this has not yet been booked as we're waiting to see if there are any rail strikes. We are looking at going on 27 March, so if you are interested please let us know and also if you have a railcard. We're hoping to book this at the beginning of March.

We have a couple of places left for the Mayfair Restaurant on 26 April if anyone else wants to join us.

We have members going to Cornwall (Eden Project), Scarborough and the Harrogate flower show in April also.

In May we have a 5 day trip to Eastbourne and a day trip to Leicester by train as well as a visit to Fletchers Theatre to see the musical *Wind in the Willows*, and another night at the dogs.

June will see some of our members enjoying a cruise and meal on the river, a weekend in London, five days in Scarborough, a visit to Fletchers again to see *Cabaret* and a day trip to David Austin Roses (4 seats left for this), as well as another night at Brookfields (places left).

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 £8.00pp and will be held at the Mapperley Plains Golf Club on 9 June.

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

Marian Donaldson

GENERAL MEETINGS

FEBRUARY'S GENERAL MEETING

Among the miscellaneous items in my dining room is a brass 'vase' which my grandfather brought back from WW1. It is actually a shell case engraved and cut to make a decorative object, with markings on the base which would no doubt reveal its origins if I could interpret them. I looked upon it with new interest when I returned home from David's excellent talk. Had this piece of ammunition come from the factory in Gretna which David told us about, or some other factory in France or Germany perhaps?

To ensure a ready supply of munitions for the war a vast factory was built by Irish navvies along the shores of the Solway Firth – a site chosen for its good road and rail communications and a ready supply of water. The labour force was so great that a new town was built at Gretna. Many workers were women who had formerly been in service or worked in mills. The women were dealing with very dangerous chemicals to make cordite or 'the devil's porridge' as it was known.

Brenda Jarand



The women wore a uniform and anything metal such as hair grips (which might spark a fire) were prohibited.

During the war a triangular badge which read 'On War Service' was given to those engaged in vital war work and the Gretna Girls wore this badge. Home was 'Timbertown' a huge area of wooden huts designed by Sir Raymond Unwin, of Garden City fame. The town was self-sufficient, with a laundry, bakery etc, and a cinema (still standing). Dances were held at the Border Hall and David told us this was now demolished and some of the boards were recycled for the Tower Ballroom in Blackpool, so perhaps some of us had danced on them. I quietly answered 'yes' to that comment as I suspect some others did too.

David illustrated his talk with many atmospheric sepia photographs which gave us a flavour of the times. Listening to the comments around me after the talk I think we can award him an A-plus for his presentation.



Brenda Jarand

MARCH'S GENERAL MEETING

23 March Steve LeMottee

Sport in the Forest since 1700s

FUTURE GENERAL MEETINGS

27 April Lord Jim O'Neill

An insight into the Northern Powerhouse

DO YOU HAVE ANYTHING YOU'D LIKE TO SHARE?

We'd love to hear from you. A story or poem, a recipe, tips or tricks, a lesson learned or a near-disaster averted - anything you think may be of interest to MaD members.

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

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. Hard copies are available for members who do not have email. 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 VIA SCREEN READER

The TAM is also available in a text only format to make it readable with [screen reader](#). This is the link for the February 2023 edition (in Screen Reader format) [Third Age Matters February 2023](#).

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 - February 2023](#).

And here's the link to the u3a [Newsletter Express](#) for January 2023.

For the latest edition of u3a **Nottinghamshire Network Newsbites** click here [Newsbites - February 2023](#).

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

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

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

SOCIAL MEDIA



Social media is a great way to keep updated with the u3a movement.

Follow us on [Instagram](#), [Twitter](#) and [Facebook](#). The Keeping In Touch Facebook community is continuing to be a place where members can share positive things going on in their lives as well as discuss situations in their own u3a, learning from each others' expertise. To join a group click on one of the links above.

NEWS FROM THE INTEREST GROUPS

Book Groups

Book Group #1 is full, and Book Group #2 is running well, and we have space for a couple more members so if you fancy joining please send an email to bookclub2@madu3a.org.

Diana Cooke

CineMates

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

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

Eileen Braham

Creative Crafts

We meet on the second Monday of the month at 10:00am at St Jude's Hall, on Woodborough Road. New members are very welcome. For more information or to join the group please contact craft@madu3a.org.

Debbie Foreman

Creative Writing

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

The Group meets in the afternoon on the 4th Thursday of each month at a member's home. For further information, please email write@madu3a.org.

Carolyn Luckhurst

Cryptic Crosswords for Beginners

The first meeting was held on Wednesday 4 January 2023 and will continue **every second Wednesday** following 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

The first rule of Crossword Club is (3,4,4,5,9,4)

[Curry Club](#)

This is a very lively and friendly group of curry-lovers who enjoy monthly visits to curry restaurants locally or in Nottingham.

The group meets once a month, usually on the evening of the third Monday at 6:30pm.

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

Sue Cullen

[Family History](#)

On 27th March we will be examining all we can discover after having our DNA tested. Ethnicity, parental influences and relations going back as far as our five-times great grandparents can all be seen in the results.

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

[German Conversation](#)

Our next meeting will take place on 21 March.

The German Conversation group meets monthly to chat about all things German.

To join us, or for more information, please send an email to german@madu3a.org.

Joy Brown

[Italian Speech](#)

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

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

Joice Hall

[Jazz Appreciation](#)

A glance at the [playlist](#) from our last session will show you the quality of the music this terrific group enjoys and what another great evening we had.

The up-coming session has the theme "A Jazz number I'd take to my desert island" plus a few words as to how I will fare on the island - I really look forward to it.

If you like jazz, or want to increase your knowledge of it, why not join this great group rightly described as a Jazz Appreciation Group.

Our Zoom screens are pretty full but we'll always endeavour to make room for a keen jazzer or two - our aim is to do what we can to help jazzers improve their knowledge and enjoyment of this wonderful genre of music. Interested? Contact madjazzers@madu3a.org. If you're uncertain, you could join a session and listen in before deciding.

Bryan Ruskin

[Lace Market Theatre Group](#)

We are now taking bookings for :

30 March :

Lost by Alan Hescott (LMT Youth Theatre)

"To try and make sense. People wouldn't credit it. What we went through. But it happened. It actually happened"

Originally commissioned for The Television Workshop, Lost tells the story of a class of Jewish youngsters who are held in Prague town hall. In their innocence and naivety they struggle to imagine the horrors facing them. It is a powerfully moving play which deals with survival, sacrifice, friendships, love and, above all, identity. The award-winning Lace Market Theatre Youth Group present this beautiful, emotionally-charged production that will resonate with all audiences.

Alan Hescott writes for stage, screen and radio. He is known for the television programmes Thomas and Friends, Your Mother Wouldn't Like It and Palace Hill. He has recently written his first novel Wolf Trap.

Lost was performed at Trent University in two different productions and went on to be aired on Radio 4.

27 April :

Measure for Measure by William Shakespeare in the Auditorium

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

11 May :

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

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

All the above performances start at 19:30.

I shall order tickets about 3 weeks before the performance and will notify all those who requested them before I buy them. Please let me know if you require tickets and if you pay by bank transfer **let me know when you have paid for them**. The bank transfer sort code is **77-22-10** and the account number is **24903168**. Please use **LMT** and your membership number in the reference.

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

[Local History](#)

7th March : Nottinghamshire's local cricketers

4 April : The Willoughby Family / Wollaton Hall

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

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.

Marian Donaldson

[Local and Live Music Group](#)

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

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

Eileen Braham

Lunch Club

On 28 March the Lunch Club will be visiting The Traveller's Rest, Mapperley Plains, Nottingham NG3 5RT.

[Traveller's Rest](#)

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.

If you would like to join this friendly group please send an email to lunch@madu3a.org.

Elaine Khan

MaD Girls

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

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

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

Val Wilkinson

MaD Men

We meet monthly on the 3rd Monday afternoon at 2.00 pm. We are going to try out the Mapperley Golf Club to see if it is better suited to our needs than the bars on Mapperley Top.

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

Anton Luckhurst

Music Appreciation

Following February's theme of flute music, at our next meeting will be on Monday 6 March we shall be selecting pieces featuring the violin, in whatever genre members choose.

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

I hope to plan our first activity for May, after a rest over the winter due to the weather. More information to follow.

If you fancy trying activities such as croquet - petanque - high ropes - lawn bowls - segway - archery and any other activities we want to try, please contact me to join this friendly group.

Please do message me if you fancy getting active in the outdoors next year. We are a friendly bunch. Send an email to outdoor@madu3a.org to join the group or for further information.

Eileen Braham

Photography

Our main theme in February was 'Rain'. This had been delayed as it's been so dry for so long, but we finally got a little, although we also went through the back catalogue of our images to make up for the shortage of recent rainy days.

Our technical theme was 'Cropping to improve an image'. Members submitted their original image and the cropped version, to show what a huge difference a careful crop can make.

You can view the images by clicking on these links : [Rain](#) and [Cropping](#).

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

For details of the forthcoming performances which the group will be attending at Nottingham Playhouse, click [here](#). To reserve your tickets please send an email to playhouse@madu3a.org.

Lesley Harrington

Travelling to Nottingham Playhouse by car?

Validate your parking at NCP Mount Street or NCP St James Street using the ParkPass NCP app: <https://www.ncp.co.uk/parking-solutions/ncpparkpass/> You will need to use the SaverID for Nottingham Playhouse visitors to get your parking discount: NTPL4H.

More information about other ways to get here: [Visit Nottingham Playhouse](#)

Play Reading Group

In February the group read 'A Delicate Balance' by Edward Albee. We enjoyed the reading but found the plot rather confusing (one member commented "What was that all about?") Our text in March will be 'Because of the Lockwoods' a play by Constance Cox from the novel by Nottingham's Dorothy Whipple.

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

Sue Cullen

Singing Group - Let's Sing

Everyone can sing!

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

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

You can just turn up on the day, regardless of whether you have signed up to the group, pay £2.00 which includes tea & coffee, and join in. There is parking on site or use Kenrick Road. The 25 and 45 buses stop right outside in each direction. If you do want to receive updates about the group, watch out for the Newsletter, sign up with the Let's Sing group at any General Meeting, or send an email to letssing@madu3a.org.

Gary Cawthorne

[Snooker](#)

I still hope to get the Snooker group up and running again, depending on interest from the members. Would you like to join? We're easy-going and all levels of skill, so if you fancy having a go why not give it a try?

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

Bryan Ruskin

[Table Tennis](#)

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

We meet on the **2nd Tuesday of the month from 2.00 to 3.15pm** at the **Sherwood Methodist church hall**. There is a limit on numbers because we need to ensure that everyone gets a fair share of games, but we do need a minimum of 7 to attend each time to cover the costs of the hall.

We currently have 14 members signed up but only usually get 6 to 8 max. We need 8 as a minimum each time to cover room rental and allow sufficient rest time between games. Would you like to join us? If so please contact me on tabletennis@madu3a.org.

Val Wilkinson

[Walking](#)

Strollers

We are delighted with the new tarmac footpaths at the racecourse end of Colwick Park. It's ideal for our Strollers Walks on the first Friday of each month. Sometimes we go to Woodthorpe Park and to Arno Vale Park. Strollers are those who don't usually walk very far and prefer a gentle pace in good company.

For more information, please email strollers@madu3a.org. An email has been sent to all those who have registered interest in Strollers walks.

Carolyn Luckhurst

Short Walks

Many thanks to Helen Davies for leading the walk round Colwick Park in February.

The walk on 10 March is a 5 mile route starting at Holme Grove in West Bridgford. The Walk Leader is Polly Johnson. Well behaved dogs are welcome.

Our walks are between 3 and 5 miles in length. For more information or to be added to the circulation list, please email shortwalks@MaDu3a.org. Members of this group are encouraged to identify and lead a walk of 3 to 5 miles in length. Please look at your diary and see when you can lead a walk. The emails etc are dealt with by the Group Convener.

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 Group welcomes all MaD members for a convivial drink and chat, as well as continuing to learn about wine. Yes, it is educational!

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

Maggie Grimshaw

A friend of mine adds German white wine to his recipes - it's an add hock approach to cooking

PUZZLE PAGES

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



The Little MaD Quiz

1. "Call Me Ishmael" is the opening line of which well-known book?
2. Which Admiral won the Battle of the Nile in 1798?
3. Scrat the squirrel, Sid the sloth, Manny the mammoth and Diego the sabre-toothed tiger are the central characters in which series of animated films?
4. Which famous Dutch painter had the surname van Rijn?
5. Linseed oil comes from the seeds of which plant?
6. Which Roman Emperor was the subject of two novels by Robert Graves, later made into a television series?
7. Who wrote operas about Billy Budd and Peter Grimes?
8. Which company's fragrances include Opium, Rive Gauche and Baby Doll?
9. Which African country was formerly called Dahomey?
10. What sort of people were recipients of Queen Anne's Bounty?

What colour hat?

Three men are lined up behind each other. The tallest man is in the back and can see the heads of the two in front of him; the middle man can see the one man in front of him; the man in front can't see anyone.

They are blindfolded and hats are placed on their heads, picked from three black hats and two white hats. The extra two hats are hidden and the blindfolds removed.

The tallest man is asked if he knows what colour hat he's wearing; he doesn't. The middle man is asked if he knows; he doesn't. But the man in front, who can't see anyone, says he knows. How does he know, and what colour hat is he wearing?

Stepdown

Beginning at the top of the upside down pyramid, remove one letter from the word "strides" and rearrange the remaining letters to build a new six-letter word beneath.

Continue the same process to each word until you get to the bottom. (There may be more than one solution)



Dingbats : What are the phrases depicted below?



MaD u3a MONTHLY MEETINGS CALENDAR

A calendar of our current interest groups and general meetings is currently under construction. When this is completed you will be able to click on a link to take you directly to the calendar so you can view forthcoming events in our MaD u3a and interest groups.

To see what it currently looks like click on this link - [Monthly Meetings Calendar](#) (*remember, it is not yet complete*). Watch this space !!

HAVE YOUR SAY

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.

A thief in Paris decided to steal some paintings from the Louvre. After careful planning he got past security, stole the paintings and made it safely to his van. However, he was captured only two blocks away when his van ran out of fuel.

When asked how he could mastermind such a crime and then make such an obvious error, he replied: "Monsieur, that is the reason I stole the paintings - I had no Monet to buy Degas to make the Van Gogh.

NOTTINGHAM NEWS



NOTTINGHAM GETS GIANT SOLAR BATTERIES

Giant solar batteries have been delivered for UK-first vehicle to grid scheme. Two giant batteries to store energy generated by solar panels have been craned into the City Council's Eastcroft Depot as part of a pioneering vehicle to grid (V2G) pilot.

This project aims to maximise the use of renewable energy that is generated locally by using the giant batteries and specialised V2G vehicles for short-term storage of the electricity generated by the solar panels. Now the batteries have been delivered, the installation will be completed in a few weeks.

Once the system is up and running, the team will monitor reductions in energy usage and carbon emissions. The vehicle to grid pilot is another example of Nottingham leading the way on the green agenda as we make progress towards our ambition to become the first carbon neutral city in the UK by 2028. Click on the link to [find out more](#).

WORKPLACE PARKING LEVY HAS REVOLUTIONISED CITY TRAVEL

The UK's leading sustainable transport campaign group, Campaign for Better Transport, has visited Nottingham as part of celebrations for fifty years of campaigning and to see for itself how the country's only Workplace Parking Levy (WPL) has revolutionised how people travel around the city.

As Director for External Affairs, Norman Baker finally got a chance to experience Nottingham's tram network - which as Transport Secretary 2010-2013, he gave final approval to for an extension doubling its size.

And in the same week that Sheffield joined Bristol, Birmingham and Bath in charging drivers to enter the city centre, they heard about how the Workplace Parking Levy has played a part in constraining congestion growth by 47%, helping us to improve our air quality, lowering our carbon emissions and ensuring we avoided having a Clean Air Zone imposed by Government in Nottingham as they have elsewhere. [More here](#).

HEALTH



ARE SLOW COOKERS CHEAPER TO RUN?

We're all far more energy conscious in these days of soaring power bills and looking to save money, as well as doing our bit to help the planet.

The BHF Heart Matters Magazine looks at the cost of running slow cookers and discover that slow cookers typically cost less to run than an oven, although they won't necessarily save you money compared with using an induction hob, or even a gas hob. Making exact comparisons is difficult, because there can be lots of variables, such as the type of hob and how you use it.

For more information please click on the link - [Slow cookers](#).

IS DECAF COFFEE HEALTHY?

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



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

Zoe looks at how producers make decaf coffee, whether it's good for you, and how it compares to its caffeinated cousin.

An interesting read!

DO BANANAS REALLY HELP YOU TO SLEEP?

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

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

ZOE's scientists run the world's largest nutrition study, with over 50,000 participants so far. They've found that everyone's responses to foods are unique, so your body's response to a banana may not be the same as someone else's. With the ZOE at-home test, you can discover how the foods you eat affect your body.

Click on the link to visit the Zoe website and read more about it, and there's also a quiz you can take to learn how to eat for your unique biology. [Zoe sleep study](#)

SCAMS



GET HELP TO STAY SAFE FROM SCAMS

The Which? website has lots of advice to keep you safe from scams. Their experts bring you the latest help, news and advice.

Advice on what to do if you've been scammed, or have come across a scam, and also advice on getting non-judgmental help and support if you have been affected by scammers.

Visit the Which? website for much more information by [clicking here](#), and you can also sign up for regular scam alerts.

THE 5 STRANGEST SCAMS OF 2022

In 2022, scammers have looked to exploit the cost of living crisis, playing on fears around our household finances at a time of rising bills and soaring inflation. But among the more convincing and dangerous frauds, we've been given some moments of light relief by the more inept scams cooked up by less-sophisticated criminals.

Click on the link to the Which? website to learn about five of the more bemusing scams seen in 2022 - [5 Strangest Scams](#).

TV LICENCING SCAM

A MaD member recently received an email purporting to come from the TV Licensing people. The email read -

TV Licensing Renewal Reminder

Dear

This is a reminder that your TV Licensing subscription is set to expire soon. Don't risk a fine – renew your subscription today to continue enjoying your favorite programs on TV and online.

Renew Now

Thank you for choosing TV Licensing!

It was sent from the email address showing "[TVL]icensing 28097" in the address bar (the full address actually being "<drina1b74safwan@outlook.fr>drina1b74safwan@outlook.fr")

It's obviously a scam, and not a very good one either (eg notice the spelling of 'favorite')

BUT, be aware, especially if your TV Licence happens to be due for renewal. NEVER click on an email link without thinking twice, and then checking again before you click!

NEIGHBOURHOOD WATCH NEWSLETTER

Here's a link to the [Neighbourhood Watch Newsletter](#) for February 2023 which has lots of helpful tips and information - including how to organise a Coronation Street Party.



YOUR GARDEN

JOBS FOR MARCH



Spring usually arrives by mid-March and the frequent sunny days provide the opportunity for an increasing range of gardening tasks. It's time to get busy preparing seed beds, sowing seed, cutting back winter shrubs and generally tidying up around the garden.

The RHS has lots of tips and jobs to be done during March, including :

1. Prune bush and climbing roses
2. Plant shallots, onion sets and early potatoes
3. Plant summer-flowering bulbs
4. Lift and divide overgrown clumps of perennials
5. Top dress containers with fresh compost
6. Mow the lawn on dry days (if needed)
7. Cut back dogwood and willow grown for colourful winter stems
8. Hoe and mulch weeds to keep them under control
9. Start feeding fish and using the pond fountain, and remove pond heaters
10. Protect new spring shoots from slugs

And there are March projects for your garden. For more information and tips click [here](#).

ENCOURAGE WILDLIFE INTO YOUR GARDEN

As nest building begins robins, sparrows, blackbirds and other garden birds fly back and forth with twigs and other plant debris.

You can help them out by tying up bunches of tiny twigs, dried moss, and other stringy vegetable matter near your feeders. Tiny warblers such as chiffchaffs return from Africa, having made the perilous journey across Europe. They are difficult to spot, although you might hear them singing in hedgerows and thickets.

Hedgehogs and frogs become active after hibernation. If you want to attract frogs, but don't have room for a pond, an alternative is to use an old plastic washing up bowl. This can be sunk halfway into the ground in a quiet and shady spot. A large stone put inside it helps frogs climb in and out. You can also attract amphibians into your garden by leaving some damp places, such as long grass and piles of stones for shelter.

[This link](#) will take you to the RSPB website which has loads of information and tips to help you help our wildlife.



ANSWERS TO THE PUZZLES

Little MaD Quiz

1. Moby Dick by Herman Melville, 2. Horatio Nelson, 3. Ice Age, 4. Rembrandt, 5. Flax, 6. Claudius, 7. Benjamin Britten, 8. Yves St Laurent, 9. Benin, 10. Clergymen

What colour hat?

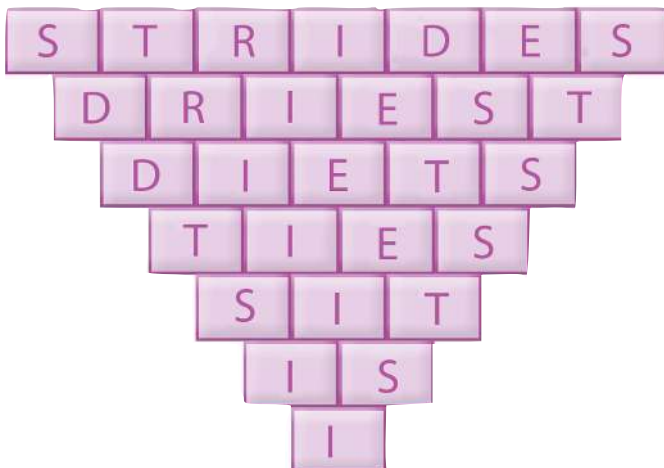
His hat is Black.

The man in front knows he and the middle man aren't both wearing white hats or the man in the back would have known he had a black hat (since there are only two white hats).

The man in front also knows the middle man didn't see him with a white hat because if he did, based on the tallest man's answer, the middle man would have known he himself was wearing a black hat.

So, the man in front knows his hat must be black.

Stepdown (one solution - did you find another?)



Dingbats

1. No strings attached
2. Overpaid
3. Pay through the nose
4. Beans on toast
5. Body clock
6. Bolt upright
7. Bottle it up

Your Committee 2022-23

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



And finally ...

More random facts :

1. **Tree rings get wider during wet years**

You probably already know that tree rings can tell you how old a tree is, but they can also show you the conditions of a given year, according to NASA? Apparently thinner rings appear during drought years, and thick ones mean there was significant rainfall

2. **Dolphins have names for one another**

You've probably heard that dolphins are pretty clever, but this is especially impressive: According to National Geographic, dolphins actually have names for one another, using a unique whistle to distinguish between different members within their pod

3. **Dolphins sleep with one eye open**

Because they must be constantly on the lookout for predators, these marine mammals have developed a neat trick of maintaining partial consciousness even as part of their brain sleeps. Researchers have tested whether this 'half sleep' negatively impacts the animals' alertness during the day, but have found that even after five days of having their nocturnal alertness constantly tested, they've remained as alert and perceptive as ever

4. **The bowler hat was invented as a safety measure**

The familiar bowler hat may look fashionable, but it began as a purely practical item - a riding helmet meant to protect riders from branches and other obstacles. It was designed by London hatmakers Thomas and William Bowler, hence the name

5. **Sea otters hold hands while they sleep**

This ridiculously cute behaviour is an effort to avoid floating away from their partner during sleep. Sometimes they hold hands in groups, producing a 'raft'

6. **The blob of toothpaste on your toothbrush has a name**

It's called a 'nurdle' and there was a lawsuit over which toothpaste company had the right to depict it

7. **The Eiffel Tower grows in summer**

On a hot day the iron from which it is constructed expands so much that the tower can rise by 17cm!

8. **Vacuum cleaners were originally horse-drawn**

One of the earliest known vacuum cleaners was so large that it had to be hauled from house to house via a horse-drawn carriage. Its giant hoses were popped through the windows of customers, and a gas-powered motor generated the suction that pulled the dirt and debris into a glass container where onlookers could gawk at the volume of filth coming from their neighbours' homes