



May 2023 Issue No 85

MUSINGS FROM THE CHAIR

We have had a great month, not only is the weather slowly improving and the days are getting longer but our membership is growing and in the last month we have had sixteen new members! We must be doing something right as many u3a's are still trying to get back to the numbers they had pre-covid. It gives me great pleasure to welcome all our new members; I hope you all make lots of new friends and have fun learning and laughing along with the rest of us. Do remember that if you want to do an activity that we don't presently offer, speak to a committee member and we will endeavour to address this.

I hope some of you have had the chance to look at our [new MaD website](#) that Richard and Sue have worked so hard to put together. They are such a talented pair but I know they would really appreciate any support you might be able to offer. It is still a work in progress but it will meet our needs much better than the old site.

At the main meeting in April we had a real live Lord who gave us an interesting talk about the 'Northern Powerhouse'. He also gave us some insights into life in the House of Lords, which I found quite funny. After the talk Lord Jim kindly cut the cake that Anna Harper had made to celebrate the imminent Coronation of King Charles III and Queen Camilla. Most members stayed to have a slice, and it was truly delicious.

A number of members have put their names down to help with setting up and clearing away the room for our monthly meetings, but we could still do with a few more volunteers. If you feel able to offer assistance please feel free to drop me an email - chair@madu3a.org. Quite a few helped after the April meeting and we were done in double-quick time! So many thanks if you were one of those who helped.

Finally, just a reminder that we will be at The Old Flower Shop next Thursday 4 May from 10.30 - 12 noon, for any prospective new members, so if you know anyone who might be interested in joining us please let them know that they can just drop in.

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 4 May.**

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 :
Thursday 25 May - General Meeting

Jump to :
[What's on at the Lace Market Theatre](#)
[What's on at the Playhouse](#)
[Outings](#) [Social Events](#) [Holidays](#)



NOTICES

HAVE YOU SEEN OUR NEW MaD WEBSITE?

We have a lovely new MaD website in the process of being built - have a look and let us know what you think - [MaD website](#). It is very new and being tweaked and improved all the time. Your input will be appreciated.

LACE MARKET THEATRE - BEHIND THE SCENES TOUR

I am arranging a trip around the Lace Market Theatre backstage, or rather underneath (there are quite a few steps and no lift). This will be on **Monday 5 June starting at 2:00pm** and the cost will be £3.00 per person. The theatre will supply a guide and tea and biscuits.

For those of you who don't know, The Lace Market Theatre is a small, independent amateur theatre in Nottingham. It is owned and operated by The Lace Market Theatre Trust Ltd, which is a registered charity and is run entirely by volunteers. It has recently celebrated its centenary and has received the Queen's Award for Volunteers. This is the highest award a local voluntary group can receive and is equivalent to an MBE.

It is situated on Halifax Place which is a short walk from the Lace Market Tram Stop.

MaD u3a has a thriving Lace Market Theatre group and enjoy a performance there most months. To get there I normally park at the Forest and catch a tram, and I'm sure we can organise shared transport for anybody that needs it.

If this appeals to you please email me at lacemarket@madu3a.org

Richard Hill

Lace market theatre history Halifax Place : 1972 to date

The paint store was originally built as a chapel in 1761. It later became a school, where William Booth (founder of the Salvation Army) was a pupil. The building is now Grade II listed.

Tight funds meant the majority of renovation works were carried out by the Club's members themselves. The result, achieved within a year, was a 118-seat auditorium with space in the upstairs bar for studio performances to smaller audiences. The Club's objective (which remains to this day) was to stage plays that were challenging for the actors and technical crews, and which people would otherwise have had to travel to London to see.



'Training by doing' has always been a part of the Club's ethos. Small-scale productions were regularly staged in the bar area so that first-time directors could cut their teeth. These productions were known as 'Fents' - an homage to the textile-making history of the Lace Market area.

In 1977 the opportunity arose for the Club to acquire more land. To facilitate the raising of funds the Lace Market Theatre Trust Ltd was formed. £40,000 was initially raised for a three-storey extension at the rear of the building, and a further £40,000 was raised for its completion in 1984. The building was owned by the Trust and leased to the Club.

While the Club continued to stage challenging pieces, the Trust pursued charitable and educational aims by giving grants to students who were going on to study at drama school.

By 2000, the Club's extensive wardrobe had moved into rented premises, first in St. Mary's Gate and then in Stoney Street.

The Club merged into the Trust in 2003. New development plans are currently underway, with the aim of creating a landmark amateur theatre for the region.

GENTLE WALK AND TALK

Age UK are organising walks on Arnot Hill Park every Wednesday at 11:00am for those wanting to become more mobile. This group is for anyone with long term health conditions, anyone who would like to meet new friends and people over 75. For more details, visit the Age UK website - [Age UK](#)



DNA AND FAMILY HISTORY

These days several Family History sites will test DNA for us. I had mine tested by Ancestry, so this article charts what the Ancestry DNA site can reveal to those who use their analysis, which is often on offer for about £60.

The actual process of sending off a DNA sample involves spitting into a tube, which is then packaged and sent to Ireland. A month or so later, the results come through.

What the results actually tell you is becoming more sophisticated as time passes and more people are having their DNA tested, but they are split into three sections.

The first section tables the individual's ethnicity and can detail which elements of that ethnicity come from which parent. My own ethnicity is 55% English and 34% Scottish, with the remainder comprising small amounts of Irish, Scandinavian and mid European. When this is split to show which parent was responsible for which elements, it is my mother who is largely responsible for my Englishness and my father for the Scottish heritage, which is no surprise, but the two semicircles (pictured) show that my father (Parent 2) had a relatively small amount of Englishness - the light green colour - in his genes. The Scottish heritage is obviously the darker green.

Another development of this analysis is the allocation of ethnicity to each individual chromosome pair, so that my 15th chromosome pair are Irish (from Mum, 1st) and Scottish (Dad) according to the key given in the text.

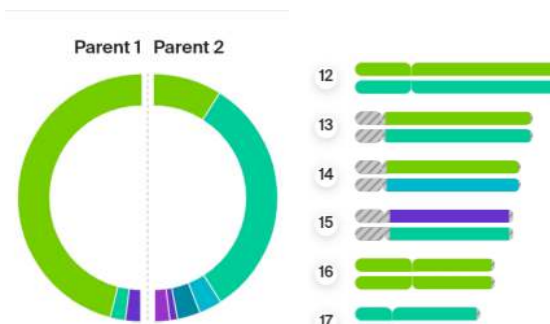
In the second section of information, the results detail those people known to the site who share a person's DNA, namely 4th cousins or closer. The number of those sharing can be considerable - in my case it's 379 people!

The third section of Ancestry DNA is 'Thru Lines'. This uses existing family trees to suggest how a person may be related to DNA matches through common ancestors.

Starting with parents, the section goes on to detail as far back as the 5th great grandparents. By clicking on one of these relatives, any held information will be revealed, so I discovered that one of my 4th great grandfathers, John Benjamin Tolkien, originated in Poland. Not just that, but by researching him further, I discovered that he also happened to be JRR Tolkien's 2nd great grandfather by his second wife!

As time goes on, the results of DNA testing will reveal even more information, and in some cases it can 'open a can of worms,' but for the family historian it is becoming invaluable.

Claire Wilkie



HELP NEEDED PLEASE!

Many thanks to our member and tech expert Richard for his skill and expertise in setting up all the tech for our meetings. Without the projector, screen, computer and sound equipment we wouldn't be able to have the presentations that we enjoy. BUT, it takes quite a while to get the equipment out of storage and set up, and then to put it all away again at the end of our meetings, and **we need a team of people to help.**

We presently have over 260 members and I'm hoping that we can get a group of between 30 and 40 able-bodied people so that we can put together a rota, meaning volunteers would only be called on 3 or 4 times a year. You don't need to have technical skills, just be willing to commit to come to the main meetings at about 9:15am and help to set up the equipment, then to stay on afterwards to assist in putting everything back again. It doesn't take long, especially if there is a small team working together.

Please consider offering your help

If you're willing to assist please send an email to webmaster@madu3a.org or to chair@madu3a.org.

Thank you
Geraldine Chaffe

NEWS FROM THE GROUPS

BADMINTON GROUP

The first meeting of the Badminton Group on Monday 17 April was very much enjoyed by everyone.

Badminton is a sociable and fun sport allowing everyone to have some gentle exercise and also gives the opportunity to meet up with like-minded new and old friends! We are a very friendly group and even if you have not played before - or not played for many years - you will be welcomed!

The next session is on Monday 1 May 2023 at St Jude's Church on Woodborough Road from 2:00 to 4:00 pm. Looking forward to meeting up again!

Please contact me on badminton@madu3a.org if you would like to come along and, if you have a racquet, please bring it.

Click [here](#) to see the dates for future meetings of the Badminton Club.

Angela Huggins



BREAKFAST CLUB

The first meeting of the Breakfast Club at The Old Flower Shop was very successful. Everyone enjoyed their breakfast and it was decided to return to the same venue for our next meeting on Tuesday 30 May at 10:00am.

If you'd like to join the Breakfast Club please contact breakfast@madu3a.org. We shall meet at the end of each month, either on a Monday or a Tuesday. The list of meeting dates for 2023 is on the Breakfast Club page of the MaD u3a website - [Breakfast Club](#).

Sue Cullen

LUNCH CLUB

We had a lovely meal at the Portobello on Carlton Hill, a lovely intimate little place and the food was delicious. All very efficient as we had prepaid and pre-ordered, and all done by 1.30pm. Would recommend it.

On 23 May we are going to Le Mistral, Mansfield Road, Sherwood - [Le Mistral](#). At time of booking we will have to pay a £10.00 deposit per person. The meal will be about £20.00 for 2 courses. Look forward to seeing you there.

We shall be at the Bridge Inn, Oxtun on 27 June. This is a new one for me as I have never heard of it, so look forward to it. They can cater for allergies and preferences of course.

If you would like to join the Lunch Club please contact me at lunch@madu3a.org.

Elaine Khan

EARTH DAY 2023

More than a billion people worldwide celebrated Earth Day on Saturday 22 April.

Thousands attended the London event in Westminster with the aim of protecting our natural environment. This is of generational import and families were heavily involved in the activities.

Two buses left from Nottingham at 7:00am and we did not get back until midnight. The sun came out and there was a festival atmosphere.

We had a very long wait for the biodiversity march to start so we congratulated ourselves on a nice break sitting on the steps of Parliament Field. The sun shone and later we enjoyed a sunset on Waterloo Bridge.

Chris Packham was the main speaker and there were contributions and stalls representing people from every walk of life.

Very good organisation and lots of communication. There were costumes galore: tigers, gorilla, green man, hedgehog, badgers, butterflies, bees, wolves and lots more.

Martin Cooke



The Green Man

ENERGY EFFICIENT COOKING

We have now had 4 meetings of the Energy Efficient Cooking group and we are experimenting and sharing tips and recipes on what we discover. This month we had decided to try making risottos in various ways - slow cooker, pressure cooker and air fryer were tried. Linda brought some of her air fryer risotto for us to try, and Val made some honey feta cubes with sesame seeds and rosemary in the air fryer to taste with our coffees.



Next month we are trying different forms of snacks. This group is presently full as we meet in a member's house, but if anyone else would be interested in setting up a second group please contact me on eeccooking@madu3a.org. No experience or particular skill needed.

Val Wilkinson



APRIL WALK

The April walk around Oldmoor Wood, alongside Strelley Hall, was organised by Rosemary Mahoney. We had hoped to see a glorious display of bluebells but the weather was not on our side and the flower heads were in retreat. We were not put off completely by the mud and damp but some of the group deserted to the café earlier than originally planned.

Despite the weather, we had an extremely enjoyable walk with some lively conversations. Jerry and Poppy (the dogs) thoroughly enjoyed themselves and needed some serious bathing afterwards. Many thanks to Rosemary for sourcing and leading the walk.



The group works well when members can identify and lead a walk. The Convener deals with the administration side. If you have a walk that you would like to share with the group, please get in touch by email to shortwalks@madu3a.org.

Carolyn Luckhurst

MaD QUIZ

Our quiz night at the Mapperley Golf Club was a successful evening. 58 MaD members racked their brains to answer questions in many different categories.

All very enjoyable, and there was some excitement at the end when 3 teams claimed the top spot, but in the end 'Mixed Bag' proved to be the highest scorers and each won a commemorative Coronation tin of M&S shortbread biscuits.

Sue Cullen



The winners - 'Mixed Bag' with our Chair Geraldine Chaffe

We hope to have another quiz in the autumn



GENERAL MEETINGS

APRIL'S GENERAL MEETING

The Northern Powerhouse

At this meeting our speaker-finder Eileen drew upon the talents of her own family. After introducing Lord Jim O'Neill of Gatley she revealed that he was her brother. Lord Jim began his talk by testing our perception of distance between various cities and asked why should we, in Nottingham, care about the Northern Power House. Did we know that we had a version for our own region called the Midlands Engine? Not many people did.

We learned that George Osborne, as chancellor in the coalition government, announced the country's need for a "Northern Powerhouse". This would be an attempt to link the North's population of 11 million into a collective force that could begin to rival the economy of London and the South East. It would be 'a collection of northern cities sufficiently close to each other that, combined, they could take on the world'.

Our speaker (an economist) was called 'out of the blue' to act as a minister to carry the project forward and suddenly found himself in the House of Lords, first as a Conservative Life Peer and later, under Teresa May's premiership, as a cross bencher. Lord Jim resigned over concerns that Mrs May was not sufficiently committed to the Northern Powerhouse project. Do we hear much about it today? I don't think so.



Brenda Jarand

Some interesting questions were raised at the conclusion of Lord Jim's talk – among them, should Parliament be relocated northwards? Unsurprisingly, our speaker didn't think that would ever happen.

The meeting ended with Lord Jim cutting Anna's Coronation Cake.

Brenda Jarrand



Lord Jim O'Neill cuts Anna's cake

MAY'S GENERAL MEETING

25 May

Melody Flyte

Singing for Victory: the forces' sweethearts of WW2

Melody Flyte is a vintage singer - she will come in costume. Her talk is *Singing for Victory* and will include songs from the forces sweethearts of WWII.

TRIPS, SHORT BREAKS AND EVENTS

For all events and trips please visit our website - [Events](#).

MaD u3a SOCIAL MEDIA

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


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

NEWSLETTERS

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

If your household is receiving two copies of the **Third Age Matters** monthly magazine please let our Membership Secretary know [via this link](#) so that one of them can be cancelled.

NATIONAL u3a NEWSLETTER

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

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.

INTEREST GROUPS

[Badminton Group](#)

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

Monday 1 May	Monday 5 June	Monday 3 July
Monday 15 May	Monday 19 June	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

Angela Huggins

[Book Groups 1 and 2](#)

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

Diana Cooke

[Breakfast Club](#)

The next Breakfast Club meeting will be on Tuesday 30 May 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 26 June
- Tuesday 29 August
- Tuesday 31 October
- Monday 24 July
- Monday 25 September
- Monday 27 November

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

Sue Cullen

[CineMates](#)

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

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

Eileen Braham

[Creative Crafts](#)

We usually meet on the second Monday of the month at 10:00am at St Jude's Hall, on Woodborough Road. New members are very welcome, but **Please Note - there will be no meeting in May due to the many Bank Holidays.**

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

Debbie Foreman

[Creative Writing](#)

More super stories and poems were read on the subject "Handle With Care". Four members were unable to attend in person and the wonders of Zoom made it possible for us to be together and enjoy a lively afternoon. The next challenge is to write about "Too Much of a Good Thing". We try to target ourselves to write a piece of around 1000 words. If you wish to know more about our group, please email write@madu3a.org.

Carolyn Luckhurst

[Cryptic Crosswords for Beginners](#)

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

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

Elaine Khan

[Curry Club](#)

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

The group meets once a month, 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

[Energy Efficient Cooking](#)

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

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

Val Wilkinson

[Family History](#)

This group is open to members at all stages of involvement in Family History, from those just taking up exploration of their ancestors, to people who have managed to trace their family back hundreds of years.

Each meeting will have a focus topic, discuss any research individual members have done during the month and also give people the option of spending some time doing their own research.

Meetings will now be held at SHERWOOD COMMUNITY CENTRE, MANSFIELD ROAD, on the 4th Monday of the month, at 2pm.

Claire Wilkie

When I say, "The other day" I could be referring to any time between yesterday and 15 years ago

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

We had a very enjoyable meeting on Tuesday 18 April. There were just five of us this month due to illness and prior commitments by other Group members. We read, translated and discussed two articles: the first one about the recent visit by King Charles III to Germany, which was very interesting. The other, shorter, article was about the planned Harry Potter film series. Our usual, light-hearted, enjoyable discussion followed.

Our next meeting will be on 16 May at 11.00am.

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

"I learn something new at every session - it's a great group" says one of our enthusiastic members. That's just what I want to hear, a jazz appreciation group doing its job. Our recent session was a tribute to the jazz legend Wayne Shorter - check out our play-list at [Jazz](#). In May we shall all be selecting versions Errol Garner's wonderful tune 'Misty' - either instrumental or vocal.

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

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

Bryan Ruskin

[Lace Market Theatre Group](#)

We are now taking bookings for :

11 May @ 19:30 :

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

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

1 June @ 19:30 :

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

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

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.

Richard Hill

[Literature](#)

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

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

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

literature@madu3a.org

Jonathan Brown

When someone asks what I did over the weekend, I squint and ask, "Why, what did you hear?"

Local History

- Tuesday 2 May - Willoughby Family/Wollaton Hall
- Tuesday 6 June - The Seely Family by Tony Wilkinson

Usual fee of £3.00 to be paid at the door to cover costs of the event.

The Local History Group Meetings take place in the bar area of the Mapperley Social Club on the first Tuesday of the month from 10:00am to 12:00 noon.

For more information please contact me on localhist@madu3a.org.

Marian Donaldson

Local and Live Music Group

The group is going very well. We have visited many local music venues and have enjoyed a lovely Saturday afternoon at Peggy's Skylight Jazz club in Nottingham, and Sunday lunch at The Lion in Basford.

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

Eileen Braham

Lunch Club

In April the Lunch Club enjoyed a lovely meal at Portobello in Carlton.

On 23 May we will go to Le Mistral for lunch. For this meal we will have to pay a £10.00 deposit per person at the time of booking. The meal will be about £20.00 for 2 courses. [Mistral menu](#).

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

Elaine Khan

MaD Girls

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

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

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

Val Wilkinson

MaD Men

This group is just for the men in our MaD u3a and the number of members attending the MaD Men is gradually increasing. We are finding the Mapperley Golf Club to be a much more suitable venue. The only cost associated with being a part of this group is the obligation to buy a drink of some sort.

We talk about anything and everything and enjoy each other's company. If you fit the criteria and would like to give it a try, please contact madmen@madu3a.org and I'll put you on the mailing list. We meet at 2.00pm on the third Monday of each month at the Mapperley Golf Club.

Anton Luckhurst

Music Appreciation

In April the theme was the trumpet and, as always, we had a wonderful selection of styles. In May we shall be choosing music featuring drums.

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

I've invented a container which when poured, plays cool jazz music. It's a hip flask

Photography

Our task in April was to take photographs to fit the themes of [Through the window](#) and [Yellow](#). You can click on the links to view all the images. Our next themes are 'Knobs and Knockers' and 'Framing'.

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

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

Sue Cullen

Playhouse Theatre Group

We are taking reservations for the following performances :

Friday 6 October @ 7:30pm	<i>The Real & Imagined History of the Elephant Man</i>	£7.50pp
Friday 3 November @ 7:30pm	<i>A Christmas Carol - A Ghost Story</i>	£7.50pp
Friday 10 November @ 7:30pm	<i>Pantomime - Cinderella</i>	£8:00pp

Unfortunately the Playhouse cannot now accommodate us for the Hothouse tickets.

All the above performances available to book on the [website](#) and at the monthly meetings, or you can send an email to playhouse@madu3a.org.

Lesley Harrington

Travelling to Nottingham Playhouse by car?

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

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

Play Reading Group

In April we read Gogol's *The Government Inspector*. This was in a relatively new translation which meant we didn't have to battle with too many Russian names, which was a relief. Our text in May is *The School for Scandal* by Richard Sheridan, a brilliant comedy which had its first production in 1777.

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

Sue Cullen

Singing Group - Let's Sing!

Everyone can sing!

Let's Sing! usually meets on the first Tuesday of every month from 2.00pm to 4.00pm at Westdale Lane Community Centre, Westdale Lane West, Mapperley NG3 6ES but due to holidays there will be changes -

The next meetings :

- **May - NO MEETING**
- **Tuesday 13 June**

Then back to the usual first Tuesday in the month.

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

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

Gary Cawthorne

[Snooker](#)

Sadly the Snooker Group is not running, due to lack of interest. If you think you'd like to join the group please be in touch as soon as possible otherwise the group will close.

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

Bryan Ruskin

[Table Tennis](#)

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

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

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

Val Wilkinson

[Walking](#)

Strollers

The Strollers Walk will be 5 May, the day before the Coronation. We are going to walk in Arnot Hill Park. By then, we should have some new life in the lake and some lovely flowers around the gardens.

We shall start out from the memorial to Thomas Hawksley at 10.15 am. You will find the memorial on the left as you come into the park from Nottingham Road main entrance and before you arrive at the lake. There is plenty of parking just inside that entrance or you can park on the kerbside. There's no need to book a place for this walk but it's good to know who is coming. Please let me know - 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.

Carolyn Luckhurst

Short Walks

The next walk will be on Friday 12 May, starting at 10.30 am from The Nelson, Chestnut Avenue, Burton Joyce. The walk will be led by Cath Greenwood. The route will take us along the riverside to Gunthorpe for a short comfort break at the Unicorn and then return. The pub doesn't open until 12 hence the later start time. It is slightly over the 5 miles. There are no hills or stiles but could be muddy in places, depending on weather conditions prior to the day. Well behaved dogs are welcome but it will be necessary to keep dogs on leads if there are cattle in the fields.

Our Short Walks are usually between 3 and 5 miles and take place on the second Friday of each month. If you have a walk that you would like to share with the group, please let the convener know by email to shortwalks@madu3a.org.

Members who are registered with the Group will receive an email giving full details of the walks. If you are not registered and are interested then please email to shortwalks@MaDu3a.org.

Carolyn Luckhurst

[Wine Appreciation](#)

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

We meet every Wednesday (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

PUZZLE PAGES

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

The Little MaD Quiz

- Who was the King of the gods in Greek mythology?
- What flavour is the liqueur kirsch?
- Which planet provides the nickname for Mozart's Symphony Number 41 in C Major?
- The Gulf of Aqaba is an inlet of which sea?
- The season for which game bird opens on the "Glorious Twelfth"?
- Lenny Small and George Milton are the main characters in which John Steinbeck novel?
- What was John Lennon's middle name?
- Which Jennifer Saunders comedy series was set in the village of Clatterford St Mary?
- Jeremy Beadle, Henry Kelly, Matthew Kelly and Sarah Kennedy were the original hosts of which 1980s television series?
- If an anode is a terminal of a device where a current flows in, what name is given to the terminal where current flows out?

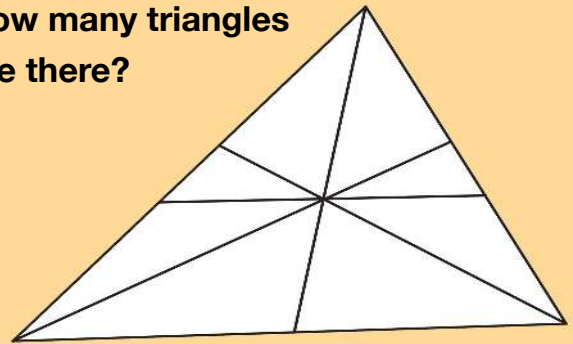
What number should replace the question mark?

$$12 \times 12 = 9$$

$$23 \times 23 = 16$$

$$34 \times 34 = ?$$

How many triangles are there?



Dingbats : What are the phrases depicted below?

1 Where <i>Frisilly</i>	2 Surbmwance	3 Head Ton 4 Arms Legs	4 ON RO AD	5 H E HENRY R Y
6 i ✓ i	7 Lounge	8 KEAC	9 Ever Ever Ever Thursday	10 PULL

How many siblings?

A girl has as many brothers as sisters, but each brother has only half as many brothers as sisters.

How many brothers and sisters are there in the family?

COULD YOU HELP TO RUN AN INTEREST GROUP?

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

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

DON'T FORGET TO VOTE ON 4 MAY AND TO TAKE YOUR PHOTO ID

HEALTH

 Patient

What causes osteoarthritis?

Osteoarthritis is the most common cause of arthritis, and typically affects older adults.

It causes pain and stiffness of affected joints. Osteoarthritis typically affects the knees, hips, hands and spine, although it can affect other joints too.

Osteoarthritis treatments include maintaining a healthy weight, exercise, pain-relieving medication such as non-steroidal anti-inflammatory drugs (NSAIDs), and sometimes other treatments such as joint injections and surgery.

To read this article on the Patient website click on the link - [Causes of Osteoarthritis](#)

What time should we stop eating?



New research is suggesting that what time we eat - and what time we stop eating - could be affecting our health.

There are several theories about why timing of meals is important. Studies have shown that even when people eat the same number of calories, the time of day they are eaten affects how they are used in the body. This difference could affect weight, cholesterol levels and blood sugar levels – all of which can affect your risk of heart and circulatory diseases.

To read the article from the Heart Matters website, click on the link - [When to stop eating](#).

Is chocolate good for you?

When it comes to your health, not all chocolate is created equal. Again from the Patient website is an article exploring the growing trend for cacao chocolate products, the potential health benefits, and why eating in moderation is important.

To read the article click on the link - [Cacao](#)

Are ultra-processed foods linked to dementia?

ZOE

Ultra-processed foods have gone through a certain amount of industrial processing.

Their labels often have laundry lists of ingredients, many of which you won't find in your kitchen, like emulsifiers and artificial flavourings and sweeteners.

They tend to be high in salt, unhealthy fats, and refined sugar. They're also generally low in fibre and don't contain whole food ingredients.

Many packaged snacks, sweets, processed meats, ice creams, microwave meals, breakfast cereals, and sodas, for example, are ultra-processed.

There's growing evidence that consuming lots of these products is linked to heart disease, cancer, and an increased risk of death.

To read this article click on the link - [Ultra-processed foods](#)



Three exercises for heart health

The Heart Matters website has an article giving the [3 types of exercises](#) you need to get healthier - and how to make them work for you.

Whatever your heart or circulatory condition, you'll have something to gain from exercise. Getting active could help to ease your symptoms, help you do more in your daily life, and stop your disease from getting worse.

What should I eat for a good night's sleep?

B B C

Food to help you sleep?

Have you ever wondered why some foods and drinks make you sleepy while others give you an energy boost?

Does cheese give you nightmares?

Can warm milk help you sleep?

This article from the BBC website separates the facts from the fiction and shows how tweaking your diet can help you slow down in the evening and sleep soundly throughout the night.

[What to eat for a good night's sleep](#)

Truth about food dyes

ZOE

Food manufacturers know only too well that you 'eat with your eyes', and if a food product looks a little dowdy, it's unlikely to fly off the shelves. To remedy this potential blockage in their revenue stream, many turn to artificial food colorants.

In brief, food dyes are usually petroleum-based chemicals that colour your food and they're everywhere. From gaudy ice cream to supernaturally bright orange peel, dyes are increasingly difficult to avoid.

The Zoe website has an interesting article about [Food Dyes](#)

National Forest Walking Festival

Saturday 13 - Thursday 25 May



The National Walking month falls during May - one of the best times of the year to be outdoors in the National Forest. From the drama of spring blossom, the heady scent of bluebells carpeting ancient woods, and the chance to see wildlife in abundance are all wonderful for the mind and soul.

The National Forest 2023 brochure is available to download now. It has over 80 walks to suit all ages and abilities, which showcase and celebrate the National Forest.

Click on the link to go to the National Forest website where you can download the brochure - [National Forest](#)

SCAMS

Which?

Amazon warns customers about impersonation scams

Amazon says it has taken down thousands of phishing websites and dodgy phone numbers in an attempt to stop fraudsters in their tracks.

Scammers have repeatedly targeted Amazon, looking to deceive its customers via calls, texts and emails. Which? recently reported on Amazon Prime scam calls, where fraudsters persuaded victims into downloading software to give them access to their device.

Read on to find out how to spot and avoid Amazon impersonation scams - [Discover how to spot and dodge Amazon impersonation scams](#)

Amazon one-time passwords: item thefts and parcel switches

When you purchase a high-value item, Amazon may send you a one-time password (OTP) to provide to the courier when they deliver your parcel.

Which? has found that many people have had issues with this system, including instances of couriers stealing the customer's parcel. And when customers report the theft to Amazon, they face a battle to get a refund or replacement.

Click on the link to visit the website to read the article - [OTP and thefts](#)

NEIGHBOURHOOD WATCH NEWSLETTER

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



WHAT'S ON IN NOTTS

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

I pulled a nose hair out today to see if it hurt.
Judging by the screams of the guy asleep on the bus next to me, yes it did!

The Coronation of King Charles III and The Queen Consort

Visit Nottinghamshire, the perfect place to celebrate the Coronation of King Charles III.

Join in the festivities with a range of exciting events happening throughout the county over the Coronation weekend.

The Coronation of The King and The Queen Consort will take place at Westminster Abbey on Saturday 6 May 2023, and there are tons of fun events in and around Nottinghamshire to mark the occasion and join in the celebrations.

Their Majesties want to encourage people to spend the Coronation Weekend celebrating with friends, families and their communities.

Pomp & Ceremony! Watch on the big screen

Nottingham Castle's grand re-opening and screening of the Coronation will be one of the centrepiece events of the weekend and for the region! Experience the glamour and excitement of the Coronation on the big screen, whilst taking in the breathtaking views from the Castle grounds. Watching the Coronation in a castle could hardly be more appropriate! Due to limited capacity in the Castle grounds, people will need to pre-book entry to the screenings in advance.

The spectacular Belvoir Castle, used in the Crown as a double for Windsor Castle, is marking the Coronation Weekend with a street party-style celebration to remember - complete with plenty of bunting, of course!

Old Market Square gets dressed up for the Coronation

To mark the upcoming Coronation Nottingham's Council House has been adorned with a three-dimensional replica Coronation crown.

The huge crown measuring 4.2m wide x 3.8m high was installed this week on the Council House in preparation for the Coronation bank holiday weekend beginning on Saturday 6 May.

The crown was also used during last year's Platinum Jubilee celebrations, constructed by Nottingham-based scenic artists Makers, who have over 30 years' experience in art fabrication and model-making.

For this year's royal celebrations, the crown has been retro-fitted with LED lighting effects, as the Council House joins the UK-wide 'Lighting Up The Nation' that will see the country join together and illuminate iconic locations across the UK. The Council House and crown will be lit up at dusk each evening from Wednesday 26 April and over the Coronation weekend.



Scientists Taught Pet Parrots to Video Call Each Other - and the Birds Loved It

Wild parrots tend to fly in flocks, but when kept as single pets, they may become lonely and bored.

When humans are feeling lonely, we can call or video chat with friends and family who live far away. But, scientists asked, what about pet parrots? New research suggests that these chatty creatures may also benefit from virtually connecting with their peers.

Domesticated parrots that learned to initiate video chats with other pet parrots had a variety of positive experiences, such as learning new skills, researchers from Northeastern University, the University of Glasgow and MIT report this month in Proceedings of the 2023 CHI Conference on Human Factors in Computing Systems.

To read this delightful article click here - [Video-calling parrots](#)

YOUR GARDEN



Jobs for May

As bulbs fade and herbaceous borders grow in leaps and bounds, it is now clear that summer is approaching (even if it doesn't feel like it right now!)

Sowing and planting out bedding can begin, depending on regional weather variations, and you can take softwood cuttings. It's also time to get back into the lawn mowing regime, as the lawn will be loving the warmer temperatures this month brings.

- Watch out for late frosts. Protect tender plants
- Earth up potatoes, and promptly plant any still remaining
- Plant out summer bedding at the end of the month (except in cold areas)
- Water early and late to get the most out of your water, recycle water when possible
- Regularly hoe off weeds
- Open greenhouse vents and doors on warm days
- Mow lawns weekly – but consider leaving some areas uncut for wildlife
- Check for nesting birds before clipping hedges
- Lift and divide overcrowded clumps of daffodils and other spring-flowering bulbs
- Watch out for viburnum beetle and lily beetle grubs

To read much more in-depth advice and for gardening projects for May, including tips from Springwatch on how to re-wild your garden, click on the link to the [RHS Gardening in May](#) web page.

Get your trees ready for spring

The Woodland Trust website has top tips for giving your trees and hedges the best chance of healthy growth over the warmer months.



Click on the link to read the article - [5 ways to get your trees ready for spring](#)

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.

Did you know that by replacing your potato crisps with grapefruit as a snack you can lose up to 90% of what little joy you still have left in your life

ANSWERS TO THE PUZZLES :

The Little MaD Quiz

1. Zeus, 2. Cherry, 3. Jupiter, 4. Red Sea, 5. Red grouse (also ptarmigan), 6. *Of Mice and Men*, 7. Winston, 8. *Jam and Jerusalem*, 9. *Game for a Laugh*, 10. Cathode

The missing number is 13

After performing the multiplication, we reach the result by adding together the individual numbers that make up the result.

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

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

So $34 \times 34 = 1156 - 1 + 1 + 5 + 6 = \mathbf{13}$

How many triangles?

There are **23** triangles in the diagram

Dingbats

1. Frilly underwear, 2. Car insurance, 3. Wait for nobody, 4. On the open road, 5. Kings Cross, 6. Right between the eyes, 7. Room at the top. 8. Cake mix, 9. For ever and a day, 10. Pullover

How many siblings?

There are four sisters and three brothers

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 ...

English from around the world -

In a Rhodes tailor shop: "Order your summers suit. Because is big rush we will execute customers in strict rotation"

Athens hotel: "Visitors are expected to complain at the office between the hours of 9 and 11 am daily"

Restaurant window: "Don't stand there and be hungry. Come on in and get fed up.

Car rental brochure, Tokyo: "When passenger of foot heave in sight, tootle the horn. Trumpet him melodiously at first, but if he still obstacles your passage then tootle him with vigour"

Hotel elevator, Paris: "Please leave your values at the front desk."

Outside Paris dress shop: "Dresses for street walking"

In an East African newspaper: "A new swimming pool is rapidly taking shape since the contractors have thrown in the bulk of their workers

In an advertisement by a Hong Kong dentist: "Teeth extracted by the latest Methodists"

Detour sign in Kyushu, Japan: "Stop: Drive Sideways"

Sign at Mexican disco: "Members and non-members only"