

September 2023 Issue No 89

MUSINGS FROM THE CHAIR

Well, this is my last musings as I will be stepping down as Chairperson at the AGM in September.

Normally the Chairperson role lasts for a maximum of three years, but I agreed to hold it for a year to enable someone who was more suited to the role to take it up. I hope to remain on the Committee for another year but I will happily relinquish my place if we have new volunteers who wish to step up to the mark.

I have to say I've surprised myself by how much I enjoyed my year as Chair. I have chaired a number of Committees over my working life but I've always found it a thankless chore. I can only put it down to the lovely people on the u3a Committee who are so kind and helpful and great fun. I must thank them all for the support they have given me and I must also thank you the membership for all your kind words and encouragement over the last 12 months.

I will be handing over the gavel (made for us by one of our wonderful members, namely Gordon Robinson) at the AGM and I look forward to supporting my successor.

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 31 August and Thursday 5 October**.

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

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

Save the Date :
General Meetings
Thursday 28 September at 10:00am - AGM
Thursday 26 October at 10:00am

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

NOTICES

NOTICE OF AGM

Our General Meeting on **Thursday 28 September** will also be our AGM, followed by a social with tea/coffee and cake, jigsaw swap, quiz and social. Make a note in your diaries to attend if you can. The meeting will also be available via Zoom.

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

NEED TRAVEL INSURANCE?

Don't forget to look in the Third Age Matters magazine! There are adverts from insurance companies who specialise in offering travel insurance for third-agers - it's worth getting a quote to see if you can get a good deal.

NEW INTEREST GROUP

PROJECT CRAFT GROUP

As crafters Debbie Foreman and I have been chatting. We realise that Debbie's group is very popular, but it is difficult to fit all crafts into a 2 hour session and it doesn't work well to run over too many sessions a month apart, so

Would you like to take part in craft projects that take a longer time to complete?

This would not be a permanent group but a group that meets for 3 to 4 sessions for one project then takes a break till the next project - intending to have 3 projects a year.

I have enjoyed many types of crafting and like to play with all sorts of things, so could cover lots of stuff - from knitting, crochet, macrame (both micro and normal) bead work, embroidery, beaded embroidery, wirework, wire wrapping, jewellery making, ribbon flowers, resin work and others I have missed.

The first proposed project is to make a **wire bonsai tree**. The project would cost between £15 and £30 and the group would be 4 to 8 people only as I would run this from home. We would meet once a fortnight and the tree will take at least 2 sessions of 4 hours - or 4 x 2-hour sessions.

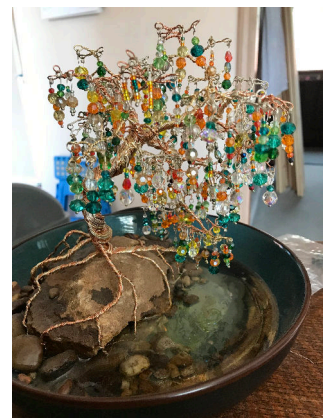
£15 would give you a standard tree (small version shown) or £30 would give you a shimmering moving tree (second image). We will use silver plated 0.6 mm wire and stone gem chips with pre-drilled holes. Choice of colour is limited whichever tree type we decide to do.

Let me know what you think of the idea and let me have your comments. Sign up if you are interested - craftproject@madu3a.org, or have a chat with me at the main meeting.

Elaine Khan



Standard tree



Moving tree

TRIPS AND VISITS

Some of our members enjoyed a trip to Ripon with Arnold u3a in July which was a great day out, and another day out, to London with Burton Joyce u3a, was also a tremendous success. It is fantastic that we have a close relationship with our other local u3a's and share trips, visits and events.

We also had a fab day in Lincoln by train earlier this month, and whilst we had some rain it didn't stop us having an enjoyable time.

Brookfields

The planned evening events have now been cancelled but we have been offered 'Afternoon Tea & Talk - Garden in October' for £20pp. The date for this is **Monday 30 October** so please book your places asap.

Revival

Tickets are still available. If you have booked tickets please ensure you have paid and collected them.

Burghley

Those of you booked on this trip will have had a message from Paula about the slight increase in cost. Please ensure you let us know whether you still want to go and pay the extra to enable us to finalise this trip.

Dolly & Boy George Tribute Weekend and Twilight at Kew

Balances are due in September for these trips so those booked will receive an email for payment shortly.

Christmas Meal at Mapperley Golf Club

We still don't have the cost of this but please book your place if you wish to go.

Proposed trips and visits for 2024, including codes - places available :

25 January - Burns Night

Waiting for cost but told it wouldn't be above £30 - (Code BN)

5 February - Weston-Super-Mare

5 days From £299pp with a trip to Bath and also a trip to Cheddar Gorge & Wells (with Alfa) (Code WSM)
We have booked 8 members on this trip including 6 single rooms.

11 March - Isle of Wight, 5 days

Now going with Daish's so that singles can be accommodated.

1 April - Exmouth, 5 days

From £275 with a trip to Teignmouth & Dawlish and Sidmouth & Exeter (with Alfa) (Code EXM)
We have booked 6 members on this trip including 4 singles

18 May - Hawarth 1940's Festival, 2 days

With a trip to Skipton Market £129 (single supplement £35) (Just Go Travel) (Code HAW)
We have booked 7 members on this trip including 3 singles.

Although Alfa said no single supplements next year they have introduced 'cosy doubles for single use' which is a higher price than a standard single without a supplement, so we feel that they have played with words a bit here. They still don't claim to have many standard singles which would be the same cost as a twin so members who want a single are still having to pay more.

Some members decided that the increase was too much and some have not booked on principle which is a shame, but I do agree with them.

We are quite disappointed in this solution and are looking at other companies for the rest of the year.

Trips Team

NEWS FROM THE GROUPS

Local and Live

9 members of the group enjoyed a very relaxed Sunday afternoon at Peggy's Skylight jazz club, listening to the lovely voice of Shannon Reilly and very talented musicians of the Pat McCarthy band.

If anyone would like information about our future musical events, please contact me -

localandlive@madu3a.org.

Eileen Braham



Curry Club

This month the Curry Club enjoyed a delicious Thai meal at Paste in Hockley. The food was plentiful and delicious, and the Thai Green Curry made a lovely change from Indian-style curries.

We visit local curry restaurants on the 4th Monday of the month, at 6:30pm.

If you'd like to join this very sociable group, or for more information, please send an email to curry@madu3a.

Sue Cullen



Wine Appreciation Group

On a beautifully sunny afternoon the Wine Appreciation Group sat in Maggie's lovely garden to taste 3 different white wines (Viognier) and 3 different red wines (Merlot) made from the same grape variety but from different countries. It was interesting to taste the different styles and flavours.

Two of the members were celebrating 'big' birthdays this month and each treated the group to an excellent bottle of wine and platters of delicious cheeses and meats. Thank you ladies - a pleasure to wish you the happiest of birthdays.

Sue Cullen

Happy birthdays



Lunch Club

The Wine Room on Mapperley Top is not just a wine bar, it also serves meals in the form of small plates as well as full meals and Sunday roast dinners.

11 Lunch Club members enjoyed our meal in the upstairs bar, which also has a balcony area overlooking the main road.

As our meals were pre-ordered we did not have to wait long for service. I thought the food was fab and the full meals were good sized portions. I know that Rose D was thrilled to have gluten free fish in batter - it was a rare treat she said! Worth noting this for the future.

Linda Randall

German Conversation Group

It was great to see everyone and to welcome Karen for the second time at our meeting on 22 August. Once again, many thanks to Tricia for the use of her beautiful garden, and for the delicious chocolate biscuits, on what was a bright and sunny morning.

We read, translated and discussed two articles. The first, very interesting article, about the discovery of an ancient sword and sceptre during renovation work carried out by the Greek government on an old palace. The precious objects belonged to King Otto of Greece, who ruled from 1832 until 1862. It is planned to have them cleaned and displayed in a museum. The second, shorter piece, was a report about the recent celebrations which took place in London to celebrate Sir Mick Jagger's 80th birthday.

During both translations a lively discussion arose about the use of cases. Grammatical queries were raised but we reiterated that our group is a conversation and cultural meeting; the main purpose being to speak and enjoy the language. Advice was given as to where help and information regarding verbs is available. General consensus was the format of our group is getting the balance right.

Our next meeting is 19th September at 11.00.

Joy Brown

Wine Appreciation Group

Members of the Wine Appreciation visited Weavers Wines for two separate tastings (each group tasting the same wines) in the cellar of their premises on Castle Gate, Nottingham.

We tasted some different and interesting wines. Brig (our host) was friendly and very knowledgeable and although not everyone enjoyed all of the wines (we each have individual tastes of course) we all had a very enjoyable afternoon.

We hope to visit Weavers again before too long for another tasting.

Sue Cullen



Outdoor Activities

14 of the group enjoyed a lovely sunny afternoon playing lawn bowls at Porchester Lawn Bowls club.

The club provided volunteers to teach us the game and a wonderful afternoon tea to follow.

This group has enjoyed a good selection of outdoor activities, including archery, croquet, segway and lawn bowls with foot golf and pétanque to come later in the year..

If you would like information about joining the group please contact me - adventure@madu3a.org.

Eileen Braham



MaD Photography

In August the Photography Group's challenge was to take photos of 'Holidays & Travel' and 'Still Life'. As always there was a wide range of subjects and some excellent images.

To view this month's photos click on the links below.

[Holidays / Travel](#) and [Still Life](#)

This is a group for enthusiastic photographers of all skill levels. Most members are using the camera on their mobile phone, but some prefer to stick to their DSLR.

If you would like to join, or for more information, please send an email to photography@madu3a.org

Sue Cullen

Short Walks Group

We were fortunate to be walking on a beautiful summer's day. Eight ladies and Poppy the dog enjoyed the many different views on and off the Viaduct. The flora and fauna are particularly good here as there is no traffic on the canals, and the blackberries were a welcome bonus.

The viaduct is situated between Cotmanhay and Awsworth, near Ilkeston. There is public access on the viaduct itself and it's easy to see from the nearby footpaths and trails. There is a huge amount of history and interesting information about the Viaduct on the Friends of Bennerley Viaduct website. There are just a few excerpts below. They are asking for help to support a planning application to make the viaduct more accessible to everyone. The MaD u3a walkers all agreed that this would certainly make a difference and we will show our support as individuals.

The Viaduct opened in January 1878 following an eighteen month construction period and went on to carry both goods and passenger traffic for the next 90 years. The revenues generated during this period repaid the heavy investment of the Great Northern Railway Company before its closure in 1968. Goods trains carrying coal, iron ore or beer frequently rattled over the viaduct. Passenger trains gave local people access to both Nottingham and Derby. The line also brought the coastal resort of Skegness within reach and, on bank holidays, thousands of local people used to take a day trip to "Skeggy" at a bargain price of 13/6d return – 67p in 1958 prices!

The Beeching Report in 1963 recommended the line be closed for economic reasons and in 1964 the last passenger train went over the viaduct. The last goods train crossed the structure in 1968. The tracks were lifted in 1969 and the viaduct was closed. The structure

no longer had a purpose and it became a liability for its owners, British Rail. Following the closure of the Great Northern Line in 1968, the tracks and embankments were removed, leaving the viaduct

unconnected and without any useful function. In 1974, the uncertainty surrounding the viaduct's future led to it being registered as 'Heritage at Risk' by Historic England. A year later, British Rail applied to demolish the viaduct but both Erewash and Broxtowe Borough Councils refused permission. A public Inquiry was held in 1980 at which British Rail continued to seek demolition. However, the local community proposed an alternative vision to bring the viaduct back into use as a walking and cycling trail. The threat of demolition was averted while feasibility studies were undertaken. Unfortunately, local groups did not have the resources at that time to bring this idea to fruition.

In 1998, when the rail network was privatised, the viaduct passed into the ownership of Railway Paths Ltd, a sister charity to Sustrans, the national walking and cycling charity who are the principal custodians of the National Cycling Network. Over 300 miles of redundant rail trackbed had been given to Sustrans with the intention that these routes be brought into public use or incorporated into the growing National Cycling Network.

A significant development in the viaduct's recent history was the



highly successful Heritage Lottery funded project "Rediscovering Bennerley Viaduct" (2015 – 2017). This Sustrans led project raised the profile of the viaduct and inspired the local community to take a fresh interest in restoring and re-opening the structure. An integral part of this project was the creation of the Friends of Bennerley Viaduct (FoBV), a thriving community group who are passionate about bringing the structure back into use.

An ambitious £8 million project was proposed to restore and repurpose the structure with a £4.6m bid being submitted to Heritage Lottery in 2017. Although the bid was not successful on its first attempt, Heritage Lottery considered the project was a strong one recommending its resubmission. In early 2018, Sustrans announced that due to other priorities within their organisation, they no longer wished to lead on taking the Bennerley Viaduct project forwards.

Since 2018, the FoBV have been working in partnership with the

viaduct's owners, Railway Paths Limited, as part of the "Access to Heritage" project.

The project had three phases which included: carrying out critical repairs, constructing a western ramp and installing a deck. This £1.8m project resulted in the re-opening of Bennerley Viaduct in January 2022 after 54 years of closure.

Share the link with your friends and tell everyone
[Read the Application and Comment](#)

The FoBV have a planning application for the Eastern Ramp,

car park and visitor centre which is live on the Broxtowe Borough Council website. They're proud of the designs and believe this development will do so much good for the viaduct and the local community. See all the documents and details on the website below. But, they need you to raise your voice and speak for them. Every positive comment will help their application to become a success.

Full application: Ref: 23/00527/FUL
Carolyn Luckhurst

Gardening Group

In August we thoroughly enjoyed a visit to a Carrington Garden.

The owner started his working life as a brick layer and is intent on using recycled materials to shape his large suburban plot. Used bricks, wood and metal have been skilfully reused to create the many raised beds, fruit cages, a large wildlife pond, pathways and extra-large greenhouse where we found all manner of fruit and veg growing.

He has the most amazing workshop where he carries out his various projects, and we were made very welcome by him and his wife. She loved our u3a group and is now interested in joining.

Our September visit will be to Val and Tony's beautiful garden on the edge of Bestwood Country Park.

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

Celia Lassetter



Walking Group



Thirteen MaD u3a members and two friendly dogs walked from Lowdham to Epperstone on Friday 28 July, ending with a lunch stop at Jo-hanna's Cafe in Lowdham.

Lesley Harrington

If you see someone wearing camouflage, make sure to walk right into them so that they know it's working

Breakfast Club

The Breakfast group returned to The Old Flower Shop, Mapperley Plains for another lovely breakfast get-together. We have visited TOFS several times for breakfast, but in September we shall be trying a new venue - details will be sent to the members of the group.

We meet on Monday or Tuesday at the end of each month. It's a very happy and sociable group.

If you would like to join us please send an email to breakfast@madu3a.org. You will be made very welcome!

Sue Cullen



GENERAL MEETINGS

JULY'S GENERAL MEETING

A Bus Pass Trip

A big thanks must go to one of our members Linda Stevenson for an entertaining illustrated talk about a ten day trip by bus pass she made with three friends last June. It was the idea of Marian Donaldson and what a great idea it was! One that I am certainly thinking of putting into action. The four friends, Linda, Marian, Glyn and Caz met regularly at Wetherspoons (a regular feature of this talk!) to plan how they could get from Berwick-on-Tweed to Penzance just using their bus passes. After all the planning, they came to the decision to plan the first day and take it from there.

The journey had its challenges although it sounded like they were pretty lucky with the weather. Some challenges included there not being bus timetables in the bus stations due to COVID; how to plan a journey from the north to south of England when living in the Midlands; bus drivers not stopping; weird rules in rented accommodation; bunk beds in hostels; and the fact that there is no bus from Newcastle to

Berwick-on-Tweed which doesn't go through Scotland (where an English bus pass is not accepted).

However, in spite of all this, it sounds like a jolly good time was had by all. The first day they left Nottingham for Hull, taking wheely cases and backpacks. They saw a lot of places they wouldn't have otherwise seen and met a lot of locals via Ollerton, then Worksop, Retford, Gainsborough and finally Hull. At Retford, where it was market day, they stopped off at a Wetherspoons for lunch and a lot of people were very interested in what they were doing. Women thought it was a great idea, men not so much.

Day 2 (Friday) they travelled from Hull to Whitby via Beverley, Bridlington and Scarborough. The biggest challenge that day, apart from the bus to Bridlington not stopping, was the 199 steps up to their Youth Hostel in Whitby. But they managed to find the Wetherspoons and a micro brewery up near the abbey and saw a lovely sunset.

Day 3 (Saturday), they reached Berwick by bus and train and

checked out the trains to Penzance. The train on Sunday cost £178 and the train on Monday £70 so they decided to spend two nights in Berwick. The great thing about such journeys is the serendipity of unexpected experiences. They came across the Lowry walk there and also a ceremony in a very picturesque setting for a soldier who had been tragically killed in the Falklands war (40 years ago). Here they heard the bagpipes being played which was very poignant.

Day 5 they travelled from Berwick to Penzance by train via London and reached Penzance in the dark about 11 pm, spent two days there and then made their way back to Nottingham via Exeter, Cheltenham and Coventry.

They did Cornwall proud, experiencing Cornish pasties, cream teas, crab sandwiches and - you guessed it - a Cornish Wetherspoons. Again serendipity played a big role in their experiences, from finding a bus that went right to Land's End and then allowed them to do the coastal walk to the next village



Alison Gove-Humphries

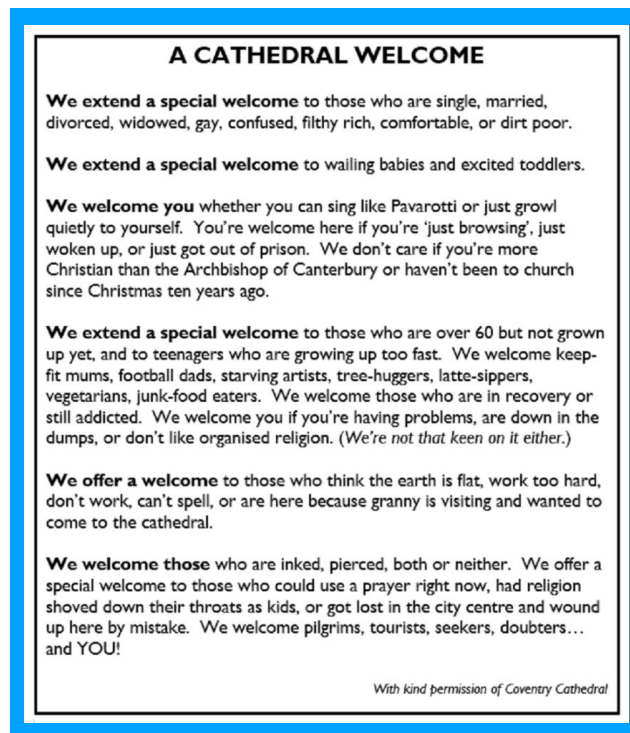
where they were able to pick up a bus again, to travelling past Jamaica Inn and a Cornish tin mine.

In Cheltenham serendipity struck big time : two young men they met in the pub (I wonder which one!) were from Nottingham. Small world!! It turned out that Linda knew one of the young men's grandpa and his uncle went to school with Linda's daughter. Then they discovered that they were staying in the same set of flats, so the young men helped them back with their luggage. From Cheltenham, they went to Coventry and here Linda and Caz went to Coventry Cathedral where again a nice surprise was in store: there was a musical event being held there and they also loved the Coventry Cathedral welcoming notice (see right).

They took the bus from Coventry to Leicester to Loughborough to Nottingham and reached Nottingham mid afternoon where they celebrated. Guess where?

You guessed it - Wetherspoons!

Alison Gove Humphries



FUTURE GENERAL MEETINGS

28 September Our AGM, and social meeting with tea/coffee and cake, jigsaw swap and quiz.

26 October Commander Neil Jarvis 'A Short Submarine Patrol'

This is about the parts of submarine life which you don't always see in films.

A completely different genre but speaker reviews say it's very interesting.

LAST MONTH'S SPEAKER

Last month our speaker Ann Hilton, a volunteer with the charity 'Medical Detection Dogs', was accompanied by Emily Cook and her Hungarian Vizsla dog *Barna*. Emily told us about the life changing effect Barna had on her life, enabling her to live normally again. Hers is an inspiring and heart-warming story and many present chose to make a donation to the charity.

We thought you would be interested to learn that MaD members donated over £400! Well done MaD - what generous people you are! Should you wish to donate anything further, here are the link to the charity [Medical Detection Dogs](#) and to [Emily's Just Giving page](#).

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.

A computer once beat me at chess, but it was no match for me at kick boxing

PUZZLES

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



The Little MaD Quiz

1. Which Oriental-styled blue and white plate pattern was first developed by Thomas Minton around 1790?
2. Who created Winnie-the-Pooh?
3. Which famous sporting track is run by the St Moritz Tobogganing Club?
4. The animal known in the USA as a Moose is called what by Europeans?
5. Home to a breed of horse, what is the name of the marshy areas around the Rhône delta?
6. Which time zone is abbreviated to CET?
7. Which crime writer also used the name Barbara Vine for her works?
8. Which decimal number is rendered in binary as 10101?
9. Charles Hardin were the forenames of which rock'n'roll singer, who died in an air crash in 1959?
10. Saltpetre is an alternative name for which chemical compound, formula KNO_3 ?

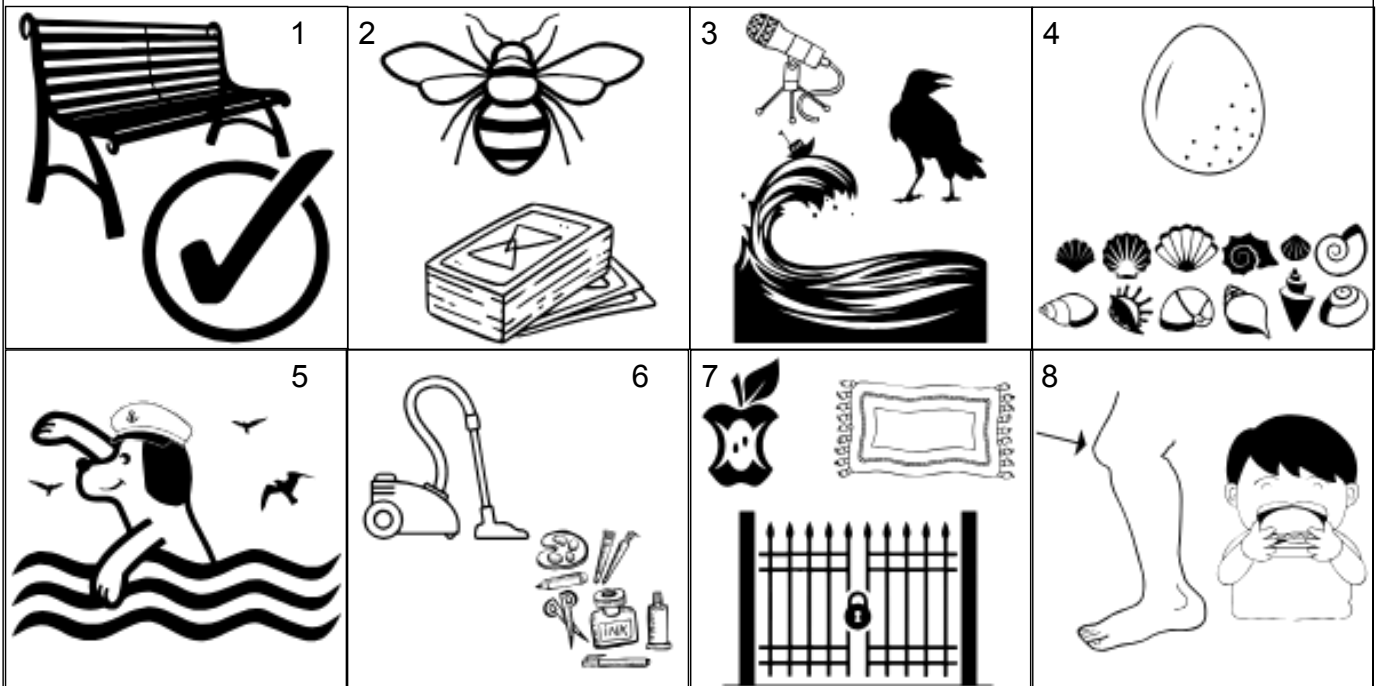
How many games?

Susan and Lisa decided to play tennis against each other. They bet £1 on each game they played. Susan won three bets and Lisa won £5. How many games did they play?

How Many Handshakes?

If there are 20 people in a room and they each shake each other's hand once and only once, how many handshakes were there all together?

Picture Dictionary - what are the words depicted below?



NEWSLETTERS

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

THIRD AGE MATTERS MAGAZINE

If your household is receiving two copies of the Third Age Matters monthly magazine please let our Membership Secretary know [via this link](#) so that one of them can be cancelled - and if you no longer wish to receive TAM at all, please use the above link so that our Membership Secretary can sort this for you.

NATIONAL u3a NEWSLETTER

u3a learn,
laugh,
live 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 - [August 2023](#)

u3a Newsletter Express - [August 2023](#)

Nottinghamshire Network of u3as - [Newsbites August 2023](#)

Gedling Community and Voluntary E-Newsletter - [August 2023](#)

Gedling Health and Wellbeing Newsletter - [August 2023](#)

Nottingham Arrow Magazine - [Summer 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 SOMETHING TO SAY ABOUT MaD u3a?

If you have any concerns, ideas, problems or appreciation of or concerning Mapperley and District u3a that you would like to voice or share, please contact either your Chair Geraldine Chaffe at chair@madu3a.org or the newsletter editor Sue Cullen at newsletter@madu3a.org and they will do their best to deal with your issue or pass along your comments as appropriate.

DO YOU HAVE ANYTHING FOR THE NEWSLETTER?

We have had lots of lovely stories and contributions from our members in the past, and members have said how much they have enjoyed reading them.

And, we'd love to hear from you! A story or poem, a recipe, tips or tricks, a lesson learned or a near-disaster averted (or not!) - anything you think may be of interest to MaD members.

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

When I was a child my mum would send me down to the corner shop with 5/- and I'd come back with a bag of potatoes, a loaf of bread, 3 bottles of milk, a block of cheese, a packet of tea and 6 eggs.

You can't do that today ... too many security cameras.

INTEREST GROUPS

[Badminton Group](#)

The Badminton group meets at St Jude's Church Hall, Woodborough Road.

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

Angela Huggins

[Book Groups 1 and 2](#)

Book Group 1 meet once a month at Mapperley Golf Club to have a discussion on a chosen book. The deliberations are often wide ranging and always enjoyable and entertaining. The group is currently full but Book Group 2 is taking new members.

Martin Cooke

We may be **Book Group 2** but we're not playing second fiddle! Our group is small and friendly with opportunity for everyone to share opinions. We have really lively and interesting discussions across a wide and eclectic book choice. Meetings are held at a member's home and garden. A warm welcome is extended

We have space for a couple more members so if you fancy joining please send an email to

bookclub2@madu3a.org.

Diana Cooke

[Breakfast Club](#)

We have breakfast/brunch together once a month - future meeting dates for 2023 are :

Monday 25 September, Tuesday 31 October, Monday 27 November, Monday 29 January

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 either a Monday or a Friday early evening, to watch a wide genre of films. We meet for a drink beforehand in the lovely cafe/bar and occasionally some of us stay to eat after the film.

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

Eileen Braham

[Creative Crafts](#)

We usually meet on the second Monday of the month at 10:00am at St Jude's Hall, on Woodborough Road. New members are very welcome.

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

Debbie Foreman

[Creative Writing](#)

We meet once a month. We usually try to target ourselves to write a piece of around 1,000 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 the first and third Wednesdays of the month 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

[Cryptic Crosswords for Improvers](#)

This is a group that attempts to solve harder cryptic crosswords. We meet fortnightly via Zoom to try to solve two crosswords that are sent out immediately following the previous meeting. You would be welcome to join us as we solve the puzzles and find reasons for our answers. Please contact by email to crosswords@madu3a.org.

I didn't realise that I was addicted to crosswords but when I look back now, all the clues were there

Curry Club

This is a very lively and friendly group of curry-lovers who enjoy monthly visits to curry restaurants locally or in Nottingham. The group meets once a month at 6:30pm, usually on the evening of the third Monday.

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

Sue Cullen

Energy Efficient Cooking

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

If you would like to know more please send an email to eecooking@madu3a.org.

Val Wilkinson

Family History

At the next Family History meeting on 25 September we shall be looking at Graves and Gravestones.

Meetings are held at the Sherwood Community Centre, Mansfield Road on the 4th Monday of the month at 2:00pm.

Claire Wilkie

French Conversation and Culture

The French Conversation Group has grown in size recently with new members joining, from other u3a's as well as friends of group members. We are all always delighted to meet and chat with new people who swiftly become friends. We have now changed both time and venue to Mapperley Golf Club from 14.00 hours to 15.30 hours. The Club is really welcoming too, providing us (for a small fee) with big pots of (freely replenished!) tea.

The French Group provides a space for all levels and everyone always contributes; their knowledge, laughter, mistakes and insights. I get a lot of fun and increased knowledge and competence from convening this group. Everyone comes up with jokes, card games, photos, biscuits, cheese straws, new words and new faux pas. I think we DO epitomise the u3a slogan of learning, laughing and living to tell the tale.

Annabell Gallier

Games Group

We meet every Wednesday afternoon (2:00 to 4:00pm) at Mapperley Golf club to play various games. Some of our group meet earlier at the Golf club for a pre-games lunch.

New members are very welcome.

Marian Wright

Gardening Group

We are a friendly, cheerful group of enthusiastic people who share an interest in gardening. None of us are experts but we have willing hearts and minds, so why not join us? We meet on the third Monday of the month, starting at 10.15 am, at various locations, and sometimes we organise to meet at a member's garden or in our home. We also have a WhatsApp Group so we can share current information, tips, hints etc.

For more information please send an email to gardening@madu3a.org.

Celia and Martin Lassetter

German Conversation

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

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

Joy Brown

Italian Speech

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

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

Joice Hall

Jazz Appreciation

Each month there is a specific theme and we meet, via Zoom, on the first Thursday of the month to share our music choices. Our Zoom screens are pretty full but we'll always make room for a keen jazzer - 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](#)

The Lace Market Theatre is Nottingham's small, independent, amateur theatre. This group goes to various productions at the LMT on Thursdays evenings.

If you're interested or just want to be included on the mailing list for upcoming productions, please contact me at lacemarket@madu3a.org.

Richard Hill

[Let's Sing!](#)

Everyone can sing!

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

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

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

Gary Cawthorne

[Literature](#)

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

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

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

literature@madu3a.org

Jonathan Brown

[Local and Live Music Group](#)

We are a friendly group who enjoy the many lovely live music venues in and around Nottingham.

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

Eileen Braham

[Local History](#)

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

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

Marian Donaldson

[Lunch Club](#)

The Lunch club is running well with 29 people on the list at this time. The next two meetings are -

26th September 2023 - The Nag's Head, Main Street, Woodborough, NG14 6DD

24th October 2023 - The Punch Bowl 214 Porchester Road, Nottingham NG3 6HG

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

Behind every angry woman is a man who has absolutely no idea what he did wrong

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 meet at 2.00pm on the third Monday of each month at the Mapperley Golf Club. 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.

Anton Luckhurst

Music Appreciation

Our group continues to meet via Zoom on the first Monday of the month at 7.00pm. We find that this format works well for us. We focus on a theme for the meeting and everyone makes their music choice, gives us a little background on it and then plays it to us. We end up with a good, varied programme with different genres of music.

Do get in touch if you would like to join us - music@madu3a.org.

Joan Davis

National Trust Group

This group visits National Trust properties within our area. All members are welcome to join but of course if you're not a member of the National Trust there will be an entrance fee to pay. We share cars to travel.

If you would like more information, or to join the group, please send an email to chair@madu3a.com.

Geraldine Chaffe

Outdoor Activities

This group enjoys a wide selection of outdoor activities. It's a very friendly group and we have a lot of fun.

For further information on the activities please contact me on outdoor@madu3a.org.

Eileen Braham

Photography

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

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

Sue Cullen

Playhouse Theatre Group

This group visits various performances at the Nottingham Playhouse.

Information on future visits is available on the [website](#) and at our monthly meetings, or you can send an email to playhouse@madu3a.org.

Lesley Harrington

Play Reading Group

The Play Reading group meets at the Convener's home on the first Thursday of each month from 1:30pm to about 4:30pm, so that we have time to read through a whole play.

The group is full at the moment but if you'd like to be put on the waiting list please contact me on playreading@madu3a.org.

Sue Cullen

Table Tennis

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

We meet on the 2nd Tuesday of the month from 2.00 to 3.15pm at the Sherwood Methodist church hall. There is a limit on numbers because we need to ensure that everyone gets a fair share of games.

We currently have 12 members signed up. We need 8 as a minimum each time to cover room rental and allow sufficient rest time between games.

Would you like to join us? If so please contact me on tabletennis@madu3a.org.

Val Wilkinson

[Walking Groups](#)

Strollers

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

Our Short Walks are usually between 3 and 5 miles and take place on the second Friday of each month. If you have a walk that you would like to share with the group, please let the convener know by email to shortwalks@madu3a.org. Members who are registered with the Group will receive an email giving full details of the walks.

If you are not registered and are interested then please email to shortwalks@MaDu3a.org.

Carolyn Luckhurst

[Wine Appreciation](#)

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

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

Maggie Grimshaw

[Wine Bar](#)

The Wine Bar meets via Zoom and opens every Wednesday evening at 6:00pm (except on weeks when the in-person Wine Appreciation Group meets, or if we have an external tasting).

Each week there is a different wine theme and members join with a wine to fit the given theme. We each share our opinion of the wine we're tasting, tell the group where it was purchased and the cost. We often watch a short video relating to that week's wine.

This a very friendly group, not only enjoying tasting wine but learning more about it as well. If you'd like to join us in the Wine Bar please send an email to wine@madu3a.org.

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.

NOTTINGHAM



New paths at Colwick Country Park

Colwick Country Park is one of Nottingham's most beautiful and popular parks, with its large lake, woodland, marina and wildlife areas, and is now more accessible than ever.

Nottingham City Council has completed major improvements to footpaths at Colwick. The project, paid for through funding secured from the Transforming Cities and European Regional Development Funds, began in September 2022 and finished ahead of schedule in mid-August 2023.

Click on [this link](#) to read more about it.

Carbon Neutral Nottingham

A new website has been launched by Nottingham City Council to support Nottingham's ambition to be the first carbon neutral city in the UK by 2028.

The [Carbon Neutral Nottingham website](#) brings together in one place a range of information about what is happening to make the city more sustainable.

The website aims to offer practical advice and opportunities for residents to reduce their own carbon footprints. There are dedicated sections for each of the nine key themes of the city's Carbon Neutral Action Plan - Buildings, Energy, Transport, Waste, Water, Protecting the City, Nature, and Removing Carbon From the Atmosphere. To read more about this click on [this link](#).

City Council's sustainability schemes shortlisted for national awards

Nottingham City Council has been shortlisted for two prestigious national awards by the Association for Public Service Excellence.

The authority is shortlisted in the 'Frontline Services Team of the Year: Parks, Grounds & Horticultural' and 'Best Climate Action or Decarbonisation Initiative' categories for their work which supports the city's ambition to be carbon-neutral by 2028. To read more about this click on [this link](#).

Nottinghamshire tourism hits record levels

TheBusinessDesk GB

New data has revealed that tourism in Nottingham and Nottinghamshire achieved an all-time high spending record in 2022.

The local visitor economy crossed the £2bn mark, showcasing growth after the pandemic, even amidst challenging economic conditions. Taking inflation into account, the impact of the visitor economy is notable, adding £2.051bn to the region's economy and supporting more than 20,500 jobs.

Top tourism spots in Nottinghamshire include Clumber Park, Wollaton Hall, the National Justice Museum, Nottingham's Caves, The Newark Air Museum and Center Parcs in Sherwood Forest.

HEALTH

Does circadian rhythm affect the heart?



Our body's natural daily cycles, known as circadian rhythms, are linked to our heart health.

Researchers supported by British Heart Foundation have found that being a 'night owl' - someone who prefers going to bed and waking up later than an 'early bird' - could be linked to differences in the structure of the heart. They analysed the heart scans of around 1,300 UK Biobank volunteers and found that, in comparison with people who considered themselves to be 'definitely a morning person', people who considered themselves to be 'definitely an evening person' tended to have a smaller volume of blood in their heart chambers over the course of a heartbeat. This happened both when the heart was filling up with blood, and when it was fully contracted.

Dr Phoebe Kitscha explains the latest research and how it may lead to new treatments - [Circadian rhythm](#).

Your essential skin cancer checklist



Melanoma skin cancer cases in the UK have reached an all time high, according to Cancer Research UK. There are also more than 200,000 case of non-melanoma skin cancer in the UK each year, with rates predicted to reach almost 400,000 per year by 2025.

Skin cancer can kill you, so it's essential to know the signs and get any suspicious skin changes checked out quickly. In [this article](#) from The Patient website they tell you what to look for and what to do to try and prevent it happening.

Smoking will kill you... Bacon will kill you... But, smoking bacon will cure it

What is the DASH diet?



The DASH diet is a heart-healthy diet that lowers blood pressure and cholesterol.

The DASH diet, which stands for Dietary Approaches to Stop Hypertension, is a flexible eating plan that helps lower blood pressure ([hypertension](#)) and reduce your chances of [heart disease](#).

Far from being specialist, this eating plan can benefit many people - whether you're looking to improve poor heart health, manage a related condition, or protect yourself against future health problems.

Click on the link to read more about it - [DASH diet](#).

Living with Tinnitus: symptoms and solutions



Tinnitus is a condition where you hear ringing, buzzing, or other noises in your ears. Not only can this be irritating, it can affect many aspects of your daily life such as sleep, concentration, and even your mental health.

Tinnitus sounds are created inside your body, not from the outside. This is why many people first notice or experience the most difficulty with tinnitus at night or in quiet places. Sounds commonly associated with tinnitus include buzzing, hissing, pulsing and ringing.

If you have [tinnitus](#) it's less about the sounds you hear and more about why you hear them. Tinnitus can vary in severity and how it affects your life - for example, you may struggle to hear, concentrate, or sleep. These are everyday things most people take for granted.

To read this article on the Patient website, click on the link - [Living with tinnitus](#).

How healthy are our favourite sandwich fillings?



Whether it's tuna sweetcorn, a BLT or a Ploughman's, the humble sandwich is a lunchtime staple. Yet they're not all created equal when it comes to nutrition. Find out more about your favourite fillings before you decide what to put between the slices of bread - [Sandwich fillings](#)

SCAMS



Neighbourhood Watch August Newsletter

One of the most prominent Cyber Safety threats today is online scams. They target individuals through social media, availability of web scraping tools, cheap cloud connectivity and recent advancements in generative AI.

The scams are becoming more sophisticated and harder to spot than ever before. Existing solutions are falling short. What's needed is a whole new approach.

To read about this, and much more, click on the link to the [Neighbourhood Watch August Newsletter](#).

Last minute holiday bargain?



The Nottinghamshire County Council website has information on spotting scams offering last minute holidays bargains, as well as airport parking scare, home and garden make-overs and scammers pretending to be from a trusted company.

To read the article click on the link - [Consumer advice and scams](#).

What is Malware?



Malware is malicious software that sneaks onto your computer. It's designed to steal data as well as damage or destroy computers and computer systems. Cyber criminals use malware as a way to monetarily gain or to simply sabotage others.

To learn more about Malware and how to avoid it, click on this link from the Adblock website - [Malware](#).

TECH NEWS

Which?

Which mobile phone brands develop the most faults?

Samsung and Apple phones develop more faults than some other brands.

Battery problems, crashes, and poor performance are all issues that smartphone owners notice with their devices over time.

New Which? data, based on the ownership of over 15,000 smartphones purchased in the last seven years, reveals which phone brands develop the most faults and how quickly these can happen.

Fortunately, many of these can be fixed - either for free, or for a small cost.

Read on to find out more - [Mobile phone faults](#).

Artificial Intelligences (AIs) are here - and they're staying!



But they're both smarter and dumber than you think they are

While they're not like the killer robots in sci-fi movies, AIs are already having a huge impact on our society.

Artificial Intelligence has been dominating the headlines, with ChatGPT in particular hogging the limelight. Unlike the AIs in sci-fi dystopias like The Terminator or The Matrix, ChatGPT might seem anticlimactic or even boring. It's not a malevolent murder machine, but a publicly-available chatbot that - when prompted by a human - can spit out sentences or paragraphs that read uncannily as if they were written by an actual person.

Click on the link to the Vodafone website to read about the latest generation of AIs - [Artificial Intelligence](#).

GARDENS AND OUTDOORS



Gardens and parks in Nottinghamshire & Lincolnshire

Autumn is just around the corner (although it feels as if it's here already!) and it's a wonderful season in which to get out and about and enjoy our beautiful outdoors.

With secret gardens, wild parkland and historic pleasure grounds, the National Trust gardens in Nottinghamshire and Lincolnshire are perfect for relaxing and reconnecting with nature.

Click on the link to visit the National Trust website - [Top gardens in Notts & Lincs](#).

How to deter wasps



They are one of the most unnerving pests to find in and around your home, so knowing how to get rid of wasps is a must for many. Fear, and in some cases first-hand experience, of their painful sting is enough to make them one of the most unpopular of uninvited species.

However, the yellow and black insects are actually essential to [garden ideas](#). Not only are they great pollinators but they also help [get rid of aphids](#).

If your aim is to enjoy an undisturbed drink in the garden your first course of action should be deterrence rather than extermination, and there are some tried and tested tips on how to get rid of wasps. Click on the link to the Homes and Gardens website - [Deter wasps](#).

When weeding, the best way to make sure you are removing a weed and not a valuable plant is to pull on it.

If it comes out of the ground easily, it is a valuable plant

ANSWERS TO THE PUZZLES

The Little MaD Quiz

1. Willow Pattern, 2. A A (Alan Alexander) Milne, 3. Cresta Run, 4. Elk, 5. The Carmargue, 6. Central European Time, 7. Ruth Rendell, 8. 21, 9. Buddy Holly, 10. Potassium nitrate

How many games?

They played 11 games.

Because Lisa lost three games to Susan, she had lost £3 (£1 per game). So, she had to win back that £3 with three more games, then win another five games to win £5.

How Many Handshakes?

There were 190 handshakes - $(19+18+17+16+ \dots +3+2+1 = 190)$

Picture Dictionary

1. Benchmark, 2. Bedeck, 3. Microwave, 4. Eggshells, 5. Seadog, 6. Hovercraft, 7. Corrugated, 8. Neat

And finally ...

Are they real words?

Cattywampus Something that is misaligned

Snickersnee A type of knife from the 1700s

Gubbins Something that is seen as rubbish or useless, or can be used to refer to someone who is silly

Lollygag To mess around or to waste time

Snollygoster A politician who makes decisions for their own benefit and not for the benefit of the wider community

Bibble To eat or drink in a noisy fashion, often at the annoyance of those around you

Macaronic Meaning when someone mixes two different languages together

Pronk A weak or foolish individual. Also used as a verb when referring to antelope and similar animals, when it means to leap with an arched back and stiff legs as a form of display or a sign it is threatened

Absquatulate To flee or abruptly leave, or more specifically (and old-fashionedly), to decamp

Cabotage The transport of goods and passengers between two places in the same country, or the right to do so

Batholith A geological term meaning a large quantity of igneous rock that's crystallised below the earth's surface

Oxter An outdated term for 'armpit'

Impignorate To pawn or mortgage something

Bumfuzzle To confuse, perplex or fluster

Biblioklept A person who steals books

Octothorpe The official name for a hashtag #