

October 2023 Issue No 90

## MUSINGS FROM THE CHAIR



As I am writing this, my first 'Musings', I am sitting outside with a cup of tea. It might be the end of September but it is warm enough to still enjoy being out of doors. Hence when Geraldine said to me that my first task as 'Chair' would be to pick a chair from clipart to use in the newsletter, I chose a garden chair. I would always chose to sit outside with my cuppa if I could.

I was very heartened to see such a large turnout for our AGM. I don't mind admitting that I had the constitution checked at the last Committee meeting to see how many we needed to be quorate. I think we all enjoy Sue's quizzes and Anna's cakes so perhaps I shouldn't have been surprised. I feel very privileged to have the opportunity to be your new Chair. Mapperley is a lovely thriving u3a. It is a relatively young u3a and I am its 4th Chair, after Richard Hill, Carolyn Luckhurst and Geraldine Chaffe. I hope that I can do the job as well as they all did and I'm very grateful for their continued support.

Joining the u3a was the best thing I could have done when I retired in 2019 (thankfully about 10 months before the first lockdown disrupted normal service). I have made many new friends, learned new skills and had fun. We are very lucky at Mapperley to have people who want to join the Committee and be involved. The u3a is not an organisation that happens to us, it is one that we are all part of and contribute to. I certainly found that the way to get more out of it was to put more in, and I hope you all do too. I had only been a member for a couple of months when I was invited to join the Committee and asked to be Groups Coordinator. I am now stepping down from that role and my successor will be decided at the next Committee meeting.

We need to keep new groups starting up and new ideas circulating so that we can all 'live, learn, laugh' together. If anyone therefore, at any time, has any ideas for anything they would like to see in our u3a, or groups they would wish to be a part of, please let any Committee member know. We will do what we can to assess interest and provide help and support to get a group going if it is possible.

In the meantime, enjoy October and Autumn – the season of mists and mellow fruitfulness – and our u3a activities.

Best wishes

Val Wilkinson  
Chair

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## 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 5 October and Thursday 2 November.**

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 26 October at 10:00am**  
**Thursday 23 November at 10:00am**

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

## NOTICES

Your Committee for the year 2023-24 :

### Your Committee 2023-24

Valerie Wilkinson	Chair	Val Girling	Committee Member
Geraldine Chaffe	Vice Chair	Alison Gove-Humphries	Committee Member
Andrew Harper	Business & Membership Sec	Lesley Harrington	Committee Member
Elaine Lindley	Treasurer	Linda Randall	Committee Member
Eileen Braham	Speaker Seeker )	Jane Todd	Committee Member
Liz Hagan	Speaker Seeker )	Patricia Wright	Committee Member

## HAVE YOU RENEWED YOUR MEMBERSHIP?

Our new membership year started this month and runs until 30 September 2024. The membership fee for 2023-24 is £18.00, made up of £14.00 subscription to Mapperley and District u3a and £4.00 to the Third Age Trust.

If you are a member of any other u3a, to which you have paid a FULL subscription, you can become an Associate member of Mapperley and District u3a for £14.00, or £7.00 for Associate members joining on or after 1 March.

There is **no need to complete another application form** but we do ask you to check that your details are correct. If they need amending, please send an email to the [Membership Secretary](#) who will correct them for you.

### HOW TO PAY THE RENEWAL FEE

1. By BANK TRANSFER to SORT CODE 77-22-10, ACCOUNT NUMBER 24903168 . Please enter your reference details, which are your membership number followed by your surname (eg 1 Hill., 25 Cullen).

### FOR EASE OF PROCESSING THE ABOVE IS OUR PREFERRED METHOD OF RENEWAL

2. By cheque made payable to Mapperley and District u3a and sent by post or hand delivered to Andrew Harper, 46 Patterdale Road, Woodthorpe, Nottingham NG5 4LQ. Please put your reference (your membership number followed by your surname) on the rear of the cheque.
3. By cash/cheque directly to the membership desk at our next general meeting. If paying by cash, please include a slip of paper recording your name and membership number.

Where couples share an address and wish to pay jointly by bank transfer or cheque, please include both membership numbers in the reference.

Finally, can I say that the Committee hope that you have enjoyed the fellowship, social activities and learning opportunities that Mapperley and District u3a have offered over the past year. It has been great fun and we sincerely hope that you will re-join us for another year.

Please do not hesitate to contact me if you need any further clarification.

Andrew Harper  
Business and Membership Secretary

I saw a sign that said, "Watch for children," and I thought that sounds like a fair trade

## MaDAMDRAMMERS - WOULD YOU LIKE TO JOIN?

The newly formed MaDAmdrammers group would like to hear from anyone who is interested in joining us to prepare for our next production. We are working on a new murder mystery play to be performed next year.

If you are interested in acting or prefer to help backstage we would love to hear from you. We are a group who are proud to put the 'amateur' into 'amateur dramatics' so no previous experience is necessary although someone with previous experience would certainly be an asset!

If you are interested and would like to have a chat or find out more information contact Linda Stevenson on [amdram@madu3a.org](mailto:amdram@madu3a.org).

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## HEALTH AND WELLBEING EVENT - SATURDAY 14 OCTOBER

This is a market stall type event and MaD u3a have booked a stall. Spread the word!



**Arrow Health**  
Primary Care Network

**Synergy Health**  
Primary Care Network

**NHS**

**South Nottinghamshire**  
Place-Based Partnership

Get ready for Arrow Health and Synergy Health PCNs  
**Joint Health and Wellbeing Event!**

Drop in to our event to find ways to boost your health, meet some of our Primary Care team and browse our stalls. There will be some freebies, fitness checks and ...

- Cost of living advice and support
- Advice from local healthcare professionals
- Mental Health support
- Healthy activity opportunities
- Activities for the kids to take part in too!

**Date:** Saturday 14 October 2023  
**Venue:** Westdale Lane  
Community Centre, Mapperley,  
Nottingham, NG3 6ES  
**Time:** 11am to 2pm  
**Limited parking available**

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### MaD MOMENTS NEWSLETTER

Our **MaD Moments Newsletter** is published monthly in digital format. Please contact our Chair Valerie Wilkinson on [chair@madu3a.org](mailto:chair@madu3a.org) or speak to one of the Committee members if you cannot receive the Newsletter via email.

### NATIONAL u3a NEWSLETTERS

Links to the u3a Newsletters can be found on our [MaD u3a website](#) under u3a Links heading.

### 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.

## NEW INTEREST GROUPS

### A New French Language Group

It is proposed to start a new French Group, nominally called FRENCH FOR FUN. Whilst this is not a complete beginners course it is intended as both a precursor to, and maybe in tandem with, the French Conversation and Culture Group.

Angela Huggins has offered to Convene this group and those who wish to join please contact her on [french@madu3a.org](mailto:french@madu3a.org). Both Annabell and Angela are happy to discuss the content and levels of both groups.

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### Bridge for beginners to restart

I am hoping shortly to start a new session of the Bridge for Beginners group, date and time yet to be confirmed, depending on people's availability.

If anyone is interested in joining the group (who has not already made themselves known to me) then please email me at [bridge@madu3a.org](mailto:bridge@madu3a.org).

John Heeson

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### Art History Group to restart

This group will re-start this autumn and run through the winter months. Details will be sent to group members in due course.

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## TRIPS AND VISITS

Our visit to Lincoln was a great day out, no train delays and weather not too bad.

There are still places left for :

- 7 October - Revival at Mapperley Plains Social Club. For those already booked, please collect your tickets
- 18 October - Wedgewood Pottery day trip
- 30 October - Brookfields afternoon Tea
- 14 December - Xmas Lunch at the Golf Club

Proposed for 2024 :

25 January Burns Night. We have provisionally booked the Golf Club, Reserve your places now.

(Code BN)

5 February Weston-Super-Mare for 5 days from £299.00 with a trip to Bath and also a trip to Cheddar Gorge and Wells. 8 members already booked on this trip to ensure singles and there are still places available. (With Alfa. Code WSM)

11 March Isle of Wight for 5 days £199.00. We have booked to do this trip with Daish's as we couldn't get the singles with Alfa. Places still available

1 April Exmouth for 5 days from £275.00 with a trip to Teignmouth & Dawlish and Sidmouth & Exeter We have booked for 6 members already but still have availability

(With Alfa, Code EXM)

18 May Hawarth 1940's Festival. 2 days with a trip to Skipton Market. £129.00 (single supp £35) We have booked 8 members so far on this trip. (Just Go Travel. Code HAW)

Alfa have said there will be no single supplements next year but we need to be mindful that they will probably fill up quickly so pay your deposit of £50.00 and send us your full name & DOB to secure booking.

Please let us have any ideas you have for a day trip, weekend or short break.

Trips Team

## NEWS FROM THE GROUPS

### German Conversation

We were 'back indoors' for our meeting on 19 September. Coffee, tea and biscuits were welcome and enjoyed on what was a very wet and windy morning. A light-hearted, enjoyable chat took place before concentrating on our usual two articles from Nachrichten Leicht.

The first was about the search, instigated by three fans, for a guitar belonging to Paul McCartney which disappeared in 1961 whilst the Beatles were performing in Hamburg. Our second article, about an actor with Down's Syndrome who has joined the cast of the long running German TV series *Rote Rosen*, was extremely enjoyable.

An interesting discussion followed about various German TV and radio programmes. Pat talked about his longstanding, keen interest in German music as well as TV and radio. Tricia shared a fascinating story about how her father obtained a German radio from senior German Officers as they were clearing their Headquarters in Luneburg Heath at the very end of WW2.

Our next meeting will be on 24 October at 11:00am.  
Joyce Brown

### Footgolf

Some of the Outdoor Activities tried Footgolf in September. It was great fun and those in the group who thought they couldn't play football turned out to be the best on the day!

Eileen Braham



### Visit to Moorcroft Pottery

14 of us had a most enjoyable trip to Moorcroft Pottery where we had a factory tour and an excellent explanation of how their pottery is made, designed, tube lined, painted and fired. We appreciated why the pieces are so expensive when we had seen how labour-intensive it was.

We then moved onto Merrypoint pottery where we had lunch or a drink by the Canal, in the sunshine.

A lovely trip.

Thanks to the trips & events team.

Val Wilkinson



### Breakfast Club

September's outing was arranged by Val Wilkinson, and we visited Floralands where we had a friendly and enjoyable breakfast. Although there wasn't a huge choice, the food and service were good and we had a lovely start to a very sunny and warm day.

We meet on Monday or Tuesday at the end of each month. It's a very happy and sociable group and if you would like to join us please send an email to [breakfast@madu3a.org](mailto:breakfast@madu3a.org). You will be made very welcome!

Sue Cullen

## Local and Live Group

Some of the members of the Local and Live Group had a very enjoyable evening listening to lovely guitar music and enjoying a glass of something nice at Brigitte Bordeaux Wine Bar in Sherwood.

A happy evening.



## French Conversation

The French Conversation Group has continued to go on improving, going from strength to strength; *aller de succès en succès*. The level is intermediate now and although we have our moments of intellectual rigour (sans blague!) we also have fun ... learning 'necessary' French like the synonym for kicking the bucket which is either *avalier son acte de naissance* or to *casser la pipe* .. neither of which we hopefully won't need on holiday, but it gives us a giggle and is the stimulus for looking at the etymology of the words and phrases, which pleases both the historians and linguists alike.

It is fair to say the group is serious and raucous; *rauque* and always friendly, accepting and supportive of each other.

The group photo is missing several members who were off on holiday, but I hope to take one of the entire group at our French Soirée which is held with the Carlton and Gedling group at Mapperley Golf Club.

Annabell Gallier



## St Ann's Allotment Walk

On Saturday 23 September some members went for a tour of St. Ann's Allotments, one of the largest allotment sites in the world. It is also one of the oldest and largest collections of Victorian detached town gardens in the UK - with 670 allotment gardens spread over 75 acres, all just 1.5km away from Nottingham city centre in the heart of St Ann's.

The Grade 2\* English Heritage site provides over 600 allotment gardens to local people and various community organisations who provide greenspace wellbeing activities, as well as the Allotment Centre which offers both an indoor and outdoor space and can be used for meetings, team building days and wellbeing sessions.

St Ann's Allotments is also a Site of Importance for Nature Conservation, home to a range of rare wildlife, including birds, moths, butterflies, damselflies and dragonflies.

Thanks to Eileen Braham for arranging it.

Richard Hill



## Tasting at Taste First

A group of wine appreciators went for a second tasting to Taste First in Arnold. A very happy and enjoyable evening spent tasting various wines and pairing them with delicious meats and cheeses.

Sue Cullen



## Wine Appreciation

The September theme for the in-person meeting of the Wine Appreciation Group was wine from Germany.

Although we don't all have the same taste in wines, everyone found a wine or two which they really enjoyed and would buy again.

To read Maggie's excellent review of the German wines tasted click on the link - [Review of German wines](#)



## Visit to Wollaton Hall

The Trips and Visits team organised a tour of Wollaton Hall, the Grade I listed Elizabethan mansion built between 1580 and 1588 and set in 500 acres of natural parkland.

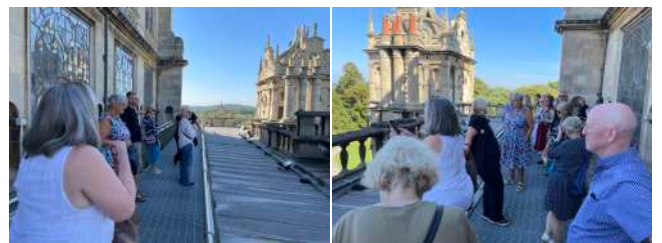
The tour took us all round the Hall, from roof to basement, including the Tudor kitchens and underground tunnel complete with the Hall's own freshwater spring - apparently quite safe to drink still (although nobody actually tried it!) and the 'Admiral's bath'.



We were amazed to discover a huge room at the top of the Hall, approached by a narrow winding stone staircase, which had never been much used, and two small rooms on the roof itself which had been used by the gentlemen who wished to entertain various 'ladies'.



The views from the roof were stunning, made even more enjoyable by the brilliant sunshine.



Until the end of this month the Hall has an exhibition of Miniature Masterpieces by Dr Willard Wigan MBE - minute fantastically detailed sculptures built *inside* the eyes of needles which have to be viewed through microscopes. Do go to view them if you can - not to be missed!



Many thanks to the Trips and Visits Team for arranging this really interesting visit.

## GENERAL MEETINGS

### SEPTEMBER'S GENERAL MEETING & AGM

There was no speaker this month as we had our Annual General Meeting and appointment of the Committee. Some members stepped down to allow new people to join, and you can see the list of your 2023-24 Committee on Page 2. This was followed by a social with tea and coffee and a wonderful selection of home-made cakes, all made by Anna Harper - many thanks Anna, they were delicious!

We had another jigsaw swap which saw many puzzles change hands, and a Nottingham themed quiz with lots of questions about Robin Hood. Two teams tied for top spot, so tie-break questions were needed.

A very friendly, sociable and enjoyable morning.



Retiring Chair Geraldine Chaffe hands over the gavel to our new Chair Val Wilkinson

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## FUTURE GENERAL MEETINGS

**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.

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## MaD u3a SOCIAL MEDIA

We are using social media such as Facebook, linking in with Mapperley People and other sites to attract the attention of people who may be interested in joining our u3a. It's working, but there's nothing better than having someone come along with a friend or neighbour. If you know of someone who is eligible to join us but they can't attend our general meeting or The Old Flower Shop meeting, please let us know by contacting [membership@madu3a.org](mailto:membership@madu3a.org) or [chair@madu3a.org](mailto:chair@madu3a.org) so that we can make sure they have all the information they need.

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

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## NEWSLETTER CONTENT

Our Newsletter is for and about our lovely members - **and we love to hear from you!**

Please let us have your input. We need news of what your groups have been doing, and photos make it even more interesting. And, if you have something you think members would be interested to read - a story or poem, a recipe, tips or tricks, a lesson learned or a near-disaster averted (or not!) please share it.

Send your contribution, with pictures if you have them, to the editor at [newsletter@madu3a.org](mailto:newsletter@madu3a.org).



# PUZZLES

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



## The Little MaD Quiz

1. Who designed St Paul's Cathedral in London?
2. Who took an Emily Brontë novel to the top of the pop charts in 1978?
3. What were the favourite flowers of Dame Edna Everage?
4. In which sitcom would you have found the unhappily married couple Howard and Pearl?
5. Who painted the celebrated work *Les Parapluies*, now in the National Gallery?
6. Dulles International Airport served which American city?
7. The rules of which sport were first codified at the Star and Garter in Pall Mall in 1774?
8. Which noted Dutch woodcarver served British monarchs from Charles II to George I?
9. Stanley Kowalski and Blanche Du Bois are characters in which Tennessee Williams Play?
10. Umnak, Unimak and Unalaska are islands in which group, belonging to the USA?

### Moving Matchsticks

Can you make the following equation true by moving ONLY ONE matchstick?



(There are at least three possible answers!)



What is special about this number?

# 854,917,632

### Picture Dictionary - What are the words and phrases depicted below?

<p>1</p>	<p>2</p>	<p>3</p>	<p>4</p>
<p>5</p>	<p>6</p>	<p>7</p>	<p>8</p>

## INTEREST GROUPS

Click on the group name to visit our MaD website for more information.

[Badminton Group](#)

[Book Group 1](#)

[Book Group 2](#)

[Breakfast Club](#)

[Bridge for Beginners](#)

[CineMates](#)

[Creative Craft](#)

[Creative Writing](#)

[Cryptic Crosswords for Beginners](#)

[Cryptic Crosswords for Improvers](#)

[Curry Club](#)

[Energy Efficient Cooking](#)

[Family History](#)

[French Conversation and Culture](#)

[French for Fun](#)

[Games Group](#)

[Gardening Group](#)

[German Conversation](#)

[Italian Speech](#)

[Literature](#)

[Local and Live Music](#)

[Local History](#)

[Lunch Club](#)

[MaD Girls](#)

[MaD Jazzers](#)

[MaD Men](#)

[MaDAmDrammers](#)

[Music Appreciation](#)

[National Trust Group](#)

[Outdoor Activities](#)

[Photography](#)

[Play Going - Lace Market Theatre](#)

[Play Going - Playhouse](#)

[Play Reading Group](#)

[Project Craft Group](#)

[Singing Together](#)

[Table Tennis](#)

[Trips and Visits](#)

[Walking - Longer Walks](#)

[Walking - Short Walks](#)

[Walking - Strollers](#)

[Wine Appreciation](#)

[Wine Bar](#)

## 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 and advice to get you started and help with the technical side of things as well. 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 on [coordinator@madu3a.org](mailto:coordinator@madu3a.org) or have a chat with any Committee member so we can help you to get going.

## NOTTINGHAM



### Nottinghamshire County Council Budget - have your say

The survey is open until Sunday 12 November. Click on the link to visit the website - [2023 Budget Consultation](#).

### Do you have watercourses on or next to your property?

Our county contains many miles of ordinary watercourses - ditches and dykes that are used to carry surface water across land. Did you know that in most cases the responsibility for maintaining these watercourses lies with the adjacent landowner? This responsibility is called Riparian Ownership.

Nottinghamshire County Council works with many landowners offering advice on how to keep their watercourse clear and have a useful leaflet explaining riparian responsibilities in more detail - [Watercourses](#).

A watercourse or feature cannot be altered, removed or replaced without Land Drainage Consent.

### Exhibition at Lakeside Arts



An interesting exhibition at the Djanogly Gallery exploring how leading contemporary artists reimagine the Victorians in their work. Admission is free.

Click on the link for more information - [Reimag\(in\)ing the Victorians](#).

## Do collagen products protect skin, hair and nails?

Collagen products are incredibly popular. Available in creams, capsules, gummies, drinks, and shots, collagen seems to be everywhere. One of the most common claims is that getting extra collagen will keep your skin, hair, and nails youthful as you age. But, do collagen supplements work?

This feature on the Zöe website, looks at the research so far - [Collagon products](#).

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## Can fermented foods help tackle diabetes?

Fermented foods have a long history. Initially, fermenting was a way to keep fresh produce edible for longer, improve flavour, and eliminate toxins. Scientists are investigating [fermented foods](#) because of their potential health benefits, including [supporting gut health](#). Some are researching how fermented foods might influence blood sugar control and type 2 diabetes risk.

A feature on the Zöe website looks at some of these studies and although the evidence isn't conclusive, there are some promising findings - [Fermented foods](#).

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## Fruit v Vegetables - which is the healthiest?

Eating a diet that is richer in fruit and veg has been linked to a lower risk of [heart and circulatory disease](#) but most of us still aren't getting the minimum five recommended daily portions.



Visit the Heart Matters website to read more - [Fruit v Vegetables](#).

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## 7 Easy Ways to add more fibre to your diet

This article on the Heart Matters website gives you simple swap suggestions to help you make sure you're getting enough fibre as part of a healthy, balanced diet - [Add fibre to your diet](#).

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## Are your blood pressure pills making you itch?

Blood pressure medication comes with potential side effects, such as itchy skin (pruritus). Itching is a common problem with many possible causes, so rule out any other culprit before assuming it's your medication.

To read more about this look at [this article](#), again from the Heart Matters website.

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## Do Superfoods really exist?



For those of us wanting to improve our health, the idea of a 'superfood' as a one-stop shop for nutrition can be pretty appealing. But are 'superfoods' really the miracle-workers some claim them to be?

This article from the Patient website looks into this - [Do superfoods exist?](#)

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# TECH NEWS



## Neighbourhood Watch Newsletter September

Click on the link to read the September newsletter - [Neighbourhood Watch](#).

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# GARDENS AND OUTDOORS



## Autumn Gardening Tips

Autumn is a special time of year for many gardeners. Allotments are brimming with fruit and veg and the soil in your garden will still be warm enough to plant spring bulbs, including daffodils, tulips and crocuses.

The National Trust website has tips on soil health, flower border maintenance and how to choose plants to invigorate the senses - [Autumn gardening](#).

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## DO YOU HAVE SOMETHING TO SAY ABOUT MaD u3a?

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

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### ANSWERS TO THE PUZZLES

#### The Little MaD Quiz

1. Sir Christopher Wren, 2. Kate Bush (*with Wuthering Heights*), 3. Gladioli, 4. *Last of the Summer Wine*, 5. Pierre-August Renoir, 6. Washington DC, 7. Cricket, 8. Grinling Gibbons, 9. *A Streetcar Named Desire*, 10. Aleutian Islands

#### Moving Matchsticks

8-4=4, 5+4=9, 0+4=4

[Video explanation](#) (Mashup Maths)

#### Special Number

The numbers are placed in alphabetical order

#### Picture Dictionary

1. Pony tail, 2. No strings attached, 3. Out on a limb, 4. Piece of cake, 5. Barrel of laughs, 6. Place in the sun, 7. Bah humbug, 8. Blow your own trumpet



#### And finally ...

##### Funny gravestone messages :

1. **Mel blanc (famous voice-over artist)**  
**That's All Folks**
2. **Merv Griffin, host of the talk show Jeopardy!**  
**I will not be right back after this message**
3. **Spike Milligan**  
**I told you I was ill**
4. **Billy Wilder**  
**I'm a writer, but then nobody's perfect**
5. **Dentist John Denby**  
**I'm filling my last cavity**
6. **Frances Eileen Thatcher**  
**Damn it's dark down here**