

November 2023 Issue No 91



## Musings from the Chair

My first month as your Chair has passed already. The days are shortening and the temperature dipping. We had Storm Babet which unfortunately caused the cancellation of our 'long walk' this month. I don't think anyone would have thought that the wrong decision, but it is disappointing as that particular walk was cancelled in August too due to bad weather.

Thirteen of us had a fabulous trip to Belfast at the end of September. It worked very well and hopefully can be repeated sometime.

Our Trips and Visits team do a marvellous job of planning a variety of outings and they are now starting to plan the programme for next year. Do talk to them about any ideas you have for places to visit.

I hope that those of you who came to the monthly meeting in October enjoyed the speaker as much as I did. Commander Neil Jervis's talk, complete with photos and sound effects of life on a submarine, was very entertaining and educational. For those not there, you really don't want to know how many pairs of underpants get packed for a tour of duty on a submarine.

We are very lucky to have had lots of fabulous speakers. Our present speaker seeker, Eileen, will have been sourcing our speakers for 3 years by next summer and the time has come for someone else to take a turn. Please give some thought as to whether it is something you would like to do, perhaps with one or two others. Eileen will be looking to get someone else on board with her in the New Year.

If by chance any of you are booking holidays and book through Riviera Travel, please consider telling them that you belong to Mapperley & District u3a. Riviera make a donation to the u3a of your choice if asked and, we understand, don't have the option of offering the client a discount instead. We have just received a donation in excess of £500 from Riviera as one of our members had a holiday with them and we have used that donation to buy a laptop for use by our treasurer.

I hope you have a good month, and look forward to seeing as many of you as possible at one of the groups or if not at the next general meeting.

Best wishes  
Val Wilkinson  
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 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 23 November at 10:00am**

**Thursday 28 December at 10:00am**

### Jump to :

[What's on at the Lace Market Theatre](#)

[What's on at the Playhouse](#)

[Trips and Visits](#)

## NOTICES

### Booking a holiday with Riviera Travel?

Riviera Travel have an Affinity Scheme which can be used by any u3a (as well as a number of other charities). Under this scheme, if you mention the you're a member of a u3a at the time of booking, Riviera Travel will make a donation to your u3a equal to 9% of the basic cost of your holiday ... so do tell them you're a MaD member and we shall all get the benefit!

This doesn't affect the cost of the holiday to you. It is a condition of the scheme that payments made

by Riviera Travel go into the u3a's funds and are not passed back to the person booking the holiday. Please note that we are not

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*Riviera travel give your u3a 9% of the cost of your holiday*

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recommending or promoting the use of Riviera Travel, but if you are planning to book through them please consider mentioning Mapperley and District u3a when you book the holiday.

If you decide to book a holiday with Riviera Travel and are making the booking by telephone, all you need to do is to mention that you are a member of MaD u3a when you make the booking. If you are booking online you will need to telephone Riviera Travel on the day you make the booking to ask that your holiday is logged with their Affinity Programme and that MaD u3a is registered to receive the donation.

### Recycle your medication blister packs

You may be fortunate enough to be free of medications and perhaps only take some vitamin supplements.



If that's you then you are doing very well compared to the vast majority of your fellow u3a members. Most of us are kept in a better state of health because

we're taking numerous pills and we're all extremely grateful that the NHS can do this for us.

BUT, what happens to all those plastic and foil blister packs that keep our tablets fresh and safe? Unfortunately, they cannot be recycled through our normal waste collection service. It's a specialised process to split the plastic from the foil. Never mind landfill, we are producing a mountain of waste.

Some time back, I was taking our blister packs to a recycling collection point but that ceased to be.

I have found another route to recycling through a member of Carlton & Gedling u3a who takes them to a recycling point in Retford near to where she has to go on a weekly basis, so this is not a special journey. She and I are keen to do our very little bit to try to reduce our waste and I'd like you to join us.

I am going to bring a container to the general meetings for you to deposit your pill packets and I can pass them on to be taken to Retford.

Carolyn Luckhurst

### MaDAmDrammers - would you like to join us?

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! And, we could do with some more males!

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

Linda Stevenson

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**The only two white actors in Black Panther are Martin Freeman, who played Bilbo Baggins, and Andy Serkis who played Gollum. They're the Tolkien white guys**

## 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.

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# FROM OUR MEMBERS

## Close Encounters of the Ruminant Kind

A few weeks ago my wife Jill, and I, visited the Hardy Plant Society's garden at Wollaton Park on the occasion of their last plant sale of the summer. The HPS is dedicated to preserving and propagating hardy plants and the garden, believed to be the original kitchen garden, was offered to it by the City Council many years ago. (I am not paid for the plug!!)

Jill has been a volunteer worker there since the garden became available in 1975, and thus has permission to park her car in the staff car park. As we entered the car park we saw a magnificent stag standing among the equipment and materials used for the maintenance of the park. We initially thought that it was a stuffed animal destined for exhibition in the Hall - and then it twitched an ear! We drove slowly past and found a place to park almost at the other end of the, rather large, park. As I got out of the car I saw Mrs Deer and her fawn a little further on and decided to try for a photograph. I approached them slowly but I could see that they would simply walk away if I tried to get any closer than about twenty yards.

Although I was having some problem with the phone camera I managed to get just one picture. As I turned away to walk back to Jill, who was still standing by the car, I found myself looking at a pair of big brown eyes,

about four feet away, set in a head which was surmounted by a pair of antlers with a spread of what seemed to be about five feet. I swear that each side of these sprouted around fifty needle-sharp points and they were all pointed at me.



“Good Afternoon, sir” I said in my most obsequious tone, while trying to get the damn camera to work. “I was just admiring your beautiful wife”.

“Huh” he said, “You mess with my wife mister, and I’ll mess with yours”. With that he walked away, keeping a very wary eye on me all the time. I managed to take just one photograph of His Majesty before I walked back to Jill on rather rubbery legs.



Jill told me that he had walked past the rear of the car as she had shuffled as unobtrusively as possible to the front of it. He had followed me all the way without making a sound.

When we went to the public car park to buy well deserved ice creams, we saw a notice warning that the deer are wild animals which can be aggressive all the year, and people should keep at least five bus lengths away from them.

Did no-one tell the deer to keep five bus lengths away from people?

Gordon Robinson

## Decorating bottles for charity

Some of you may already know that I have been collecting interesting and attractively shaped bottles for my cousin Kerri-Ann, which she decorates and donates to her local Sue Ryder charity shop in Gloucester where her mother, my first cousin Jane, works.

The decorations for the bottles generally come from paper napkins which Kerri-Ann separates and then glues to the bottle. I do not know how much they are sold for but apparently they are very popular as they can be used merely as decorative bottles, or

candle holders or even the base for a lamp.

If you have any empty bottles of interesting or beautiful shapes which you think would be ideal for decorating, please be in touch with me, either at a main meeting or by email to me at [Pat Wright](mailto:Pat.Wright@madu3a.org) so that I can arrange to collect them from you.



My cousin is TT herself, so all donations will be gratefully received.

Thanks  
Pat Wright

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## 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](#)

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## Could you help to run an interest group?

### Is there a group you would like to start?

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.

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Someone told me about a way to lose weight by putting slices of bread on my head.  
It's a loaf hat diet

## TRIPS AND VISITS

Well what a great month October was!

Revival Night at the Mapperley Plains Social Club which was a huge success and enjoyed by 120 members and friends.

As ever, The band played all our favourites and the last minute raffle made up the shortfall to ensure we covered all costs so Thank You those who donated raffle prizes.

Also a big thank you to those members who helped set everything up on the day- it was fantastic to have that support.



Then thirteen members went to Belfast for a fun-packed weekend. We caught the 11:40 flight from

**For 2024 we are taking bookings for :**

- January - Burns Night
- February - Weston-Super-Mare
- March - Isle of Wight
- April - Exmouth
- May - Hawarth 1940's Festival

[Contact the Trips Team](#) for further information

EMA, arrived in Belfast around 12:30, dropped our bags off at the hotel and started a walking tour at 2.30



which was great and gave us all a lot of information and history to start our weekend off and as you can see the weather was kind to us too.

Members pretty much did their own thing during the daytime from Titanic Museum, Giants Causeway, Game of Thrones Tour as well as visiting locations of major events during the most turbulent period of the conflict, as well as Crumlin Road Gaol & visitors centre.

Our evenings were spent eating and drinking and enjoying the Irish music - what better way to spend a short break.

## NEWS FROM THE GROUPS

### Outing to Kedleston Hall

A lovely sunny Sunday outing with our National Trust Group took us to Kedleston Hall near Derby.



## Anyone for Pétanque?

The outdoor activity group's last activity for this year was two hours of Pétanque, when 10 members enjoyed lovely weather and a lot of fun, learning how to play a game most of us had only played on the beach, with plastic boules.

We were made very welcome at Nottingham Pétanque Club with drinks and biscuits to follow our games. Another activity for the calendar next year!

If anyone would like to join this friendly active group in 2024, please do contact me by sending an email to the [Outdoor Activities group](#).

Eileen Braham



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## Revival

Members and guests enjoyed a great Saturday night out at the Mapperley Plains Social club, listening to the super band Revival who specialise in playing the sounds of the late 50's and 60's. There were some very impressive moves on the dance floor as the music transported many of us back to our youthful years.

Many thanks to Kevin Kirwan who is a u3a member as well as a talented guitarist and singer with the Revival band. Kevin liaised with Marian and Paula to ensure a great programme for us. The ladies also organised a raffle that was very much appreciated.



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## The Wine Appreciation Group tasted wines from Weavers

At our Wine Appreciation Group meeting in October the group tasted wines purchased from Weavers Wines, a long-established independent wine merchant on Castle Gate, Nottingham.

We enjoyed 7 delicious wines and you can see what we tasted and what we thought of them by clicking on the link - [Review of Weavers' Wines](#)

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Great wine is like great jazz: it confuses me and I'm pretty sure it's all the same

## Short walk cancelled

Unfortunately, the October Short Walk planned by Lesley Harrington had to be cancelled due to atrocious weather conditions. Lesley will reschedule this for another month in the near future. Our November walk is being led by Gill Newton who is planning a start from Lady Bay. The exact route is not yet known as poor weather has prevented Gill from doing the advance recce. The December walk will be around Gedling Country Park, starting from Lambley Lane car park.

The Short Walks group is for members who wish to walk a route of around 3 to 5 miles and takes place monthly on the second Friday morning. I am looking for volunteers to lead walks in 2024 and would love to hear from those who are happy to take the lead one month by emailing [shortwalks@madu3a.org](mailto:shortwalks@madu3a.org).

Carolyn Luckhurst

## Health & wellbeing event

We took part in a Health & Wellbeing Event in the Westdale Community Centre on Saturday 14 October. We invited Carlton & Gedling u3a to join us and we shared a stand.



Apart from being a great opportunity for Val Wilkinson to meet Paul Martinez (Chair of C&G u3a), we were able to talk to many other service providers in the Borough of Gedling. It was great to see some of our members and even better to be able to spread our good news to people who knew little or nothing about the u3a.



Carolyn Luckhurst

## Wedgwood visit

This was our first experience of a u3a trip. We joined the Wedgwood trip and we were not disappointed, it was an amazing place to visit.

The V&A collection was stunning and very interesting, particularly all the test plates. The tea room was more like a bistro restaurant with the food and service being very high quality.

The factory tour was extremely interesting, the highlight for us was the potter who creates all the large Jasperware vases; each vase takes 3 weeks and sells for £20,000 and they only make 20 of them! This man should have been on the stage as he was so entertaining.

Pat & Charles Rouse



## Family History

After an interesting look at family photographs at the October meeting on 27 November we shall be looking at old holiday photos, preceded by our Christmas Meal.

Claire Wilkie

The asteroid that ended the dinosaurs was technically the highest ratio of killing birds with one stone in Earth's history

## Project craft group

The new Project craft group was a great success.

We made 7 wire trees and discussed other future projects. I have added two new projects for 2024. The first, in January will be a beaded necklace and the second in April will be learning basic crochet by making a lacy collar. The necklace can be worn any time and mine are often admired. The collar can be worn with any round necked cardigan jumper or blouse and are very on trend at the present time. The making of wire trees will be repeated around July 2024.

There is a limit of 6 people in each group so put your name down early - see me at any meeting or send an email to [craftproject@madu3a.org](mailto:craftproject@madu3a.org).

Elaine Khan



## German conversation and culture

We had a very enjoyable meeting on Tuesday 24 October attended by the majority of our group.

Two articles: the first of which concerned new additions to the UNESCO World Cultural Heritage list. These buildings dating from the Middle Ages, in a former Jewish quarter in Erfurt, include a Synagogue, an 800 year old stone house as well as some old baths.

Our second article described celebrations commemorating 100 years since the first radio broadcast in Germany. The three channels of Deutschlandfunk broadcast a programme simultaneously, for the first time. Guests were invited to talk about radio broadcasting.

Many other stations are also broadcasting special programmes. At times the translations proved somewhat challenging but both were very interesting.

Our usual lighthearted chat, whilst enjoying coffee, tea and biscuits, followed. Tricia had a chance encounter with a neighbour (over her garden fence). He is a retired University professor residing for the majority of the year in Hamburg. Telling him about our group, he subsequently offered to come to one of our future meetings (the date to be arranged) but it would be very interesting to hear about his life and experiences in Hamburg.

Joy Brown

## MaD Men

This group is just for the men in our MaD u3a.

We meet 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 email me at [madmen@madu3a.org](mailto:madmen@madu3a.org) and I'll put you on the mailing list.

Charles Rouse



Women spend more time wondering what men are thinking than men spend actually thinking



# PUZZLES

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

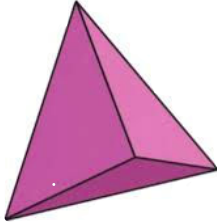


## The Little MaD Quiz

1. In which children's television programme would you have found the Iron Hen and the Soup Dragon?
2. Which 1984 film concerning Cambodia under the Khmer Rouge was based on the experiences of photojournalist Ditch Pran?
3. Who served as Minister for Propaganda in Nazi Germany?
4. Spiders and scorpions are members of which class of animals?
5. Hobart is the capital of which island?
6. What is the smallest and most common of the species of bat to be found in the UK?
7. *The Carnival of the Animals* is a well-known work by which composer?
8. Which actor appears on the Queen single *Flash* saying "Gordon's alive"?
9. What nationality was Adophe Sax, inventor of the saxophone?
10. Which architect designed the famous K2 and K6 telephone boxes?

**How many balls?**

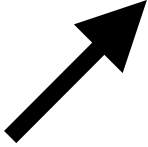
One side of the bottom layer of a tetrahedron (a triangular pyramid) has 11 balls.  
The pyramid is equilateral and solid.  
How many balls are there in the whole pyramid?



**Find the missing number**

If  $2 = 3$   
 $3 = 8$   
 $4 = 15$   
 $5 = 24$   
 then  $7 = ?$

## Tricky Dingbats - Can you solve the phrases or sayings?

<p>1</p> <p>£humerus</p> <p>£femur</p>	<p>2</p> <p>Hear <b>Can't</b> see</p>  <p>Smell Touch</p>	<p>3</p> <p>owt the</p> <p>2550</p>	<p>4</p> <p>gathering bash do celebration</p>
<p>5</p> <p>THEHANGRE</p>	<p>6</p> <p>2pm occurrence</p> <p>4pm sage</p>	<p>7</p> <p>C r Worldwide m s o n</p>	<p>8</p> <p>G G G A F I A L L A P P P</p>

# GENERAL MEETINGS

## October's General Meeting

Commander Neil Jarvis - A Short Submarine Patrol



Alison Gove-Humphries



What an entertaining talk we had from Commander Neil Jarvis (RN Rtd.)

about life on

board a submarine in the 80s and 90s!! For most of us, maybe our only insight into life onboard a submarine is through films like *The Hunt for Red October* or the TV series *Vigil*. Having been round warships, if not a submarine, during Plymouth Navy Days, I had some idea of the difficult conditions on board but this talk, accompanied by slides and sound effects, really brought it to life for all of us. The interest the audience had in the subject was shown by the amount of questions asked at the end.

Commander Jarvis detailed his career as a submariner, leaving school at 16 in 1974 to become a Junior Technician on submarines and working his way up to becoming a Warfare Specialist in submarines. He was the Commander of a nuclear submarine, worked in NATO and lectured to Senior Leaders.

He walked us through what it was like entering a submarine down a rickety aluminium gangplank and through the main access hatch which is only two feet in diameter. Every space on a submarine is

used for something and the access corridor is either full of bunks or electrics depending what type of submarine it is. The bunk space is a room 9 foot square and this has nine bunk beds, each 5'6" long and only 20" wide. Submariners sometimes share a bunk with their maps or even a conventional cruise missile on the wall by their side. It's impossible to stretch out or turn over. Sometimes, crew stay in the submarine for five and a half months, for all that time never inhaling fresh air. And you can imagine the smells - people in clothes they haven't changed for weeks, warm electronics, food being cooked and diesel.

Every inch of the submarine is used - there are controls everywhere hydraulics, electrical wires and water and food supplies. There are lots of people in each compartment, maintaining a complex weapons system 24 hours a day, seven days a week. Crew work for six hours on and six hours off, keeping the submarine at the right depth, and carrying out surveillance. When they have time off, crew eat, sleep, do paperwork and there is the chance to do some exercise. The crew need six months of intensive training so they have a detailed knowledge of all the major safety systems on board but training is ongoing throughout their careers. Fresh food soon runs out and after six weeks the menu gets

monotonous.

Families don't know when the crew are going to return - only the captain knows!

Commander Neil Jarvis then took us on a typical training Perisher course that lasts for eight months, keeping our attention by sounding a cacophonous klaxon. We were taken on a dive, periscopes were explained and the sounds you hear in the depths of the ocean - drilling, whales and dolphins and you can hear a ship 200-300 miles away!!! Out of the 12 trainees on this particular gruelling course, 7 passed and only a handful remained on submarines. It is a unique environment and not for everyone.

There were lots of interested questions at the end: about psychological problems, training, women in subs (there have been women on subs since 1992), lack of fresh air, exercise, different types of subs, who controls the submarines, discipline problems, alcohol on board, showers (which seemed to happen for 30 seconds or so once or twice in 6 months!!) I felt compelled to ask my own question after the talk; how many toilets are there on board? On a *Polaris*, there were two for 65 crew, on another submarine with 180 crew there were 9! I think many of us decided, we could never have been a submariner!!!

Alison Gove-Humphries

## FUTURE GENERAL MEETINGS

**23 November** Tom Andrews who will talk to us about Capt Athelston Popkess who invented modern policing

**28 December** Our Twixmas Social meeting, with tea/coffee and cake, jigsaw swap, raffle, music and a quiz

## 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.

Please note : 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.

## 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).

## Something to say?

Everyone has a voice in our u3a.

Do you have any concerns, ideas, problems - or appreciation - of or about Mapperley and District u3a that you would like to voice or share?

If you do, 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)

They will do their best to deal with your issue or pass along your comments as appropriate.

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## NOTTINGHAM NEWS



### Nottingham City Library to re-open

The new Nottingham Central Library will open on Tuesday 28 November 2023.

The library will open with bookable guided tours for the public, as well as an audio trail with QR codes, linking to voice clips and interviews provided by the Local Studies team on stories from the local area spanning several decades. The opening week concludes with a public celebration featuring multi award-winning poet and writer, Henry Normal, local bands and late-night access to the library.

Opening Hours for the library will be :

Mondays: 9am to 6pm, Tuesdays: 9am to 6pm, Wednesdays 9am to 7pm, Thursdays: 9am to 6pm, Fridays: 9am to 6pm, Saturdays: 9am to 4pm, Sundays: Closed

To read more about this [click on this link](#)



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### Naturism not welcome in Sherwood Forest

The management of Sherwood Forest has said that naturism is 'strongly discouraged' at the site as it warns that anyone who feels harassed or alarmed will be told to contact police. A sign has appeared at the royal forest, near Edwinstowe, which asks nudists to "respect the feelings of other visitors".

So, if you feel the urge to strip off don't do it in Sherwood Forest!!

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Why is it that most nudists are people you don't want to see naked?

# HEALTH

## Sign up for Our Future Health



Our Future Health is recruiting up to five million volunteers across the UK to create one of the most detailed pictures ever of people's health, which will transform the prevention, detection and treatment of common diseases.

Over half a million people have joined Our Future Health so far and around a quarter of a million have already attended a clinic appointment where their blood pressure and cholesterol have been tested.

To read about Our Future Health and for details of how to volunteer to join click on the link [Our Future Health](#).

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## Do you know about Too Good To Go?



Food waste is a big problem, and we can be a solution. Too Good To Go is the app that lets you rescue unsold food from an untimely fate at your favourite spot. All you need to do is to download the app and use it to explore shops and restaurants in your local area and save Surprise Bags of surplus food from going to waste - at a great price.

And, the Too Good To Go website had advice and guidance about how and where you should store your food to get the best from it. For example, do you store your potatoes in the fridge? Well, you shouldn't. Click on [this link](#) to visit the website to find out more.

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## Did you know just how good tomatoes are for you?



Tomatoes are delicious, packed with powerful antioxidants and they can help to lower cholesterol.

"Raw tomatoes are packed with vitamin C, potassium and folate, as well as lycopene" says Michael Mosley. "It's one of the main compounds behind their health benefits, like potentially reducing your risk of cancer and keeping your skin looking younger. Cooking tomatoes dramatically increases the amount of lycopene you can absorb."

The Saga Exceptional website has [this article](#) about the health benefits of tomatoes, some of which may surprise you.

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## Should we be taking Vitamin D?



Vitamin D helps protect our bones and muscles. A deficiency leads to softening of the bones (rickets or osteomalacia). It has also been suggested that low levels of vitamin D could be linked to chronic diseases such as cancer, multiple sclerosis and heart and circulatory disease.

It's recommended that everyone take a supplement containing 10 micrograms (10 µg, equivalent to 400 IU) of vitamin D daily in autumn and winter, but you should take vitamin D all year round if any of these apply to you:

- you have dark skin (eg if you have an African, African-Caribbean or south Asian background)
- you don't spend much time outdoors
- you cover most of your skin when outdoors
- you are a child aged one to four

To find out more click on the link to go to the Heart Matters website [-Vitamin D](#).

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## Brisk walking – what is it and how fast do you need to go?



Did you know that an 11-minute brisk walk every day could prevent one in 10 early deaths? Research has shown it can also boost your brainpower, trim your waist and improve your mood.

But what is brisk walking? How fast do you have to go and is it the same speed for everyone?

Again from the Saga Exceptional website there is advice on how to transform a stroll into something that, according to the experts, could save your life. Click on the link to visit the website read more [Brisk walking](#).

## Best dairy alternative for coffee



There are now a great many alternatives to dairy milk - but they don't all taste the same and they certainly don't all perform the same as cow's milk in your coffee.

To find out which work best with your 'cup of Joe' click on the link - [Dairy milk alternatives](#).

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## TECH NEWS AND SCAMS

### Got an old phone or tablet you're no longer using?



Got an old smartphone or tablet you're no longer using? Donate it to the Great British Tech Appeal. As part of Vodafone's partnership with Barnardo's they will clean up and rebox your old tech, which will then go to someone in need, together with 6 months of free data, calls and texts.

These devices are a vital lifeline, making sure people can keep in touch with family, friends and support workers and access healthcare. So far they have collected nearly 20,000 devices and donated 11,600 to people in need.

[This link](#) will take you to the Vodafone website where you can read more about the scheme and find out how to donate your old device - or you can simply drop it into any Vodafone store : it's completely free, and you'll be helping give back to some of Britain's most vulnerable.

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### Action Fraud Alert



Neighbourhood Alert are reaching out for your assistance in their annual national member survey. They want your feedback on the system, policing in your area, the impact of messages, and your interest in new features. Survey results will be shared with your local police force, and your input will genuinely help shape the system's development and your voice is valued in maintaining a secure, private communication system as an alternative to data-selling social media channels.

Please take a few minutes to share your thoughts and make a difference. Click on the link to proceed - [Neighbourhood Alert Survey](#).

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## GARDENING

### What to plant in November

GardenersWorld.com

Plenty of flower and vegetable seeds can be sown or planted in the UK in November. Sowing in November gives you a head start on the gardening year ahead, bringing flower and vegetable harvest times forwards, while taking up soil space that would otherwise remain empty. Sowing in November also takes the pressure off spring sowing, so sowing as much as you can in November will save valuable time when temperatures increase again, enabling you to grow more of what you love.

November is also a great time to plant bare-root fruit trees, which are dormant when planted but then have the full season to grow as soon as temperatures increase in spring. Trees such as apple, pear, cherry and plum can be planted now, along with blackcurrant, raspberry and gooseberry.

Click on the link to visit the [Gardener's World](#) website for more information.

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### How to overwinter geraniums



Hardy geraniums can be left in place in the garden over winter (though Monty Don has a tip for enhancing their chances of survival) but 'tender geranium's are actually pelargoniums. The flowers are closely related, with almost identical seed heads, but are altogether different in how they need to be overwintered.

[This article](#) on the Saga Exceptional website has advice and tips for over-wintering your geraniums.

## ANSWERS TO THE PUZZLES

### The Little MaD Quiz

1. The Clangers, 2. The Killing Fields, 3. Joseph Goebbels, 4. Arachnida, 5. Tasmania, 6. Pipistrelle, 7. Charles-Camille Saint-Saëns, 8. Brian Blessed, 9. Belgian, 10. Giles Gilbert Scott

### How many balls?

**There are 286 balls.**

As there are 11 balls along one side, it means that there are 11 layers of balls.

The top most layer has 1 ball. The second layer has 3 (1+2) balls. The third layer has 6 (1+2+3) balls. The fourth layer has 10 (1+2+3+4) balls. The fifth layer has 15 (1+2+3+4+5) balls. Similarly, there are 21, 28, 36, 45, 55 and 66 balls in the remaining layers.

Hence, the total number of balls is =  $1 + 3 + 6 + 10 + 15 + 21 + 28 + 36 + 45 + 55 + 66 = 286$

### Find the missing number

**The answer is 7 = 48**

The logic is

$$2 \times 1 + 1 = 2 + 1 = 3,$$

$$3 \times 2 + 2 = 6 + 2 = 8,$$

$$4 \times 3 + 3 = 12 + 3 = 15$$

$$5 \times 4 + 4 = 20 + 4 = 24,$$

$$6 \times 5 + 5 = 30 + 5 = 35,$$

$$\text{So } - 7 \times 6 + 6 = 42 + 6 = 48$$

### Dingbats

1. Costs an arm and leg, 2. Blind corner, 3. Back to the future, 4. Tea party, 5. Hang in there, 6. Wise after the event, 7. International Red Cross, 8. Fill in the gaps

## Your Committee 2023-24

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Geraldine Chaffe  
Andrew Harper  
Elaine Lindley  
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Jane Todd  
Patricia Wright

Committee Member  
Committee Member  
Committee Member  
Committee Member  
Committee Member  
Committee Member

**And finally ...**

**Did you know that it was once illegal NOT to celebrate Bonfire Night in the UK?**

**During World Wars I and II no one was allowed to set off fireworks or light bonfires - this was part of an act of parliament in 1914 (The Defence of the Realm Act) which aimed to protect people during the war by not showing the enemy where they were.**

**But up until 1959 it was illegal NOT to celebrate Bonfire Night in Britain, so during this time people celebrated the event indoors.**

**DO NOT do this at home!**

