

December 2023 Issue No. 92

### Musings from the chair

As I'm writing my musings for this month, the weather has turned much colder. We had a fabulous trip to Burghley Christmas Market on the 24th. It was a great day out but somewhat chilly so the warm mulled cider was most welcome. We were lucky to get home as the minibus was parked on a grassy slope and the wet grass proved too slippery. We all had to get out and push. Life is never boring with our u3a.



I can hardly believe that we have now had our last main meeting before Christmas. Where has the year gone? I know some of our groups have special meetings, or outings in December, and others don't meet. Whatever you are all doing, I hope you enjoy it. Please think about taking photos of whatever you are doing and forwarding them with a few words for the newsletter or the website.

Hopefully as many of you as can will come to our Twixmas meeting on 28th December. This year there is no charge, and we will be providing tea, coffee, and cakes and biscuits. As we are not selling tickets it would be very much appreciated if you could respond to Andrew to indicate if you will be going, when he emails everyone. This will enable us to cater. Again we will have a quiz and a jigsaw swap so look out all those jigsaws you have done once and are never likely to do again.

I hope to see many of you during December at one of the groups or at the Christmas meal and in the meantime just take this opportunity to wish all of our members a happy and stress free Christmas and a healthy New Year from all of us on the committee."

Val

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 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.

We shall be there from 10.30 am to 12 noon on Thursday 30<sup>th</sup> November and Thursday 7<sup>th</sup> December.

Save the date:

General Meetings

Thursday 28<sup>th</sup> December TWIXMAS

Thursday 25<sup>th</sup> January our General Meeting will be by Zoom

Trips and visits news .... go to page 6

### Your Committee 2023-2024

Valerie Wilkinson - Chair  
Geraldine Chaffe - Vice Chair  
Andrew Harper - Business & Membership Sec  
Elaine Lindley - Treasurer  
Eileen Braham - Speaker Seeker )  
Liz Hagan - Speaker Seeker )

Val Girling - Committee Member  
Alison Gove-Humphries - Committee Member  
Lesley Harrington - Committee Member  
Linda Randall - Committee Member  
Jane Todd - Committee Member  
Patricia Wright - Committee Member



#### Speaker seeker needed :

Eileen has been doing a phenomenal job for the last 3 years and is about to hang up her spreadsheet so we need someone to fill her shoes! She has a wealth of expertise and a long list of resources to share with you so don't be scared.

Anyone who would be able to take on this role please talk to Eileen, contact [speakerseeker@madu3a.org](mailto:speakerseeker@madu3a.org) or chat with any of the committee members

## VOLUNTEER AT STONEBRIDGE CITY FARM

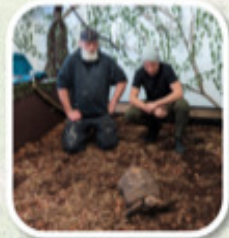


Stonebridge City Farm is an urban farm in the heart of Nottingham city centre. We welcome over 170 volunteers on site each week and we wouldn't survive without them! If you are looking for a volunteering opportunity with a difference then look no further. You could help us support our volunteers in their personal development, boost their confidence, help them learn new skills and meet new people.



No matter what your skills or interests are there's a job for you! You could be welcoming guests, helping in our café, in the barn, or digging in the gardens.

We are looking for reliable, patient and understanding volunteers to join our Stonebridge family! To apply fill out the application form on our website, feel free to get in touch if you have any questions. Why not visit us at the farm, to discuss opportunities whilst having a cake and a drink in our wonderful cafe.



We are open everyday from 10am – 3:15pm.

0115 950 5113 · [volunteer@stonebridgcityfarm.com](mailto:volunteer@stonebridgcityfarm.com)

[www.stonebridgcityfarm.com](http://www.stonebridgcityfarm.com) · Registered Charity Number: 1125245

Stonebridge City Farm  
Stonebridge Road  
NG3 2FR

My wife told me to stop impersonating a flamingo. I had to put my foot down.

## CONCESSIONARY BUS PASS AND THE TRAM



We want your views on whether changes should be made to the tram concessionary scheme. [Have your say before 7 January 2024.](https://www.nottinghamshire.gov.uk/transport/public-transport/concessionary-travel/)

The council are proposing to change the way we use our free bus passes on the Tram – they are consulting on four options :

1. No change – tram concessions stay the same
2. Introduce half fare payment – both elderly and disabled pass holders pay half fare
3. Keep free tram travel for disabled pass holders only and their companions
4. Withdraw free travel on the tram for all concessionary pass holders

Follow this link and make your comments.

<https://www.nottinghamshire.gov.uk/transport/public-transport/concessionary-travel/>

**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).



### **Recycle your medical 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

The problem with kleptomaniacs is that they always take things literally.



## 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.

## NEWS FROM THE GROUPS



### WALKING

The Strollers group enjoying a lovely day for a nice walk at Arnold Park - 3<sup>rd</sup> November

### LOCAL & LIVE

7 of the local and live group went to see a very talented duo called Old Spot at a new venue for us, The Squire Performing Arts Venue. They skilfully played and sang a range of Appalachian music, on banjo/guitar and an unusual banjo made from a gourd. A lovely evening enjoyed by all in a great local venue.



Light travels faster than sound, which is the reason that some people appear bright before you hear them speak.

## FUN COOKING WITH GADGETS



Fun Cooking with gadgets (Formerly : Energy Efficient Cooking group)

In November there were only 4 of us who could meet but that didn't stop us from chatting over coffee, sharing tips, ideas and recipes and trying halloumi fries and sausage rolls made in the airfryer and chocolate cake made in the microwave.

We are all keen to try slow cooker recipes for winter and so have decided that for December's meeting we will meet at lunchtime and make lunch food in our gadgets to share. The group is full when everyone attends but we can cope with a visitor now and then if anyone might be interested who would then be prepared to help get a second group off the ground.



## FRENCH

Entente Cordiale

The French Group is indeed very cordial ...even though we sometimes don't understand...nor do we agree... however as you can see we are a happy band of people, learning from one another, and the dictionary. Recently, two U3A French Conversation Groups enjoyed a Soirée Française at Mapperley Golf Club with a French Quiz, Raffle and the most magnificent French-themed gourmet evening. Enjoying Saumur, Beaujolais Nouveau..to name just two. Learning does really involve laughter, support, convivialité and sociability.

Vive l' Université du Troisième Âge!

I can't believe I got fired from the calendar factory. All I did was take a day off.

**Help required please for table tennis group** : Does anyone have a van that could transport a table tennis table from Carlton to Devon Drive Methodist church for us. Table is being donated and our current table has cracks which make for interesting shots and unfair point scoring. We just need to get it to our table tennis venue. Please let our Chair, Val, know if you can help or email [tabletennis@madu3a.org](mailto:tabletennis@madu3a.org)  
Thank you. "

## FAMILY HISTORY

As the 4th Monday of December is Christmas Day, there will be no meeting, but MERRY CHRISTMAS to all Group Members!

We will next meet at our first session of 2024, on 22nd January, when we will be taking another look at Immigration and Emigration.

## BURGHLEY CHRISTMAS MARKET



After a lovely sunny day at Burghley Christmas Market, we all got back to the mini bus tired and some people were quite chilly. However, the mini bus didn't like the fact that some of us had eaten too many mince pies and had drunk too much mulled wine! It refused to move off the soggy grass. So off we all got out and some of us gave a half hearted attempt to push it.

Finally without our weight, all was fine and we set off home.

Eileen

## GERMAN CONVERSATION & CULTURE

We read, translated and discussed two interesting and somewhat less challenging articles from Nachrichten Leicht.. The first one about a collision between two freighters in the busy shipping lane, off the coast of Heligoland and the subsequent rescue and recovery operation. Our second article concerned the recent study, by a research foundation, into the number of women on the boards of major German businesses. Whilst increasing, the numbers are very much less than male members of boards and also those elected to the position of Chief Executive. The ladies of our group discussed and compared the differences to when we were working.

Our usual light-hearted chat, whilst enjoying coffee, tea and delicious chocolate biscuits followed. Dina showed us some pictures from her recent Golden Wedding Anniversary celebrations.

Our next meeting is on 19th December (Christmas Fuddle).

Best wishes. Joyce

## TRIPS AND VISITS

### TRIPS AND VISITS

Our members had a great day out to Wedgwood Pottery in October. A big THANK YOU to Val Wilkinson who ensured everything went smoothly on the day and we were so pleased to hear that members enjoyed the trip.

An Afternoon Tea was also organised at Brookfields in light of the fact that they can no longer accommodate our evening events. This was arranged at quite short notice but we haven't had much feedback on this, so if you attended this event please let us have your feedback to inform us whether we should consider putting this in the schedule again. Also another big THANK YOU to Eileen for ensuring this event went to plan

continued/....



We are looking forward to our next events, Tribute weekend at Bosworth Hall – Dolly & Boy George, Twilight at Kew Gardens with Skills and to end the year with our Christmas Lunch at the Belgrave Rooms which is proving popular.

For 2024 we have been taking bookings for January - Burns Night; the original plan was to hold this at the Golf Club but but due to only a few people showing an interest we cancelled this. However Maggie & Vic, have offered to run this event from their own home with a limit of 12 persons. This is now up to capacity and we have started a waiting list just in case anyone drops out or is unable to attend.

In addition we have booked members on trips for February - Weston-Super-Mare. March - Isle of Wight. April - Exmouth. May - Hawarth 1940's Festival to ensure we get single rooms for members. We are currently looking at the list of trips and events for 2024 and we will email details to your inbox once this is done for you to peruse at your leisure.

**Trips & Events Team**

## **General Meeting**

**NOVEMBER'S GENERAL MEETING Tom Andrews -The Greatest Policeman? - Captain Athelstan Popkess CBE, OStJ, QPM**

Well! Who would have thought that a Chief Constable of the Police would have been such a fascinating and controversial character? Tom Andrews gave us an extremely interesting and well- argued talk, leading many of us to believe that Capt. Athelstan Popkess might well have been the greatest policeman that ever lived. The fact that he was Chief Constable of the Nottingham police force between 1930 and 1959 was the icing on the cake.

Capt. Popkess had an odd life as a child growing up in South Africa. Several of his young friends were killed in front of him in various misadventures involving rivers and rifles and it was this 'Jungle Book' upbringing that probably gave him the toughness and self-sufficiency that he showed in later life. When World War 1 broke out, he was out hunting lions!

Having been bombed by the only German plane in the whole of Africa, he was shot in the leg and shipped over to Britain for recuperation. Unable to rest for long however, he re-enlisted in the Legion of Frontiersmen and post-war he served in the North Staffs regiment, The Black and Tans in Ireland, followed by the Palestine Gendarmerie. But his reputation was made when posted to Aldershot where he made such a good job of traffic control at the Tattoo, little else was mentioned in the Press except glowing praise for Popkess.

After that, he applied for the post of Chief Constable of Nottingham. He had absolutely no experience of policing and possibly even fabricated a few details on his application, nonetheless he was added to the shortlist. He was selected and there was an outcry from sections of the Nottingham Corporation and police officers. So Popkess went directly to see the Home Secretary who intervened on his behalf. In 1929, he became Chief Constable in Nottingham. It was here in Nottingham that he revolutionised policing, introducing many reforms including:

- Buying police cars and locally-sourced police radios with two way transmitters. They didn't even have these in London! The police radios were so big they took up the whole of the passenger seat!
- Developing the country's first forensic science lab in Shakespeare Street in 1934;
- Pioneering blood tests for drink drivers before there were set limits of alcohol;
- Developing a fingerprint machine, so that fingerprints could be taken in one minute instead of the 4 hours previously;
- Instituting a burglar alarm system.

Tom then showed us a film clip from Pathe News about the Nottingham burglar alarms and when the narrator said ' Nottingham gives a lead to the country' the audience clapped. Popkess was passionate about road traffic issues and introduced a number of accident prevention policies including;

Better street lighting;

Testing alcohol limits in 1947 when it was not introduced nationally until 1967;

Arguing in 1951, that drivers should be tested on road signs when the theory test was not introduced until 1996;

Pioneering the concept of traffic management and Emergency and Events planning;

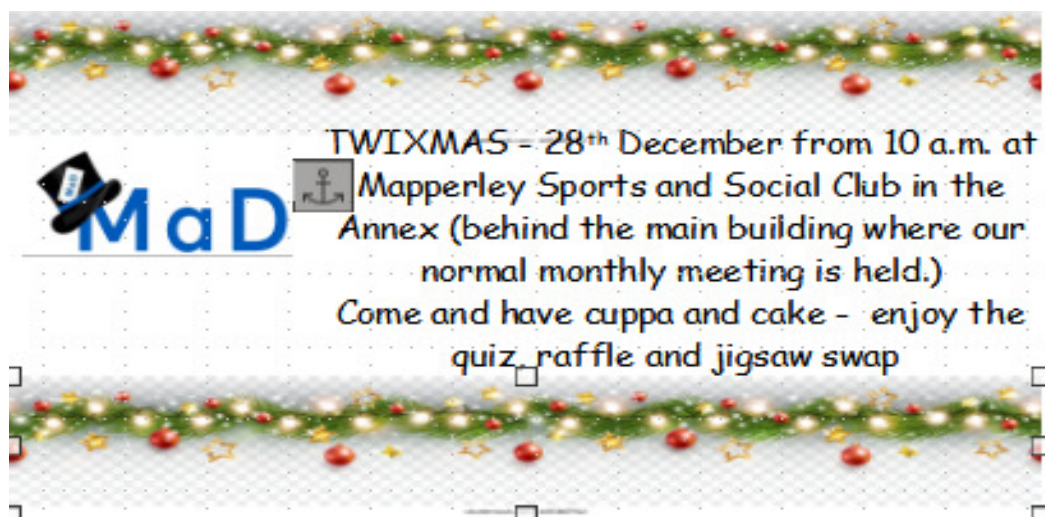
Petitioning the Home Secretary to introduce Traffic Wardens.

Popkess' other passions included rugby, swimming and boxing demanding that his police officers had life-saving certificates and took part in sporting activities. Always determined to have his own way, he was also a very controversial figure. He organised the Nottingham City Police boxing team's tour of Nazi Germany. In 1936, when the Stuttgart boxing team visited Nottingham, a Swastika flag flew alongside the Union flag at the County Hotel! There were also a number of Nazi salutes!! It did mean, however, that Popkess realised the Nazi threat and organised Civil Defence for Nottingham, including shelters making use of the city's caves, fire response practices and the carrying out of simulations using the RAF in the Broadmarsh area long before the war began. Popkess's popularity after the war was shown by the Popkess Affair. Nottingham council was accused of corruption in 1959 and Popkess was suspected of leaking information. When he refused to hand over documents to the Watch Committee, he was kicked out of office. 4000 people protested against the Council and for Popkess's return. The Home Secretary again intervened. Popkess was reinstated but retired later that year. His case led to the last Royal Commission on Policing to establish the independence of police from politics in 1962.

Tom's talk was fascinating and the audience had plenty of questions. In fact, Tom was still being asked questions on his way out to the car park. He has also written a book about him "The greatest policeman?: A biography of Captain Athlestan Popkess" which is available to order from Amazon in case you missed the opportunity to buy one on the day. Thank you Eileen for again getting us such an interesting speaker.

Alison Gove-Humphries

## FUTURE GENERAL MEETINGS



My therapist says I have a preoccupation for revenge. We'll see about that.



## PUZZLES

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

Quiz:

1. In which part of your body would you find the cruciate ligament?
2. What is the name of the 1976 film about the Watergate scandal, starring Robert Redford and Dustin Hoffman?
3. What is the currency of Denmark?
4. Which Tennis Grand Slam is played on a clay surface?
5. In which European country would you find the Rijksmuseum?
6. How many films have Al Pacino and Robert De Niro appeared in together?
7. Who wrote the novels *Gone Girl* and *Sharp Objects*?
8. Which football club plays its home games at Loftus Road?
9. Continental United States has 4 time zones, can you name them?
10. How many human players are there on each side in a polo match?

## Picture words



## 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.

## 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).

Russian dolls are so full of themselves.

## INTEREST GROUPS

Visit our MaD website ([www.madu3a.org](http://www.madu3a.org)) for more information.

Badminton Group	French for Fun	National Trust Group
Book Group 1	Games Group	Outdoor Activities
Book Group 2	Gardening Group	Photography
Breakfast Club	German Conversation	Play Going - Lace Market Theatre
Bridge for Beginners	Italian Speech	Play Going - Playhouse
CineMates	Literature	Play reading Group
Creative Craft	Local and Live Music	Project Craft Group
Creative Writing	Local History	Singing together
Cryptic Crosswords for Beginners	Lunch Club	Table Tennis
Cryptic Crosswords for Improvers	MaD Girls	Trips and Visits
Curry Club	MaD Jazzers	Walking - Longer Walks
Fun Cooking with Gadgets	MaD Men	Walking - Short Walks
Family History	MaDAmDrammers	Walking - Strollers
French Conversation and Culture	Music Appreciation	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.

## SCAM WARNINGS

Both addresses look similar but not the same.

Spot the Difference?

[maybank2u.com](http://maybank2u.com) is not the same as [maybank2u.com](http://maybank2u.com)

[citibank.com](http://citibank.com) is not the same as [citibank.com](http://citibank.com)  
(the first one is correct, the second one is from hackers)

The "a" in the later url is a cyrillic alphabet.

An average internet user can easily fall for this. Be careful for every mail requiring you to click on a link.

Please Stay Alert

Another scam doing the rounds.

A delivery company calls and asks if you are going to be in as they have a parcel for you. Within the hour a driver appears with a basket of flowers and a bottle of wine, no idea who it's from but there is going to be a card to follow. He asks for £3.40 so he can prove the delivery has been made to an adult as there is alcohol in it. He can't take cash as the transaction has to be proveable so he produces a hand held card reader. You put your card in and type the PIN and get a receipt from the machine for £3.40. A couple of days later your account has been cleaned out. Clever and effective.

Unless you know who it is from beware of unexpected deliveries.

Even if you're on the right track, you'll get run over if you just sit there

## HOW SAFE IS YOUR ELECTRIC BLANKET – FROM TRADING STANDARDS SERVICE NCC



If you are planning on using an electric blanket this winter, it's vital that you make sure it is safe, because old, worn or faulty electric blankets can cause house fires. During December, our Trading Standards team is running three free events across Nottinghamshire to test residents' electric blankets and check if they are safe to use. Testing will take no more than 15 minutes and if your electric blanket is found to be unsafe, we will replace it for FREE. Appointments are available on the following dates:

Wednesday 6 December: Worksop Library (9.00am to 4.30pm)

Thursday 7 December: Bingham Library (9:30am to 4.00pm)

Friday 8 December: Mansfield Fire Station (9.00am to 4.30pm)

To book an appointment please call us on 0115 804 4555.

### Quiz Answers:

1. Knee
2. All the President's Men
3. Krone
4. The French Open (Roland Garros)
5. Netherlands
6. Four (The Godfather Part 2, Heat, Righteous Kill, The Irishman)
7. Gillian Flynn
8. Queen's Park Rangers
9. Pacific, Mountain, Central, Eastern
10. Four

### Answers Picture words

1. 4 men in a boat
2. Foreign Language
3. Right between the eyes
4. Criminal
5. Fork in the road
6. Potatoes

And finally .....

Strawberries are not actually berries. They're actually "a multiple fruit which consists of many tiny individual fruits embedded in a fleshy receptacle," according to the Carnegie Museum. It's a disturbing way to describe a strawberry but accurate nonetheless. Avocados though, are technically berries!

You can actually hear rhubarb grow — it pops! This is because of how fast it grows — up to an inch per day. It also can squeak and make other noises.

I used to have a handle on life, but then it broke.