

January 2024 Issue No 93



Musings from the



The turkey is finished, presents unwrapped, and put away, and the house is getting back to some semblance of normality. Another Christmas past. I do hope you all had a good one. Our next task will be taking down the decorations. I will be sad to see the lights put away, particularly the outside ones. I have liked the increase in outside lights which seems to have been happening year on year, as it brightens up those otherwise really dark late afternoons and evenings. I think it a great pity we can't leave up the lights through January too. I really do not like these short days, but Spring is on its way so onwards and upwards...

This would be a good time for me to remind you, that because of unpredictable January weather, our January main meeting, on Thursday 25 January is on Zoom only. **DO NOT TURN UP AT THE MAPPERLEY SOCIAL CLUB.** However I know that for some of our members the monthly meetings are important for the social get together. Please think about asking any member who may live near you or who may not use Zoom to join you so you can participate together. I'm afraid on

this occasion you will need to make your own tea and coffee as Anna will not be able to pop around to everyone's house to make it for you. Zoom invites will be sent out closer to the date.

So what do we have in store for 2024 at MaD u3a? Our membership continues to grow, so we must be doing something right. Our very busy and fabulous Trips and Visits team are putting together a programme of events for the year, including day trips, evening events, short breaks and holidays. We are very lucky to have them organising these for us, but if you put your name down for an event, please ensure you are able to go. Inevitably there will have to be some cancellations due to illnesses or medical appointments but otherwise please don't express an interest if you might then decide you don't want to go after all.

We also have a programme of interesting speakers lined up for our general meetings. Eileen has done a great job of sourcing our speakers for the last 2 and a bit years. We are still looking for someone or more than one who

would be prepared to work with her initially, but with a view to taking over as speaker seeker in August. Speakers are already booked until then, but to ensure we have speakers for later in the year, work needs to start in the New Year. We offer help and support. Please consider offering. We have nearly 300 members now so I would hope that there should be someone out there able to step up. Please speak to any member of the committee to offer help any way you can.

We have some possible new interest groups, poetry, perhaps pickleball, and perhaps ukulele and are always looking for more ideas and people with interest and enthusiasm to help get a group up and running. For our men out there what would you like to see?

Whatever the year has in store for us, I hope it will be a happy, healthy and enjoyable one.

Looking forward to seeing you in 2024.

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 4 January, Thursday 1 February and Thursday 29 February.**

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 Meeting

Thursday 25 January at 10:00am

THIS MEETING WILL BE ON ZOOM

Jump to :

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

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

[Trips and Visits](#)

NOTICES

New Group - Poetry for Fun

Is anyone interested in practicing their Poetry?

We seek joy in the art of words
In the beauty of poems
our voices are heard
With care and nurturing, we'll grow
In this poetic journey, we'll bloom and glow
For poetry lovers
in our u3a space
A group for fun
To write and to share
Our words and thoughts
So others can care

I envisage a group to support and encourage creativity with themed discussions and opportunities to write and to share. We could meet regularly, (times and venues to be discussed amongst those interested) and also possibly set up a WhatsApp group to share ideas.

If you're interested, please speak to me or send an email to [Poetry for Fun](#).

Mo Moffatt

Missing Jigsaw Piece

Did you get a jigsaw puzzle from the Twixmas meeting jigsaw swap? If you get to the end of it and one bit is missing ... I've got it! Found it on the floor when clearing up today!

Please be in touch with me (you can send an email to [Andrew Harper](#)) and I'll arrange to let you have the missing piece.



What's big and grey and writes poetry?

T.S. Elephant

Walking Groups

In theory we have three walking groups. Sadly, the group that does the longest and most adventurous walks is not fully functional at the moment because we don't have anyone able to convene it. If you feel able to lead a walk on the third Friday of any month in 2024, please contact walking@madu3a.org and we can put it on the calendar.

The **Short Walks** are usually around 3 to 5 miles and take place monthly on the second Friday. Members of the group are encouraged to identify a route and pick a month when they can recce and lead a walk. This is by far the best way to operate this group. Please think about when you might be available to lead a walk for the group. Please contact shortwalks@madu3a.org if you wish to receive emails about these walks or you wish to be removed from the list.

The third group is for our **Strollers**. We have several people who like to walk at a very gentle pace for a short time on even ground. Strollers walk on the first Friday of the month. There's great camaraderie in this group. They like to stop off for a cuppa and a natter. The Strollers have been using Arnot Hill Park for the last few months due to wet conditions everywhere. I plan to venture to Colwick Park on 5 January but will confirm by email. Please contact strollers@madu3a.org if you wish to be added to the email list or removed from receiving further information.

Well behaved dogs are very welcome to join any of the walking groups. We currently have some young dogs who are learning to socialise with others and are well under control.

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](#)

[Family History](#)

[French Conversation and Culture](#)

[French for Fun](#)

[Fun Cooking with Gadgets](#)

[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](#)

[New & Prospective Members](#)

[Outdoor Activities](#)

[Photography](#)

[Play Going - Lace Market Theatre](#)

[Play Going - Playhouse](#)

[Play Reading Group](#)

[Poetry for Fun](#)

[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?

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 or have a chat with any Committee member so we can help you to get going.

My wife and I laugh about how competitive we are. But I laugh more ...

Do you fancy volunteering at Stonebridge City Farm?

Stonebridge City Farm is a unique farm and charity, based in the heart of the community. Open seven days a week - fun for all the family. Supported by donations.

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 café.



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

0115 950 5113 · volunteer@stonebridgcityfarm.com

www.stonebridgcityfarm.com · Registered Charity Number: 1125245

Stonebridge City Farm
Stonebridge Road
NG3 2FR

NEWS FROM THE GROUPS

Singing Together

There **WILL** be a singing session on Tuesday 2 January and then on 6 February, 6 March and so on.

Happy New Year!

Gary Cawthorne

Bridge for Beginners

There are 2 places available on the next 'Bridge for Beginners' group which will start on the afternoon of Friday 5 January (from 2:00 - 4:00pm).

The session will run for about 10 weeks, and will be held at my house in Woodthorpe. If there are any takers please contact me by email on

bridge@madu3a.org.

John Heeson

German

On a dull and rainy December morning we cheered ourselves up with our festive Christmas fuddle. Together with our usual tea and coffee, we enjoyed some delicious tasty German and English treats, including stollen, mince pies, Ferrero Rocher etc.

Listening to some German Christmas music, we also sang and then translated two very well known songs, Oh Tannenbaum and Stille Nacht.



A lively, seasonal chat followed where we discussed our Christmas plans.

Joy Brown

Short Walks

In December, a group of Short Walkers thoroughly enjoyed the Gedling Country Park. We are very lucky to have such a wonderful facility available to us to enjoy all year round. The well laid footpaths made our walk quite easy and the views were spectacular.

As a rule, using our local parks means we don't have to do a full recce and at this time of year, that's a blessing. For this reason, the next walk on 12 January will be at the Colwick Country Park. Further heavy rainfall may restrict some of the paths but I will email our walkers to confirm or change the plan.

Carolyn Luckhurst



MaD Jazzers

The Jazz group has had a lovely year, listening to a huge variety of jazz styles and genres.

We meet monthly, via Zoom, at 7:00pm on the first Thursday in the month from 7:00pm.

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

MaD Christmas Lunch

The annual Christmas lunch, organised by Marian and Paula, was held at the Belgrave Rooms this year.

There was a good turnout of members and after a traditional turkey feast Gary led the communal singing; a good time was had by all.

Linda Stevenson



Family History

The next topic for this group, on 22nd January, is Emigration and Immigration, to explore any new information we may have regarding ancestors.

Claire Wilkie

Fun Cooking with Gadgets

We have renamed our Energy Efficient Cooking group. We are now [Fun Cooking with Gadgets](#) so it has widened our scope. We are now looking out all those old must-have gadgets that are gathering dust in our cupboards.

This month we also changed the time so that we could make lunch dishes and eat them at a sensible time. We had a thoroughly tasty 3 course lunch - celeriac and Stilton soup made in a soup maker, chicken in a honey cream sauce with ratatouille, both made in slow cookers, and potatoes topped with ham and cheese cooked in an airfryer, with an apple fool for dessert made using a blender and mixer. Lunchtime will not be the regular time for our group but we will do lunches occasionally.

Our next meeting is on 5 February and the challenge is to create something using a gadget, made using an ingredient found in the bottom of our freezers.

This group is presently full but anyone wishing to start up or be part of a second group can register their interest.

Val Wilkinson



Christmas Wine and Food

The MaD Wine Appreciation Group held their annual Wine and Food event a few days before Christmas and the day after Sue made it back from sunny Australia.

As ever, it was a great affair and a huge success, helped by the lovely choices of wines and the foods to pair with them. Thanks to our members for their contributions and the brilliant atmosphere on the day. Lovely fizz, an unusual Lambrusco (yes, really!), a very good Cabernet Sauvignon and an excellent tawny port.

The in person Wine Appreciation Group is full, but all MaD members are welcome at the online Wednesday evening Wine Bar for a convivial drink and chat.

Contact the [Wine Bar Convener](#) for the Zoom invitation.

Maggie Grimshaw

Eating Together

We have a Breakfast Club, a Lunch Club and a Curry Club, all very going strongly and all very friendly.

If you fancy joining other MaD members in any or all of those groups please send an email using the links below to be added to the list of members of that group so that you receive all the relevant emails :

breakfast@madu3a.org

curry@madu3a.org

lunch@madu3a.org

I've started investing in stocks; beef, chicken and vegetable.
One day I hope to be a bouillonnaire

FROM OUR MEMBERS

Let it Rain

Let it rain,
Let it pour,
You don't want me
Anymore.
Let the sun fall
From the sky,
Even he can't
Tell me why.
Let the sky fall
Down on me.
Tell the world
To let me be.
Kick my heart across
The floor.
I shan't need it
Anymore.
Oh misfortune!
Oh woe is me!
At least there's footy
On TV.

Vic Blake

Do you have anything to share with us?

We love to hear from members with stories, anecdotes, poems or anything which will amuse or entertain us.

If you have something you would like to put into the Newsletter please send it to newsletter@madu3a.org



Courtesy of Breakthrough Visuals

TRIPS AND VISITS

Burghley Xmas Market was enjoyed by all, although there was a problem with minibus so had to give it a little push to enable us to return home!

The tribute weekend at Bosworth Hall – Dolly & Boy George was a huge success and everyone said they are looking forward to more of these.



Twilight at Kew Gardens with Skills was brilliant although a long journey for a few hours at Kew



Our return to the Belgrave Rooms for Christmas Lunch was enjoyed by 43 members

Trips/Events & Visits for 2024

The list of our 2024 Trips and Visits is on our MaD website under the 'Trips and Visits' tab, or you can access it via this link - [Trips and Visits](#).

If you wish to reserve places on any of the trips please transfer the relevant amount to the u3a Account (No 24903168, sort Code 772210) **using the appropriate code listed against the relevant trip or visit.**

Some trips are by Tram/Bus so if you are lucky enough to have a bus pass these will be free.

If you wish to book a short break please transfer a deposit of £50 and let us know whether you have any additional needs and the room type wanted (single/twin/double). Sometimes deals come through with reductions so if the money is in the account we can book at the discounted rate.

If you wish to book a day trip please transfer the full amount using the relevant code. The cost for some trips have not yet been finalised but if interested in these let us know so we can put you on the list.

We are still looking at a few additional trips but will add them in as we go along.

If you wish to discuss any of the options we will be available for a chat on Monday 29 January and Monday 12 February at the Wetherspoons on Mapperley Top at 10:30 am.

Fun fact: if you drink enough wine quickly enough, Fitbit thinks that you are running

Twixmas Meeting

Our annual Twixmas meeting is a much anticipated social event for our members. We don't have a speaker and instead socialise, with tea or coffee and delicious cakes made for us by our member Anna Harper - and those cakes were extra-specially yummy this year!

There was a jigsaw swap which saw the exchange of about 40 jigsaws, a New Year themed quiz and a raffle.

Thanks to Gary for the lovely background music and to Richard, our tech wizard, who makes all the electronic stuff work.

A very enjoyable morning. Big thanks to everyone who worked hard to make the Twixmas event happen, and to all our lovely MaD members who attended. A nice way to round off the Christmas festivities.

Have a good New Year everyone, and may 2024 bring us all peace, health and happiness - and lots more MaD u3a enjoyment.



Anna, Heather and Linda - catering team



Gary playing some great music



Sandra and Pat - 'security' team



Andrew and Anton on jigsaw duty



Raffle prizes - and tickets were free!



Richard sorts the tech stuff

This quiz is tricky!!





JANUARY'S GENERAL MEETING

25 January Knitters, Nailer and Traitors - How the town of Belper influenced the Industrial Revolution

Our speaker, David Skillen, has given us a talk previously about the Gretna Girls which was very well received and we have high hopes for this talk also.

PLEASE NOTE - This month's meeting will be held via Zoom, so don't turn up at the Social Club! The Zoom link will be sent out to members before the meeting.

MaD Moments Newsletter

Our **MaD Moments Newsletter** is published monthly in digital format. Please contact our Chair Valerie Wilkinson on 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.

Your Committee 2023-24

Valerie Wilkinson
Geraldine Chaffe
Andrew Harper
Elaine Lindley
Eileen Braham
Liz Hagan

Chair
Vice Chair
Business & Membership Sec
Treasurer
Speaker Seeker)
Speaker Seeker)

Val Girling
Alison Gove-Humphries
Lesley Harrington
Linda Randall
Jane Todd
Patricia Wright
Carolyn Luckhurst

Committee Member
Committee Member
Committee Member
Committee Member
Committee Member
Committee Member
Groups Co-Ordinator

PUZZLES

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



The Little MaD Quiz

1. Which Ancient Greek scientist famously said "eureka" when in a bath?
2. What is the sum in degrees of the interior angles of a triangle?
3. First appearing in 1958, which bear was created by Michael Bond?
4. Which spirit is mixed with lemon juice and soda water to make a Tom Collins?
5. In Homer's The Odyssey, who was the wife of Odysseus?
6. What are stuffed in Greek cuisine to create dolmades?
7. Subject of Philippa Gregory's The Other Boleyn Girl, what was the name of Anne Boleyn's older sister who was a mistress of Henry VIII?
8. Who has been the next-door neighbour to the Simpsons since its first episode?
9. Which species of dung beetle was sacred to the Ancient Egyptians?
10. Lucy Honeychurch is the protagonist of which novel by E. M. Forster?

Dingbats :

Can you solve these phrases or sayings?

<p>1</p> <p>AUHURRY</p>	<p>2</p> <p>FOUDIMEPESSORUPEENTAIN</p>	<p>3</p> <p>BOOM!</p> <p>YESTERDAY</p>
<p>4</p> <p>0, 1/2, 3/4, 1</p>	<p>5</p> <p>GEINSIDENT</p>	<p>6</p> <p>CCCCCCCCCC</p> <p>C</p> <p>C</p> <p>C</p> <p>C</p> <p>CCCCCCCCCC</p>
<p>7</p> <p>2PM, 3AM, 5AM, 7AM, 11PM, 17PM, 19AM 23PM</p>	<p>8</p> <p>H₂ COD O</p>	<p>9</p> <p>RXII IN CHESIP</p>

Keypad

Which number should replace the question mark to form accurate equations, knowing that three numbers are shown per row (i.e. two of the numbers form a two-digit number)?



Extra Terrestrials

Remember the film? Well this puzzle has got nothing to do with it.

On the planet Glogg, the inhabitants are similar to human beings, however they differ in one respect -

- they either have 3 heads and the usual number of arms and legs (known as "headers") OR
- they have one head and 3 legs and 3 arms (known as "leggers").

There is a group of people from Planet Glogg. Between them they have 15 heads and 48 limbs. How many headers and how many leggers are there?

Abandoned Nottingham Buildings

Nottingham and the wider county are home to a wide variety of abandoned buildings that have been left to rot for years. From the usual warehouses and churches that can be spotted in most big cities across the country to more peculiar buildings like lingerie factories, Nottingham is not short of lifeless buildings that hold many memories from their years of glory.

Locations such as the Strathdon Hotel, the Tales of Robin Hood, and the Lost Weekend/Breeze nightclub are well known in [Nottingham city centre](#). However, places such as the central police and fire station and Colwick Old Church may also come to mind when thinking of the city's abandoned sites.

[This link](#) will take you to the Nottinghamshire Live website which has images showing what's left of some of the abandoned buildings in the area, including shrubbery and trees taking over and abandoned belongings.

Memories of Tug Wilson

Towering 7ft 2in tall in his boots and helmet, PC Dennis "Tug" Wilson cut an imposing figure on patrol in Nottingham city centre. Not only was he distinguished for his stature, he also had the most impressive handlebar moustache, and he didn't stand for nonsense.

The ex-Grenadier Guard spent decades on the beat before he retired in 1983. He and PC Geoffrey Baker were headhunted by Chief Constable Captain Athelstan Popkess (we heard about him at our November meeting) for their height, making Notts Police one of the tallest forces in the country in an era when the minimum requirement was 6ft 2in.

[Click here](#) to go to the Nottinghamshire Live website to read a lovely article with memories of Tug Wilson - a Nottingham legend.

Test your knowledge of Nottinghamshire's news in 2023

2023 was an eventful year in Nottinghamshire.

Nottinghamshire Live's Quiz of 2023 tests your knowledge of the news that made the headlines over the last 12 months. There are 10 questions for you to test yourself - click on the link to go to the quiz [Nottinghamshire Live Quiz of 2023](#).

HEALTH



Healthy Hot Drinks

Enjoying a warming drink can be a great way to relax, as long as you avoid those packed with sugar and fat. The Heart Matters website suggests eight heart-healthy options - click here to read the article [8 Healthy Hot Drinks](#).

Best Milk Substitutes

healthline

If you can't drink cow's milk, or choose not to, how do you know which milk substitute to choose - and there are many available. Taste, obviously, but what are the health benefits - or negatives - with a substitute milk.

The Healthline website has an interesting article all about alternative milks - [The 7 Healthiest Milk Options](#).

What is the anti-inflammatory diet?



Typical western diets are thought to increase inflammation - where the immune system reacts and causes internal swelling throughout the body. As long-term inflammation can become harmful, anti-inflammatory diets are thought to protect us from a wide range of health problems.

The Patient website has an interesting article explaining just what the anti-inflammatory diet is and how you can follow it. Click on the link to go to the website - [The Anti-inflammatory Diet](#).

Strangest Scams of 2023

From swooning love notes to mystery gems arriving in the post, Which? takes a look back at the year's most mystifying cons. We'd all like to think that if we fell for a scam, it would be one of the elaborate ones involving technological trickery we couldn't hope to detect. But it's often the simple ones that catch us out.

Every one of us has times when we're stressed, tired, lonely or in turmoil, where our critical skills abandon us. These moments of vulnerability are exactly what fraudsters seek out.

Each year Which? rounds up some of the most eyebrow-raising scams they've seen - click on the link to read about them. [Strangest Scams of 2023](#).

GARDENING

Jobs for January



January isn't a very inspiring month but there are lots of jobs to be done in the garden and greenhouse.

Now is the time to plant snowdrops and hellebores, prune apple and pear trees and plant bare-root roses - to name just a few.

The Gardeners' World website has a comprehensive list of jobs for this gloomy month - click on the link to visit the website [What to do in January](#).

7 Garden Birds to Spot this Winter



There has been a huge increase in the number of wild species coming to gardens to feed, according to the British Trust for Ornithology (BTO). Their Garden Bird Feeding Survey has seen numbers up almost 50% since the 1970s.

You may have noticed that the bird species seen in your garden varies during the year, which is down to a variety of factors, including the winter migration of thrushes such as redwings from Scandinavia to the UK, and the availability of food in the countryside. [This Guide](#) from the BBC Wildlife website discusses seven species to look out for in winter, and what foods they will eat

ANSWERS TO THE PUZZLES

The Little Mad Quiz

1. Archimedes, 2. 180, 3. Paddington, 4. Gin, 5. Penelope, 6. Vine leaves, 7. Mary Boleyn, 8. Ned Flanders, 9. Scarab, 10. *A Room with a View*

Dingbats

1. Gold rush, 2. Three coins in a fountain, 3. Blast from the past, 4. Give no quarter, 5. Inside man, 6. Seaside, 7. Prime time, 8. Fish out of water, 9. One foot in the grave

Keypad

The missing number is : 6

Read every row as follows:

$$(3 + 2) \times 2 = 10$$

$$(1 + 9) \times 2 = 20$$

$$(0 + 8) \times 2 = 16$$

$$(7 + 5) \times 2 = 24$$

Extra Terrestrials

There were :

3 Headers (9 heads + 12 limbs)

and

6 Leggers (6 heads + 36 limbs)