

March 2024 Issue No 95

Musings from the Chair



I've always wanted to have a dog, but it was never the right time when we were working. However we succumbed now we are retired and now have a 6 month old cockapoo puppy. He is great, but I don't think I appreciated how much time I'd need to wash muddy towels and dog. It seems to be endlessly wet and muddy. We are about to have an outdoor dog shower installed and to have our utility room fully tiled, but he is a joy and on the plus side I am getting more exercise. I might even manage to take him on some of the walking group walks, if we can manage a month without having to cancel due to bad weather or waterlogged ground.

I hope those of you who came to the general meeting enjoyed Malcolm Darroch's talk on parrot shooting, sorry – parachuting. It was very amusing, but I can't say I have any great desire to try it. We were struggling a bit on Thursday for volunteers. Richard Hill, setting up the camera and audio equipment could do with some more help. He has prepared brief instructions for anyone who is helping so that they know what plugs in where. Could anyone perhaps offer to help him set up and clear away at general meetings please? There is always room for a volunteer to help out somewhere in our u3a.

Looking forward to Spring, green shoots, bulbs beginning to flower, a bit of warmth and perhaps some more of our outdoor activities can get going again. Whatever your plans I hope they come to pass and I hope to see some of you through the month at one or other of our groups. If you spot me out and about with a very bedraggled, wet and muddy dog, do say hi, but don't get up too close as he loves to jump up, particularly so when his paws are filthy....

Happy Days
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 April.**

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 28 March at 10:00am

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

NOTICES

Resignation

The Committee are sad to announce that due to health issues Elaine Lindley has stepped down as Treasurer. We are extremely grateful to Elaine for having taken on the role at the last AGM. It is not an easy role and she was prepared to give it a go. Without a treasurer MaD u3a would have been unable to continue.

We are pleased to say however that Joan Davis has agreed to be Acting Treasurer, until our next AGM when there will be a formal election. The Committee unanimously voted to accept Joan's offer, with grateful thanks.

Your Committee

Local and Live Events

I must apologise for any confusion I caused at the meeting on Thursday about the Lindisfarne and Barbara Dixon concerts. These concerts were open to the Local and Live group which is run by Eileen Braham, the group convener. I agreed to help Eileen as these concerts were very popular and collecting the money was problematic especially as we didn't know exactly how much the tickets would be. My involvement will now end so the Local and Live group will return to normal and will pay Eileen for future events.

Geraldine Chaffe
Vice Chair

Can you help?

We were struggling a bit for volunteers at our last main meeting. Richard Hill could do with some help in setting up the camera and audio equipment. He has prepared brief instructions for anyone who is helping so that they know what plugs in where.

Could you offer to help him set up and clear away at general meetings. If you could, please contact Richard at webmaster@u3a.org - your help will be very much appreciated!

MaD Article in Newsbites

u3a Newsbites is a magazine with news from across the network of u3a groups, and we are featured! The MaD Wine Bar has an article on Page 9 of the February edition of the [u3a Newsbites](#).

If you have something interesting to say about one of our interest groups why not submit it to the Bitesize u3a Newsletter and let other u3as know what MaD is doing? Please send your article, with photo(s), to webmaster@u3a.org and we'll be happy to assist.

Brookfields Over 60s Discount Card

Our thanks to Felicity Crofts for spotting that Brookfields Garden Centre has an over 60s Privilege Club which offers 10% discount on most purchases in the garden centre together with exclusive deals each Wednesday.

For details please click on the link - [Over 60s Discount Card](#).

A Thread Through History

Our member Rosalind Harris has brought to our attention a project inspired by the Bayeux Tapestry.

'The Longest Day' will be an 80 metre 3D depiction of the event knitted/ crocheted by volunteers, who have undertaken to each produce a one metre panel. This is to be created in time for the 80th Anniversary on 6 June 2024.

The piece will be inaugurated at Notre Dame Cathedral in Carentan on 28 September and will then be on tour, and Southwell Minster have kindly agreed to host the tapestry from 7 to 28 September.

For further information, please visit [The Longest Yarn website](#).



FROM OUR MEMBERS

Trip to Weston-super-Mare

I very much enjoyed the company of a redoubtable group of fun, friendly, caring and roundly independent u3a members on a wonderful trip to Weston-super-Mare.



Our hotel was right on the sea front.



Both the coach and hotel room I was in were warm, though I understand some of us had some issues initially with the heating in their hotel rooms.

The bed I slept in was so comfortable!

Our driver and the hotel staff were an enormous part of the success of the trip - nice people enjoying doing their jobs well.

The comfort stops were reassuringly frequent and clean.

The food was excellent, varied and well cooked - there were eye-widening hearty portions and

several choices of each course at every meal to satisfy every possible appetite and requirement. The chef very obviously enjoyed his craft and the waiting staff worked hard and speedily as well as being a practised, friendly and efficient team.

We had surprisingly varied choices of complimentary drinks with our evening meals. I enjoyed a glass of quite acceptable Merlot each evening. Others had white wine, cider or a soft drink of their choice.



Wells Cathedral

The entertainment each evening was lively and fun.

The advertised included trips to Cheddar Gorge, Wells and Bath were very interesting, and both they and our 'day at leisure', where our explorations were up to us individually or in a group of our own choosing, left us the freedom to do as much or as little as we were able or wanted to.

Some of us were quite adventurous and set off to Bristol to see Brunel's SS Great Britain.

I'm very much looking forward to my next trip to Exmouth at the beginning of April.

I can only thank everyone - Marian particularly, and the organisations involved (the u3a and Alfa) for making these enjoyable trips possible.

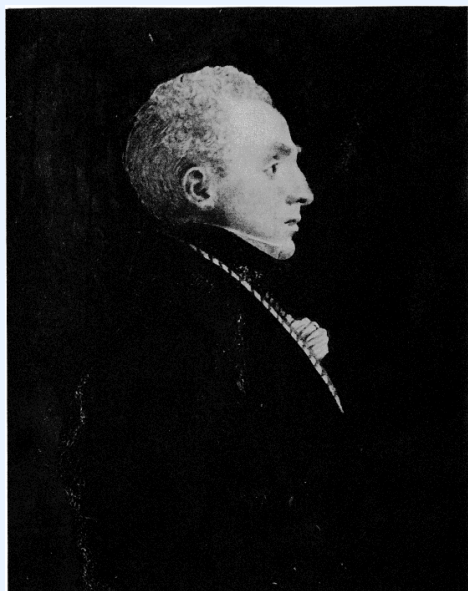
I'd like to encourage anyone who might be interested to enjoy a nice break of your own choosing.

Meryl Cairns

Click on the link to go to the MaD website to view the forthcoming [Trips and Visits](#)

A Family Mystery

I discovered this portrait in a big bag of family documents, which came down to me after my Auntie Nora, and later my father, died. It has provided me with a puzzle I have so far been unable to solve with any certainty.



On the back of the portrait someone, possibly my great great grandmother Elizabeth Dancer, has written in pencil, "Captain Roberts? Aunt Silcock's lover, who shot himself four days out of Liverpool."

Aunt Silcock was a relative of the aforementioned Elizabeth Dancer.

In the weeks and days after discovering 'Captain Roberts' I tried various ways of solving the puzzle, eventually visiting the National Archives where I spent hours examining ships logs and sailings from Liverpool between 1830 and 1850, for both Navy and Merchant vessels. I could not find Captain Roberts.

I looked at Liverpool Newspaper archives, and National ones, all to no avail. There was no mention of a captain who committed suicide.

Without any real expectation that someone could help me to give the portrait a definite name, I took it to the 'Antiques Roadshow' held at Manchester Town Hall about 11 years ago.

There, I was told it's value, £300, and also that it may originally have been a full length portrait. The person is dressed in clothes which date him as painted in the 1840s, and at that time suicide was still a crime. It may well be that Captain Roberts' suicide was not reported for that very reason.

At some point, the best idea would probably be to send the portrait, or a copy of it, to a Family History magazine which is interested in puzzles, to see if they can help identify the man shown - it may not be Captain Roberts at all!

Claire Wilkie

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](#)

[Ukulele Group](#)

[Walking - Longer Walks](#)

[Walking - Short Walks](#)

[Walking - Strollers](#)

[Wine Appreciation](#)

[Wine Bar](#)

I know a girl who only eats plants. You've probably never heard of herbivore

NEWS FROM THE GROUPS

Singing Together

The next Singing Group will be at 2pm Tuesday 5 March at Westdale Lane Community Centre.

All welcome ..

Gary Cawthorne

French for Fun

The French for Fun group, having fun with French.



Photography

The February themes for the Photography group were 'Favourite photos' and 'Cropping'. There were some wonderful image which you can view by clicking on the links below -

[Favourite Photos](#) and [Cropping](#)

Sue Cullen

Poetry for Fun

Our meeting this month was full of laughter and talent. It is obvious we don't take ourselves too seriously.

Most of us have been working with words most of our adult lives and have produced some very clever poems. To give some of this work a wider audience we looked at collecting some of them and submitting them to our u3a to circulate, maybe quarterly.

We are enjoying the joint poem we produce together via email, with each of us taking it in turns to add to the previous person's contribution. This keeps our minds focused in-between meetings. None of these activities are compulsory so please, if you are tempted, join us for a meeting to see if this group is for you.

Our next meeting is at 2:00pm on Friday 15 March.

If you would like to join the group please contact me [Mo Moffatt](#).



German Conversation and Culture

All agreed our new formula of one article and studying a verb worked! Firstly we read, translated and discussed a very interesting article from Nachrichten Leicht about the discovery of an 11,000 year old stone wall under the Baltic Sea, off the north east coast of Germany.

Julie and Arthur had prepared several sentences showing various tenses of our 'study' verb which we enjoyed discussing. Tricia's sentence highlighted the imperfect tense. Mike, Pat and Joy also read out their sentences.

A lively, enjoyable discussion followed whilst we enjoyed the usual choccy biscuits, tea and coffee. Dina and Mike had recently been away. Dina to Spain, where she visited a Picasso exhibition and Mike had visited the Bayeux Tapestry in Normandy.

Our next meeting will be on 19 March 2024

Joy Brown

Project Craft Group

The next project is working with air dry clay to make moulded items for decorations. You will bring your own picture frame to decorate and also make a brooch to wear. Different painting mediums will be available for the finish. Theresa will run the sessions using all her stuff.

There are only 5 places available so hurry to sign up. There will be 3 sessions on Tuesdays 5, 12 and 19 March from 10:00am to 12 noon and the cost will be £10.00.



For the summer sessions, we will revisit wire trees but with a different design and in miniature and mounted either on a frame or wood block.

Future projects (depending on interest shown by members) could include learning to crochet, learning to knit, making flowers from ribbon, making cards for next Christmas using matting and layering techniques and embroidered flowers.

Let us know if you have an interest in any of those things or something else. Please contact us [by email](#) to register for either of the spring or summer groups.

Elaine Khan

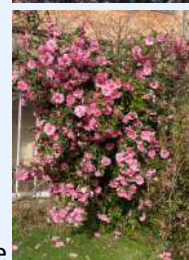


Gardening

Nine members of the intrepid gardening group bravely donned their boots to enjoy the Snowdrops at Holme Pierrepont Hall for their February meeting.



We enjoyed the glorious displays of Snowdrops, along with other winter flowering plants including hellebores, aconites, cyclamen, cornus and winter flowering irises. The weather was glorious with sun shining on our backs and a beautiful blue sky as we walked through the woodland admiring the peaceful grounds. The owner graciously towed anyone who got stuck in the carpark out of their muddy predicament!



A great, albeit sticky, first outing for 2024.

Celia and Martin Lassetter



Wine Bar

The MaD Wine Bar meets most Wednesday evenings at 6:00pm via Zoom. Each month there is a set wine theme - members of the Wine Bar purchase a wine to fit that theme then give our opinion of the wine we're tasting, tell the group where it was purchased and the cost. We often watch a short video relating to that week's wine.

This a very friendly group, not only enjoying tasting wine but also learning more about it. If you'd like to join us in the Wine Bar please [send an email](#) to receive the Zoom link.

Wine Appreciation

This group meets monthly in person to taste wines together and to expand their wine knowledge.

In February we tasted Rich Whites and Bold Reds - you can read the review of what we tasted by [clicking here](#).

Sue Cullen

Local and Live Music

8 of the group enjoyed a fabulous Italian and Jazz night at Nottingham High School. The performers were aged from Yr 7 to 6th form and there was also a very accomplished performance from the staff band.

One of the music teachers with a gorgeous voice, sang a couple of well known Italian songs, with audience participation. There were also some amazing pupil soloists.

Altogether a fun night with fantastic Italian food and a wide range of music. Definitely an event to be repeated, but sadly they only offer these evenings once a year.

Eileen Braham



Curry Club

22 members of the Curry Club enjoyed a classic Indian meal at the Bombay Brasserie in February. Plenty of food, good conversation and laughs.

A very enjoyable evening - as always!

Sue Cullen



Walking Groups

Strollers

Once again we shall be walking in Arnot Hill Park on 1 March. Thankfully, our Strollers like it there. We can look forward to some other walks when the ground dries up a little.

The Strollers walks are for those who like to walk for an hour or less at a gentle pace. The chatter is great and we usually end up at the kiosk for a cuppa.

If you are not on the list and would like to join us please send us an email to strollers@madu3a.org and you will receive details of each monthly walk.

Short Walks

The plan is to try again at Colwick Park. This will be the third attempt due to flood and adverse weather conditions. Members who have registered interest will receive an email with all the details. We intend to walk in Aspley to admire the bluebells in April. The walk leader is Rosemary Mahoney.

If you are not already registered for this group and would like to join us, please send an email to shortwalks@madu3a.org and you will receive emails every month with details of the forthcoming walks.

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 Support on coordinator@madu3a.org or have a chat with any Committee member so we can help you to get going.

GENERAL MEETINGS



Alison Gove-Humphries

February's General Meeting

Malcolm Darroch - Down to Earth : The History of Parachuting

Malcolm treated us to a very funny and interesting talk on the history of parrot shoo..... sorry! parachuting in February and it did indeed go down very well!

The talk began with Malcolm reliving his experience in the 60s as a trainee RAF cadet. The most dangerous parts of parachuting seemed to be colleagues deliberately shortening the straps of your parachute so you were almost doubled up when walking to the plane, a pilot who enjoyed acrobatics and the fact that you were told how to jump out of the plane but not how to land!! An interesting fact was how it only takes 10 seconds to fall 3,000 feet and you land at 120 mph without a parachute : a parachute cuts this velocity by 75%.

Malcolm then took us through the history of parachutes. The parachute idea was first thought of in the 1470s during the Italian Renaissance, 15 years before Leonardo da Vinci's sketches. Da Vinci's wooden framed parachute was tested by a sky diver and proved smoother than the modern parachute. The only problem was its weight which

could crush you or mean that you got captured easily.

Then the interest in parachutes passed to France where the Montgolfier brothers toyed with parachuting animals out of their hot air balloon. It was Francois Blanchard who invented the word parachute which means 'against fall' and became a means of escape from a hot air balloon.

In 1790 silk parachutes were invented and were used very much as entertainment by acrobats from hot air balloons. Malcolm mentioned in particular Elizabeth 'Dolly' Shepherd (1886-1983) who would sit on the basket of a hot air balloon and parachute from there; she performed a lot in the local area. For those interested in reading more about Dolly there is a biography entitled 'When the Chute went up: Adventures of a Pioneer Lady Parachutist' published in 1984.

In 1911, the first parachute jump from an aeroplane took place on Venice Beach in California and in 1913 Georgia 'Tiny' Broadwich was the first woman to jump from an aeroplane. What shocked me

was how the officers did not want pilots in the First World War to have parachutes because it would make them soft!!! Just astonishing. It was only in 1918 that parachutes were formally issued to pilots. One wonders how many young lives could have been saved!

The concept of the ejector seat was developed during World War II. My mother-in-law used to pack parachutes near Arbroath in Scotland and I always thought what an incredibly responsible job that was.

After World War II, parachutes morphed into flying machines like hang gliders and parafoils. Malcolm even showed us plans to be able to eject a whole passenger compartment from a plane that was in trouble, using a parachute to land it safely in the water. This may make flying safer but may also put quite a number of us off flying!!!

Thank you so much Malcolm for such an entertaining talk and thank you to Eileen for organising it for us.

Alison Gove-Humphries

FUTURE GENERAL MEETINGS

28 March

Workhouse Stories in Costume

This month we shall have four speakers, each in costume, who will tell us stories from the workhouse

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.

I spent £500 on pasta - it was worth every penne

PUZZLES

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



The Little MaD Quiz

1. Who starred as Terry Malloy in the 1954 film *On the Waterfront*?
2. *Pica Pica* is the scientific name for which bird, with a reputation for thieving?
3. How many bones are there in the human arm (not including wrist or hands)?
4. In which Spanish city is there a bull running every July as part of the festival of San Fermin?
5. Which number in Bingo is known as 'Fat lady with a duck'?
6. Header, stretcher, half bat and queen closer are types of what sort of building material?
7. What car was built and driven by *Caractacus Potts*.
8. Which is the last bridge to cross the River Thames before it reaches the sea?
9. In which town was Oliver Cromwell born in 1599?
10. Katanga is a province of which African country?

Open the Lock

A thief wants to open a lock with 5 digits as the key to open it. He knows that the 3rd digit is three less than 2nd digit, while 2nd digit is four smaller than 4th digit. The first digit is three times the fifth digit. There are three pairs whose sum is 11 and third and fifth digits are equal.

Find the key to open the lock.

Drink the Milk

Stranded on a deserted island a man is left with only a 40 litres container full of milk.

To conserve his milk he decides that on the first day he will drink one litre of milk and then refill the container with water. On the 2nd day he will drink 2 litres and refill the container. On the 3rd day he will drink 3 litres and so on...

By the time all the milk is gone, how much water has he drunk?

Dingbats : Can you solve these phrases or sayings?

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6	7	8	9	10

‘Golden Hour’ in Co-op

The best time to enter your local Co-op seems to be between 6pm and before 7pm. This is because from 6pm the yellow stickers come out, and bargains are there to be had. Times will vary at different stores, but generally at a Co-op store between 6pm and 8pm seems to be the rule of thumb. However, if you wait too long then you will miss out on the best bits.

To read more [click here](#).

Nottingham to become smaller authority

Nottingham City Council says it is ‘fundamentally’ changing to become a much smaller organisation in the coming years - but is still pledging to stick to goals including the hitting of carbon neutrality by 2028.

In the wake of effectively declaring bankruptcy last year and the multi-million pound budget cut plans from April, the city council has had to refresh its strategic plan for Nottingham, which covers several of its key ambitions until 2027.

You can read the whole article by clicking on [this link](#).

Nottingham to close water features

In 2022 the Old Market Square water features, comprising several fountains, were a firm favourite of families during the summer months. The fountains were first turned off in June 2022 due to water leaking into the electrical control room below.

Nottingham City Council then announced that, as part of broader multi-million pound budget cuts, it wanted to permanently close the water features at both the Old Market Square and Sneinton Square, with fountains at the latter having been introduced following a revamp when the council purchased it in 2013.

It’s a shame to see these water features go. Read the whole article by [clicking here](#).

HEALTH

Inc.

Coffee really is good for you!

Research shows that coffee makes you healthier and happier ... BUT if you want to boost your energy level and memory there’s a 7 day catch!

Drink coffee for health benefits? Absolutely. Drink coffee to kick-start your energy levels and even your memory? Definitely - but not every day of the month.

[Here’s an article](#) from the Inc. website which looks at the health benefits of coffee.

4 Ways to help manage your blood sugar

zoe

The amount and type of sugar you consume affects how your blood sugar levels change and other factors, like exercise and sleep, can also have an impact. How quickly your blood sugar level rises after you eat, how high the rise is, and whether it’s followed by a dip can all influence your health over time.

The Zoe website has an article to help you to manage your blood sugar. Their research shows that, for some people, large blood sugar dips are linked with feeling hungry after eating and consuming more later in the day. And if your blood sugar levels are high for an extended period, your risk of cardiovascular disease can increase.

To read the article [click here](#).



Heart palpitations at night?

The Heart Matters website has an article explaining why some people have heart palpitations when lying down for the night, and what to do about it.

Palpitations are a sensation in your chest which can feel like your heart is fluttering, racing or pounding. It may even feel like your heart has skipped a beat. Sometimes they can be caused by a heart condition, but also by other things such as caffeine, anxiety or some medications.

Palpitations are very common and usually harmless, but they can be unpleasant to experience.

[Click on this link](#) to read the article.

Can I still exercise with a heart condition?

For the vast majority of people, exercise will benefit your heart, but it's best to get advice from a healthcare professional about what exercise is right for you.

If you're invited to a cardiac rehabilitation programme, this includes exercise that is safe and tailored to you. You should always attend a programme that is offered to you - you can be assessed and your heart rate, blood pressure and symptoms are monitored closely, so exercise can be progressed at a rate that is appropriate to you.

There's much more in the article from the Heart Matters website - you can read it by [clicking here](#).

Does the moon really affect us?



People have long been fascinated with how the moon affects us. Does it affect our moods, our sleep, a woman's menstrual cycle? Many believe so, because of the moon's gravitational effect on the earth's oceans.

This article on the [Patient website](#) looks at what the science says, and separates fact from fiction.

Picking your nose could lead to Alzheimer's!



This article was spotted on the Gloucestershire Live website : we're sure it doesn't apply to any of our MaD Members, but just in case

People who pick their nose may have a higher risk of developing Alzheimer's Disease, according to a study published in the journal Biomolecules. Australian researchers say the habit may introduce harmful pathogens into the nasal cavity, leading to inflammation and an increased risk of dementia.

The study says bacteria, viruses, and fungi, could enter the brain through the cavity when someone picks their nose. This process, the researchers say, can contribute to neuroinflammation, a known precursor to the harmful build-up of amyloid beta proteins, a key feature found in the brains of individuals diagnosed with Alzheimer's disease. You can [click on this link](#) to read more (wash your finger first though !!) 😊

Your Committee 2023-24

Valerie Wilkinson	Chair	Carolyn Luckhurst	Groups Support
Geraldine Chaffe	Vice Chair	Val Girling	Committee Member
Andrew Harper	Business Secretary	Alison Gove-Humphries	Committee Member
Linda Randall	Membership Secretary	Lesley Harrington	Committee Member
Joan Davis	Acting Treasurer	Elaine Lindley	Committee Member
Eileen Braham	Speaker Seeker)	Jane Todd	Committee Member
Liz Hagan	Speaker Seeker)	Patricia Wright	Committee Member

Technical Problems?

If you have any problems or issues with our website please don't struggle or, even worse, give up!

We have a team of people who will do their best to assist you to get the most out of our lovely [MaD Website](#) or with Beacon site issues.

Please contact the [Webmaster](#) or one of the MaD Tech Comms group :

Richard Hill, Sue Cullen, Carolyn Luckhurst, Liz Hagan

ANSWERS TO THE PUZZLES

The Little MaD Quiz

1. Marlon Brando, 2. Magpie, 3. Three (humerus, ulna and radius), 4. Pamplona, 5. 82, 6. Brick, 7. *Chitty Chitty Bang Bang*, 8. *The Queen Elizabeth II bridge* at Dartford, 9. Huntingdon, 10. Democratic Republic of Congo

Open the Lock

The number is 65292.

Let the number be abcde - $a = 3e$, $b = d - 4$, $c+3 = b$, $c = e$.

So we get the number as $3c$, $c+3$, c , $c+7$, c .

By putting the value of $c=1$, the sum cannot be 11. By putting $c=2$, we get 3 pairs whose sum is 11. So the number is 65292.

Drink the Milk

It is given that the man has a 40 litre container of milk. Also, he will drink 1 litre on the first day and refill the container with water, will drink 2 litres on the second day and refill the container, will drink 3 litres on the third day and refill the container, and so on till 40th day.

Thus at the end of 40 days, he must have drunk $(1 + 2 + 3 + 4 + \dots + 38 + 39 + 40) = 820$ litres of liquid. Out of those 820 litres, 40 litres is the milk which he had initially. Hence, he must have drunk 780 litres of water

Dingbats

1. Put your back into it, 2. Garden party, 3. Takeover bid, 4. Knowledge is power, 5. Neon signs, 6. Turn one's back, 7. Time and money, 8. Odds and ends, 9. At long last, 10. Back of beyond

And finally ...

There was once an island kingdom whose people were all fabulously wealthy. Even though they could have afforded to live anywhere they wanted, tradition dictated they stay on their tiny island home.

Eventually, their king became frustrated and called a meeting of the tribe's elders. He said he wanted them to figure out a way he could enjoy his wealth, and stay within traditional guidelines.

After much consideration, the elders suggested he build a magnificent throne. When he objected there was not enough room in his hut for a throne, the elders suggested he call in an engineer to solve the problem.

Soon, the king's tiny hut was rigged with an elaborate system of ropes and pulleys. He could lower the huge throne for use during the day and at night he could haul the throne up and lower his bed. This was truly the best of both worlds for the king.

Unfortunately, after a few months of constant use, the ropes frayed and one night the throne slipped and came crashing down on the king, killing him.

The wise men of the island recognised a lesson in this experience and added to the lore of their people this statement: "People who live in grass houses should not stow thrones."