

April 2024 Issue No 96



## Musings from the Chair

As I think about writing a few lines for my monthly musings, I am preparing to go away tomorrow. We are spending Easter in a cottage in Northumberland and introducing Waffle the cockapoo to the sea. This means that I am missing the March general meeting. I hope to read the review of the speaker and the talk in the newsletter. I hope those of you who went enjoyed it.

By the time you are reading this, Easter will be almost done. Have all the Easter eggs been demolished? My grandchildren were here this afternoon after school. We gave them an Easter egg each. Jessica opened hers and ate a small piece, then fastened

the box up to save for another day. How is that possible? She can't be related to me....

The clocks will have gone forward too, signs of warmer, lighter days to come and perhaps drier too. We might even get some of our walking groups out. I think this winter has been a record as far as cancelled walks (due to wet weather and saturated ground) is concerned.

Could I make a plea on behalf of our treasurer and the trips and visits team. Please, please ensure that when you are [paying money into the u3a account](#) for anything, you **quote your membership number and the correct code** for

the trip, visit or event.

If you are paying for more than 1 person or for multiple visits in one payment, quote all codes and send an email to [treasurer@madu3a.org](mailto:treasurer@madu3a.org) to clearly set out the breakdown. At the moment her job, reconciling the accounts, is proving very time consuming and if she is unable to identify whose funds she has received or what they are for there is a risk you could miss out on the trip or event.

So now to pack up the car. Hope to see you all next month.

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 and Thursday 2 May.**

We book a table and are there to meet people 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 April at 10:00am**

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

## NOTICES

### Creative Craft

Please note - date for the April meeting of Creative Craft has been moved to 15 April.

Apologies for any inconvenience caused. Please let me know if you can make it.

Thanks

Debbie Foreman

### Paying for u3a Stuff

We all love a good outing: whether it's The Lacemarket, Playhouse and Concert Hall or further afield - it's always a joy to share these things with enthusiastic friends. One way we can all help with the complications of organising these events, is to make sure that the processes going on behind the scenes to arrange, pay the providers and track the money to the auditors' satisfaction in the u3a accounts is as trouble-free as it can be.

Your part in this is to make sure that every time you make a BACS transfer to the MADu3a bank account you put the REFERENCE code for your event in the space provided by your bank's transfer system. You will find this on the emails you receive from the conveners or, if like most of us, you sometimes have difficulty finding emails you know you've seen! – you can always check on the website calendar. For example the code for the Harrogate flower show is 4HFS as shown in this example:

► Sun 28 Apr 2024 7.30 am 2024 Harrogate FS (4HFS) Harrogate Flower Show - day trip

Please help us to make life as easy as possible for our conveners and the treasurer who give so much of their time and effort to MaDu3a, helping us all to live, learn and laugh.

Liz Hagan

### New Group - Knit and Natter

This new group is scheduled to start on Friday 19 April and will meet twice monthly on the 1st and 3rd Friday afternoons, starting at 2.00 pm until 4.00 pm at the Westdale Lane Baptist Church, 368 Westdale Lane, Mapperley NG3 6ES. There will be a cost of £2 per person to go towards the Church funds. The plan is to start with knitting and then introduce crochet in May when Elaine returns from Australia. You should bring your own needles and wool if you can, although some members have offered spares.

The Westdale Lane Baptist Church is alongside the 45 and 25 bus stop named Kenrick Road. There is ample car parking in front of the church. Please try to park there and not in the car park for the Westdale Lane Community centre that is attached to the church building and has its own car park.

To find out more about the group, please email [knit@madu3a.org](mailto:knit@madu3a.org).

Linda Randall

### Fancy a Quiz?

Did you know that there is a weekly quiz at Mapperley Social Club - on Monday nights, starting at 8:00pm?

There are 35 general knowledge questions. Price is £1 per game with the winner taking the full prize pot. Sticky's being played in the interval with more games to follow.

The bar opens at 6.45pm and the quiz starts at 8:00pm. There are flyers in reception.

The Social Club would love it if you joined in the fun.



One of my friends didn't show up for the pub quiz, so we called a statistician we know to make up the numbers

# 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](#)

[Knit and Natter](#)

[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](#)

## NEWS FROM THE GROUPS

### Family Artefacts or Heirlooms

At the last meeting of the Family History Group we spent time looking at articles of special note which had been passed down through, in some cases, a number of generations. Each of the people who brought in an object has written a short piece about it.

This is Lesley Harrington's explanation of what she brought -

I brought in a Christmas card from my Uncle Sam who was in the Royal Marines in WW2. He was on the ship H M S Warrior, a Colossus class light aircraft carrier which was completed in 1945.

The card was sent to my Grandmother & the family.



Pam Gartside explained the origin of her item -

My grandparents ran a haberdashery shop for about 20 years in Beaumaris, my grandfather's home town.

They each had a counter and there was a small area for the ladies to try on items.

I brought in a yardstick which would have been used by them to measure materials, ribbons and lace etc - it's probably 100 years old.

Linda Sears brought in a tiny book -  
The item I brought is a Shakespearean birthday book belonging to my mother. Knowing very little about my past relatives due to the early death of my parents, this book is full of information about my family tree which I have started to pursue.



Richard Hill showed us a lovely silver bowl -

I brought in a silver rosebowl presented in 1897 to a polo team which included Alf Taylor my great grand-uncle on my mother's side.

He was at one time polo master to King Alphonso of Spain in Madrid and one of the team on the day represented Spain in the 1900 Olympics. He was the brother of my great grandfather from Northamptonshire. The rose bowl trophy was won in Coubert in France on 5 November 1897.

Some very impressive Masonic Items belonged to Fiona Thorpe's Grandfather -

My Grandfather George Herbert Noble joined the Byron Lodge in Hucknall in 1927 at the age of 31 years. He progressed his way through various positions including Senior Deacon and Senior Warden and was then elected the Worshipful Master in 1943, the highest position in the Lodge and so governing the Lodge. In 1954 he was appointed Treasurer, a position he held until his death in 1970.

In 1953 he was appointed Grand Steward, and in 1961 the Provincial Grand Treasurer, both positions in the Grand Lodge which oversee the local Lodges.

He would have worn the apron in the photo as he was a past Master.



From Anne Shipman we heard about a high quality tablecloth -

My maternal grandmother's tablecloth is up to 100 years old. She made it by stitching together six white linen damask table napkins (each approx 2ft square) purchased at an auction of house contents. I remember it as always being the Christmas dinner tablecloth, but over the years the decorative stitching started to weaken and come apart.

By last year drastic action was needed so I completely dismantled and faithfully restitched the panels.

Marion Wright brought in two small objects and asked us to guess their uses -

Both objects have very strong associations with my Dad, who was a very practical person. I anticipated that one of the objects would be recognisable by the males, but not the females and the other would be recognised by no-one!

The first object was a feeler gauge, used to measure the gap in spark plugs. Only the males could put a name to it.

The second object was a tool that my Dad had made to repair the handle of a teapot of which I was very fond and that I had treated myself to when I passed my driving test.

Finally, we have Anne Moore's story behind a family photograph: Skeleton in the Cupboard ! -



I am fortunate to have known three generations of my family. The photograph shows my great, great Grandmother, great Grand Mother, Grand Mother and my Mother, the baby. (1912- 2011). All families lived in the Arboretum area of Nottingham, their ancestors having moved from Yorkshire in the late 1700's. My Mother researched the family tree and discovered Thomas Wentworth (1593-1641) who was executed for treason after attempting to bring the Irish Army over from Ireland to disrupt Parliament.

At a back stage visit to the Lace Market theatre, organised by Richard Hill, I found out that Samson Biddulph (1722-1861) son of Onesiphorus! had a school for boys in that building in 1832 where William Booth, founder of the Salvation Army, was a pupil. They later moved to a Middle Pavement building, now Paul Smith's Nottingham shop.

With the help of the Family History group, I'm attempting to discover the paternal side of my family, hoping it doesn't reveal another notorious ancestor ..... although you never know !

Claire Wilkie

## Photography Group

The themes for the Photography group this month were [Interesting Buildings](#) and [Candlelight](#). You can view the images by clicking on the links.

Each month the Photography group has two themes and we take photos to fit those themes then meet monthly, via Zoom, to share and discuss our images. If you would like to join this friendly group please send an email to [photography@madu3a.org](mailto:photography@madu3a.org).

Sue Cullen

## [The Ballad of Maria Marten](#)

A group of us recently visited Fletchers theatre attached to Nottingham college to see a production of 'The ballad of Maria Marten'. It was a play based on a true story with the actors coming from the BTEC level 3 college course.

The Red Barn Murder was an 1827 murder in Polstead, Suffolk. A young woman, Maria, was shot dead by her lover William Corder at the Red Barn where the two had arranged to meet before eloping to Ipswich. The play told of a harrowing true crime which sheds light on a complex tale of love, loss, prejudice and patriarchal power. William buried her body in the barn and then wrote letters to her community to convince them that she had gone away to make a new life.

Maria's body was discovered after her Stepmother dreamed that she was buried in the barn and she managed to convince Maria's friends to search for her body.

The students all gave great performances with most of them playing multiple roles. At first this could prove a little confusing but you quickly got into the rhythm and essence of the performance and we all agreed that they had given powerful performances.

A thoroughly enjoyable evening well worth the very reasonable ticket price.

Geraldine Chaffe

## [Fun Cooking](#)

We had an extra body at our last Fun Cooking meeting.

We were using up something from the bottom of the freezer. We had flat bread and puff pastry topped with various toppings, cooked in the air fryer - tasty.



We are not meeting in April as it would be Easter Monday, but will meet on the May Day bank holiday.

This time we are experimenting with gadgets that have been gathering dust in cupboards to see what we come up with.

We could take 1 or 2 more people in the group. First come first served. Contact Val if interested on [funcooking@madu3a.org](mailto:funcooking@madu3a.org).

Val Wilkinson

## [Local and Live Music Group](#)

The Local and Live Music Group had a busy month trying out a few different local venues ...

### **The Lion**

5 members really enjoyed some very mellow jazz music played by Red Sea at the Lion pub.

A good value roast dinner made it an even better relaxing afternoon.



### **Bonnington Theatre**

A small group thoroughly enjoyed listening to Hejira playing and singing the wonderful songs of Joni Mitchell, to a full house at the Bonnington Theatre.

Hattie Whitehead has an amazing voice and the 6 piece band were superb musicians. As they said, Joni will never play them live again so they are keeping her wonderful songs alive - and thank goodness they are.

### **Binks Yard**

A small group from the Local and Live music group attended the St Patrick's Day Festival at Binks Yard. We enjoyed a fun afternoon with a leprechaun handing out chocolate coins, stilt walkers and live music. However, we all felt the event sadly didn't live up to its expectations and the venue was too crowded. I will need to consider if it's a good venue for our group in the future.

Eileen Braham



## Wine Appreciation Group

On International Happiness Day (yes it really is a thing - it happens on 20 March each year) the Wine Appreciation Group made it even happier by meeting to compare New World and Old World wines.

We had a great afternoon, made even more enjoyable with added fizz and nibbles to celebrate Maggie's birthday.

Cheers Maggie!



Sue Cullen

## Curry Club

The Mogul e Azam closed very shortly after our previous visit so we wondered what we'd done! However they closed for a refurbishment and 22 curry lovers had a really excellent curry night there this month. The food and service were excellent, and we were given a 'bonus' dessert which was very enjoyable. We wouldn't hesitate to recommend a visit to Mogul e Azam and we shall definitely revisit before too long!

The MaD Curry Group meets once a month, usually on the third Monday. If you would like to join us please send an email to [curry@madu3a.org](mailto:curry@madu3a.org).

Sue Cullen

## Pickleball

We had a very enjoyable trial session on Wed 20 April. We are hoping to get a regular fortnightly session up and running but we need numbers in order to finance each session. We have a dozen so far and room for another half a dozen people. Meetings £3 per session every other Wednesday from 2:00 to 4:00pm at Magdala Tennis Club NG3 5DH. (You can see the club from Woodborough Road).

Those who came were quick to get the feel for serving and returning. So far we are all beginners so do not be afraid of lacking the skills. The club provide the bats and balls and there are excellent facilities in the club hut.

If you're interested in playing please send an email to [outdoor@madu3a.org](mailto:outdoor@madu3a.org) for more information.

Martin Cooke



## Breakfast Club

14 members of the Breakfast Club enjoyed an excellent breakfast and a chat at The Old Flower Shop on Mapperley Plains.

The Breakfast Club meets monthly at various venues - if you'd like to join this very friendly group please send an email to [breakfast@madu3a.org](mailto:breakfast@madu3a.org).

Sue Cullen

## German Conversation and Culture

On a lovely, warm spring morning we had a 'full house' for our extremely enjoyable meeting today (19th March).

Our article for reading, translating and discussion was very interesting about a recent volcanic eruption on one of the Galapagos islands.

Following this we discussed various volcanic islands around the globe. Mike told us that his wife was travelling the following day to Reunion Island, where she was born. There is an active, albeit not dangerous, volcano in the south part of the island. He recounted a story about the time lava erupted from the volcano, reaching a local village but the church was saved from destruction as the lava 'stopped short' in front of a statue of Maria.

Backen (to bake) was our 'study' verb for this month, which is an irregular verb. We all read and discussed our different sentences highlighting the various tenses.

Tricia showed us a photo of a fantastic "Igloo" cake her granddaughter had baked for Christmas.

A lively, enjoyable discussion followed. Several of us have travel plans. Pat and Joy next week to Scotland. Julie and Arthur are planning an interesting trip later in the year to Italy, travelling by train to Newcastle, then overnight ferry to Amsterdam where they catch the onward train to Italy.

As usual we enjoyed coffee, tea and chocolate biscuits.

Our next meeting is on 16 April.

Joy Brown



## Poetry for Fun

Another lively meeting discussing our successful and creative group couplet entitled 'Ageing'.

Am I happy that I've lived well  
Or sad that I've so little left to tell  
Do I rejoice with each new day  
That I'm still here to have my say  
Have I the vision and the scope  
To view the world still full of hope  
The world is full of beautiful light  
To save it, should be it's right  
So shine forth our beacons, for all to see  
To help save our futures for eternity

We shared poems we had written on 'Menopause'. All of them humorous and enlightening as they referred to symptoms and situations almost all women share, (and, by default, men), all over the world.

Our next topic is, of course, 'Spring' and our next meeting will be on Thursday 18 April.

New members are all welcome - please send an email to [Poetry for Fun](#).

Maureen Moffatt

## Isle of Wight Trip

4 members went to the Isle of Wight. The donkey sanctuary and a tour of the ground floor and gardens of Osbourne House were highlights of the trip.

The staff and food at the hotel were both very good. It was a fun, well priced trip and the Isle of Wight is a lovely peaceful place to spend a few days.

Eileen Braham



## Walking Groups

### Strollers

On Friday 5 April, we shall try again to walk around the West Lake at Colwick Park. The weather has been extremely unkind to this group and if the ground is unfit on the day I shall be letting members know that we shall once again go to Arnot Hill Park. We can hope for a change in the weather.

Those who are registered with this group will receive emails and updates regarding cancellation and change of venue. If not registered please email [strollers@madu3a.org](mailto:strollers@madu3a.org)

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### Short Walks

We had a lovely walk around Colwick Park in March. There was still a lot of surface water but the ducks didn't seem to mind and neither did Waffle, our Chair's lovely and enthusiastic Cockerpoo pup.

We shall be walking on 12 April starting at 10.00 am. The walk is being led by Rosemary Mahoney and Fay Darroch. We are meeting in the car park outside Strelley Hall. The walk will take around two hours to walk four miles. There might be some muddy patches but we are not walking across fields. There are stunning views and no hills – just some gradual friendly slopes. Hopefully we can organise some car sharing as it is around 30 minutes to get to the starting point by car. There is a lovely café for refreshments at the end of the walk. Dogs welcome.

Those who are registered with this group will receive emails and notice of cancellation. If not registered please email [shortwalks@madu3a.org](mailto:shortwalks@madu3a.org).

Carolyn Luckhurst

## 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](mailto:coordinator@madu3a.org) or have a chat with any Committee member so we can help you to get going.

### 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



## GENERAL MEETINGS

### March's General Meeting

#### The Workhouse : a place of refuge, hope or utter despair?

The Workhouse Tales group - Phil Robinson, Andrew Draper, Sandra Everett and Jill Steele - came to our monthly meeting in March. They aim to challenge audiences' concepts of the Victorian Workhouse, not by providing instant answers but, perhaps, thought-provoking questions. They met through their voluntary work at the Southwell Workhouse (National Trust) and perform as Workhouse inmates telling individual tales about their lives. All of these stories are based on authentic characters. They gave us a glimpse of life inside the Workhouse and how it felt to have to go there, starving, penniless and cold, to be separated from loved ones.

For a lot of people in rural areas, there was plenty of seasonal work for the able bodied on farms but in the winter months they were kicked out and left to starve. The Workhouse was therefore their destiny.

We were treated to three individual tales along with several songs performed by the character Samuel. The costumes had been made after considerable research in collaboration with Nottingham University and fashioned from styles and materials available in the 1870s.



The first tale was from an inmate whose husband had been caught stealing a sheep but left a trail of



bloody footsteps back to his house where he had hidden the carcass under his mattress. He was thus caught by the local superintendent, literally red handed. He was sentenced to seven years transportation to Australia, after which he was freed and prospering. His wife was deliberating about whether she and her children should take the risk of accepting his invitation to leave the Workhouse and join him in Australia.

The second tale was told by the Master, who read a letter he had received from a teacher in the Workhouse school telling him that she had recently been visited by a former student. There had been something different about this boy who had been keen to learn. Unusually for a Workhouse boy, he had done well for himself having secured a job as a stable boy and had developed an interest in engineering. He had been instrumental in preventing a disaster when a boiler nearly blew up. He managed to secure a job with a cottage, and said he might be looking for a wife. The Workhouse teacher thought he 'gave her a look' and, although there was a large age gap between them, she was proposing to visit him in the hopes that it may lead to marriage.



Lastly, Peggy Fording, who had loved the very handsome Charlie Higgins who was a clever card player. She met him after the end of the Napoleonic Wars. He started to drink and his card playing skills were badly affected. He stole all her money so she left him, taking his precious boots to sell. She had worked in service for many years and was dismissed when new owners took over the house and her health deteriorated. She then worked on a farm and ended up in the Workhouse.



She spotted Charlie through a Workhouse window as he was being taken to work on the land - he had obviously ended up in the Workhouse too. He was unaware of her being there and she was contemplating what would happen if she revealed her presence.

The audience joined in with the choruses of the well known songs, especially a melodic sea shanty to finish the performance. We were very lucky to have Phil performing as Samuel, as other U3A groups were not treated to his great voice, and the songs gave a good balance to the storytelling.



## FUTURE GENERAL MEETINGS

### 25 April From Barrow to Baghdad

Born in 1950, in Barrow-in-Furness, Philip's working life began in the hotel business. His career developed in the oil industry and 30 years were spent in places such as the North Sea, Algeria, Nigeria, Kazakhstan and Russia. From 2003, he spent 7 years in post war Baghdad, working with the American coalition, then a further 3 years running oil services companies in Dubai. After retiring Philip started delivering talks about his life and career.

# PUZZLES

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



## The Little MaD Quiz

1. As well as Marquess of Douro, what title was granted to General Arthur Wellesley in 1814?
2. What colour is the rock Azurite?
3. Which animal is associated with the constellation Capricorn?
4. In which Gerry Anderson series did the colourful organisation Spectrum appear?
5. In which American state is the predecessor of the current London Bridge to be found?
6. Nick Leeson was responsible for the collapse of which bank?
7. In which city does the International Court of Justice sit?
8. In which 1961 film does Alan Bates play a murder suspect who is hidden by three children who believe he is Jesus?
9. Who famously rode from Boston to Lexington in 1775?
10. In mathematics, what name is given to an angle between 180° and 360°?

## The Combo Platter

Oliver orders the sushi combo platter for lunch every Wednesday.

One day, he noticed that the amount he paid for his platter was a rearrangement of the digits of the amount of money he had in his pocket.

He also noticed that the money he had left-over after paying was also a rearrangement of the same three digits.

How much money did Oliver start with?

## Mental maths

Add 1,000 to 40  
 Add 1,000 again, then add 30  
 Add another 1,000, then add 20  
 Add a further 1,000, then add 10  
 What's the answer?

1	2	3	4
<b>MILK WOOD</b>	<b>SABRINA SAMANTHA HECATE</b>	<b>Ueeeeeee</b>	<b>India Passage India</b>
5	6	7	8
<b>- - - agement</b>	<b>Jim Spring Summer Autumn Winter</b>	Miss Smith Mrs Jones Ms Foster	<b>Dr</b> Do

## NOTTINGHAM NEWS

### Did you know your empty aerosol cans can be recycled?

Yes, aerosol cans can be recycled once they are empty. This is great news because it takes 95% less energy to recycle aluminium than to make it from raw materials.

However, please don't squash or pierce your empty aerosol cans before putting them in your recycling bin.

If you're not sure whether something can be recycled you can use **this** free Recycling Checker to find out. It's available on our website or via the MyNotts app, which is free to download.

Thanks for helping us to recycle in Nottingham and Nottinghamshire!

Use the recycling checkers - [Nottingham City Council recycling](#) or [Nottinghamshire County Council recycling](#).

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### Wollaton Hall - Heritage at Risk



Wollaton Hall has been added to a list of sites considered to be at risk of neglect, decay or inappropriate development.

The Grade I listed country house was built in the 1580s and now operates as a museum. Historic England has described the condition of the building as 'very bad' due to water leaking through its complex roof.

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

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### Nottingham Station Platform Café to be Refurbished

A café in Nottingham Station will be revamped to 'enhance the customer experience'.

Called the Jam Jar, the business is in the building which sits between platforms one and three; it is Grade II listed alongside the wider railway station building.

Plans to replace the lighting and flooring and to change the branding were recently approved by Nottingham City Council. You can read more about this by clicking [here](#).

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## HEALTH



### Virtual Fitness Classes

Carlton Forum and Redhill Leisure Centres now offer Virtual Fitness Classes.

These classes give you the option to choose from hundreds of quality workouts at a time that suits you. You're in control of the level and duration of your workout and you can follow a set programme or try out different workouts. The classes take place in fitness studios which are equipped with large projector screens, atmospheric lighting and quality sound systems creating an immersive audio-visual experience.

To learn more click on the link - [Gedling Virtual Fitness Classes](#).

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### Can mushrooms protect heart health?



Mushrooms are fascinating. They're neither plant nor animal, and they're as different from plants as plants are from animals.

The belief that mushrooms have medicinal powers is nothing new. Practitioners of traditional Chinese medicine have sung their praises for centuries and, more recently, researchers have become interested in mushrooms' potential to treat or prevent health conditions.

To read more about this visit the Zöe website by clicking [here](#).

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To kill a French vampire, you need to stick a baguette through its heart .... it's painstaking

## Managing Type 2 Diabetes



If you have type 2 diabetes it is often difficult to know which foods you should or shouldn't eat. An article on the Patient website explains the key elements to a diabetes diet to help you prevent or delay associated health problems, and address some common myths around eating with type 2 diabetes.

Click on the link to read this informative article - [Managing Type 2 Diabetes](#).

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## Had Chocolate for Easter?



Most of us like chocolate, and many of us will have bought and/or received gifts of chocolate this Easter. But, is it good for us or not?

We all know that eating too much chocolate isn't good for us and will lead to weight gain, but how much is too much and is it really all that bad? Have a look at this article on the Heart Matters website revealing *8 Chocolate 'facts' you shouldn't believe* (but it may be a good idea to eat up that chocolate first ;-)  
[Chocolate - the facts](#)

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## SCAMS AND FRAUD

### Neighbourhood Watch Newsletter



The March 2024 edition of the Neighbourhood Watch Newsletter is now available. Click on the link to read it - [Neighbourhood Watch - March 2024](#).

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### Never share your one time password



Almost every day scammers are tricking people into sharing their one-time passcodes (OTPs) - to steal from their accounts. Smart, savvy people from all walks of life are among the victims. That's because criminals can use technology to impersonate people or organisations you trust - like a member of your family or someone from your bank, building society or credit card provider.

Your one-time passcode (OTP) is the key to access your account and spend your money - that's why criminals may try to persuade you to share it.

Always remember that a bank, building society or credit card provider will never call you to ask for your OTP. So, don't give it to anyone who contacts you, however trustworthy they seem.

#### **Challenge !**

It's OK to say no. If in doubt, call your card provider on a trusted number - like the number on their website or on the back of your cash or credit card.

#### **Protect !**

If you think you've fallen for a scam, get in touch with your card provider straight away so they can help you.

Find out more on the [Take Five website](#).

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## Beware the Scammers Imitating Bank Websites



Thousands of lookalike websites are being set up to trick innocent customers.

We're often being asked to go onto our bank's website, whether to pay a bill or update our details, BUT we could be going to a website controlled by a crook.

Which? found more than 2,000 websites that appear to imitate UK banks were reported in 2023 alone. These copycat websites play a crucial role in impersonation scams. Fraudsters use details, such as account numbers, collected from unsuspecting bank customers to later con those same people into sending them money, often by posing as bank staff.

Be aware - and always think twice. To read the Which? article [click here](#).

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Behind every successful man is a surprised woman

## GARDEN



### Make cut daffodils last longer

Most of us love to see cheerful daffodils announcing the imminent arrival of spring, and although the daffodil season is almost over there are ways to help those later flowering varieties last longer in your vase.

[Here's an article](#) on the Saga Exceptional website which gives tips on extending the life of cut daffodils.

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### When to start mowing the lawn

After an incredibly wet winter many of us have been waiting for our lawns to dry a little so that they can be given their first trim of the year.

The RHS website has a [Lawn Mowing Guide](#) to give you advice and tips to get your lawn looking its best.

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### Gardening jobs for April



Thompson and Morgan have many tips for gardening jobs in April, in the flower, fruit and vegetable gardens and also more tips for looking after your lawn.

To read the article click here - [What to do in the garden in April](#).

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## HOME

### Spring Cleaning



Many of us like to do a bit of spring cleaning at this time of year - here are a few tips from the Good Housekeeping Institute to help you ... (if you feel the urge)

#### Bring stained chopping boards back to life

With regular use, even the best chopping boards can become stained. If you think that nasty mark on your board is permanent, you could be wrong. Rub the cut side of a lemon over the board to help remove food stains and smells and for extra 'oomph' sprinkle it with salt or baking soda first.

#### Steam clean the microwave

To clean your microwave, fill a large microwave-safe bowl with one cup of water and a lemon, lime or orange cut into thin slices - or several tablespoons of vinegar - and put it inside. Turn the appliance on high for several minutes or until the solution boils and the window is steamy, then let it cool for 5 minutes before opening the door. Remove the bowl and wipe the inside and outside of the microwave with a sponge or clean cloth.

#### Shine up pots and pans

Soften burned-on residue by adding water and washing-up liquid to your cookware and letting it simmer on the stove. After it's cooled a bit, use a scrub sponge or pad to remove any remaining stuck-on bits. Ketchup (yes, really!) helps to dissolve tarnish on copper pots and other copper cooking accessories. Just massage the sauce over the surface, and add a pinch of salt if you come across exceptionally stubborn spots.

#### DIY stainless steel cleaner for sparkling appliances

To clean stainless steel appliances and sinks mix a solution of one teaspoon washing-up liquid and two pints (1 litre) of hot tap water. Using a microfibre cloth, rub the solution onto the marks in small sections, going with the grain. Rinse with clean hot water and dry immediately with a clean cloth.

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Poured beer over my garden before planting the lawn. I hoped it would come up half cut

## ANSWERS TO THE PUZZLES

### The Little MaD Quiz

1. Duke of Wellington, 2. Blue, 3. Goat, 4. *Captain Scarlet and the Mysterons*, 5. Arizona, 6. Baring's Bank, 7. The Hague, 8. *Whistle Down The Wind*, 9. Paul Revere, 10. Reflex

### The Combo Platter

Oliver started with £9.54.

The value of the money can be written using three digits, so it has to be between £1.01 and £9.99.

There is only one set of numbers that works : £4.59 + £4.59 = £9.54

### Mental maths

If you said 5,000 then you're wrong!

The answer is 4,100

### Book Titles

1. Under Milk Wood, 2. The Witches, 3. Ulysses, 4. A Passage to India, 5. The Invisible Man, 6. A Man for all Seasons, 7. Little Women, 8. The Story of Doctor Dolittle

## 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.

## And finally ...

**Success through the ages ....**

**At age 4, success is no peeing in your pants**

**At age 12, success is having friends**

**At age 16, success is having a driver's licence**

**At age 20, success is having sex**

**At age 35, success is having money**

**At age 50, success is having money**

**At age 60, success is having sex**

**At age 70, success is having a driver's licence**

**At age 75, success is having friends**

**At age 80, success is no peeing in your pants**