

August 2024 Issue No 100



## Musings from the Chair

At the risk of sounding like a stuck record – do you remember them, they came before CDs and streamed music – I am repeating my plea for members willing to consider standing for the committee.

Despite being one of the smallest u3as across the UK, we still have to do all the things that every other u3a does in order to keep ourselves legal and functioning properly. I sense there is a bit of reluctance from members to put themselves forward for any of the jobs that need to be done fearing that the time commitment may be restrictive. We are all retired and want to enjoy ourselves, go on lots of holidays, help out our families and spend lots of time with our grandchildren. I'm sure many of you will say you don't know how you found time to go to work, but the old adage of 'ask a busy person' is very true. Somehow time expands to fit in the jobs we need to do.

Family must always come first, but helping out with our u3a is very rewarding. There is lots of support and camaraderie and we do things together. Time-wise we have one committee meeting each month for 2 hours on the Tuesday morning of the week preceding the general meeting, and we do appreciate some help at the general meetings with putting out chairs, greeting members etc, but that is really all. To start with, new committee members are unlikely

to offer to take on a major role but we need committee members who will in due course shadow a role or help out when there are holidays, sickness etc. and of course we do need to consider succession planning if we want to thrive for years to come. Within a short time members find their feet and often offer to do something.

We have 4 members of the committee who have to stand down at the AGM because they have served their time and to keep ourselves fresh we need new blood. **We definitely need a new business secretary. Andrew has served 3 years. Without a secretary we do not comply with our constitution and would have to close down.**

**We must have a new Business Secretary  
Could you take on this role?**

The role has been split down, so that we have a separate minutes secretary, and a separate membership secretary. The job of business secretary entails collecting agenda items, preparing agendas for the meeting and sending out notifications to remind us to attend. He also deals with any formal correspondence on behalf of the u3a – I do not believe there is much of that. Am I making the job sound attractive? I can't offer a high salary (*or indeed any salary at all*), but the benefits of fun & friendship, and grateful thanks ought to be enough to persuade someone out there.

Our next committee meeting is on Tuesday 13 August at 10am at the social club and I would like to invite anyone who is considering putting themselves forward for committee to come along to see what we are all about. If you do think you might do so, please let me know in advance in case we have to book a larger room. (If I could work out how to do it, this would be where I insert an emoji of a smiling face).

Secondly and on another topic you might be interested in attending the u3a Notts Network Conference on Saturday 21 September 2024 (9.30am to 3.30pm) at Squire Performing Arts Centre at the Nottingham Girls High School – near the High School tram stop. It looks like an interesting day. There are various workshops and the keynote speaker is Chris French, Professor Emeritus of Psychology at Goldsmiths College, and his talk is entitled "The Science of Weird S\*\*t!" – Why our minds conjure the paranormal. Lunch by Delilah's.

Tickets are £30 + booking fee – book online & choose workshops – <https://www.trybooking.com/uk/DOTV>

And now for feet up & a cup of tea. Enjoy the summer everyone.

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 1 August**.

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 please ask them to come and see us.

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**Save the Date :**

**General Meeting**

**Thursday 22 August at 10:00am**

**Jump to :**

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

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

[Trips and Visits](#)

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## NOTICES

### ART APPRECIATION - NEW GROUP STARTING IN SEPTEMBER

**Members are invited to register for the new Art Appreciation Group. The Group Convener is Jo Wilson.**

We have had an Art Appreciation Group in the past - this new group is likely to be in a different format.

The first meeting will be on **Tuesday 24 September 2024** starting at 10.00 am, for two hours with a 15 minute break, at the Mapperley Plains Social Club in the Games Room (that's the first room on the right as you come through the main doors). The cost will be £2 per session.

To receive more information and to register please email [artapp@madu3a.org](mailto:artapp@madu3a.org).

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### AUGUST MAIN MEETING

There will be **NO ZOOM LINK** available for the next main meeting, as our tech expert will be away on holiday.

#### **TECH ASSISTANCE NEEDED**

**If you are willing to give a little of your time please contact [Webmaster](#) or speak to a member of the committee**

**Your help will be very much appreciated!**

If you can offer assistance in setting up and operating the equipment for our main meetings please do offer to help. The task isn't particularly technical or arduous and you will be shown exactly what to do and how to do it - it merely needs someone to turn up half an hour before the meeting starts to help with set-up, and then to stay behind for a short time to put everything away again.

Via the wonders of Zoom we have been able to make our main meetings available to those members who aren't able to join in person - **please help us to keep offering this**.

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### u3a FRIENDS NEWSLETTER

Click on the link to read the latest edition of the [u3a Friends Newsletter](#).

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The fact that there's a highway to Hell but only a stairway to Heaven says a lot about anticipated traffic numbers

## FROM OUR MEMBERS

### Have you heard about ChatGPT? Have you tried it?

I wonder how many u3a people may have had a go at using AI. ChatGPT is a free download.

I have used this AI app for several queries and for lyrics. It is incredibly quick. There have, however, been questions about its reliability. I got a shock with the query below.

#### Greenwashing

For a UK-specific perspective on greenwashing, here are a few recommended books and resources:

3. *"The Ecological Hoax: The Myth of Green Capitalism"* by David W. Kidner:

*- This book delves into the broader concepts of green capitalism and greenwashing, with discussions pertinent to the UK. It challenges the notion that capitalism can be reconciled with genuine ecological sustainability.*

*These books offer UK-specific and broader insights into the phenomenon of greenwashing, helping readers develop a critical understanding of environmental claims.*

The above is from Chat GPT. I asked for info on greenwashing. For each subsequent question I have kept a screenshot of the answer. Long story short, I could not find the title above so my next query was :

>>Please give details of your source for David W Kidner the ecological hoax<<

Answer:

>>I apologize for the confusion earlier; it seems I made an error. There isn't a book titled "The Ecological Hoax: The Myth of Green Capitalism" by David W. Kidner.<<

In fact David W Kidner has written books on the subject, so Chat GPT was probably thinking of a good title for his next book. Genius. Now I am left thinking I can never trust it for factual stuff. Shall I come back later? How long shall I leave it? Next iteration?

I can still use it for lyrics.

Martin Cooke

*If any of you have used AI we'd love to hear about your experiences.*

Send to [newsletter@madu3a.org](mailto:newsletter@madu3a.org).

### The Fall

By Vic Blake

Yesterday I fell flat on my face.  
I just launched myself into empty space,  
Rather like Icarus learning to fly,  
Except I didn't get quite so high.  
Instead, by dint of gravity,  
I continued my downward trajectory  
Till, like a warplane in its dying throes,  
The ground and I became joined at the nose.  
I just didn't see the kerb, you see,  
Any more than that bloody kerb saw me.

Falling is OK, I might assert -  
But landing really, really hurts.

### Regency Tea and Talk

As a response to enquiries from a few people, I will be running a Regency tea and talk Friday 23rd August from 1 pm to 3.30 pm.

Sandwiches, cake and cream scones, all served in Old Country Roses china.

The talk will be about Regency dress and how we first started to enjoy it. We will give insights to the social customs and practices of the day and you may wish to try wearing a regency dress .....

Places are very limited as we only have a 12 place setting, so reserve your ticket as soon as possible - 0793 4477 388 or [ekbird@hotmail.co.uk](mailto:ekbird@hotmail.co.uk).

The cost is £15 and proceeds will be given to charity

Elaine Khan



# INTEREST GROUPS

Click on the group name to visit our MaD website for more information :

[Ale & Cider Group](#)

[Art Appreciation](#)

[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 & Culture](#)

[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](#)

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[Play Going - Lace Market Theatre](#)

[Play Going - Playhouse](#)

[Play Reading Group](#)

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[Table Tennis](#)

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[Ukulele Group](#)

[Walking - Longer Walks](#)

[Walking - Short Walks](#)

[Walking - Strollers](#)

[Wine Appreciation](#)

[Wine Bar](#)

## NEWS FROM THE GROUPS

### [Music Appreciation](#)

As always we had a good zoom meeting on in July with an eclectic mix of music choices.

Our next meeting is on 5 August with a theme of *'any choir/ensemble of singers with musical accompaniment from 3 to 300!'*

Joan Davis



### [Family History](#)

As the 4th Monday of August is a Bank Holiday, the Family History Group won't be meeting next month.

Claire Wilkie

### [Play Reading Group](#)

This month the Play Reading group enjoyed reading *Dancing at Lughnasa* by Brian Friel. Our play in August will be *Hobson's Choice* by Harold Brighouse.

Sue Cullen

### [MaD Jazzers](#)

#### A Tribute to the Original MaD Jazzer

On joining the Mapperley u3a I looked at the groups and as someone with limited knowledge thought I would partake in the MaD Jazzers, led by Bryan Ruskin. Bryan was a lifelong fan of Jazz, with a deep knowledge of the music, and importantly still the urge to share his love of the artform. He chose subjects for discussion which would challenge you, and make you explore Jazz from the early days to the modern forms of jazz, and was passionate about all forms of the ever changing Jazz culture.

He has been a major part of a journey the group has taken to explore the scene, and has encouraged us to think about the different forms that Jazz has taken, and the Group will miss his presence. However, it was clear that it was important for him that the group continues, and that we all continue to listen to the different forms of Jazz and Blues.

So from whichever venue in the sky you are frequenting be assured that Jamie Cullum is not singing (joke), that the subject *'the demise of the modern Jazz Orchestra'* has been the subject of much discussion, and that for the Bryan Ruskin Jazz Band, also known as the MaD Jazzers, the curtains may have closed for its founder but the memory (and the group) lives on.

Thank you Bryan.

Steve Payne



## Outdoor Activities

Once again Richard Hill's club in Carlton provided members to teach our group the techniques of lawn bowls. Plenty of tea with delicious home made cakes were enjoyed by all after the session.

Eileen Braham



## German Conversation & Culture

It was great to see everyone again after our June break. Thanks to Tricia for hosting our meeting on Tuesday 16th July on what was not a very nice summers day. Catching up with everyone it was nice to hear about members' holidays they had been on or were looking forward to. Julie and Arthur had been on a last minute break to the Isle of Wight, Karen had visited family in USA, Sue had been to Yorkshire Dales and Richmond, Mike to Amsterdam for his grandson's first birthday and Tricia was looking forward to visiting family in Ramsgate and later in the year a trip to Portugal.

Our extremely interesting Nachrichten Leicht article was about the discovery, by a prominent Italian Art Historian and Geologist, that the background to the famous painting of the Mona Lisa was located in Lecco a town near Lake Como. The historian recognised the rocks from this area. An interesting discussion arose as to how the Mona Lisa, having been painted by Leonardo Da Vinci in Italy, came to be in the Louvre in France. Further sections in the article gave rise to various discussions about museums especially the one in Bolzano, Italy which displays Otzi - the Iceman which Julie and Arthur had visited a while ago.

Verb of the month was FAHREN. Pat and Joy had travelled by car through France and Germany during June and July so were able to give some good examples. Everyone contributed some very good examples of various tenses of the verb.

Interestingly, from this verb a discussion arose as to the origins of driving on either the left or right hand side of the road. Apparently it was Napoleon, who ruled most of Europe at the time, who decreed they drive their carriages etc on the right. We apparently chose left hand so javelins and later whips could be held in the appropriate hand.

The usual coffee, tea and biscuits were enjoyed while further light-hearted discussions took place.

Joy Brown

## Ale & Cider Group

On Friday 19 July several members of the group enjoyed a variety of drinks whilst sitting in the sun on the decking outside the Canalhouse on Canal Street.

The venue for August has not been finalised yet but details will be sent in due course to all group members.

Dean Smith

## Photography

The Photography Group's themes for July were Hidden in Plain Sight and Using Light. You can view the lovely images by clicking on the links below.

Our themes were :

[Hidden in Plain Sight](#)

[Using Light](#)

You can also view them from the [Photography](#) page of our website.

Sue Cullen

## Walking - Short Walks

Brierley Forest, Huthwaite is a little further away than we usually walk but it worked well with some careful transport planning. It was a lovely morning.

Fay Darroch led eight of us and three dogs around several defined footpaths and we were able to enjoy some stunning views across to Derbyshire, including Hardwick Hall.

We enjoyed our well deserved teas, coffees and cakes in the café before returning home.



**There will not be a Short Walk in August** due to holiday commitments and therefore a lack of a volunteer to lead the walk. We have walks planned for September to December.

Carolyn Luckhurst

## Wine Appreciation

The Wine Appreciation Group met this month to taste 'Wines from Europe' - and there were some really delicious wines. Although not all were to everyone's taste, we all found something we really enjoyed.

Currently the Wine Appreciation Group is full, but anyone can join the Wednesday Zoom MaD Wine Bar which meets on-line at 6.00pm every Wednesday, except when we have an in-person meeting.

Contact Sue on [wine@madu3a.org](mailto:wine@madu3a.org) to join the e-mail list.

Sue Cullen



## Walking - Strollers

As the weather has been kind to us on Fridays, Colwick Park is the ideal place for our Strollers to walk at this time of year. All being well, we shall walk there again on Friday 2 August.

Our Strollers are members who wish to walk shorter distances at a gentle pace, usually finishing with refreshments and chatter. If you wish to be added to the group, please email [strollers@madu3a.org](mailto:strollers@madu3a.org) and you will receive monthly emails with details of our walks.

Carolyn Luckhurst



## Play Going - Lace Market Theatre

The latest productions offered at The Lace Market Theatre are now on our MaD Website - just click on the title above to go directly to the page showing what's on offer.

## Play Going - Playhouse

The latest productions offered at Nottingham Playhouse are now on our MaD Website - just click on the title above to go directly to the page showing what's on offer.

## Creative Craft

(Not to be confused with Knit and Natter or Project Crafts)

Creative Crafts gives people the opportunity to try new crafts and be creative. Sometimes it's a very relaxing way to spend a Monday morning, and at other times the crafts can be quite challenging, but we always have a good time, enjoying the process, even when the end result is not quite what we were aiming for.

There is an exciting programme in the planning for our sessions from September. We can look forward to jewellery making with beads and wire, some Christmas-focussed crafts, model making with Modroc (plaster of Paris), needle-felting and wet felting, painting with Dave Prentice, bead making, Corn Dollies, marbling inks and more, depending on where our creativity takes us.

From September the cost for each session will be £5.00, which includes materials and equipment, a drink and venue hire.

Monday 9 September (it's always on the second Monday of the month) at St Jude's Hall at 10.00am.

I look forward to seeing you and some new members then.

All welcome  
Debbie Foreman



## **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.

## Trips and Visits

Our trip to Bath & Longleat Safari Park was a great success. Some of us undertook the free Walking Tour which was very interesting while others went to the Baths and surrounding areas.



We then spent the evening in a hotel with dinner and evening entertainment which we weren't expecting - Michael Bubl  tribute act.

Breakfast in the morning before a Fab day at Longleat Safari Park - what a lovely place to visit, and weather wasn't bad either. Got back around 8.30 Sunday evening shattered!!



Another trip was to Trentham Gardens and Monkey Forest - see page 9 below.



And of course the highlight of the year was the "Wine Down for Murder" event at Mapperley Plains Social Club, written and performed by our very own members. What a night, already looking forward to next year. See page 9 below.

Click on the link to view the forthcoming [Trips and Visits](#).

Marian Donaldson

## Curry Club

The Curry Club returned to The Bombay on Mapperley Top in July. As always, the food was plentiful and very tasty.

Another lovely curry outing!

Sue Cullen



## Local and Live Music

A group of the Local and Live music group had a brilliant afternoon/evening at a music festival at the Vic Pub in Beeston.

The final band of the 3 acts (The Skarantinos) played ska/reggae music and we enjoyed dancing.

The food was excellent and the music was free. A great event.

Eileen Braham





## [Trips and Visits](#)

This month a group of sixteen intrepid members set off for a trip to Monkey Forest and Trentham Gardens near Stoke on Trent. When we arrived there we decided to visit Monkey World first as the weather forecast for the day was not too promising for the afternoon, so if it did rain later in the day we would have some shelter.

We arrived just in time to see the monkeys being fed and to hear a talk about them. There are 140 fascinating Barbary macaques to see and they live in large groups within the forest with up to 6 generations co-existing. There were a few mothers with babies to watch as they gambolled around but staying close to mum for protection. Both males and females care for the babies which gives mum some respite as they get older.



It was a bit of a challenge to walk around the site for those of us who had mobility issues (I didn't take my walking stick) but we all made it!

We then went to Trentham Gardens which is very close by, but we were glad the mini bus was on hand to save us further walking! Trentham is a 725 acre outdoor family attraction housing a shopping village, award winning gardens and woodland.

After collecting and distributing our arm bands and tickets we split into small groups and went off to do our own thing. My first stop was lunch and there was a huge choice of food outlets but some members had brought a packed lunch so they were able to sit outside in the glorious sunshine to eat.

The gardens were spectacular but I must confess I was flagging by then and so I decided to explore the shopping experience. There is a unique blend of independent and nationally renowned high street leading names housed in over 80 timber lodges so I was in my element! It also houses Blue Diamond Groups flagship garden centre - the largest in the UK, but I didn't get that far so I'll have to save that for my next visit because I will certainly go back as there's so much more to see.



We were very lucky that the weather held off apart from a few drops of rain just after lunch. I finished the day with a lovely ice cream and then back on the bus for our trip home. I certainly slept well that night but I would highly recommend a visit if you haven't been before. Allow plenty of time and pace yourself!

Geraldine Chaffe

## [MaDAmdrammers](#)

### **Wine Down for Murder**

On 20 July the MaD Amdrammers presented Linda Stevenson's play *Wine Down for Murder* at The Mapperley Social Club. It was a sell-out and, judging from the whoops, whistles, applause and laughter from the audience, a great hit.

Big thanks to the cast, director, writer, techies and scenery painter who helped to make this a memorable evening, and to Bee for delicious food ... and, of course, to the audience for coming to watch!

If you were unlucky and didn't get a ticket, watch out for details of next year's production.

To view more images click on the link - [MaDAmdrammers](#).



Getting direction



I think she's dead!



Taking our bows

## GENERAL MEETINGS

### July's General Meeting

#### Peter Slater - Don't You Know Who I Am?



Alison Gove-Humphries

Well, sport is not my favourite subject but I was thoroughly entertained by Peter Slater's talk about his varied and fascinating 45-year career as a sports reporter. It was most interesting to get some insight into a career so very different from my own - a teacher.

Peter's talk was based on his book '*Don't You Know who I am?*', now in its fourth edition and referencing the anonymity of a radio sports reporter. Peter has interviewed many well known sports people including Brian Clough, Geoffrey Boycott, Muhammad Ali, Bobby Robson and Mika Hakkinen and regaled us with lots of funny stories about his experiences.

He started his career in commercial radio in Newcastle in 1976 with a character called Charles Harrison, who liked to get famous sports personalities to do interviews at great cost to the radio station. He raised a laugh when he told the audience that Charles came from the 'posh end of Barnsley'. He talked about Brian Clough phoning him up and telling him in no uncertain terms to put a programme back on air - it had been taken off because Cloughy hadn't confirmed he was turning up. Clough was paid 20% of Peter's annual salary for that one interview alone.

In the early 80s, Peter went to Ipswich as a reporter at a time

when Sir Bobby Robson was the very successful manager of Ipswich Town. He told an interesting story which shows how involved in his football Sir Bobby was. He had sold his house in Capel to a man called Ivan. Six months later Ivan was sitting in his living room when Sir Bobby walked in, turned on the TV and sat down on the sofa. A few minutes later, Sir Bobby noticed Ivan and asked him what he was doing in his house. Ivan reminded him that he had sold the house to him six months previously. Sir Bobby had absentmindedly driven to totally the wrong house.

After Ipswich, Peter worked for thirty years at the BBC as Network Football Producer including two World Cups. Peter explained how the football reporting was seasonal work so he had some time on his hands during the summer. One year he went to Silverstone Grand Prix and there hatched the idea of making a fly-on-the-wall documentary about the Lotus team attending a race at Magny-Cours in France. A French lorry drivers' strike had closed all the main roads round the race track. Peter was given the task of collecting the Finnish driver Mika Hakkinen from his hotel and taking him there. However, Hakkinen insisted on driving and Peter described a death-defying drive around the country lanes of France with a Formula 1 driver. He said that even though they were

driving very fast he felt very safe!! He sold the documentary and did 8 seasons of Formula 1 reporting which took him round the world, visiting Australia, Brazil and Argentina. In one memorable week, he visited Melbourne, São Paulo, Hartlepool and Buenos Aires.

Peter also reported on the Tour de France five times taking the place of the usual reporter. He told several stories of when travel arrangements went pear-shaped, for example when he got on a train going the wrong way in Poland and missed an interview with Sir Chris Hoy or when his plane was delayed and instead of reporting on the Tour de France from the top of the mountain where he was meant to be, he had to do it from his hotel room and be inventive with the sound effects.

The most famous person Peter has interviewed was Muhammad Ali, the hardest was Bernie Ecclestone and Roy Keane one of the easiest.

I would like to end by giving a big shout-out to Eileen Braham for organising so many entertaining and engaging talks for us over the last few years. Thank you Eileen for all the hard work you have put into it. I would also like to extend a big thank you to Cathy Hobbs who is taking over from Eileen.

Alison Gove-Humphries

## FUTURE GENERAL MEETINGS

**22 August** Judith Hedley

The title of Judith's talk is '*1816 A year without a summer*'. If you think our recent summers haven't been too good then come along and hear what happened in 1816 - it will make you realise we have no cause for concern! **There will NOT be a Zoom link available for this meeting.**

**26 September** AGM and Social

# PUZZLES

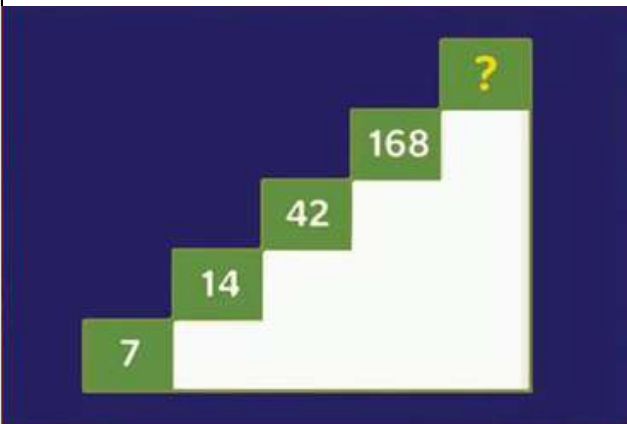
Keep your little grey cells exercised with these puzzles. Answers at the end of the Newsletter.



## The Little MaD Quiz

1. Which company made the Brownie camera?
2. Of which Kingdom is the island of Greenland an autonomous part?
3. What is the name of the island menaced by a great white shark in *Jaws*?
4. From which country do Blossom Hill wines come?
5. In cricket Test matches, after how many overs can the new ball be taken?
6. Who composed the *Symphonie Fantastique* of 1830–1?
7. Which whisky distillery near Pitlochry is the smallest traditional distillery in Scotland?
8. In which county can you visit the Royal Horticultural Society Gardens of Rosemoor?
9. Which rank of the peerage comes between Earl and Baron?
10. In which card game are the expressions “one for his nob” and “double skunk” used?

### What's the number on the top



### What's the missing word?

What word goes after the first word and before the second to make two new common words or phrases?

- |        |   |       |   |          |
|--------|---|-------|---|----------|
| Hard   | — | ..... | — | Bottom   |
| Figure | — | ..... | — | Hunter   |
| Navy   | — | ..... | — | Bonnet   |
| Common | — | ..... | — | Shoulder |
| Piping | — | ..... | — | Dog      |

What common phrases do these pictograms represent?

1. Punch → Bag	2. Lose      Agate Rock Alabaster	3. AUIPR	4. K C A ↑ E
5. <del>Thick</del> Thin	6. EGAMI	7. <del>Te</del> iam	8. 13579 & A Z

Everyone should believe in something.  
I believe I should win the lottery and be sitting on a beach drinking Champagne

## NOTTINGHAM

### Climate Change Challenge

Gedling Borough Council is excited to announce the launch of the Climate Change Challenge. It's an online learning tool designed to provide a general understanding of climate change and sustainability.

It informs how the Council is responding to climate change and it may empower residents to take positive action. The Climate Change Challenge is now available at [www.gedling.gov.uk/climate-challenge](http://www.gedling.gov.uk/climate-challenge).

The Challenge is the first of its kind created by a local authority. It is an interactive information programme that should take no longer than 20 minutes to complete and will help residents learn more about what they can do to tackle climate change.



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### Ambition Arnold - Have your Say

A consultation has been launched on a vision for Arnold Town Centre and residents and local businesses are being invited to have their say. The vision and plans for the town centre will place the council in a good position to attract investment.

Gedling Borough Council has launched the [Ambition Arnold consultation](#) with a vision that could transform the town and secure much needed funding to improve the area.

The vision will address key challenges and lay out the groundwork for securing external funding after two unsuccessful attempts to bid for Central Government Levelling Up funding for the area.

The consultation is now open and we want the local residents, businesses and communities to have their say on this proposal will pave the way for a vibrant and sustainable future for Arnold.

You could also win £50 in the prize draw.

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### Gedling - Have your Say

Sir John Peace has been appointed as the Independent Chair to lead the newly established Greater Carlton Town Board, an initiative set to empower local communities and shape the future of Greater Carlton and the surrounding areas with £20 million in endowment-style funding over the next decade.

The first meeting of the board was held on Wednesday 10 July at Carlton Le Willows Academy to discuss the next steps in delivering the long-term plan for the area. The board has agreed to launch a consultation, which will open on Monday 15 July, to ask residents for their views on how the money will be spent. The consultation will be hosted by Gedling Borough Council at [www.gedling.gov.uk/carlton-town-board](http://www.gedling.gov.uk/carlton-town-board) and will be open until the end of August.

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



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### Nottinghamshire Police - Have your Say

People across Nottinghamshire are being urged to take a unique chance to influence the future of policing, crime prevention and victim support services over the next five years. Nottinghamshire's Police and Crime Commissioner Gary Godden today opened a public consultation his new Police and Crime Plan. The key pillars of Commissioner Godden's draft proposals include putting victims and communities first, strengthening our work with partner agencies and ensuring effective and resilient policing.

Members of our diverse communities across Nottinghamshire are now being asked for their views on what issues should be prioritised, including greater visibility and access to neighbourhood policing, tackling serious violence including knife crime, and better support for victims of crime - [Nottinghamshire Police and Crime Plan Consultation](#).

**Make sure your voice is heard by visiting <https://forms.office.com/e/HrV42QRARl> to fill in the questionnaire before September 2**

## HEALTH



### How many steps a day?

Uncovering the science behind doing 10,000 steps a day and the facts around how much walking we should do to stay healthy.

How many steps a day is the 'right' amount? You might have come across the idea that 10,000 steps a day is the magic number. Many smartphone and wearable step counters are automatically set to this target. But the story behind this figure might surprise you.

The idea of 10,000 steps a day traces back to a marketing campaign launched by a step counter company during the 1964 Olympics in Japan. This number was picked because the Japanese character for 10,000 (万) looks like a person walking.

Despite its marketing origins, the idea caught on and many scientific studies have looked at the health benefits of 10,000 steps a day. Research has linked it to a reduced risk of developing dementia, [cancer and heart and circulatory diseases](#), as well as having mental health benefits.

[Click here](#) to read the article on the Heart Matters website.

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### What is your gut microbiome?



The human microbiome is a collection of microorganisms - such as fungi, bacteria and viruses - which live inside their very own ecosystem in various parts of your body. Each part contains a one-of-a-kind network of microbes, working together for the good of your health. These unique little systems are constantly changing and reacting to what you eat, how you exercise and the medications you take.

The gut microbiome is one of the most talked about microbiomes because of its effect on human health. The microbes in your gut (microbiota) help balance your good and bad bacteria. They break down complex foods like fibre that your body can't digest by itself, transforming them into short-chain fatty acids (SCFAs) which feed your gut cells. They also make some vitamins - such as vitamin K - and digestive enzymes to help your body function.

**Up to 70% of your immune system also lives in your gut.** Your gut microbiome plays a major role in immune function, sending messages to your immune cells to ward off harmful organisms (pathogens).

To read more about this [click on this link](#) to visit the Patient website.

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### Is Aloe Vera good for your skin?



Aloe vera has long been a popular wellness choice for its calming and moisturising effects. Whether harvested directly from the plant itself or bought as a ready-made product, it's a top contender for promoting healthy skin.

But what exactly makes this fleshy green succulent so good for our complexion? To find out, click on the link to go to the Patient website and read the article - [Aloe Vera](#).

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### Which is the healthiest bread?



Sourdough, Rye, Soda, Wholemeal - which is best?

Saga have ranked the main types of bread from best to worst, based on ingredients as well as how they're made.

Find out which options are good for you and which to avoid - [Best types of bread](#).

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I make a really great breakfast, but I'm not one to blow my own crumpet

HOME

How to Keep Flies out of the Home

Flies also have a nasty habit of transmitting diseases such as salmonella and E.coli and we don't want them in our homes.

Again from the Saga website, here's an article giving 7 eco-friendly tips to prevent these winged pests from taking over your home. [Keep flies out of your home.](#)

All about Air Fryers

Keep hearing about the joys of the smart and money-saving air fryer but yet to try one out for yourself? A healthier alternative to the deep fat fryer, the best air fryers can cook delicious meals in half the time of a conventional oven, which is why it's fast becoming a kitchen essential.

This article about [Air Fryers](#) on the Saga website tells you everything you need to know. They delve into the world of air frying to share tips on what to look for when buying, and offer advice from expert chefs.

TECH & SCAMS

Facebook Hacking Warning

Which? is warning Facebook users to be wary of a new account hacking scam that could leave your device infected with malware.

Facebook posts saying 'I can't believe he's gone' and 'I'm going to miss him' are appearing on the social media platform. While it may be tempting to click on the links to find out what they're about, be warned ... the links lead to malicious malware downloads.

Earlier this year, Action Fraud revealed that 22,530 people reported that their accounts had been hacked in 2023.

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

Use Public Wi-Fi Safely

Public Wi-Fi hotspots are undeniably convenient when your mobile network lets you down, but it's important to exercise caution and run some checks before you get connected.

For one, you'll need to be wary of nosy onlookers peering at your screen if you're in a bustling café, but aside from subtly shielding your display, there are plenty of other ways to keep your information private.

Which? have rounded up security tips for smartphone and laptop users who regularly rely on public Wi-Fi. Precise steps on Android devices will vary depending on which brand of phone you're using. If you're unsure, check your manufacturer's website.

Click on the link to read more - [Use public Wi-Fi safely.](#)

Busting VPN myths



What is a VPN?

A VPN, also called a Virtual Private Network, is essentially like having your own private highway that connects your device to the internet. That's because VPNs create an encrypted connection, often referred to as a 'tunnel,' between your devices and the VPN servers. All of your internet traffic is routed through that secure tunnel, keeping your data encrypted and your personal information secure.

With a VPN, you can browse the web anonymously, access content that is typically blocked by location, and enjoy safer browsing on public Wi-Fi. BUT there are many myths about VPNs - AdBlock has an article about this - [Bustng VPN Myths.](#)

When Dracula shops online, he keeps clicking on the button that says "Your account".

# GARDEN

August is usually one of the hottest months of the year, making watering essential. Try to use grey water wherever possible, especially as water butts may be running low.

Here are links to several gardening websites with advice and tips on what to do in your garden in August ...

[Royal Horticultural Society](#)

[Gardener's World](#)

[The Sunday Gardener](#)

[Ideal Home](#)

Happy gardening, and enjoy the summer weather!

## Your Committee 2023-24

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

## 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. Kodak, 2. Denmark, 3. Amity, 4. USA, 5. 80, 6. Hector Berlioz, 7. Edradour. 8. Devon, 9. Viscount, 10. Cribbage

### What's the number on the top step?

The number is **840**

Each number is found by multiplying the number that corresponds to its step by the number that precedes it.

### What's the missing word?

Hard	<b>Rock</b>	Bottom
Figure	<b>Head</b>	Hunter
Navy	<b>Blue</b>	Bonnet
Common	<b>Cold</b>	Shoulder
Piping	<b>Hot</b>	Dog

### Pictograms

1. Punch bag, 2. Lose your marbles, 3. Up in the air, 4. A piece of cake, 5. Through thick and thin, 6. Mirror image, 7. There's no I in team, 8. Odds and ends

### And finally ... How Income Tax Works

There's a new, simplified income tax form which has just four lines :

1. What was your income for the year?
2. What were your expenses?
3. How much have you left?
4. Send it in.