

December 2024 Issue No 104

Merry Christmas and Happy New Year 🎄



Musings from the Chair

I'm a little late writing my musings this month. I like to wait until after the main meeting and that being late in the month this time, I really should have started immediately but events conspired against me; a screw in my tyre meant a slow puncture. I did try putting air in yesterday in the hope it would make the car drivable, but no, this morning the pressure had fallen again so I am now awaiting a tow truck to take the car into the service centre in West Bridgford to repair the tyre.

Gone are the days when every car had a spare tyre and you could change them yourself. Progress!

I hope you all enjoyed this month's meeting. Weren't the photographs fabulous? I wanted to ask Paul a bit about the paintings he did from the photographs - again I thought they were fabulous too, but time was rather pressing. Another excellent morning.

Those of you who were at the meeting will have heard me talk about our December meeting. Our tradition at MaD u3a is to have a social meeting between Christmas & New Year. Ordinarily our meeting date is the 4th Thursday of the month but as this would fall on Boxing Day this year we are changing the day - for this month only - and our Twixmas meeting will be FRIDAY 27th December. Still at 10am and still at the Social club. We will not be charging for tickets and teas, coffees and light refreshments, (cold turkey, Brussels sprouts and Christmas pudding perhaps??) will be free. We will again have a quiz, a jigsaw swap and some light entertainment - we are hoping for a bit of Christmas music from the Singing for Fun group and music from the Ukulele group.

We would love it if anyone else would like to do a turn? We must have some talented members who might like to recite a poem, sing, dance etc... Gary, who leads the singing group, has offered to provide accompaniment for anyone who would like to sing. Let us know - we are all friends and it is all a bit of fun.

The December 'Twixmas' meeting will be on FRIDAY 27 December at 10:00am

I also reminded everyone that for the past few years, since we were forced by the lockdowns to discover the wonders of Zoom, we have had a remote speaker for our January meeting. It enables us to look into a wider pool of speakers and if the weather is poor it means we don't have to struggle to get to the Social club. You will be reminded nearer the time, but if you have not used Zoom recently, or at all, you might want to make sure you have it on your laptop or tablet and you have updated it. When it comes, you will be sent a link to join the meeting and you just have to click on that to be a part of it.

The meeting on 23 January 2025 will be held via Zoom - not in person

Well I think I'd better get this off to the editor before I am chased again. It just remains for me to wish everyone of you lovely members of our u3a (the best in Nottinghamshire, of course) a stress free festive season, a very merry Christmas and a happy and healthy new year.

Val Wilkinson

Save the Date :

General Meeting - Twixmas
FRIDAY 27 December at 10:00am

Thursday 23 January 2025 at 10:00am
This meeting will be on Zoom only

Jump to :

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

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

[Trips and Visits](#)

NOTICES

Christmas Tree Festival at St Jude's Church

Thursday 5th, Friday 6th and Saturday 7th December

A collection of trees will be displayed, each one creatively decorated by the organisations and groups that use St Jude's facilities. The MaD U3a Creative Craft group will be submitting a tree, adorned with examples of various crafts we have explored and enjoyed. Thanks to everyone who generously offered a tree for us to use.

The church will be open 10.30am to 7.30pm for each of the 3 days from Thursday 5 December.

Visitors are invited to view the trees, have a coffee and refreshments and vote for their favourite. There will be activities for children too. In the evening it should be spectacular in the dark with the trees lit up.

There is also a family fun Christmas Craft event in the halls on Saturday 7 December from 4.00pm to 6.00pm and on Saturday evening there will be informal carols around the trees.

Deborah Foreman

Your u3a needs you

Those of you who come to the main meetings will realise that there are some things we have to do before we can start. I'm the guy who sits near the stage and tries to get the microphones and the projector going. I also try to set up a Zoom session for our members who are unable to attend the main meeting.

At present I am helped with some of the set up by Liz Hagan ... thanks Liz. We have just about enough time to get ready as long as nothing goes wrong, but we do have to accommodate that month's Speaker and his or her equipment - which is not always trivial.

We need some able-bodied people to help with some of the jobs. The jobs are not difficult and do not need technical expertise, but you need to be available from about 9:15am on the meeting day. For instance, the main part of the sound system consists of an amplifier and two speakers.



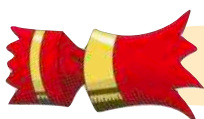
The speakers have to be put on their stands, placed at the ends of the stage and a cable run from each to the amplifier that we put on to one side of the stage. The whole job takes about 10 minutes. We could, of course, create a rota for this so you don't have to commit to every meeting.

If you could possibly help, please get in touch by email webmaster@madu3a.org or come and talk to us at a meeting.

Please don't ignore this

If we don't get help, we may have to stop the Zoom sessions for those members who are unable to get to the meeting and it may mean we will have more disruption during the meetings while we fix problems we could have found and prevented before the meetings start.

Thanks
Richard Hill



What would you call an elf who just has won the lottery?
Welfy!



Blister Packs

Once again, we are encountering problems with recycling blister packs. Unfortunately, we had to cease collections in October.

Please do not bring any more blister packs to our general meetings

I will let you know if we find another practical route to recycling them.

Carolyn Luckhurst

Nomination for the u3a Council and Board

Nominations for the u3a Council and Board are open until 19 December 2024. These posts are open to ALL MEMBERS, not just committee members - see the link below for further details.

You may not choose to be a committee member at your u3a but might be interested and have the skills and experience to join the u3a board or council.

It is important that we have local representatives to ensure that we have a 'voice' in decision making.

Do take a moment to read about the nominations, and to apply if you fancy it - [Nominations open for u3a Council and Board](#) ... and don't forget nominations close on December 19th.

Your Committee

Playgoing at the Nottingham Playhouse

For a number of years now we in the MaD u3a have enjoyed Nottingham Playhouse Hothouse performances. We have experienced some fantastic professional theatre at substantially discounted prices.

So, we were very sorry to learn recently that owing to the Council having to cut a grant of £60,500 to the Playhouse they are no longer able to offer the Hothouse scheme.

The scheme will finish in January 2025 and the pantomime is therefore the last performance they can offer us at Hothouse prices.

However, there is the Playhouse Community Club scheme which is offered to charities and, where eligible, will offer some discounted performances. It is unlikely that the discounts offered will be as generous as the Hothouse performances but will be below the normal box office price.

We have applied to the Playhouse to join the Community Club and are waiting to hear whether or not our application fits their criteria and has been successful. Once we have a response, we will let you know via the newsletter.

Lesley Harrington and Lynne Duckett

Your Committee 2024-25

Valerie Wilkinson	Chair	Amanda Knight	Committee Member
Geraldine Chaffe	Vice Chair	Lesley Harrington	Committee Member
Elaine Lindley	Business Secretary	Liz Hagan	Committee Member
Joan Davis	Treasurer	Pat Smith	Committee Member
Linda Randall	Membership Secretary	Sheila Ward	Committee Member
Alison Gove-Humphries	Groups Support }	Sue Cullen	Newsletter & Tech Support
Eileen Braham	Groups Support }		

FROM OUR MEMBERS

St Mary's Church

The Church of St Mary the Virgin, in the Lace Market, is Nottingham's oldest parish and civic church, and is the third building on the site. It was mentioned in the Domesday Book and is believed to date back to Saxon times. It was completed during the 15th century and is built in the Gothic perpendicular style. It is only one of five Grade I listed buildings in the city of Nottingham.



The south aisle wall was probably the first part of the nave to be constructed. The large west window commemorating Thomas Adams, lace manufacturer and philanthropist, includes scenes from the life of Jesus. It has 42 lights (panels) in four tiers and a tracery. The blank panels in, the centre of the second tier, have no glass because they cover the stone porch from the west door.



The windows on the south side depict saints - both biblical and Roman - including one of St Thomas Beckett with a sword through his mitre signifying the fact that his murderers cut off the top of his head. Another stained glass

window, in the Chapel of the Holy Spirit, depicts, in the bottom right hand corner, Katherine Mary Monica Wade-Dalton wearing a white wedding dress of Nottingham lace. She was married in October 1918 and died one week later falling victim to the Spanish flu epidemic. It was paid for by her parents.

Most of the stained glass is Victorian - much of the Medieval glass was destroyed during the Reformation and Civil War. However, some shards were found under the floor during restoration of the church. The remnants were turned into four small windows sited in the Chapel of the Holy Spirit, along with an alabaster panel, only one of two known to exist, showing Thomas Beckett meeting with Pope Alexander III.

The windows on the north side are blank as they do not catch the sun as much as the other windows.

Above the entrance from the west porch is a Crown of Queen Anne; opposite are statues of the Lion holding the crest of Nottingham and a Unicorn holding crest of the UK.



The font is 15th century and made of stone. As it is lined with lead it is no longer used, but baptisms are carried out with a miniature version. It's cover is 20th century. Around the base is a palindromic Greek inscription 'Wash my sins, not only my face'.

The flags represent various regiments associated with the church. The oldest flag is a large

Union Jack from HMS Nottingham which was sunk at the Battle of Jutland.

The 10 angels in the roof of the south aisle were gilded in 2023. There are a couple of panes of glass at the base of a couple of pillars which show the base of the original pillars.

Either side of the south and north doors are two worn faces which represent Richard II and his wife Anne of Bohemia.

The neo-classical style organ was built by Marcussen and Son in 1973 and is small for the size of the church.

The reredos covers part of the east window which is the oldest Victorian stained glass window in the church and was installed as a memorial to Prince Albert.

The oldest door in Nottingham is in the North aisle close by the first electric auto-wind clock, which was installed in 1936 - it is currently awaiting restoration. The first recorded tower clock dates from 1707 which was replaced in 1807.

Notable people who are associated with St Mary's Church include:

- George Africanus (1763-1834) Nottingham's first black entrepreneur;
- Thomas Adams (1807-1873) lace manufacturer;
- Thomas Smith (1631-1699) founder of first bank to be established outside London;
- Thomas Berdmore (d1785) dentist to King George III;
- John Samon (d1415) Mayor of Nottingham four times between 1383 and 1407;
- Dame Agnes Mellers (d1514) founded a Free School for 'the education of boys in good manners and literature', it later became the High School.
- Sheila Ward



Tram trip to Hucknall

On the 1st November a small group of us went on a tram trip to explore Hucknall and in particular the market. It's many years since I was in that particular neighbourhood and it has changed a lot. We were very lucky with the weather and I really enjoyed strolling around checking out what the various stalls had to offer.

When we reached the Market place we noticed that the parish church was open and as it was the burial place of Lord Byron we felt duty bound to pay a visit there. We were met by a volunteer who was very knowledgeable about the history



of the church and the life of Byron. He pointed out many things we might have missed and told us some very interesting stories.

As we left the church we discovered Lord Byron's gravestone which was relatively unassuming for one so well known.



A few of us then decided to get back on the tram and go to Beeston. The journey took about half an hour but it was worth it to see much of Nottinghamshire from a different aspect.

Beeston has also changed much since my last visit so we decided to have lunch there and as it was Friday, fish and chips was agreed upon. However, it was difficult to find somewhere that we could sit inside so we progressed to the inevitable Wetherspoon! (Always available and reliable).

After a very pleasant and lengthy lunch we realised that time was running out so we got back on the tram to the Forest Park and Ride where we had left the cars.

If you haven't tried a day out using the tram I can thoroughly recommend it. You can get off and on as and when you like, and for most of us with bus passes it's free of charge.

Geraldine Chaffe

POETRY CORNER

Ageing

Ageing is a process that need not be downbeat
Think of twelve-year aged malt whiskey, a warm and golden treat
Leather boots grow softer, and comfort weary feet
Extra mature cheddar enhances all cheese boards
And close long-term friendships are seniors' rewards
How your body ages depends on many things
Like DNA and diet, and the manner of your sins
View your wrinkles as a graph of every frown and every laugh
Hopefully more joy than strife, a picture of a fulfilled life
If your knees are creaky, and bits of you are fake
Have a tot of whiskey, and a second piece of cake
Alluding to all humans who have seen many years pass
Ageing can be a joy ride, not second but first class
It depends upon your outlook, and on your confidence
Make your contributions matter, do not sit on the fence
Seize opportunity, dismiss responsibility
Value your ability to embrace possibility
Shun liability to accept culpability for unwise volatility
Or just blame it on your age.

Jean Hart

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 Men](#)

[MaDAmDrammers](#)

[Music Appreciation](#)

[National Trust Group](#)

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[Play Reading Group](#)

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[Walking](#)

[Walking - Walk in the Park](#)

[Walking - Strollers](#)

[Wine Appreciation](#)

[Wine Bar](#)

NEWS FROM THE GROUPS

[Ale & Cider Group](#)

In October members of the group met in the Lion at New Basford to sample the wide range of ales and ciders. The Lion is the only pub in Nottingham with a well inside the premises - fortunately it is boarded over to prevent drinkers falling into it.

The November meeting was at the Crown in Beeston.

The date for the December get together is 13 December - details to follow by email.

Dean Smith

[Table Tennis](#)

The table tennis group meets on the second Tuesday of each month at Sherwood Methodist Church. It's great fun and not quite International standard.

We have a couple of vacancies so if you want some gentle exercise why not give it a try. Please send me an email to tabletennis@madu3a.org for further information - or just come along. We start at 2:00pm and play until 3.15pm. Our next session is Tuesday 10 December.

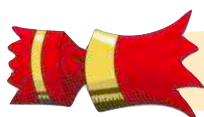
Maurice Turner

[Project Craft Group](#)

The Project Craft group managed to amaze themselves and each other by producing these lovely wreaths in just two sessions of 2 hours each.

Maybe in the Spring you may like to join us for a bit of macramé? Dates and final project details later.

Elaine Khan



Why has Santa been banned from sooty chimneys?
Carbon footprints



Local and Live Music

The group has had a really busy time recently, with 17 members going to see Lindisfarne and 14 to see Barbara Dickson. Both of these concerts were excellent and held at Lowdham Village Hall.

16 of us then went to the Squire Performing Arts Centre, which is a great local venue, to see a George Harrison music and story concert. This wasn't a tribute act, but an excellent band who played the music of George and also the Travelling Wilburys to the backdrop of his life in photographs and video.

We all learned more about this iconic musician and thoroughly enjoyed the concert.



In the near future, the group has a free Saturday afternoon session at Peggy's Skylight Jazz Club and community carol singing with street food available in Beeston.

If you would like more information about this active group, please do get in touch. I try to find and offer a wide genre of live music events to suit a wide range of musical tastes.

Eileen Braham

Wine Bar

The MaD Wine Bar is open on Wednesday evenings from 6:00pm for about an hour (except on weeks when the in-person Wine Appreciation Group is meeting).

Each week we have a wine theme : members buy a wine to fit that theme and we meet via Zoom to taste the wines together and discuss what we think of them - recommend to buy or to avoid.

It's a very friendly group of wine lovers - learning while we're laughing, and enjoying wine - what's not to like? If you'd like to join us please send an email to wine@madu3a.org.

Sue Cullen

Ukulele Group

I went to my first Ukulele group session on Thursday and have been loaned a ukulele along with a starter pack to practice. It's a lovely, lively group of people at various stages. It's not as difficult as I originally perceived. I am looking forward to improving.

Sessions are held on every Thursday afternoon at the Westdale Lane Baptist Church. The cost is £3.00 per session to cover room hire and includes a cuppa and a biscuit. For more information, please contact Rose Mawer by email on ukulele@madu3a.org.

Carolyn Luckhurst



Walking

In November 10 of us enjoyed a pleasant 6 mile walk led by Paul, along the river from Burton Joyce to Gunthorpe. The ground was still fairly dry and the walking was easy.

The date for the December walk is 20 December and I decided it wasn't fair to ask someone to plan a walk which might be poorly attended. However I intend to walk with Waffle in Bestwood Country Park. I will be going, rain or shine, and if anyone wants to join me for the exercise and company I am very happy for them to do so. It might be shorter than our usual walks.

Weather permitting Cath will lead a walk in January around Attenborough and Julie will lead a walk in February from Lambley.

We walk on the third Friday of the month, in the mornings and start at 10am. Usually our walks are between 5 and 8 miles. If you would like adding to the group please email me at walking@madu3a.org.

Val Wilkinson

Walking - Walk in the Park

In November, we walked around the perimeter of Gedling Country Park. The views were somewhat murky but the walk was dry and fresh. Those who came were asked to choose the venue for the December walk.

The next walk will be on Friday 13 December starting at 10.00 am. We shall walk in a figure of 8 around Colwick Park. We will finish the walk close to Wired on Wheels, the refreshments wagon near to the Adventure Centre alongside the West Lake. When walking with our u3a, we are lucky to be offered 10% discount on all drinks and food purchased. Well behaved dogs will be welcome on most of our walks.

Those who are already registered with the group will receive an email with full details nearer the time.

This is a new group and replaces the Short Walks group. We have a lot of parks to choose from. Most of the walks will be around 3 to 4 miles. To join this group, please email walkinthepark@madu3a.org and I can add you to the Beacon email list.

Carolyn Luckhurst

Walking - Strollers

Seven members of the Strollers group, accompanied by two well-behaved dogs, had a lovely walk in Colwick Park in November. The sun shone and the weather was very pleasant.

We had the mandatory stop half way round for refreshment (with a 10% discount). A lovely morning's stroll.

Sue Cullen



On Friday 6 December the Strollers will be going to Highfields Park. Most of us will be travelling on the tram. On arrival, we are going for a short walk followed by refreshments in the Lakeside café. Those of us with time to stay longer will enjoy a visit to the Weston Gallery to see an exhibition about Tales of the Nottingham Caves. Members of the group will already have received full details by email.

There will be no dogs on this walk.

This outing is a one off special for December. Normal service resumes on 3 January 2025.

Our usual Strollers walks take place on the first Friday of each month and are very local. We walk at a gentle pace for no more than a mile and enjoy a pit stop for a drink and chatter. This is a very sociable group, enjoyed by those who prefer a very easy walk.

If you wish to join the group, please email strollers@madu3a.org and I can add you to the mailing list on our Beacon system.

Carolyn Luckhurst



What do you call a snowman with a six pack?
An abdominal snowman



Art Appreciation

This month some of us went to the preview of the 'Impressions' exhibition at the Castle, featuring 4 major Impressionist paintings on loan from USA (see website), one in each room. Newlyn School small paintings featuring Laura and Harold Knight were mixed with some very modern pieces together with the Castle's own collection and a Gwen John on loan from Sheffield. An interesting exhibition curated in a similar way to the



Castle's Long Gallery where objects and archival materials connect to the paintings.

Some of the connections were quite tenuous, for example the floral Doc Martin boots, and I never did find out how a display on 17th century Dutch tulip mania connected (!). However, a commissioned copy straw poppy hat certainly linked with Renoir's love of hats on his models, Suzanne Valadon wearing such a hat in the Renoir on exhibition, and a fun final room saw a collection of hats and mirrors for selfie opportunities! I certainly hadn't heard of



the 'famous' Nottingham crocuses, the production of saffron in the Meadows archives on display. But much, much more.

The exhibition is on until April for those who might want to see for themselves.

Our session this month was on Seasonal artworks- of course, a small section looking at noteworthy nativity paintings, but also including illustrators, Christmas card designs by such as Dali and Warhol, prints, street art, photographs, mosaics, installations, and historic and modern paintings chosen because of interesting aspects in their varied subject matter, composition and style.



Anthony Green 1982



Paul Klee 1921



Sergei Belov 1971

There will not be a meeting in December, as our date falls on Christmas Eve, but in January we will try something different, socialising at Patchings Art Centre to view the exhibitions and perhaps share a bite to eat. Keep an eye on the website!

Jo Wilson

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.

PUZZLES

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

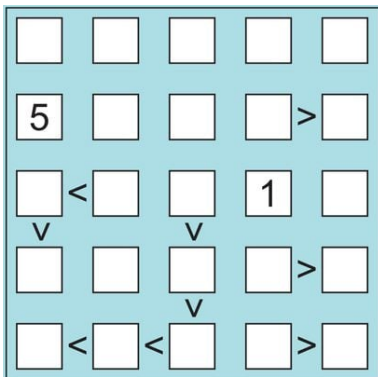


The Little MaD Quiz

- Which singer was backed by The Crickets?
- In Greek mythology, who died after pining away having fallen in love with his own reflection, and was changed into a flower?
- Which retail chain was founded by Anita Roddick in Brighton in 1976?
- Which actor played Dr Kildare on television in the 1960s?
- 50^o Fahrenheit is how many degrees on the Celsius scale?
- With which jazz trumpeter were the Tijuana Brass associated?
- What creatures are found in the zoological class Aves?
- “Cogito ergo sum”, or “I think, therefore I am” is a phrase associated with which philosopher?
- Which of the Seven Wonders of the Ancient World was at Ephesusalicarnassus?
- Who was the last leader of the Liberal Party before it merged with the Social Democratic Party?

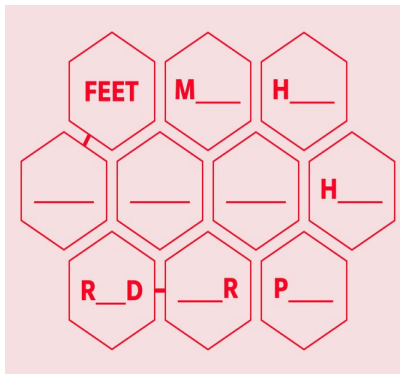
Futoshiki

Fill in the 5 x 5 grid with the numbers from 1 to 5 once per row and column, while following the greater than/less than symbols shown.



Word worm

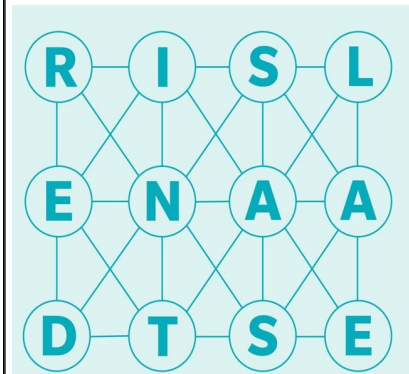
From wherever you start, join the hexagons by creating a new word that is only one letter different from where you started. Each hexagon must connect to exactly two adjacent hexagons



Spell it out

Spell out a two-word place name by traveling to each letter along the lines.

You can go through each circle only once.



What common phrases do these pictograms represent?

1	2	3	4
Calm Storm			
Whole 27 feet	6	7	8
	too late late		Chawhowhorg

[Answers at end of the Newsletter - click to jump directly to them](#)

GENERAL MEETINGS

November's General Meeting

Paul Dyson: The travels and adventures of a wildlife artist

What an Odyssey of delights we were introduced to by Paul Dyson, who interspersed tales of his wide-ranging travels with the most beautiful photographs of people and wildlife he had seen during his adventures!

Paul had a very engaging, humorous and droll way of telling stories. Starting with hair-raising adventures in mountain climbing and ending with showing the massive variety of wildlife in his own back garden, Paul touched on the problems of climate change, our disappearing animal species and the importance of respecting the indigenous peoples and wildlife of an area.

In his early life, Paul attended Mansfield College of Art and then worked as an illustrator for Nottingham Evening Post until computers started to take over and he decided to pursue a career in photography and art. He has been travelling, taking photographs and producing wonderfully detailed drawings of wildlife for 28 years.



Paul's travels range from the Himalayas in India and Nepal, to Africa, Peru, west coast of Ireland and the Isle of Arran. He had many adventures, close encounters and bad

weather on various expeditions climbing in the Himalayas. He suffered altitude sickness, nearly got hit by a huge boulder and many of his visits seemed plagued by bad weather. Once he visited the Langtang Valley where there are red pandas and snow leopards although he didn't spot any. A sad story was the photographs he took of the villagers in Gang Chenpo. There was an horrific earthquake a few years later and most of them would have been killed.

Paul's travels have also taken him to a wide range of nature reserves in India, America, Peru and East Africa from Uganda to Botswana. A frightening statistic is that since 1950 we have lost 72% of wildlife worldwide.

In India, he would go out early in the morning to see and photograph tigers and then in the middle of the day photograph people.

Paul showed us some spectacular photos he had taken of a tiger and her cubs in Banda National Park. He was lucky enough to see them nine times in

three weeks, whereas some groups never saw them at all.

Bears walked past his tent in Yosemite and now he's got a tent that opens both ends!!!

He has also had encounters with lions in East Africa. Once a lion came into their campsite and they had to hurriedly get into a vehicle, although one woman in their party seemed more concerned to take her food with her.

In Botswana, the best country for wildlife, two lions roared outside their tent for two hours. Interestingly, Paul said when there are lions about you don't need the loo but whenever someone says it is safe, you need it all the time!!



Leopards, cheetahs, bull elephants, white rhino, pelicans, flamingoes - just some of the wildlife Paul has seen in their natural habitat.

But, the best hour of his life he reckons was spent with the Ugandan silver back mountain gorillas although taking photos of them sounded hairy - dodging their wee and the food they dropped.

For me, hearing about the wide variety of wildlife close to home in Attenborough nature reserve (I didn't realise there were so many species of warblers in this country!), Derbyshire, Ireland and Scotland and Paul's own back garden was equally inspirational.

Wildlife is at risk. Let's do all we can in our own backyards to encourage the many varieties of wildlife that still exist but are under threat and watch out for Paul's exhibitions at Attenborough.

Alison Gove-Humphries

To view some of Paul's wonderful images, click on the link - [Paul Dyson - website](#)

FUTURE GENERAL MEETINGS

FRIDAY 27 December : PLEASE NOTE : This meeting is on **FRIDAY**
Our Twixmas meeting, with tea/coffee and cake, jigsaw swap, raffle, music and a quiz

Thursday 23 January 2025 :

PLEASE NOTE : This will be Zoom only - there will NOT be a meeting at the Social Club

The speaker will be Jo Richardson who will give us a talk entitled 'In the night sky'.

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.

Most months, on the week following the general meeting, we have at least two people at The Old Flower Shop at 934 Woodborough Rd, Mapperley, Nottingham NG3 5QS. We book a table and are there to meet people who 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.

PLEASE NOTE : the next meeting will be on **Thursday 6 March from 10.30 am to 12 noon.**

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, Liz Hagan, Andrew Harper

NOTTINGHAM

Recycle Christmas wrapping paper



If you're about to go and buy wrapping paper and Christmas cards, please remember that foil paper or paper with glitter can't be recycled.

If you can, look for paper that passes the scrunch test instead. Simply scrunch the paper into a ball and if it stays scrunched up pop it in your recycling bin!

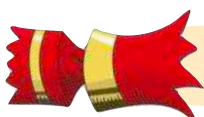
Don't forget, you can use the free [Recycling Checker](#) to find out what else you can recycle this Christmas.

WEEE (Waste Electrical and Electronic Equipment) recycling

Many of us may be thinking about replacing old electronic goods such as phones, tablets, computers, televisions, fridges, vacuums, dishwashers, microwaves or power tools.

If you are, please remember to recycle your old gadgets at any of the recycling centres in Nottinghamshire, because modern electronics contain rare resources such as copper, silver and gold, which can be recovered and reused.

Please don't place any electricals into your kerbside general waste or recycling bins



What do you call a kid who doesn't believe in Santa?
A rebel without a Claus



HEALTH



Do carbs really make you gain weight?

The rise of low-carb diets has seen carbohydrates undeservedly become the baddie when it comes to weight gain. But it's not the carbs themselves that are the problem: gram for gram, carbs contain less than half the calories of fat.

The problem is when you take in too many calories (energy from food and drink). If you eat more calories than your body can burn off, the excess will be stored as fat in your body.

Carbs are an essential part of a healthy diet, and current recommendations say half our energy should come from carbs. This may seem high, but there's a good reason you need this amount. They are our body's preferred source of energy for supporting daily activities and exercise, and to help fuel the brain. They also provide vitamins, minerals and fibre, which are important for our overall health.

Follow the link [Do carbs make you gain weight?](#) to read more.

The best and worst cheeses for your health

SAGA

Many of us will be enjoying lots of delicious cheese over the festive period.

Cheese can have health benefits - but it's important to choose carefully. In [this article](#) on the Saga website they have ranked popular cheeses best to worst for their health credentials.

Interesting - but don't let that put you off. Enjoy your favourites ... in moderation!

How many hours of sleep do I need as I get older?

SAGA

Sleep patterns change as we get older and how many hours of sleep we need isn't always the same.

If the question 'how many hours of sleep do I need' is keeping you awake at night, then rest assured that you're not alone. You'll probably be familiar with the number of hours' sleep recommended by the NHS: [seven to nine](#) a night.

However, it's a guideline for adults that doesn't take into account age-related changes. It's likely that your sleep has changed over the years, which is completely normal - but is there a magic number of hours you should be getting?

Click on the link to the Saga website to read more - [How many hours sleep?](#)

Medicines - a side effect or an allergy

Patient

Many people get confused between side effects or intolerance and allergy.

Side effects may settle with time and there may be steps you can take to reduce your chance of having them. But if you have an allergic reaction, you must stop the medicine and not take it again.

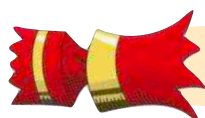
To find out how to tell the difference follow the link to the Patient website - [Side effect or allergy?](#)

Have you experienced ageism?

SAGA

As a new survey says a third of people have been discriminated against, the Saga website has an article which looks at how it affects our lives.

This link to the Saga website has an article about ageism - [The damage caused by ageism](#).



Why is Parliament like ancient Bethlehem?
It takes a miracle to find three wise men there



HOME

10 things you should never put in your dishwasher

Don't risk ruining your favourite kitchenware by cleaning it incorrectly. Here's what not to put in a dishwasher - from wooden chopping boards to delicate glassware.

It can be all too easy and convenient to cram all your dirty crockery, cutlery and glassware into your dishwasher without a thought but at the end of the wash, some items may reappear damaged, melted or even cracked if they are not dishwasher-safe. Washing these objects by hand will be the best option - it's much gentler than using a dishwasher and will avoid unnecessary damage.

Saga have put together a handy guide on what not to put in a dishwasher, helping you to prolong the life of your precious items. [What not to put in your dishwasher.](#)

TECH & SCAMS



Neighbourhood Watch Newsletter

Click on the link to read the November issue - [Neighbourhood Watch newsletter.](#)

Beware of scam QR codes



QR Codes or Quick Response Codes aren't new, but have gained massive traction over the past decade, especially after COVID-19. But, as with every tool, the question arises: **Are all QR Codes safe to scan?**

Several QR Code scams have come to the forefront and are said to be on the rise. Innocent scanners who failed to identify a fake website, or accidentally gave their credit card details away, have been victims of tampered QR Codes.

So, how can you be wary of such hijacked or tampered QR Codes? Is there any way to detect them? Or what are the next steps if you've accidentally scanned an unsafe QR Code? Click on the link to visit the Uniqode website to read more - [Is the QR code safe?](#)

ANSWERS TO THE PUZZLES

The Little MaD Quiz 1. Buddy Holly, 2. Narcissus, 3. Body Shop, 4. Richard Chamberlain, 5. 10, 6. Herb Alpert, 7. Birds, 8. René Descartes, 9. Temple of Artemis, 10. Sir David Steel																																																								
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Pictograms 1. Calm before the storm, 2. Best of both worlds, 3. Every cloud has a silver lining, 4. The ball's in your court, 5. The whole nine yards, 6. Too little, too late, 7. Not my cup of tea, 8. Who's in charge?																																																								

And finally ...

Susie Dent on festive words and phrases :

As the countdown to Christmas begins, my guess is you will be experiencing one of two things: a sense of happy betwixtment (pleasing, if nervous, excitement) or apathy: the desire to be left alone. It's perfectly possible that you will feel both emotions in the coming weeks, as festive jubilation approaches at the same time as carloads of friends and family.

And so, in that spirit, I thought I'd offer a few of my favourite words for this complicated season, in an attempt to cover all bases.

I'll kick off with festive food, which was once known by the rather wonderful name of 'bellycheer' (basic food, the kind that propped you up, was 'bellytimber').

The customary overspending on food and drink at this time of year was, in the 18th century, called 'abliguration', while the inevitable result from the eating and drinking of it all was known rather more plainly as 'crapulence'.

Speaking of alcohol, while many of us are familiar with some of the insults once directed towards the Dutch for political reasons, resulting in such expressions as 'Dutch courage' (aka the kind only achieved through drink), it is worth knowing that a 'Dutch feast' is one in which the host gets drunk before the guests.

Needless to say, before those guests arrive, you will have resorted to some serious 'scurryfunging' - a glorious description for the frantic rushing about the house we do just before the doorbell goes, throwing things in cupboards or behind sofas to tidy up.

Every gathering has its 'lickspigot', a remarkably descriptive term from the 16th century for the friend who always seems to turn up just as you're opening a bottle of wine. The guest who, to quote the dictionary, 'scents out when feasting is to be had' is of course a 'smellfeast'.

But when everything is still all smiles and you are eyeing up the mistletoe, may you enjoy 'firkytoodling' aplenty - 19th-century speak for kissing and romantic messing about (I won't spoil the party by explaining the origins of the word 'mistletoe': let's just say its literal meaning is 'poop-twig' thanks to the way it's propagated).

Of course, for all its joy, Yuletide does tend to provoke the annual family arguments, as board games such as Scrabble are dusted off and there are only coffee cremes left in the Quality Street tin. Within the family, in my experience, there is always one 'ipsedixitist': the person who insists that their view is correct without offering any proof whatsoever.

I discovered not too long ago that there was once such a thing as a 'Yule-shard' - someone who leaves things unfinished before the holidays begin. Every office has one.

But let's put cynicism aside and embrace some of the lost positives that linger in the dusty corners of the dictionary, if only we noticed them more.

Christmas is surely the time for 'confelicity', a joyful word that describes the altruistic pleasure we take in someone else's happiness.

If we are lucky enough to watch small children rush to open their presents under the tree on Christmas morning, confelicity is guaranteed.

I'll leave you with surely the best of all the lost positives, and one that I remember at every year's end. There is just a single record in the dictionary of the word 'respair', and yet it is as beautiful as it is rare. It means simply 'fresh hope'.

This Christmas, I wish everyone respair. And, if we're lucky, a bit of firkytoodling on the side.