

January 2025 Issue No 105



Musings from the chair

Once again we had a fabulous Twixmas meeting. I hope those of you who went enjoyed being entertained by our ukulele and Singing for fun groups. As usual Sue's Christmas quiz was great fun. I always know the answers afterwards. Thanks to everyone for making it a very pleasant morning.



Now the turkey & Christmas pudding have been eaten no doubt our thoughts are turning to the New Year and our hopes and wishes. How many of us will be making resolutions that we will have broken before the end of January? No doubt some will be losing weight, getting fitter, taking up a new interest... Why does that make me think of the opportunities that our u3a offer? Walking groups, badminton, table tennis, - could that appeal? Or stretch your mind a bit, and see what we have to offer? New Year, new you? But the most important wish for all of us is a healthy 2025.

That prompts me to remind you all that the **January general meeting is on Zoom only, so on 23rd January, do not go to the social club**, but crank up your computer, laptop or smartphone to join in from the comfort of your own home. Unfortunately you will have to provide your own teas and coffees.



Here's looking forward to a year of friendship, learning and laughter at MaD u3a. Happy New Year one and all.

Val

NOTICES

NEXT GENERAL MEETING

Thursday 23rd 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'.

Riviera Holidays make an ex gratia payment to a u3a of 10% of the value of a holiday that is booked with them PROVIDED that when the holiday is booked you tell them you are a u3a member and tell them which u3a you belong to. We have just received a payment for one of our members, but unfortunately 2 or 3 others who didn't advise at the time of booking, but tried to do so at the time of paying the balance, were not entitled to have the payment made to us. Please therefore, if you book with Riviera, remember us, right at the outset. It is a very generous scheme and does not affect what you pay for your holiday at all. Thank you.

INTEREST GROUPS

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

Ale & Cider Group	Fun Cooking with Gadgets	Outdoor Activities
Art Appreciation	Games Group	Photography
Badminton Group	Gardening Group	Play Going - Lace Market Theatre
Book Group 1	German Conversation & Culture	Play Going - Playhouse
Book Group 2	Italian Speech	Play Reading Group
Breakfast Club	Knit and Natter	Project Craft Group
Bridge for Beginners	Literature	Singing Together
CineMates	Local and Live Music	Table Tennis
Creative Craft	Local History	The Bryan Ruskin MaD Jazzers
Creative Writing	Lunch Club	Trips and Visits
Cryptic Crosswords for Beginners	MaD Girls	Ukulele Group
Cryptic Crosswords for Improvers	MaD Men	Walking - Walk in the Park
Curry Club	MaDAmDrammers	Walking - Strollers
Family History	Music Appreciation	Wine Appreciation
French Conversation and Culture	National Trust Group	Wine Bar
French for Fun	New & Prospective Members	

Could you help to run an interest group?

Is there a group you would like to start?

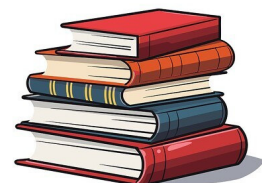
If you have a skill or knowledge about a subject you would like to share with others why not consider starting an interest group? There is lots of help and advice to get you started and help with the technical side of things as well. Conveners find running a group is very enjoyable and rewarding. If 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.

NEWS FROM THE GROUPS

BOOK GROUP NEWS

Book Group 1 OUR TOP THREE READS THIS YEAR

Our group reads one book every month, these have been recommended by one of the members. We have very eclectic tastes so it makes for a



varied reading list throughout the year. In our December meeting the group voted for the top three books and they are as follows:

1st Place

“The Paris Library” by Janet Skeslian Charles

This book has two narratives - the life of the elderly French emigrant Odile in small town America, and her earlier life in France during the Nazi Occupation, which is revealed through her unlikely relationship with a troubled teenager. It is a story of love and betrayal at the American Library in Paris which, surprisingly, continued to operate despite the wartime occupation.

2nd Place

“Lessons in Chemistry” by Bonnie Garmus

This book can perhaps be best described as a revenge comedy relating to female disempowerment during the nineteen fifties and sixties. It is unusual, thought provoking, and amusing, and the group felt that the title was a little off putting and meant that most of us would never have read it without it being recommended.

3rd Place

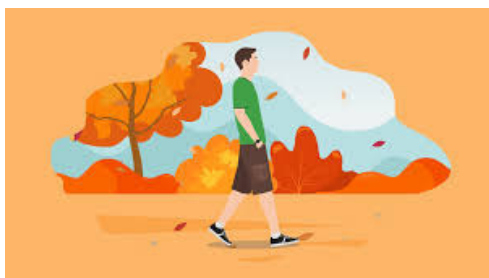
“A Fine Balance” by Rohinton Mistry

Set in India during the time of the State of Emergency in the nineteen seventies, four characters are thrown together by circumstances, becoming unlikely friends. They struggle against relentless corruption and adversity, the political system working against them to reinforce the inequalities which prevent their diligence and enterprise getting their just rewards. This is a lengthy but gripping novel and very memorable.

There are two Book Groups in Mapperley U3A, both of which are currently full, but starting a Book Group is an easy way to meet new people and does not require the organisational skills of some of the other groups as no money and only minimal planning is required. Many U3As have more specific groups such as Crime Fiction or Non Fiction so a new group could be tailored to exactly what you would like!

Christine Bingham

WALKING GROUPS



Walk in the Park : There will be a walk in a park on Friday, 10 January. Members registered with the group will receive an email with details of where to meet. The venue will depend on weather conditions nearer the time.

These walks are usually around 3 to 4 miles. To register with the group, please email walkinthepark@madu3a.org. This group replaces the previous Short Walks group.

Strollers : We had a very successful outing to Highfields Park at Nottingham University for our December stroll. Most of us travelled by tram and some of us failed to make it to the right stop but managed to rectify the mistake and all was well. We picked a lovely day and managed to stay on clean footpaths and complete a full circuit of the lake. Most of us stayed for refreshments in the Lakeside café and then visited the exhibition about the Nottingham caves. Some decided to go further and went to the Grayson Perry exhibition. A very successful trip that was enjoyed by everyone.

We are strolling on Friday, 3 January at Colwick Park. Members who are registered with the group will have received an email with details.

Carolyn Luckhurst

WINE TASTING



As a token of their gratitude to Maggie for hosting the group in her home and to Sue for the enormous amount of work she puts into preparing the wine tastings, members had a collection and gave them each a voucher to spend with a well known wine merchant.

LOCAL AND LIVE MUSIC



A group of 15 members enjoyed a Christmas lunch and music played by a very good swing band, at the National Memorial Arboretum. We would have liked to stay longer, as the dancing and carol singing had just started, when we had to catch the mini bus home, but it was still an enjoyable festive day.

Eileen



German Conversation and Culture Group

Our Christmas meeting on 17th December was very "festive". Christmas music, lights and nibbles. It was lovely to see Dina again, who is making good progress in her recovery.

We read, translated and discussed the two articles held over from November. The first one about how hedgehogs throughout Germany and many other countries in Europe are threatened with extinction and are being added to a "Red List". One of the reasons is the increased use of robotic lawn mowers which destroy their habitat. The city of Cologne has taken measures to ban the use of these machines during the night.



Our second article was about a research study which had interviewed thousands of Germans and created a "Happy Atlas" which showed the areas and reasons why the German people are now as happy as they were before the Corona Crisis.



aWe enjoyed a delicious buffet with both German and English treats whilst drinking our coffee and tea and chatting about all manner of things

Our next meeting is on 21st January 2025

Kind regards and Happy Christmas
Joyce Brown

FUN COOKING WITH GADGETS

After a couple of months off due to holidays and other commitments Fun Cooking met again in December. The brief was to make something suitable for a Christmas fuddle, if possible gluten free and low fat, using one or more of our gadgets.

As usual we had a veritable feast. We usually cook beforehand and bring along, although sometimes things are cooked or finished in Val's kitchen. We had leek & potato soup, miso-licious garlic mushrooms, lemon spicy chicken, mini veggie muffins, gluten free chocolate brownies, tea cake, oaty Christmas pudding cake and salted caramel



bb& coffee cheesecake. I hasten to say, not much of each, but we didn't need lunch afterwards.

January's task is to use the slow cooker for something winter warming.

Val Wilkinson

SINGING TOGETHER

The Singing Together group will take place as usual on Tuesday 7th January at Westdale Lane Community centre (next to the Baptist church and the Kenrick Rd bus stop). From 2 till 4 pm. All members welcome, no need to let us know in advance, just come along! £2 contribution to cover refreshments and song sheets

Gary Cawthorne



ALE AND CIDER GROUP



The group held its Christmas get together on Friday 13th December starting at the Bread and Bitter before moving on to the Blues Dawg. Everybody enjoyed themselves with nice ale and cider and chatter.

The venue in January will be the Robin Hood and Little John in Arnold, details will be sent out soon.

Dean Smith



TABLE TENNIS

Do you play, or have you ever played, table tennis? We are a small group of amateurs who have a great time playing for fun. We play on the second Tuesday of each month at 2pm at Devon Drive Methodist Church Sherwood. We have a table with a slight crack at one end which makes for the occasional duff shot. We could do with one or two more regular attendees. Why not give it a go. Bats and balls are provided. We make a small contribution of £2 or £3 (dependent on numbers) for the room hire. Next date is 14th January. For this month only if you are interested in coming let me know at chair@madu3a.org



TRIPS AND VISITS

Trips & Events update

Grassington Xmas Market - A few of us had booked to go to Grassington to visit the Christmas market but when I heard the weather forecast the day before we were due to go, my heart sank! Storm Darragh was forecast and the official advice was to stay at home. I contacted Skills who confirmed that the outdoor market was cancelled, but would be moved to the village hall. We duly boarded the coach the following morning and the driver announced that the market was cancelled and we would be going to Harrogate (who hadn't cancelled their market) instead. We had a very pleasant few hours there and although it was windy and the odd spot of rain it was nowhere near as bad as other parts of the country. We did pop in at Grassington for an hour on the way to the hotel, but I was actually quite pleased that we'd had the change as Harrogate had much more to offer. The hotel was very nice and the following morning we went to visit Skipton and lo and behold they had a market! So we got two for the price of one which was a nice surprise. When we arrived back in Arnold we all agreed that we had a great weekend.

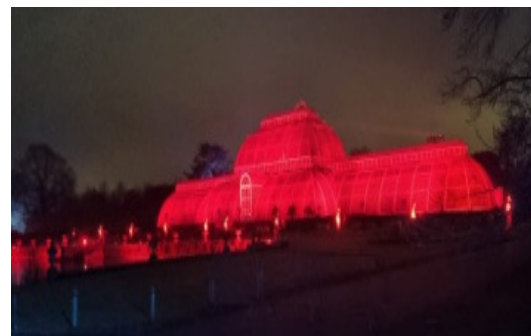
Geraldine Chaffe

National Arboretum – A group of members went to this event – very mixed feedback on this event. Some members were disappointed that they did not have time to have a look around the site and

memorials but unfortunately that was never part of the trip as the staff were all involved in the “Lunch with a Swing” event. Room wasn’t decorated up for Christmas, food mediocre but we know that is often the norm for Christmas Events of this type, some members felt too long between courses and that the room was a bit chilly. Band very good but by the time that all got into swing was time for our group to depart. Generally members felt they could have stayed longer, however our information was that it all closed at 3pm which is why the minibus was booked to pick up at this time. Obviously they were running a little late. Not sure that we would repeat this event feedback seems to be a long way to go for nothing very exciting.

Xmas Lunch – Well this was a different Xmas lunch for our U3A. It was at Stadium Leisure this year. We were asked to be there for 11am but that was not really necessary as we had to wait about anyway. We didn’t actually get our first course (sorry no just our pat of butter) until 1.00 so was a long wait to eat, (maybe if we had been given an itinerary we could have decided whether to have breakfast or not). However many members commented that this was really nice as they actually got time to talk to other members, especially the newer members. The food was OK we have had no negative comments on the food and it was HOT!! The vocalist was really good and some ladies had the opportunity to get up for a bit of a dance (even before they had eaten). Unfortunately none of us won the Bingo or the Raffle. Generally everyone feedback that they thoroughly enjoyed it despite the wait for lunch. We will feedback to Stadium to see if they can address any of our issues before we would book this again although members felt it was a really good event.

Xmas @ Kew - The trip to Kew I would happily do again. We spent some time in Richmond, some going by the river for lunch, others lunched in town. Onwards to Kew, arriving 5pm to see the spectacular light displays, we walked through an illuminated trail, with various light and music effects. Some light effects are static, some seem to move and dance to the music. I found Auld Lang Syne one very moving. The shooting fountains very impressive. I could go on.



Our hotel was Federation House, a Police Conference Centre - no expense spared, getting in was like getting into Fort Knox.

Final day we visited Oxford. I took a circular tour taking in Bridge of Sighs, Bodlean Library, Radcliffe Camera, St. Marys The Virgin, where I had coffee. Unfortunately I did not climb the 127 steps in the tower. I enjoyed wandering around the covered market, packed with artisan shops, grocers and cafes. My final destination was Oxford Castle and Prison, built in 1071 as a Motte-and-Bailey Castle. Again, sadly, I did not climb the tower, but enjoyed the tour and stories of its history, the famous murderess Mary Blandy who was hanged there in 1752. The last person hanged there was in 1952. We had an excellent driver, Phil, and a dry mild trip.



Judith Gamble

Happy New – “May the Year be full of love, peace, fun and making great memories with friends!!”

A reminder of what is happening in January in case you have not had chance to catch up.

Tina & Gary Tribute @ Bosworth Hall Hotel (10/1/25) 2 nights Dinner/Bed & Breakfast/Tribute Night and 2 for 1 Bar £99.95pp.

Brookfields - **Afternoon Tea & Elvis Tribute** (15/1/25) £30.00pp.

Burns Night at Greyfrairs £10pp (24/1/25) - have booked for those who have paid.

Burns Night at Maggie & Vic's (25/1/25) more information nearer the time for those booked onto this event.

Mayfair Chinese Buffet (29/1/25) £17pp

PLEASE NOTE Brookfields have double booked the afternoon tea and talk (20/2/25)!! It seems a Mercury Tribute has been booked on the same afternoon so we are waiting for revised date will be in touch with those booked once we have a new date.

Trips & Visits 25							
Date	Event	Code	No days	Type	Month	Day	Cost
06/02/25	Julius Caesar	5JS0602	1	Ev	Feb	Thu	£6.50
10/02/25	Tenby with Alfa	5T	5	SB	Feb	Mon	£265.00
17/02/25	Derry 4 nights	NA	5	SB	Feb	Mon	£230.00
20/02/25	Afternoon Tea & Garden Talk	5ATG	1	EV	Feb	Thu	£20.00
21/02/25	Ricky Aron @ MPSC	5RA	1	Ev	Feb	Fri	£10.00
03/03/25	Bournemouth with Alpha	5BO	5	SB	March	Mon	£299.00
14/03/25	Limelight tour Theatre Royal	4TR	1	Ev	Oct	Fri	£6.50
17/03/25	Belfast & Derry	NA	5	SB	March	Mon	£200.00
21/03/25	FAB4 Returns	5F4	1	Ev	March	Fri	£10.00
22/03/25	Thriplow Daffodil Festival	5TDF	1	DT	March	Sat	£35.00
31/03/25	Northumberland	N3103	5	SB	March	Mon	£369.00
07/04/25	Stamford Day trip	S0704	1	DT	April	Mon	£20.00
19/04/25	Criccieth	C1904	5	SB	April	Sat	£309.00
10/05/25	DD Anniversary	DD1005	1	Ev	may	Sat	Free
10/05/25	Salute to the 40's	S1005	1	Ev	May	Sat	£15.00
16/05/25	The Jukebox Jets - Rock & Roll	5JJ	1	Ev	May	Fri	£10.00
17/05/25	Queen Rhapsody	5QR1705	1	Ev	May	Sat	£33.00
20/05/25	Buxton	B2005	1	DT	May	Tue	£20.00
21/05/25	Galleries of Justice Group Visit	GJ2105	1	Ev	May	Wed	TBA
31/05/25	Blackpool	B3105	5	SB	May	Sat	£335.00
06/06/25	"Class of 69" AMDrammers event	MD0606	1	Ev	June	Fri	TBA
08/06/25	Daytime Disco MPSC	DD0806	1	Ev	June	Sun	£7.00
19/06/25	Eyam Day Trip	E1906	1	DT	June	Thu	£20.00
20/06/25	Barn Dance	BD2006	1	Ev	June	Fri	£7.00
23/06/24	NFFC Tour 1pm	NF2306	1	Ev	June	Mon	TBA
02/07/25	County Ground Tour??? Op 1 TBC		1	Ev	July	Wed	TBA
03/07/25	Trentham Gardens	5TG0307	1	DT	July	Thur	TBA
09/07/25	Yorkshire Sculpture park	YSP0907	1	DT	July	Wed	£30.00
16/07/25	County Ground Tour??? Op 2 TBC		1	Ev	July	Wed	TBA
19/07/25	Clipstone at War Day Trip	CW1907	1	DT	July	Sat	TBA
21/07/24	Bakewell	B2107	1	DT	July	Sun	£20.00
26/07/25	Motown Night	MT2107	1	Ev	July	Sat	£20.00
30/07/25	River Cruise	RC3007	1	Ev	July	Wed	£27.25
01/08/25	Ales, Rails & Witches of Pendle	AR0108	3	SB	Aug	Fri	£269.00

15/08/25	Kynren	K1508	3	SB	Aug	Fri	£249.00
22/08/24	ABBA Tribute (MPSC)	A2908	1	Ev	Aug	Fri	£10.00
29/09/25	Felixstowe	F2909	5	SB	Sept	Mon	£389.00
05/10/25	Food Festival Melton Mowbray	FF0510	1	DT	Oct	Sun	Free
24/10/25	Shania	S2410	1	Ev	Oct	Fri	£20.00
17/11/25	Thursford (staying in Cromer)	T1711	5	SB	Nov	Mon	£385.00
11/12/25	Xmas Lunch	XM1112	1	Ev	Dec	Thu	TBA

KEY : **To be confirmed** Short Break Event Day Trip

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 }		

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

GENERAL MEETING

Thursday 23rd 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'.

Play Going - Playhouse

Hothouse Tickets

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 only last week 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

DO YOU HAVE ANYTHING YOU'D LIKE TO SHARE?

We'd love to hear from you. A story or poem, a recipe, tips or tricks, a lesson learned or a near-disaster averted - anything you think may be of interest to MaD members. Send your contribution, with pictures if you have them, to the editor at newsletter@madu3a.org.

NEWSLETTERS Our MaD Moments Newsletter is published monthly in digital format. Hard copies are available for members who do not have email. Please contact our Chair Val Wilkinson on chair@madu3a.org or speak to one of the Committee members if you cannot receive the Newsletter via email.

THIRD AGE MATTERS MAGAZINE VIA SCREEN READER The TAM is also available in a text only format to make it readable with screen reader. If your household is receiving two copies of the Third Age Matters monthly magazine please let our Membership Secretary know via this link so that one of them can be cancelled.



NATIONAL u3a NEWSLETTER The u3a National Newsletter is available for all members to receive directly if you sign up for it. To receive your monthly copy just click on this link <https://www.u3a.org.uk/>. There's lots of information there for everyone and it's good to see what is happening in u3as across the country. Click on this link for the latest edition - <https://www.u3a.org.uk/news/newsletter> and for Nottingham u3a network here : <https://www.nottsu3anetwork.org/>

Gedling Community and Voluntary E-Newsletter - click here.

<https://content.govdelivery.com/accounts/UKGEDLING/bulletins/3254c39>

Gedling Health and Wellbeing Newsletter - click here.

<https://content.govdelivery.com/accounts/UKGEDLING/bulletins/32084ce>

HAVE YOU MOVED HOUSE? Please remember to let the Membership Secretary know if your personal details change. If you don't you may stop receiving Third Age Matters, email information and the Newsletter etc.