

March 2025 Issue No 107

Musings from the Chair



I generally leave thinking about my musings for the newsletter until after the general meeting, but I have just realised that that only gives Sue, as editor, less than a day to get the newsletter finished. Short months catch us by surprise.

I shall be missing this month's meeting as we are having a short break in Shropshire. We are planning a bit of walking, a bit of sight seeing and some food tasting. Ludlow is a real foody place. We just need some dry weather and it will be perfect. We have only arrived on Wednesday but I have noticed how absolutely dark it is outside and so I am really hoping for clear skies at the weekend and perhaps I will be able to see the lineup of the planets that we were told about in January's meeting. - fingers & toes crossed. I do hope that those of you who can get to the general meeting have a good morning, I will be thinking of you and am very grateful to Geraldine and the rest of the committee and other volunteers for being there.

We realised at the last committee meeting that our u3a at Mapperley will be 10 years old next year. We thought it would be a good excuse for some sort of celebration and as time has a habit of passing by rather too quickly we need to start thinking about it now. Do you have any suggestions for what we could do that would be popular with a good proportion of our members, suitable venue, entertainment etc. Do speak to any of the committee with your suggestions.

I'm told that the social club was very crowded this month with over 100 members turning out on a very chilly morning to listen to our speaker Dr Tim Gray MBE of the East Midlands Immediate Care Scheme (EMICS). Dr Gray explained how this service came into being and how it works. Staffed entirely by voluntary doctors and paramedics EMICS gives pre-hospital emergency treatment. You can read about Dr Gray's talk in the report on this month's speaker, on Page 11.

Well, again time for me to wish you all a good month and lots of fun in your u3a activities. Why not try something new? Spring is coming, perhaps get more active? We do have groups that can take more members - get some light exercise and have fun and come to table tennis, now every 2 weeks, or try badminton, or come walking in one of our 3 groups, for different abilities.

Looking forward to seeing you all soon.

Val Wilkinson

Chair

Could You Help Us?

We are trying hard to resolve occasional problems with the sound system at our monthly meetings.

It may be that we need new equipment to fit the needs, or it may be that we just need some guidance.

Does anyone out there have any experience or advice which they could offer in this area?

If you think you could assist please contact Richard Hill, our [Webmaster](#), or speak to a member of the Tech Team or the MaD Committee.

Save the Date :

General Meeting

Thursday 27 March at 10:00am

Jump to :

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

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

[Trips and Visits](#)

NOTICES

Standing in This Place - Statue Unveiled

The wonderful statue 'Standing in this Place', created by artist Rachel Carter, has now been unveiled in Nottingham's newly created Green Heart in the old Broadmarsh area, recognising the contributions of thousands of unnamed and forgotten women involved in the East Midlands' textile and lace industry.

You may recall that in June 2024 Rachel gave a really interesting talk to our u3a about the creative processes involved in this project tying together the links between the lace-making industry of Nottingham and the Transatlantic Slave trade.

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



Take Care When Using Your Bus Pass!

A u3a member caught a NCT bus from Arnold into Nottingham and used her bus pass. She took the pass out of her purse and still had her purse in her hand as she pressed the bus pass onto the card reader. The next day she noticed a debit on her bank account for £3.00 being paid to "Nottingham Contact". She managed to establish that this was a contactless payment to Nottingham City Transport. The lady called their Customer Services and was told that this is a common error and given instructions on how to obtain a refund.

How did this happen? She was told that when a traveller has their purse in their hand and it is fairly close to the card reader, the machine very often reads another card, ie your bank debit card.

The lady has been refunded by Nottingham City Transport. The message here is to warn you to always ensure that when you use any kind of contactless card, you don't have any other means of contactless payment in close proximity to the reader as it may take priority over the one you wish to use.

Thanks to Carolyn Luckhurst for bringing this to our attention

NEWSLETTERS

Click to read Nottinghamshire Network Newsbites - [February 2025 edition](#)

Click to read u3a Friends Newsletter - [February 2025](#)

Click to read Gedling's Community and Volunteering Newsletter - [February 2025](#)

Click to read the u3a Election results introducing the new [Board of Trustees](#)

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, Carolyn Luckhurst

TRIPS AND VISITS

Our last event in January was another visit to the Mayfair for a Chinese Buffet where 26 of our members enjoyed a nice social evening.

February started with a visit to Fletchers Theatre - A great performance of Julius Caesar by our Nottingham students. When they started we were a little apprehensive as there was a ghetto blaster blaring out rap but we were soon engrossed with the historic dialogue. Fantastic acting by all, the only disappointment was that they were not dressed the part (not a Toga in sight) but a brilliant performance.

A few of our members visited Parliament and Westminster on a day trip with Skills Travel. (Photos on the Facebook page). Sounds like they had a great visit and the photos look fab!! *See the article from Linda Randall on Page 6.*

Our visits to Tenby and Derry were a great success. *See articles from Pauline Reed and Cas Smallpiece respectively on page 5.*

The following events have been cancelled – members who had signed up for these have been informed
 Thriplow Daffodil Festival 22/3/25 - not enough interest
 Northumberland 31/3/25 - cancelled by Alfa
 Barn Dance 20/6/25 - cancelled by MPSC

Coming up

03/03/25	Bournemouth with Alpha - All booked and paid, ready to go!
10/03/25	Night at the dogs – Still places Code TNAD £23.00pp
14/03/25	Limelight Tour Theatre Royal – This event is now Full
17/03/25	Belfast & Derry – Flights & Hotel booked
21/03/25	FAB4 Returns (MPSC) – Sold out
27/03/25	Afternoon Tea & Garden Talk – 22 members signed up so far
07/04/25	Stamford day trip – 1 place left
	Salute to the 40's at Mapperley Plains Social Club – Evening event – Still places
20/05/25	Buxton Day Trip - - still a few places *
21/05/25	Galleries of Justice 11.00 am £10.95pp. If you have booked this please transfer the monies to the U3A
	Some members will be going for a meal following the Galleries visit – let us know if you want to join
	Grease – Fletchers Theatre Level 3 Musical Theatre Option 1 Code GR2105 £6.50
22/05/25	Grease - Fletchers Theatre Level 3 Musical Theatre Option 2 Code F2205 £6.50
19/06/25	Eyam day trip – still places *
03/07/25	Trentham Gardens & Monkey Forest £40pp TG0307 still places*
09/07/25	Yorkshire Sculpture Park – 3 places left
19/07/25	Clipstone at War – currently only 6 members have shown an interest so we may look at car share for
21/07/25	Bakewell Day Trip – still places*

* **These trips are by minibus so therefore require 12 to run at this cost**

Big thanks to the MaD Trips and Visits Team who organise such a great variety of holidays, days out and events for MaD members to enjoy

FROM OUR MEMBERS

Buildings of Interest Around Nottingham's Old Market Square

On a cold, damp Tuesday, 17 hardy souls met at the left lion to join Dorothy for a walk round the Old Market Square to look at interesting buildings in the area. It is surprising what you can see if you look up occasionally.

The current Nat West Bank was originally named Smith's Bank; founded and run by Thomas Smith and his family between 1658 and 1918. It was the first bank formed outside London. As the business developed other branches were founded – including at Lincoln, Hull and Derby. The bank was acquired by National Provincial Bank in 1918 which then merged with Nat West in 1970. There is a plaque on the front of the building explaining its history.

The Flying Horse, named after Pegasus, is still an imposing Grade II listed building. There is a date of 1483 which is reputed to be the year it was founded, but this is disputed and is believed to actually date from 16th century. It was originally owned by the Plumtre family before becoming a coaching inn. The inn was closed in 1989 when it was converted into a shopping mall.



The Flying Horse building

Bridlesmith Gate was one of the original entrances to the city from the south. There are several alleys off the main thoroughfare, which contain a lot of hidden gems and lead up to Fletcher Gate.

Victoria Street was originally a narrow lane called Chandlers' Lane. It was cleared and widened in 1863. George Africanus had his servant hire business on Victoria Street - there is plaque which marks the building.



Boots The Chemist's flagship shop

On the corner of Pelham and High Streets is a Grade II*, Art Nouveau and glazed terracotta structure which was, until 1972, the site of Boots The Chemist's flagship shop. It was built in the early 1900s and, as well as selling cut price medicines, the premises included a lending library, which was staffed by trained librarians. The library closed in 1966.

Arguably, one of the worst cases of vandalism was the demolition of the Black Boy Hotel in the 1960s. In its place is a concrete structure which was a Littlewoods store and when that closed, it was taken over by Primark.

There are a lot of differently designed buildings, with remarkable facades. These were designed by various architects, including TC Hine and Watson Fothergill. They have had many uses over the years, including a cinema, pubs and department stores.

Standing at the top end of the Square, you look up towards Chapel Bar. This was the western entrance to Nottingham and was believed to have been built around 1154. It was demolished in 1743 to widen the road to ease traffic flow.

On the left hand side, facing towards Chapel Bar, is Bromley House. This was built in 1752 for George Smith, grandson of the founder of Smith's Bank. Nottingham Subscription Library was established in 1816 in Carlton Street. It outgrew these premises and moved to Bromley House - a Grade II* listed building - in 1820. It is the only building on Angel Row still to have its garden. It also contains one of the few remaining Meridian Lines situated in the Standfast Room. The line was set north to south so that, at solar noon, the light crossed it. What is reputed to be one of the first commercial photographic studios in the country was set up -in the attic - around 1841 by Alfred Barber.

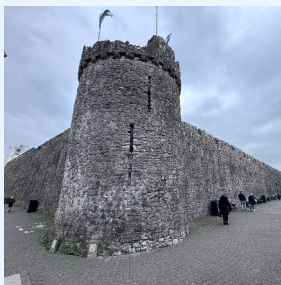
The Central Library was also located on Angel Row; prior to its relocation to the Broad Marsh area of Nottingham in 2023, following it's closure due to Covid in 2020. The building was originally built 1898-9 as a store and warehouse for Henry Barker's furniture store. The library moved into the premises in 1977.

Sheila Ward

Trip to Tenby

I set off for Tenby wondering what to expect from the Welsh coast in February but I wasn't disappointed. The weather kept dry and we were able to enjoy stunning coastal views during our stay, and we even had an occasional glimpse of the sun. The hotel was warm and welcoming and the food was good, as was the company.

On the first day we visited historical St David's with its beautiful cathedral. Unlike most cathedrals it is built in a valley, on the site of a monastery founded by St David in the 6th century. It was subjected to many plunders from Norse raiders in the past and since the current cathedral was built in the 12th century subsidence and also an earthquake caused the tower to collapse twice meaning extensive renovation has been needed over the years, and the floor in the cathedral is noticeably sloping.



what remained of the town walls and castle.

I particularly enjoyed walking along the beautiful beaches.



On the third day we visited Carmarthen and Saundfoot which on a warmer day would've been a pleasure to explore but a biting wind meant that, after a quick look at the sea, we retreated to the



warmth of a local pub until it was time to return to the coach.

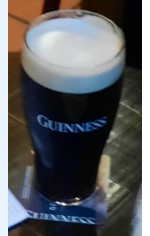
Pauline Reed



Trip to Derry

Our trip to Derry, was a fantastic experience! If Derry is not on your Bucket List it should be! The people were so friendly, the streets were so clean, we saw no beggars or people sleeping rough and no potholes. It was such a pleasure to meet the locals; they were happy to talk to us about their lives and showed an interest in ours.

We stayed in the Holiday Inn Express, right in the centre, for four brilliant nights. The minute we arrived we went to the Trinity for a Guinness!! Then we donned our walking shoes and followed the dividing wall where much history was evident and the views inviting. There were a couple of churches we would have liked to enter, but sadly they were closed.



Day 2 took us to the Free Derry Museum where along the journey we encountered many of the murals depicting the troubles of the late 60's. The museum was extremely interesting and very moving. We were quite surprised at how little knowledge we had of those times. There was also a monument to the Hunger Strikers.

Day 3 took us to the Peace Museum which enlightened us about all the planning and details leading up to the Good Friday agreement and where we are to date. We also visited one of the oldest churches in the area.



On Day 4 we took a 30 minute local bus ride over to Buncrana where we enjoyed a sunny walk around the beautiful park. As you can see the weather was kind to us too.

Of course we mustn't forget the 'craic' we shared in the bars along with Guinness, Cocktails, Dancing, Music and Singalongs and of course the lovely restaurants where we enjoyed traditional 'Irish Fayre'.



Linda Donaldson & Caz Smallpiece

Visit to the Houses of Parliament

Six of us had a fascinating experience on a trip to London to visit the Houses of Parliament. Though the day was wet, cold and miserable, we made the most of it with plenty of photo opportunities in and around the Palace of Westminster.

The Houses of Parliament, situated on the banks of the River Thames in London, stand as an enduring symbol of British democracy and governance. Also known as the Palace of Westminster, this historic complex is home to the United Kingdom's two parliamentary houses: the House of Commons and the House of Lords. A visit to the Houses of Parliament offers a unique opportunity to witness the inner workings of one of the world's oldest parliamentary systems.



As you approach the grand façade of the Palace of Westminster, the majestic Gothic architecture immediately captures your attention. Designed by Sir Charles Barry and Augustus Pugin in



the 19th century, the intricate details and towering spires of the building evoke a sense of grandeur and historical significance. The bell in the iconic Elizabeth Tower, commonly referred to as Big Ben, chimes in the background, adding to the sense of occasion.

Inside, the rich history of British politics comes alive. The ornate Central Lobby, with its stunning mosaic floor and elaborate ceiling, serves as a meeting point for members of both houses and offers visitors a glimpse into the heart of parliamentary activity.

Our self-guided audio tour provided us with fascinating insights into the history and functioning of

the Parliament, allowing visitors to explore key areas such as the House of Commons chamber, where lively debates and crucial decisions shape the nation's future.

One of the highlights of the visit was the House of Lords chamber. The opulent decor, including the magnificent gilded throne and red leather benches, reflects the grandeur and traditions of the British aristocracy. The chamber's historical significance is palpable, as it has witnessed countless debates, legislation, and ceremonial events over the centuries.

In addition to the architectural and historical marvels, the Houses of Parliament also offer a chance to engage with the democratic process. The public gallery was closed but had it been open visitors can observe debates and discussions from the public galleries, gaining a deeper understanding of how laws are made and how elected representatives and appointed peers work together to govern the country.

The visit was further enriched by the stories of notable figures who have walked the halls of the Palace of Westminster. From iconic Prime Ministers like Winston Churchill to influential reformers such as Emmeline Pankhurst, the legacy of these individuals is woven into the fabric of the building, like the plaques inlaid on the ground.



Linda Randall (with assistance from Co-pilot)



POETRY CORNER

My Favourite Things

Thanks to Carolyn Luckhurst who happened across this and thought we'd enjoy it.

Julie Andrews sang it at her 79th birthday party and received a standing ovation. If you sing it, it's especially hysterical! We all know the tune

My Favourite Things

Botox and nose drops and needles for knitting,
Walkers and handrails and new dental fittings,
Bundles of magazines tied up in string,
These are a few of my favourite things.
Cadillacs and cataracts, hearing aids and glasses,
Polident and Fixodent and false teeth in glasses,
Pacemakers, golf carts and porches with swings,
These are a few of my favourite things.
When the pipes leak, When the bones creak,
When the knees go bad,
I simply remember my favourite things,
And then I don't feel so bad.
Hot tea and crumpets and corn pads for bunions,
No spicy hot food or food cooked with onions,
Bathrobes and heating pads and hot meals they bring,
These are a few of my favourite things.
Back pain, confused brains and no need for sinnin',
Thin bones and fractures and hair that is thinnin',
And we won't mention our short shrunken frames,
When we remember our favourite things.
When the joints ache, When the hips break,
When the eyes grow dim,
Then I remember the great life I've had,
And then I don't feel so bad.

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](#)

[German Conversation & Culture](#)

[Italian Speech](#)

[Knit and Natter](#)

[Literature](#)

[Local and Live Music](#)

[Local History](#)

[Lunch Club](#)

[MaD Girls](#)

[MaD Growers](#)

[MaD Men](#)

[MaDAmDrammers](#)

[Music Appreciation](#)

[National Trust Group](#)

[New & Prospective Members](#)

[Outdoor Activities](#)

[Photography](#)

[Pickleball](#)

[Play Going - Lace Market Theatre](#)

[Play Going - Playhouse](#)

[Play Reading Group](#)

[Project Craft Group](#)

[Singing Together](#)

[Table Tennis](#)

[The Bryan Ruskin MaD Jazzers](#)

[Trips and Visits](#)

[Ukulele Group](#)

[Walking - Strollers](#)

[Walking - Walk in the Park](#)

[Wine Appreciation](#)

[Wine Bar](#)

NEWS FROM THE GROUPS

Art Appreciation

Huge heartfelt thanks go out to Pat Wright for stepping up to the plate and coordinating the February discussion meeting on American Art, a great topic chosen by Pat that allowed members a wide-ranging choice of works.



I had booked a holiday before deciding to set up the Art Appreciation group, so an absence was unavoidable, but in Pat's capable

hands the monthly meeting could still go ahead, for which I'm sure members were very grateful. Now Art Appreciation is running, this situation will not occur again, though I am indebted to Pat for her work to make this session go smoothly.

In January members gathered at Patchings Art Centre for the 60th Anniversary Photographic exhibition, displaying prize-winning work in all 3 galleries: all genres and styles, black & white and colour.

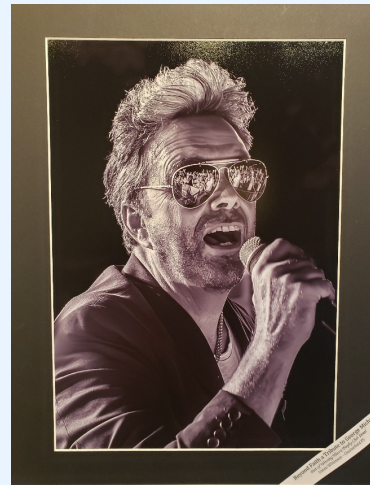
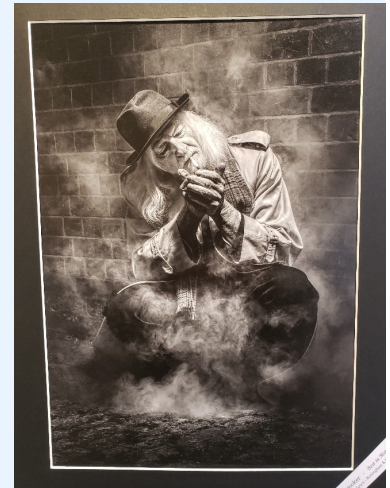
Despite the rainy miserable weather (no chance of a walk round the grounds and art trail), 18 members booked to have a bite to eat and drink in the café and more arrived during the morning. Several members met each other socially for the first time, and dividing into small groups across the various galleries, got a chance to examine and chat about the exhibits.



There was something for everyone so no consensus of favourites, though a fair number cited the skill in detail and compelling qualities of *The Smoker* by Dave Jones and George Michael's portrait by Simon Wilkinson, both in black and white.

More abstract pieces were highly thought of by many of our group (sorry, reflections of overhead lighting precluding giving examples) as well as watercolour effects that could be mistaken for paintings.

Several members commented they'd



like to return for a similar event when the 3 galleries displayed paintings, and the weather was far more suitable for strolling to the Monet Pond in the grounds. Hopefully there'll be another opportunity in the future to organise a similar event without the rain!

In March we will be back to a presentation format, but this month I'll be trialling a venue change from the Games Room to the main hall down the corridor. This will mean 1) all

members including 'waitlisters' are invited, and 2) no one will have to offer apologies in advance, simply come along if you can. As it's Mothering Sunday the weekend after, the topic will be Artists and their Mums. We shall see if this venue is suitable acoustically and for comfortable viewing. It is of concern that not all 'waitlisters' have had the opportunity as yet of sampling a talk to see if the style/group is for them or not, as we have a far longer list than is ideal. This may provide a remedy.

Please click on the title above, Art Appreciation, to look at the website details, and for future session topics.

Jo Wilson

Art Appreciation

It was a different Art Appreciation meeting this month as it was led by Pat Wright who introduced the theme of American art. Pat started by talking about Edward Hopper's 1939 painting Groundswell. She then invited members to talk about their favourite American art or artists.

Modern artists were introduced including Lee Krasner, Andy Warhol, Louise Bourgeois and Dom Pattinson followed by 19th century artists Winslow Homer and Mary Cassatt. Books and pictures were passed around and there was a lot of interest shown and discussions taking place.



I think we all felt we had learnt something new from this session.

Alison Gove-Humphries

Photography

In January the photographic themes for the MaD Photography group were 'Christmas' and 'Food', and the February themes were 'Fungi, Mosses and Lichens' and 'Circles'.

You can view all the photos on the Photography page of our MaD website, or by clicking on the links below.

[Christmas](#)

[Food](#)

[Fungi, Mosses and Lichens](#)

[Circles](#)

Sue Cullen

Local History

These are our next meetings :

4th March - DH Lawrence - Early Life
At Mapperley Plains Social Club Meeting Room

1st April - Central Library visit - focus on Local Studies
Details to be given to members closer to the date.

Local History Team

Ale & Cider Group

The November 2024 visit to The Crown Beeston was postponed so it was rearranged for our February meeting.

The pub is a Grade II listed building has been welcoming drinkers since the 1830s and was the CAMRA East Midlands pub of the year in 2010 and 2011.

It has five distinct drinking areas including a snug and a three seat confessionnal allegedly once used as a hideaway by the local vicar. Real ale and Cider must be better than the confession wine!

Dean Smith

Local and Live

Ten of us enjoyed a great evening, which raises money for a charity, with 3 different musical acts.

The range of music had something for all the group, with jazz/folk and a rock band to finish.

For information about joining the Local and Live group please contact me on localandlive@madu3a.org



Eileen Braham

Play Going - Playhouse

These are performances booked for 2025.

Animal Farm

Friday 11 April at 7.30pm - £17.50 per ticket

A Thousand Splendid Suns

Friday 23 May at 7.30pm - £17.50 per ticket

Pantomime Sleeping Beauty

Friday 27 November at 7.00pm - £20 per ticket

Please note the above increase in ticket prices for this year.

Lesley Harrington

German Conversation & Culture

It was great to see the sun for our meeting on Tuesday 18 February. A pleasant change from the recent gloomy weather.

Karen told us all about her Caribbean cruise, visiting eight different islands. The favourite of which was Bonaire, where they saw many interesting animals including geckos and also several different varieties of exotic fish. Sue had been to Bournemouth to visit her cousins and although not quite as warm as the Caribbean still enjoyed her time there.

We read, translated and discussed two very interesting articles from Nachrichten Leicht. The first about the discovery of a tiny, valuable, pure gold mini-lock dating from Roman times about 1600 years old. Treasure hunters found it buried in a field, using a metal detector. A discussion arose around the use of metal detectors in airports etc. Tricia told us of an experience a friend of hers had travelling back from the USA in 1991 just as the Gulf War started. Having removed his "metal" leg due to irritation, it was put into the hold of the aircraft. Suddenly the plane was requisitioned by the USA military. All passengers having to leave the plane to be accommodated in hotels overnight before continuing their onward journeys the next day. The "metal" leg was left in the hold of the plane!!

Our second article was about a new record set by a researcher, for spending the longest time, 120 days, in a specially adapted capsule, under water. It was 11 meters deep and connected by a tube to the "outside world". Cameras were recording to ensure he wasn't "cheating". Not only did he have the honour of being recorded in the Guinness Book of Records, he wanted to draw attention to marine conservation with his campaign.

Everyone contributed some interesting sentences for our "study" verb Lesen. Sue included several tenses of the verb in her examples. We all agreed that we preferred books rather than reading via a tablet or a computer. Karen was pleased she managed to finish an especially "large" book whilst on holiday. Tricia had recently visited her son, who lives in Thorpe Arch where half of the British Library is kept. Employing over 500 people it is open to the public.

Delicious Bahlsen biscuits were enjoyed with our tea and coffee, whilst we continued our usual light-hearted chat.

Our next meeting is on 18 March.

Joy Brown

Walking - Strollers

The Strollers will be walking in Colwick Park on Friday 7 March, starting at 10.15am, from the corner outside the Colwick Hall Hotel, Racecourse Road. This month, the walk will be led by our Chair, Val Wilkinson.

The group are enjoying Colwick Park so we are sticking with it for the time being. The footpaths are easy and the refreshments wagon *Wired on Wheels* offers a discount to our group members.

The Strollers like to walk at a gentle pace for no more than an hour. Well behaved dogs are welcome. Members already registered for this group will receive an email nearer the time. If you wish to join the group, please email strollers@madu3a.org and you will be added to the list.

Carolyn Luckhurst

Walking - Walk in the Park

A Walk in the Park is a simple way for members to have a good walk of roughly 3 to 4 miles around one of our parks. Usually, dogs are very welcome and members are told in advance if the walk is suitable.

We had a lovely walk at the Rushcliffe Country Park in February. The chatter turned to the forthcoming parking charges at Gedling Country Park and it was decided that we should go there in March before the charges come into force in April. Those who are already registered with the group will receive details about where to meet by email nearer the time. If you wish to join the group, please email walkinthepark@madu3a.org and you will be added to the list.

Carolyn Luckhurst

Curry Club

In January the Curry Club enjoyed a great meal at Mogul e Azam and in February revisited Lagan for a delicious Indian tapas meal.

In March we shall be moving continents from India to China and shall visit Chung's Chinese on Mapperley Top.

If you would like to join this very friendly group please contact me by email on curry@madu3a.org.

Sue Cullen

PUZZLES

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



The Little MaD Quiz

1. Who wrote the poem that opens “If you can keep your head when all about you”?
2. In which English city is Temple Meads station located?
3. “Blood and Fire” is the motto of which Christian organisation?
4. In which resort was Fawlty Towers set?
5. Taking its name from a Portuguese dish of meat, garlic and wine, which hot curry originated in Goa?
6. The Hurlingham Association is the governing body for which sport in the UK?
7. An eft is the juvenile stage of which amphibian?
8. What nationality was the artist Paul Klee?
9. The book and film *Girl with a Pearl Earring* are about which Dutch artist?
10. Who invented dynamite in the 19th century?

Link Words

Each pair of words is linked by the missing word in the centre (eg Wedding – CAKE – Stand). Find the link words ...

1	Dandelion	Work	9	Rubber	Aid
2	Wind	Cleaner	10	Games	Room
3	Hand	Smoke	11	Times	Cloth
4	Cricket	Stick	12	Cat	Bin
5	Funny	China	13	Horse	Paper
6	Looking	Jar	14	Blue	Bank
7	Traffic	Tart	15	Privet	Fund
8	Masonry	Bed	16	Fork	Strike

How Many Cards?

A small number of cards has been lost from a complete pack.

If I deal among four people, three cards remain.

If I deal among three people, two cards remain.

If I deal among five people, two cards remain.

How many cards are there?

Dingbats

What common words or phrases do these dingbats represent?

1 t i m e a b d e f g	2 b b bird b bird b b	3 Last Least	4 ↓ the end
5 S ea	6 bend revo	7 £ 1	8 my1111life

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

GENERAL MEETINGS

February's General Meeting

Dr. Tim Gray MBE: East Midlands Immediate Care Scheme (EMICS): Enhancing Emergency Medical Response

When he was 17, my husband was in a serious road traffic accident in Derbyshire. His leg was wrapped around the axle of a hay cart. A doctor in evening dress, on his way to a concert of the Halle orchestra, stopped and administered morphine and, as the fire brigade was cutting him out, he placed his hand between the cutting equipment and his leg. To this day, my husband wonders who that heroic doctor was. So I was delighted to hear that, in the East Midlands, due to the brainchild of Dr. Tim Gray, this type of volunteer response is now being organised and coordinated thanks to the EMICS charity.

Dr. Gray gave us a fascinating insight into the care that the EMICS volunteers give at the scene of accidents. Although a really serious subject, he managed to inject some humour into his talk and I think we all agreed that his idea and the work he and the volunteers do is fantastic.

EMICS is a group of trained doctors and paramedics who volunteer their services in their spare time. They administer pre-hospital emergency treatment and medicine, stabilising patients so that they get to hospital alive - the sort of thing you see in programmes like Helicopter Heroes, Ambulance, 999: what's your emergency? They operate on the principle that immediate care significantly increases the chances of survival and recovery for patients suffering from conditions such as cardiac arrest, severe trauma, and life-threatening illnesses. By closing the response time gap between the 999 call and

the arrival of an ambulance, the scheme enhances patient outcomes.



Dr. Gray, as a young doctor, was sent out by a senior doctor in his medical practice to an accident outside the surgery. A car had gone through the plate-glass window of a decorating shop and he had to treat a number of people with lacerations and bleeding. He also faced nuisance customers - a woman asked him when he was tending the injured where the wallpaper with the roses was! But seriously, he realised what a useful job he had done and how he didn't have all the equipment needed.

From then on, he volunteered his time. In the 1980s, he put forward the idea of the Rutland Accident Care scheme as a charity and EMICS, as it has become known, now serves Rutland, Leicestershire, Nottinghamshire, Derbyshire and part of Lincolnshire and Northamptonshire.

Money given to the charity goes to fund things like PPE, equipment, and an emergency response vehicle. The trained doctors and paramedics work

alongside the other emergency services when asked to do so. They attend incidents like road traffic accidents (20%), cardiac arrests (40%), falls, industrial accidents, stabbings.

The doctors are trained to read the wreckage in a traffic accident. Carefully studying the wreckage can inform them as to the type of injuries patients may have sustained and can also lead them to find victims when they are not immediately visible. In one case, a car with the driver (still alive and unharmed) was found under an articulated lorry six hours after the accident had been dealt with!!

Team work is absolutely essential. When they get to the scene of an accident, they are working with the ambulance services, fire brigade, EMAS, air ambulance etc. They have to find the casualties, get access to them, administer emergency care and decide which hospital it is best to send them to.

We are extremely grateful to Dr. Tim Gray and his EMICS team for the invaluable service they provide to all of us in the East Midlands. To donate to this charity, please visit [EMICS - Support Us](#)



Alison Gove-Humphries

FUTURE GENERAL MEETINGS

Thursday 27 March at 10:00am:

A talk about the Bromley House library & garden

Thursday 24 April at 10:00am:

The Beekeeping Year

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.

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 6 March from 10.30 am to 12 noon.**

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.

HEALTH

Is butter bad for you?

SAGA

Fat is an essential part of a healthy balanced diet and provides several health benefits. It's also a source of essential fatty acids, which the body cannot produce on its own.

Fat helps the body to absorb fat-soluble vitamins such as vitamins A, D, and E. But too much fat can be harmful to our health. Some fats are proven to support our health, whilst others may damage it if eaten regularly - so it's important to choose fats wisely.

The Saga magazine website has an article showing fats listed from best to worst - to visit the Saga website and read the article, click on [this link](#).

Can Saunas benefit your health?

ZOE

While saunas were first enjoyed thousands of years ago in Finland, their popularity has now spread to health and wellness circles further afield.

While they are undoubtedly relaxing, many attribute significant health benefits to regular sessions. Some claim saunas can improve blood flow and support lung and heart health, and some even claim they're as important as exercise for good health.

The Zoe website had an interesting article about saunas. Click on the link to read it - [Saunas](#).

The walk from my house to the bar is 5 minutes. From the bar to my house is 35 minutes.
The difference is staggering

How exercise slows brain aging

zoe

We spend so much time focusing on how exercise changes our bodies - burning calories, building muscle, shedding fat.

What if the most important transformation is happening where you can't see it?

Hidden inside your skull, your brain is changing with every step, squat, and sprint.

To read this interesting article click on the link to go to the Zoe website - [Exercise and brain aging](#).

How to reverse arthritis in 8 weeks

zoe

Arthritis affects millions worldwide.

Over 10 million people in the UK have arthritis! That's one in six people living with the pain, fatigue, immobility, and reduced dexterity it can cause. Many people assume it's an inevitable part of ageing.

What if you could reduce joint pain and inflammation through diet and lifestyle?

Dr. Tamiko Katsumoto, Clinical Associate Professor at Stanford University, unpacks the science behind arthritis. She explains the key differences between osteoarthritis, caused by wear and tear on joints, and rheumatoid arthritis, an autoimmune condition where the immune system attacks healthy tissue.

While there is no cure for arthritis, Tamiko reveals why chronic inflammation plays a central role and how the modern diet is making things worse. To visit the Zoe website and read the article, click on the link - [Arthritis](#).

TECH & SCAMS

Action Fraud Alert Newsletter - February edition



Click on the link to read the [February edition](#) of the Neighbourhood Watch newsletter.

Keep your phone safe from scammers

Which?

10 things every smartphone owner should do to keep their data safe

It's important to keep your personal data hidden from prying eyes. The experts at Which? explain how you can help secure a device in minutes.

To read how to do it click the link to visit the Which? website and read the article - [Keep your data safe](#).

Congratulations! You've won an M&S afternoon tea hamper

Which?

If you receive an email or text message saying you've been chosen for an exclusive chance to receive a Marks & Spencer Afternoon Tea Letterbox Hamper **don't respond - it is a scam**.

The scammers tell you you've been chosen to received an M&S afternoon tea hamper and all you have to do is to give your address and send postage.

You can read about this and other current scams on the Which? Website - [The latest scam alerts from Which?](#).

Why scammers want your social media account

Which?

Fraudsters try to hack your accounts to facilitate their scams - here's what to know.

Whether it's to make a profit by selling your data, to scam your contacts on your social media accounts by impersonating you, or to steal your identity and apply for documents and obtain accounts in your name, there are a few reasons why scammers want your social media account.

Click on the link to the Which? website to find out what to do if your social media account has been hacked. [How to recover hacked accounts](#)

GARDEN

Best scented winter-flowering plants

Winter is almost over, but maybe it's time to think of adding some winter-scented plants to your garden for next winter.

The Saga website has an article giving advice on how to choose scented winter-flowering plants. Click on the link to visit their website and read it - [Scented winter-flowering plants](#).

What to do and what to plant in spring

The National Trust website has tips and ideas of what to do and what to plant in spring.

Just click on the link to go to their website and read the article - [Gardening tips for spring](#).

ANSWERS TO THE PUZZLES

The Little MaD Quiz

1. Rudyard Kipling (*If*), 2. Bristol, 3. The Salvation Army, 4. Torquay, 5. Vindaloo, 6. Polo, 7. Newt, 8. Swiss, 9. Johannes Vermeer, 10. Alfred Nobel

Link Words

1. Clock, 2. Pipe, 3. Gun, 4. Match, 5. Bone, 6. Glass, 7. Jam, 8. Nail, 9. Band, 10. Board, 11. Table, 12. Litter, 13. Fly, 14. Bottle, 15. Hedge, 16. Lightning

How Many Cards

There are 47 cards.

There are 52 cards in a pack. Find the multiples of four, three and five closest to that number, and see if any of them are the same. For example, you can deal 42, 44 and 48 cards among four people, which would mean nine, five or one cards are missing (with three remaining). However, the only one that works for multiples of three and five people is when five cards are missing, which gives a total of 47 cards.

Dingbats

1. Long time no see, 2. The birds and the bees, 3. Last but not least, 4. The beginning of the end, 5. Parting of the red sea, 6. Bend over backwards, 7. Back to square one, 8. For once in my life

And finally ...

There are more trees on earth than there are stars in the galaxy

The number of trees on Earth is mind-boggling. NASA estimates that there are between 100 billion and 400 billion stars in the Milky Way galaxy - there are more than 3 trillion trees on Earth

One teaspoon of a neutron star is equal to the weight of about 900 Pyramids of Giza

Neutron stars are very small - about 12.5 miles in diameter - but incredibly dense and about 1.5 times the mass of Earth's sun. Just a sugar cube of neutron star matter would weigh about one hundred million tons on Earth and one cubic meter would be equal to the weight of the entire Atlantic Ocean

Cleopatra lived closer to the time Pizza Hut was founded than to the building of the Egyptian pyramids

The Egyptian Pyramids at Giza were built around 2,500 BCE. Cleopatra VII died in 30 BCE, so there's a gap of more than 2,400 years. The first Pizza Hut was founded in 1958, around 2,000 years after Cleopatra's death