MaD moments

Your monthly Mapperley & District u3a Newsletter

May 2026 Issue No.. 120

Musings from the chair

Wow! What talent we have in our u3a. We were treated to a fabulous night's entertainment this month by our Mad Amdrammers who were "Crying in the Chapel" and it was great to see so many of you entering into the spirit and dressing up. Vic's pink suit was a sight to behold. Those of you who missed it, missed a treat.

Plans are well in hand for the 10th birthday celebrations in June. The Amdrammers will be involved again along with some other surprises. We are hoping to get some volunteers to bake some cakes for the event on 25th June. Julia (who does the teas and coffees at the general meetings) is coordinating cake offers, so we don't get lots of the same. If you could make a cake or some little cakes please could you let her know. See her at the May meeting or speak to anyone on the committee and we will pass on the message.

It seems that I am always begging for volunteers for something and of course you have all had an email about the search for a team to take on trips, visits, holidays etc. We are also very much in need of a membership secretary, and despite having raised this several times since the beginning of the year, no-one has put their head above the parapet and this is a position we need to fill in order to continue. I really cannot believe that out of nearly 400 members, apart from the existing 12 committee members and 30 or so conveners and former committee members, we have about 350 members who are not able or not prepared to take any part in ensuring that our u3a continues and provides everything it does for the benefit of all of us. It can be very rewarding, and you do get to meet more people and become more involved by volunteering or being on the committee. Please please please do come forward and don't leave it to others.

It would be nice to be able to have something else to muse about next month…

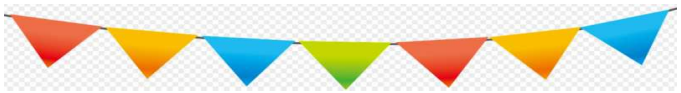
In the meantime, enjoy the sunshine.

Val Wilkinson

Save the date : General Meeting Thursday 28th May start time 10am.

Speaker : Janine Buckley : Celebrating the tremendous efforts of the county's pit ponies, this talk delves deeply into the lives of a workforce that gave all they had. Learn how their working conditions changed over time, and how they are remembered by their former handlers.

Thursday 25 June – MaD u3a 10th Anniversary Party



News from our groups

Local and Live – Eileen Braham

A few of the Local and Live music group enjoyed a concert at the lovely St Paul's Church in Daybrook. Jez Lowe is a singer/ songwriter from the north east, who is not only an excellent musician, but also is very funny. All of us enjoyed his witty songs. The Abdication pub has now set up a bar in the church for these concerts and the church have bought new comfortable seats, so look out for details about the next concert in this great venue.

Ale and Cider – Dean Smith

In March we visited The Falcon Inn at Canning Circus. Built in 1853 by 1864 it was a fully licensed establishment. Previously tied to Shipstones it is now a freehouse.

Our April get together is The Angel Microbrewery right in the heart of the Lace Market. The Grade II listed building was originally two houses and dates from around 1800. It serves beer from its own on site brewery as well as guest beers. The first floor Old Chapel has been converted into a performance area. Some of the bands that have played there before they became well known include Oasis, Kasabian and the Arctic Monkeys.

Pharaoh's were buried with their hands across their chest due to an ancient belief that there would be infinite water slides in the afterlife

Photography – Sue Cullen

The themes for April were ‘Signs’ and ‘Using Negative Space’. You can view the photograph albums by clicking on links -

Signs - https://www.flipsnack.com/suecullen/signs-april-2026

Using Negative Space - https://www.flipsnack.com/suecullen/negative-space-april-2026

They can also be viewed from the Photography page of our MaD website - https://madu3a.org/u3a_groups/photography/.

This group is for enthusiastic photographers of any level. We use both digital cameras and mobile phones, and are a very friendly and helpful group, meeting via Zoom on the afternoon of the second Wednesday of each month. If you would like to join us please drop a message to photography@madu3a.org.

Fun cooking with gadgets – Val Wilkinson

Our monthly “Fun Cooking with Gadgets” group fell on Easter Monday in April, so we chose the topic of chocolate and challenged ourselves to come up with food to make using a gadget or two, involving chocolate and also to suit Rose, being gluten free.

We had a great morning, discussing our creations, before eating them with our coffee or tea. We decided that having an ingredient to include had worked well so next month we are thinking spring vegetables but are cooking with onions. Thinking caps on. If anyone else wants to join our fun group and enjoys experimenting with recipes, we can take one or two more.

There tends to be a lot of crime in multi-storey car parks; it's wrong on so many levels

Curry Club – Linda / Steve

April saw us at The Banyan Tree where we were treated to an excellent meal. We had poppadom's with a selection of four dips. The starters came on individual plates and consisted of a selection of chicken, koftas, bhajis, fish, and vegetable samosas. The mains were a great selection of chicken, lamb and vegetable dishes, with a paneer side, naan and rice. The staff were lovely and the company was great. The sad thing was that we were informed that the Banyan Tree has run its course and will be closing in June of this year so if anyone wants to try the menu themselves there is only a short window.

The next Curry Club is Monday 18th May 6.30pm at Kottaram on Maid Marian Way so look forward to seeing you there.

German Conversation and Culture Group – Joy Brown

Six of us met on Tues 21st April. Two articles from Nachrichten Leicht were read, translated and discussed. Firstly, one about plans by the German Government to reduce fuel tax in the wake of the economic crisis caused by the war in Iran. Several options were being considered, including reducing the cost by 17 cents and also one whereby companies would voluntarily pay their employees a one-off sum of 1000 Euros. Both of these met with some criticism.

The second, more light-hearted article, was about the re-introduction of Lynx in the Harz mountains and surrounding forests. Having been re-introduced in several other areas including the Black Forest, Bavarian Forest and Palatinate areas. Conservationists are pleased the Lynx numbers are now increasing in the Harz region.

Essen was our study verb this month and a variety of interesting sentences were read out.

Our usual, light-hearted, chat, mostly about history of our surrounding area and Lace making in Nottingham followed, whilst enjoying coffee and biscuits.

Our next meeting will be oh 26th May when we will be visiting the Lace Market Theatre to see Ein Komisches Talent.

I decided to keep all my money in a tomb; it’s my crypt o'currency.

Art Appreciation – Jo Wilson

A huge variety of unusual media were looked at this month from the more bizarre- blood and meat (eg Marc Qunn, Vincent Castiglia) and liquid cheese (Cosimo Cavallaro) to the relatively new genre of Land Art, originating in the late 60's/early 70's, featuring artists such as Andy Goldsworthy and Jon Foreman. From large scale works, like Eloardo Tresoldi (wire mesh architectural structures) and Tara Donovan (Styrofoam cups, index cards and paper plates) to the miniature world of Willard Wigan (the eyes of needles), Salvat Fidai (pencil nibs) and 'Lito' (leaf cutting), we explored a considerable range of works, some making socio-political statements of ecology and consumerism, like Ha Shult's trash people army. It was important to convey the artistry of body art and lack of AI or photographic trickery by showing videos where the illusion unfurled via the painted models (Johannes Stoetter and Trina Merry at the top of the game in this genre), or indeed work 'drawing' with steel wire to create the artwork once a light source hit it (Larry Kagan)- seeing in motion was key to believing. And, of course, the successful tromp d'oile artist Guido Daniele's hand art captivated us all.

Chewing gum, mosaics (using wine corks, coffee beans and screws), toilet rolls, soot, wine stain portraits, bank notes, obsolete computer components, film video and audio tapes, laundry and parcel and sticky tapes to name just a few more media, were all included.

I'm wondering how many members were racing home to pop bread in the toaster to create their own artworks before eating the result for lunch?

Kate McGuire

Alex Idoko

Yulia Ostinova

Local History – Marian and the History team

The next meeting, 5th May, has changed and is now **Mary Potter Heritage Centre visit -** meet at the centre at 10.15 for a 10.30 start. Please let us know if you are attending.

We will meet at the centre:

Little Company of Mary Heritage Centre, 32 Regent St, Nottingham NG1 5BT

Please arrive by 10.15 for a 10.30 start.

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.

INTEREST GROUPS

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

Art Appreciation
Badminton
Book Group 1
Book Group 2
Breakfast Club
Bridge for Beginners
CineMates
Creative Craft
Creative Writing
Cryptic Crosswords – Beginners
Cryptic Crosswords – Improvers
Curry Club
Family History
French Conversation & Culture
French for Fun
Fun cooking with gadgets
Games
German Conversation and 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
New & Prospective Members Meet
Ale and Cider
Photography
Pickleball
Play Going – Lace Market
Play Going – Playhouse
Play Reading
Poetry for Fun
Project Craft Group
Singing Together
Table tennis
The Bryan Ruskin MaD Jazzers
Trips and Visits
Ukulele Group
Walking
Walking – Strollers
Walking – Walk in the park
Wine Appreciation
Wine Bar

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

I used my donor card instead of my bank card; it cost me an arm and a leg.

April Speaker Report – Elaine Lindley

The River Trent - England's Heart

At the general meeting on the 23rd April, Mike Burton spoke regarding the River Trent, from its source on Biddulph Moor in Staffordshire to its discharge into the River Humber. Mike is a former journalist and history teacher.

The Trent was, and to some extent still is, regarded as the border between the North and South of England. In Roman times, those living south of the Trent were more easily controlled whilst those in the north more quarrelsome. During the industrial revolution, northeners were the leaders in protests for better standards of living and working conditions.

The Trent and its valley have influenced industry through the counties of Staffordshire, Derbyshire and Nottinghamshire. Those industries were the force behind the creation of a waterway from Liverpool to the Humber, via canals - and the Trent when it became navigable. The Trent valley was also home to several power stations none of which are still operating. They were all located on the northern side of the Trent!

The Trent valley has always been prone to flooding. In 1770 the flooding was so bad that most of Lincolnshire was under water. In Nottinghamshire, several sporting venues are located along the Trent. The landlord of the Trent Bridge Inn opened a cricket field behind the inn and charged the sum of sixpence for admission to watch matches. This gave rise to the Trent Bridge test ground that we know today. After leaving Nottinghamshire, the river flows through agricultural Lincolnshire before arriving at its entry into the Humber.

It was an emotional wedding. Even the cake was in tiers.

NOTICES

u3a friends

Open this newsletter in your browser.

There are a lot of really exciting things going on at the moment at The Third Age Trust. The response to *u3a Festival 26* has been amazing and we have now fully sold out of tickets. I want to say a huge thank you to the u3a Festival team for their hard work on this incredible event. However, if you're not able to come along to the in-person event in York, you'll still be able to be a part of this huge event - more on that in the events section.

This weekend, two runners will be taking part in the *TCS London Marathon* to raise money for the Third Age Trust, which will go towards facilitating more learning opportunities and allow us to provide more support to existing and new u3as.

A huge good luck to Sheryl and Clive - and if you're at the *London Marathon* this weekend, do be sure to give them a big cheer if you see them run past.

With very best wishes

Iain Cassidy
CEO of the Third Age Trust

Monthly Committee Update

Click here to read this email in your browser.

April update for u3as

NEWSBITES

Click the link to see the latest NEWSBITES from Nottinghamshire Network of u3as and see what is going on in our region

https://nottsnetworkofu3as.u3asite.uk/newsbites/

Your Committee 2025-26

Valerie Wilkinson	Chair	Eileen Braham	Committee Member
Amanda Knight	Vice Chair	Paul Dennis	Committee Member
Elaine Lindley	Business Secretary	Liz Hagan	Committee Member
Joan Davis	Treasurer	Lesley Harrington	Committee Member
Linda Randall	Membership Secretary	Pat Smith	Committee Member
Alison Gove-Humphries	Groups Support	Sheila Ward	Committee Member

I got a new pair of gloves today, but they're both 'lefts,' which on the one hand is great, but on the other, it's just not right.

Calling all local u3a members

A new sport invented by Arnold u3a at Daybrook Bowls Club

Short Lawn Bowls

- Would you like to learn how to play? or
- Would you like to start SLB at your u3a?

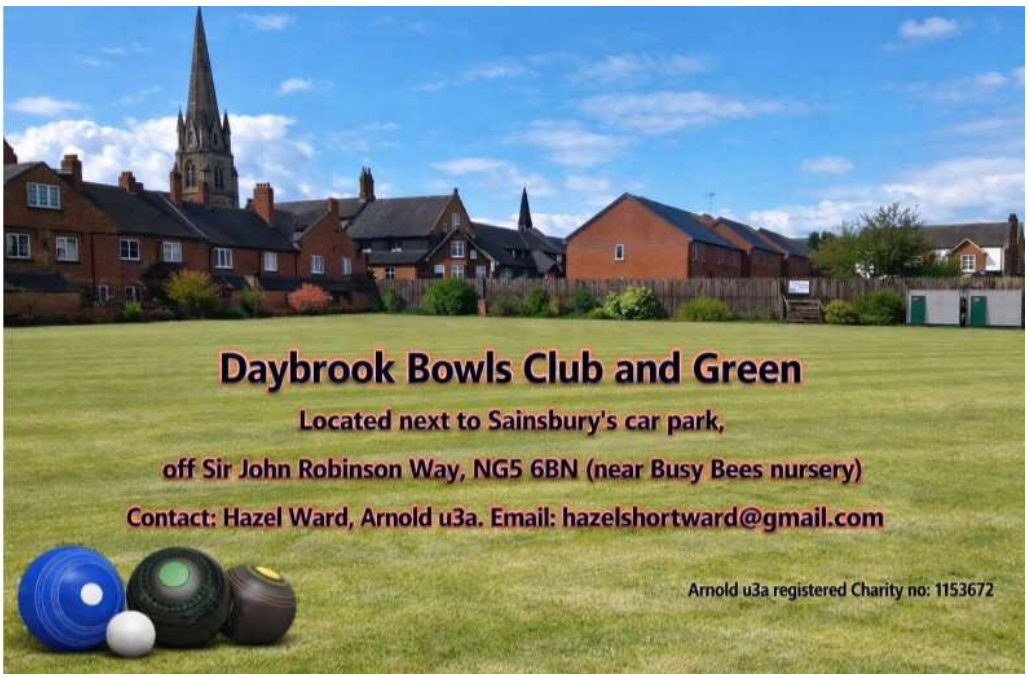
OPEN DAY & TRAIN the TRAINER

On Thurs 14th May: FREE : 12noon to 4pm

At Daybrook Bowls Club: Address on the green below!

What is Short Lawn Bowls?

- An outdoor game, where the playing mat is set half way down the bowling lane
- Less strenuous bowling to suit people of differing abilities.
- No experience necessary. Equipment is provided. Please wear flat-soled shoes.



ALTERNATIVELY: Play from 15th April '26; Weather dependent: Daybrook Bowls Club: Every Fri 10.30 -12.30 & Wed 12.15 – 2.15 Cost £4, includes a cuppa!
Contact:hazelshortward@gmail.com

What on earth is supercritical carbon dioxide and do you care?

I have about 10 places available for this talk and network contacts would be very welcome. If you would like to attend please email me at tgawright@icloud.com . You will receive full venue details.

This is part of a series of talks from leading university research groups at The University of Nottingham and Nottingham Trent.

Friday 8th May 2026, 1pm University of Nottingham, Jubilee campus

What on earth is supercritical carbon dioxide and do you care?

Well, you might care if you learnt how this research expertise could help ensure that the shampoos, conditioners, cleaning agents and cosmetics of the future are totally degradable. At the moment the thickeners and detergents in them are not, and those wastes are starting to damage our environment.

Or how can we solve the problem of recycling crisp packets more easily. Currently recycling is difficult because crisp packets are a complex mix of polymers, inks, adhesives and aluminium layers – all designed to keep your crips fresh and tasty - but difficult to recycle.

You will hear from two leading researchers working on these problems and their collaboration with major companies like Croda. The researchers are part of the Polymer chemistry department at the University of Nottingham. Led by Professor Steve Howdle, and with over £7m funding from government and industry, the department has a world leading reputation in the use of supercritical carbon dioxide technology and how it can be used to help solve these important societal problems.

See an amazing sustainable building complete with a grass roof!

Afterwards, you will be given an exclusive tour of the labs and the building - the GSK Carbon Neutral Laboratory. Located on the University's Innovation Park, the building provides unrivalled facilities for chemistry with the building itself being a focus for sustainability. It incorporates the latest technologies to allow it to be carbon-neutral over its lifetime through the use of natural materials and a grass roof!. The energy required to run the laboratory is met by renewable sources such as solar power and sustainable biomass.

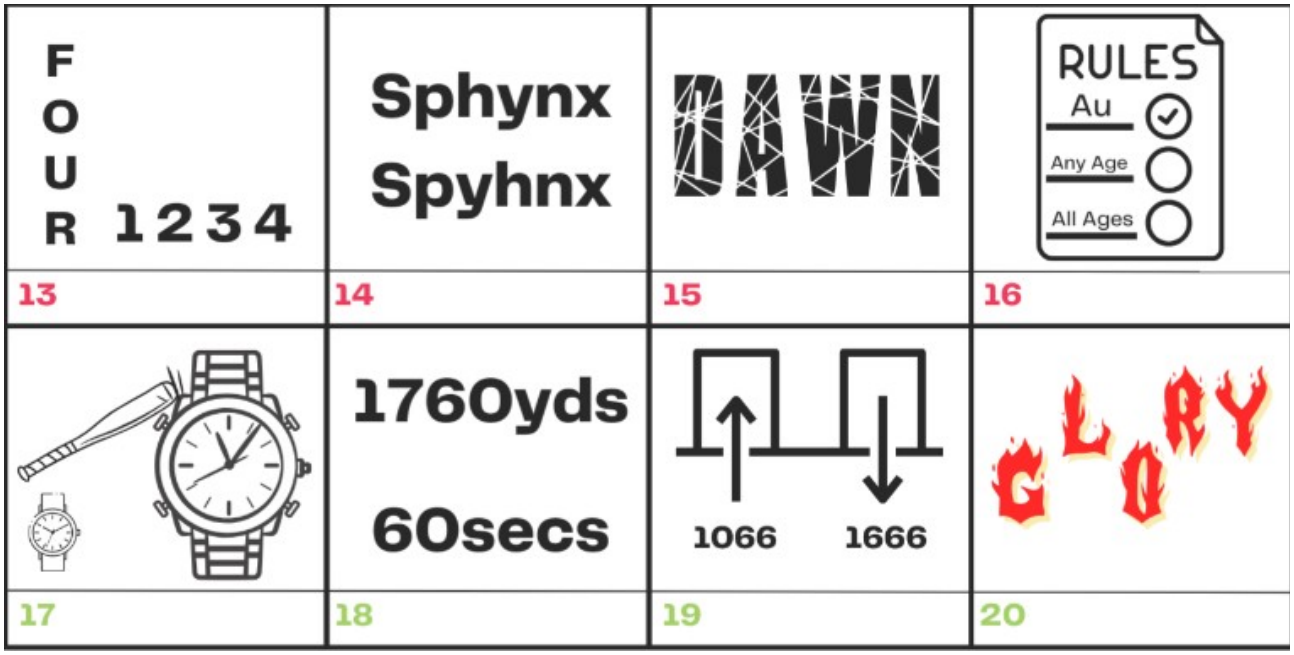
It's worth adding that I have known Steve Howdle for many years, he is both eminent in his field yet so very humble and ordinary - despite coming from Yorkshire. I'm pretty confident you will be amazed at what you hear and see so please register early as numbers are limited.

To say yes please email me tgawright@icloud.com Cheers Trevor

Trips and visits

Trips with Great Days Out To book contact Simon 07971105491 or email simon@nhvc.co.uk			
02/05 /26	Llandudno Victorian Extravaganza	Sat	£31.00
08/05 /26	Bath Spring Fayre	Fri	£31.00
08/05 /26	Claverton Manor, Bath	Fri	£49.50
06/06 /26	Shrewsbury & Ludlow	Sat	£27.00
14/06 /26	Goathland & Whitby	Sun	£31.00
19/06 /26	Ely Cathedral Home & Garden Show	Fri	£31.00

DINGBATS



I can tell when people are being judgmental just by looking at them

QUIZ

1. Into which sea does the Nile flow?
2. Three continents lie on the Tropic of Capricorn, South America is one, name any of the other two?
3. Afrikaans was developed from which European language?
4. An Ortanique is a cross between a tangerine and what other fruit?
5. What Italian word for 'Scratched Drawing' can be found on walls all over the world?
6. What musical features 'Some Enchanted Evening' and 'There Is Nothing Like A Dame'?
7. What was the name of the first manned lunar landing mission in 1969?
8. Which boxer was nicknamed 'The Dark Destroyer'?
9. What is the procedure called where an anaesthetic is injected close to the spinal cord?
10. In which country was Rudyard Kipling born?
11. One and a half litres of champagne is known as a what?
12. In alphabetical order name the three particles that make up an atom?

Me – I love a Ted Talk. In fact I can easily waste a couple of hours down this particular rabbit hole. Click the links to explore,

https://www.ted.com › playlists › talks_to_make_you_feel good about getting older

Aging doesn't always feel good. But remember, age also brings wisdom and balance. Watch these reminders of the benefits that come with age.

"Why we should embrace aging as an adventure" by Carl Honoré: Provides simple solutions to combat ageism and highlights changemakers who thrived later in life.

•**"Older people are happier" by Laura Carstensen:** Shows evidence that, contrary to popular belief, people in their 50s, 60s, 70s, and beyond report being happier each decade.
•**"The secret to a happy life — lessons from 8 decades of research" by Robert Waldinger:** A study showing that strong relationships and emotional intelligence (which often increase with age) lead to better health and happiness.
•**"How to live passionately—no matter your age" by Isabel Allende:** A personal look at maintaining passion, purpose, and joy throughout life.
•**"How to discover your authentic self — at any age" by Bevy Smith:** Encourages reevaluating your life and pursuing authenticity, no matter how many years you have lived.
•**"Positive thinking for aging well" by Keri-Leigh Cassidy:** Explains how changing your mindset and fighting negative stereotypes can lead to healthier aging.
TED Talks +4

DINGBATS ANSWERS

13 Down for the count

14 Copy cat

15 Crack of dawn

16 Golden rule

17 Hit the big time

18 A mile a minute

19 Year in year out

20 Go down n a blaze of glory

QUIZ ANSWERS

1. Mediterranean
2. Australia, Africa
3. Dutch
4. Orange
5. Graffiti
6. South Pacific
7. Apollo XI
8. Nigel Benn
9. Epidural
10. India
11. Magnum
12. Electron, Neutron, Proton

And finally :

The only normal people you know are the ones you don't know very well.

MAD u3a newsletter
Editor : Sue Cullen
This issue compiled by : Liz Hagan