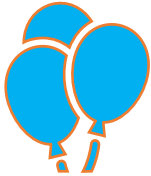


What's On

Happy New Year to all my readers!!



New Year Meeting.

Our next coffee morning is on

**Monday 8th January at Matlock Football Club. DE4 3AR
10.30am.**

Please put £1.00 towards the costs in the honesty box.

Our speaker will be Paul Isherwood, otherwise known as The Buff Butler. Paul, more normally dressed, offers us entertaining and light-hearted anecdotes of clean humour about being hired as a buff butler.

A hen party favourite Paul was even requested for a soon-to-be Centenarian lady, for her landmark birthday, wearing just a bow tie, cuffs and a bum revealing apron (that was him, not her).

Help Needed.

Liz Mann has done a wonderful job since lockdown reviving our Monday monthly meetings and organising a (very!) diverse range of speakers...see above... and events to make them more interesting. She will be stepping down from her role, and her place on the committee, at the AGM in March. The role could be covered by more than one person ideally, and involves providing the refreshments and helping with the meeting. Both these jobs are supported! The football club provide all the cups etc and does the washing up and we have a bag of coffee, tea etc. Just milk and biscuits to provide. There is a list of speakers recommended from other local u3a's and myself as chair and several of the committee support and present the speaker.

Could you fill this role? Once a month on the first Monday. Could you do it with another person? Liz is happy to support you as you get into the swing of it.

You would be welcome to join the committee or not as you prefer. (see below)
Liz Walker (chair) email lizzyeditor@gmail.com. Tel 07748917232

Committee Nominations.

Stephen Bailey and Liz Mann are stepping down from the committee at the end of their three year term. We have a friendly and active committee who help to run our u3a and keep us legal and above board! Formal nomination requests will be going out shortly, but if you feel you could join us and contribute then contact me for an informal chat and details of what is involved.

Liz Walker (chair) email lizzyeditor@gmail.com. Tel 07748917232

Mau3a NEWS

Facebook.

We now have our very own Facebook page. Search Matlock Area u3a on your Facebook account to join the group. It is there for you to use and to share information about or among your group, and the wider membership in general – but only if you wish to do so. It is an open group, but anything considered unsuitable will be taken down – apart from that it is there for you to use, to point out things which might be of interest to the members, places you have visited, or to ask general questions of the membership.

Groups News

Book Group 2

The u3a Book Group 2 has just met for our annual Christmas jolly. Part of this involves our “book of the year” vote. There are 12 of us within the group and this means (strangely) that we each host the monthly group once a year and choose the book to read for that hosting. The group is lively in that we never have a book that suits everyone. All views and opinions are accepted and invariably a book can get some of us into raptures, some major dislikes and all points in between.

Of this year’s books we have had some new titles ---- “Lessons in Chemistry” or “Act of Oblivion”, some older classics “Wide Sargasso Sea” or “Miss Pettigrew lives for a Day” and some challenging reads “The Little Red Chairs” or “Lean, Fall, Stand”.

But the winner of book of the year by a wide margin was “Where the Crawdads sing” by Delia Owens. It’s the story of a very young girl, Kya, who is abandoned in the marsh lands of North Carolina and is left to fend for herself.

She is a self trained naturalist and the book involves her coming of age in difficult circumstances, love, a murder mystery and finally coming out the other side. A powerful read.

Art Appreciation

As the retiring co-ordinator of the Art Appreciation group, I wish to give a big thank you to all the members of the group who have been so supportive and made many stimulating contributions, broadening our knowledge and interest in so many aspects of the art world. It has been an enjoyable experience.

I wish our new co-ordinator, Patrick Wright, all the best for the future of the group.

Anne Oldfield

Family History Group

The Family History Group for their January meeting on the 17th are having an "Away Day" session at the Chesterfield Library Local Studies section.

Contact: [Trevor Boam](#)

The SciTech Group

2024 marks a new approach to some of our meetings.

We will be showing on-screen lectures from the London Gresham College lecture series, starting on **Wednesday 24th January** at 2pm in the Studio at St Elphin's with:

"The Statistical Life of Florence Nightingale" by Professor Sarah Hart

Florence Nightingale is the founder of modern nursing but also a pioneer of data science and medical statistics. This lecture looks at the importance and legacy of Nightingale's work, which led to her becoming, in 1858, the first woman elected to the Royal Statistical Society.

And then on **Wednesday 28th February**:

"Living with the Forever Chemicals" by Dr Ian Mudway

The forever chemicals, or PFAS (Per- and polyfluorinated alkyl substances) represent a large family of highly persistent synthetic chemicals widely used in everything from carpets to non-stick cookware, to firefighting foams and furniture textiles.

New members and guests from other U3A groups are very welcome – please contact Mary Mellor or Mike Steel at scitech@matlockareau3a.org.uk Also see our web page at <https://matlockareau3a.org.uk/science-technology>

Life Story Group

There is a widespread growing tendency for people to want to write their own life story. Mostly there is no expectation or desire to have it published as an acclaimed memoir, just to have the pleasure of remembering events and

experiences of one's own life, as well as leaving something for younger and future generations to delve into. This current growth in popularity was epitomised by the publication of an article by the successful English poet and author, Blake Morrison in The Times on Saturday 16 December 2023. When he shared his top tips for writing about your life.

The new Life Story group will be looking at his suggestions, as well as adding those of their own into the discussions when they next meet on 17 January 2024. Making a start at writing your own Life Story is often the hardest part of the process. Any rules are there to guide you, and be broken. Further contact from David Gray d.gray@btinternet.com

This **January newsletter** is sent to all members of the Matlock Area u3a who are registered as current members on the Beacon database and for whom we have an email address.