

# West Bridgford u3a Highlights January 2023

Please send your contributions to **Pat:** [wbu3aeditor@gmail.com](mailto:wbu3aeditor@gmail.com). Deadline for the next edition is **Friday 10<sup>th</sup> February**.

## Open Meeting

**26th January: Lesley Taylor Talks Rubbish** (Veolia Recycling in Nottinghamshire)

**Veolia** is the UK leader in environmental solutions. It provides a comprehensive range of waste, water and energy management services designed to build the circular economy and preserve scarce raw materials.

Since 2006 Veolia has been helping Nottinghamshire County Council and the seven Borough and District Councils of Nottinghamshire to manage household waste created in the County.

## Future Open Meetings 2023

**23<sup>rd</sup> February: Christopher Hall** – Gardening for Birds

**23<sup>rd</sup> March: Dr Tim Gray** –The Work of EMICS: East Midlands Immediate Care Scheme

**24<sup>th</sup> March 2022: Jean Townsend** – The Real Queen Mother

## Photography Group:

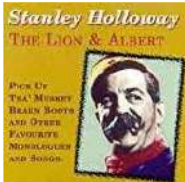
This month's topic was: **Action**. Photos taken by: Lynne, Judy, John, Kathryn, Laraine, Peter, Sue, Keith, Rosemarie and Rachel.

## Just Joe

A rather belated Happy New Year to all our members!



For our Open Meeting in December the Speaker was David Skillen, on The Art of the Monologue. David had assembled an interesting collection of monologues, which he read with appropriate accents.



Stanley Holloway clearly brought back memories to many in the audience, with classics such as *The Lion and Albert* and *The Battle of Hastings* - 'On 'is 'orse', with 'is 'awk' in 'is 'and'.

Another well-known speaker was shown both with his coonskin cap and in a smart suit. Davy Crockett, the 'King of the Wild Frontier', was a Congressman for Tennessee in the 1830s. As well as speaking 'on the stump', Crockett wrote a speech on 'how to give a stump speech' which included tips about kissing babies, promising all that is asked, and more than was asked ... 'because promises cost nothing, therefore deny no-one that has a vote a promise'. In 1835, Crockett failed to get re-elected, and left the State with the words 'You can all go to hell - I'm going to Texas'; he died at the Alamo the following year.



We also appreciated *Joyce the Librarian*, which ends with the lines:

She gave herself gladly,  
Wildly, madly,  
To George that night in his bed.  
But then just as she'd feared  
George disappeared  
Some other librarian to woo.  
Now there's a sob in her voice  
As both book and Joyce  
Are a fortnight overdue.

After adjourning to the Main Hall, we enjoyed mince pies and Christmas cake while being entertained by Sue Bailey and members of her Singing for Fun group.



Joe Colls, Chair WB u3a

## Membership Renewals 2023

Well, another year is almost over and Renewal time is here again.

We start the process a little early as with nearly 700 members we try to allow ourselves time for this huge task. Those that renew promptly always get a gold star !!

An Email containing all the details will be sent out shortly plus a letter to those without Email. These will contain all details of how to renew.

Fees are slightly higher than last year but still lower than they were before the Pandemic.

We do hope that you will support your committee and groups and join us for another year.

**John Tidmarsh**, WBU3a Membership Secretary. [wbu3amem@gmail.com](mailto:wbu3amem@gmail.com)



## Local History Group

We are delighted to tell you about our first talk of 2023:

Chris Weir, a local Heritage Consultant, is going to talk about **Lace, Slums and the Occasional Riot: The Making of Victorian Nottingham**. This will be on **Thursday 16 February** at 2.30 at the Baptist Church.

It will be lovely to see you all again. There will be a small charge payable on the day and everyone is welcome, even if you aren't a member of the group.

**Averil and Yvonne**



## Recycling Update from the Climate Change Group

Pop this date in your diary – **Monday February 13<sup>th</sup>**

Ed Leddy-Owen from Rushcliffe Council is coming to talk about his role which is described as Team Manager for Environment and also the **GREEN REWARDS SCHEME**. Do make every effort to come as he is local and informed and we can quiz him mightily.

Meanwhile how are you getting along with SWITCHING things OFF. Not just sockets at the wall but all those unsolicited invitations from websites that come through to your inbox.

UNSUBSCRIBE, as many as you can as they all take energy to get to you and what do you do with them? Yes, like me, delete them because although I did buy something once from an on-line site it does not mean that I want to know what they are doing on a regular basis.

Switching off things rather than using STAND BY is an excellent way of reducing the energy used as those crafty machines just sit there waiting for you to do something and burn up electricity as they do so.

I spotted something glowing in my bedroom as I got up for a tinkle in the night, as one does, and lo and behold, it was my hair straighteners which I had used earlier and forgotten to switch off! There, that's too much information about me which you now know! **Sue**



## Orienteering Walking

### Walk Dates and Locations:

Tuesday 24th January 2023 -**Melbourne Street Map (Treasure Hunt Format)**- Lunch at Meaks of Melbourne

We will be searching for features that answer various questions posed, rather than just looking for physical control posts/plaques containing letters and numbers as is more usual

Tuesday 21st February 2023 -**Darley Park, Derby** - Lunch at Darley Abbey Tea Rooms

Tuesday 28th March 2023 -**The Hermitage, Coalville** - Lunch at St. Joseph's Tea Rooms, Whitwick

1. New members, irrespective of prior orienteering experience, are welcome to join the group.
2. For further details, the group's West Bridgford U3A's web site entry has recently been updated & also includes photographs & videos.
3. For more information &/or to join the group's email distribution list, contact **John** - 07721 538057 [jpicklesclifton@aol.com](mailto:jpicklesclifton@aol.com)

### A New Year Quiz Question

How long & what's the location of the shortest county border in England?

For a bonus question , can you see anything else odd on the linked map?

[https://www.reddit.com/r/Borderporn/comments/kbg76l/northamptonshire\\_lincolnshire\\_border\\_is\\_only\\_20/](https://www.reddit.com/r/Borderporn/comments/kbg76l/northamptonshire_lincolnshire_border_is_only_20/)



## Some Recent Nottingham History

It is fairly well known that the technology behind the MRI Scanner was developed at Nottingham University, but perhaps less well known is that Nottingham was the first place in the world to issue Community Service Orders.

2<sup>nd</sup> January 1973 to a university student and cannabis supplier. He was given 120 hours of community service, which he did in an old people's home.

### Beginners Bridge Group

Ron is planning to run another Beginners Bridge course, starting in February or March, if there is sufficient support. It will run for 20 weekly two-hour afternoon sessions, on a day of the week which suits the majority of those who express an interest.

The course will assume no previous experience and will start with the basics of rubber bridge, suitable for playing with friends and family, before progressing to duplicate pairs as played in most bridge clubs.

If you are interested in learning this fascinating game, contact **Ron** on 0115 9234176 or email: [skelldale@talktalk.net](mailto:skelldale@talktalk.net)

### International Folk Dancing

Come and join us for an afternoon of dancing to vibrant sounds and rhythms from around the world – with fun, friendship and a cup of tea and biscuit along the way!

No partners are required, as most are circular community dances. All dance steps are demonstrated as we go, so no previous experience required – just adapt the steps to your own level of mobility if required. All you need is safe, sensible shoes and a have-a-go attitude. Our combination of gentle exercise, camaraderie, learning and laughter is a real tonic!

We would love to welcome you to West Bridgford Baptist Church Hall on the 1st and 3rd Wednesday of each month, 1.45 – 3.45pm (excepting July and August). Attendance fee is £3 per session to cover the cost of the hall and refreshments, payable in cash on the day.

For further information, please contact **Joan** on 07847 209399, or just come along and join in.

## Tuesday's Painting and Drawing Group

The Painting and Drawing Group have enjoyed a variety of topics recently using different techniques. Below are a few examples of our work.

We meet fortnightly on Tuesday mornings and have taught and topic led sessions but you can always do your own thing if you wish. We have a few spare places available and are always welcoming to members who have no experience but want to have a go and to more experienced painters.

If you are interested, contact: **Pam** 01159819238





## West Bridgford Walks Update

It is more than 2 years since I last produced a walk description. Inspired by a wish to encourage activity during the Covid restrictions – and giving me something to occupy my time – I devised and described seventeen routes in and around West Bridgford.

They all start and finish on Musters Road but they can be joined and left at any point to suit where you live. Some of the walk descriptions reflect the period when they were written and the quieter streets experienced during the Covid restrictions. However, the routes themselves have not changed and I have continued to enjoy walking them and hope others have too.

To view the walks copy this web address to your browser: <https://u3asites.org.uk/west-bridgford/page/126490> or go to wbu3a website – Groups – Longer Walks – Pat Armstrong local walks.

I have also been thinking of new routes and now have 2 to add to the collection and then, one more to come, in expectation of the new pedestrian & cycle ridge being built over the Trent (next year I hope).

The 2 new routes, all starting on Musters Road (near Eton Road), are:

**Walk No 18:** R Trent, R Leen & Beeston–Nottingham Canal

**Walk No 19:** The Park Estate

Please do share the walks with friends and family. Enjoy! **Pat**





## Hiking Group

On a typical mild winter day in December, some 19 members of the Hiking Group ventured out to enjoy a short 5 mile pre-Christmas hike from Car Colston. The weather was cloudy, with some occasional light drizzle, but otherwise agreeable.

Starting at the popular Royal Oak pub, we headed south to the small market town of Bingham. After crossing the busy railway line, we stopped for coffee in the attractive churchyard of St Mary's & All Saints. This church is the oldest building in Bingham. It was built in the 13th and early part of the 14th centuries during the reign of King Edward I. It is a fine example of early English Gothic architecture (Grade 1 listed). The church was open, allowing some of us, with an interest in history, to pay our respects to Sir Richard de Bingham who died circa 1308 - 14.



This medieval knight was Lord of the Manor and High Sheriff of Nottinghamshire and Derbyshire. His tomb is marked by an effigy carved in the finest Derbyshire alabaster. It would have been brightly painted in the 14th century but all colours have long since faded (see photo).

We can thank his son William in 1314 for securing a royal charter to hold a market in Bingham every Thursday - a tradition and on-going event still appreciated today, 700 years later.

After leaving St Mary's we headed NE towards the village of Scarrington and then back to Car Colston and the Royal Oak pub. 15 of us pre-booked (in October!) to stay for an excellent 2 course Christmas meal in the cosy festive ambience of this popular pub, complete with log fires, crackers, drinks, creative hats (well done Sylvia and Kevin) and seasonal charm.



The benefits of social walking in the countryside are self-evident to many of us in the U3A (viz: exercise, fresh-air, companionship and beautiful countryside, whatever the weather or season). Nature (flora and fauna) is a variable that never loses its attraction. However, not all benefits may be visually self-evident and external. Recent research suggests there may be direct cognitive benefits in being in the great outdoors. It seems endorphins and dopamine are released in our brains which

may improve our immune systems, reduce stress, and increase feelings of well-being. According to the experts you should sleep better. It works for me.

If you are persuaded by this advocacy, and interested in joining us, do not hesitate to contact me or my successor Kevin Andrews. Contact details are on the U3A web site. New members are always welcome. After more than 5 years in the role, this Christmas hike was my last as Group Leader. I have enjoyed the challenge of planning walks but felt it was time to hand over the leadership to a younger U3A generation. Kevin will take over from me in January 2023. As they say, the more things change, the more they stay the same (*plus ça change*). I hope so. **Richard:** ogilvy846@btinternet.com

## Hiking Group

### Hike Leaders in 2023

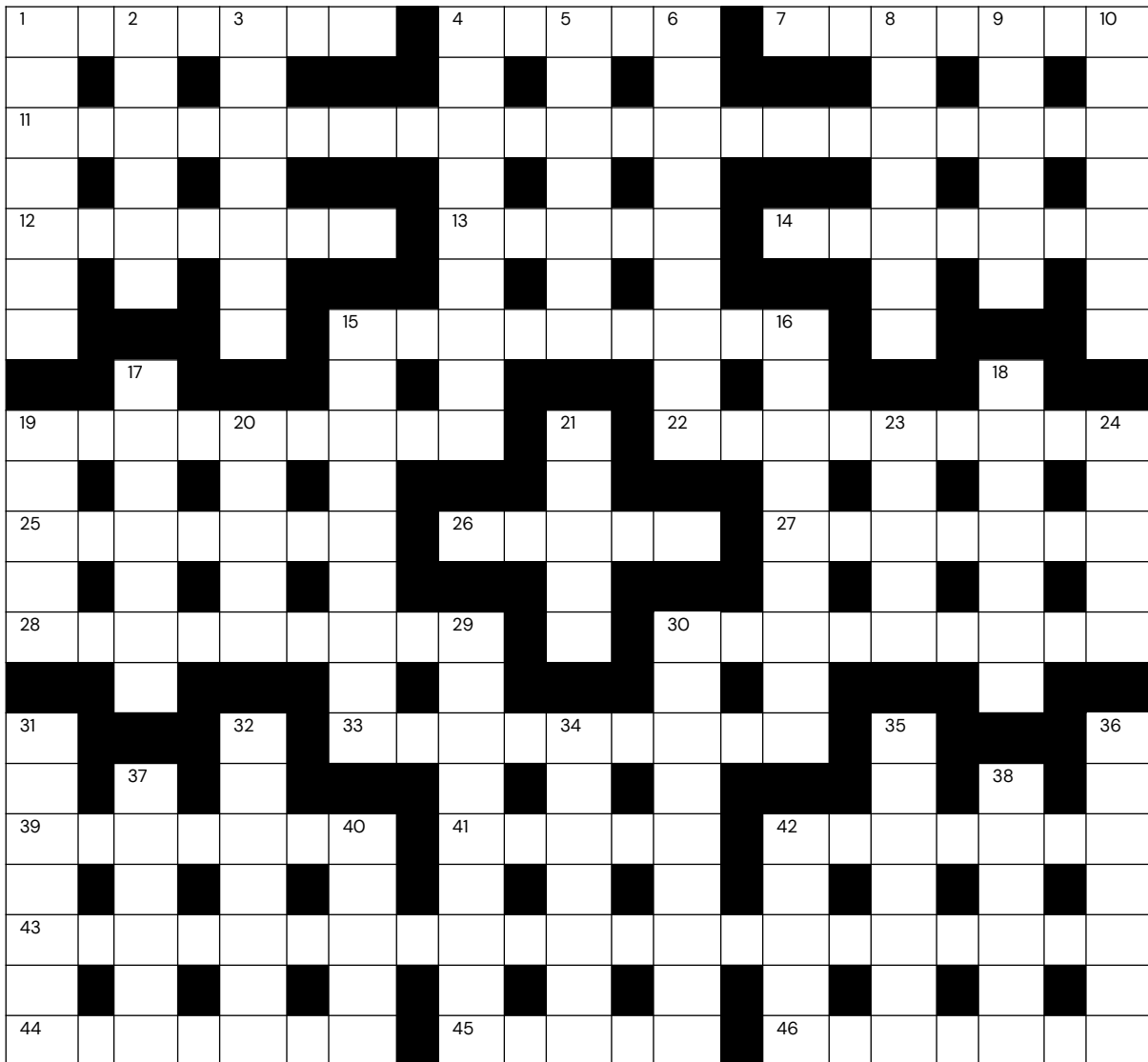
We walk on the 3rd Thursday of each month. If you are interested in joining this group or would like more information please do not hesitate to contact me. New members are always welcome.

Kevin ksandrews58@gmail.com

Mob: 07981 516719

| Date 2023         | Leader                    |
|-------------------|---------------------------|
| 19 January 2023   | John Johnson              |
| 16 February 2023  | Jan Tilsley & Rab Bird    |
| 16 March 2023     | Kevin Andrews             |
| 20 April 2023     | John Pickles              |
| 18 May 2023       | Richard Ogilvy            |
| 15 June 2023      | Iris & Bob Wilmot         |
| 20 July 2023      | Angela Dobie              |
| 17 August 2023    | Graham & Christine Wood   |
| 21 September 2023 | Keith Coxon & Chris Giles |
| 19 October 2023   | Tony Wilson               |
| 16 November 2023  | Simon Young               |
| 14 December 2023  | Kevin Andrews             |

## Sinclair's Jumbo Crossword



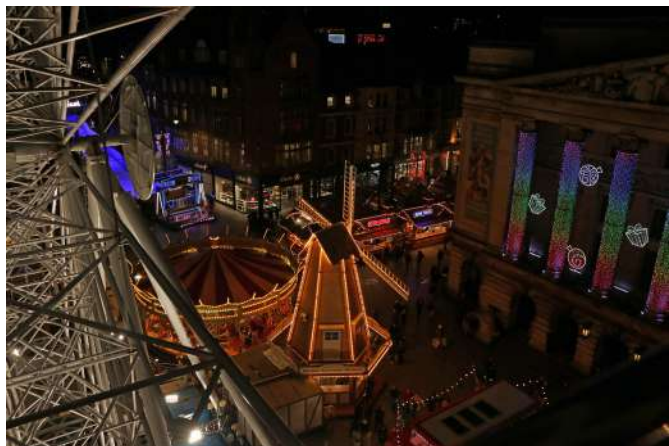
**Across:**

- 1. Crested head bird (7)
- 4. Excessively fond of (5)
- 7. Insanity (7)
- 11. Not before hatching (4,5,4,8)
- 12. Picture (7)
- 13. Of three dimensions (5)
- 14. Peking resident (7)
- 15. Principle for directing action (9)
- 19. Every other (9)
- 22. Person next to another (9)
- 25. Stubborn person (7)
- 26. See 21 down.

**Across Continued:**

- 27. Unrolls film or tape (7)
- 28. Decay (9)
- 30. Lunchtime to evening (9)
- 33. Withstanding prolonged strain (9)
- 39. Influence deeply (7)
- 41. Horrify (5)
- 42. Satisfied (7)
- 43. Personified evil in the small print (3,5,2,2,3,6)
- 44. Please greatly (7)
- 45. Splendid, imposing (5)
- 46. News (7)

| <b>Down:</b>  | <b>Down Continued:</b>  |
|---|---|
| <ol style="list-style-type: none"> <li>1. Temporary accommodation (7)</li> <li>2. Area divided between India and Pakistan at partition (6)</li> <li>3. Slope (7)</li> <li>4. Investigator (9)</li> <li>5. Distress, bother (7)</li> <li>6. Supervision (9)</li> <li>8. Decrease, refuse (7)</li> <li>9. Small hole (6)</li> <li>10. Hang up, defer (7)</li> <li>15. Producing an imposing effect (9)</li> <li>16. Rules of social behaviour (9)</li> <li>17. Draw out (7)</li> <li>18. Ennui (7)</li> </ol> | <ol style="list-style-type: none"> <li>19. Joined (5)</li> <li>20. Kingdom (5)</li> <li>21 &amp; 26 across: hard dull work (5,5)</li> <li>23. Temporary user for payment (5)</li> <li>24. Became higher (5)</li> <li>29. Inspiring affection (9)</li> <li>30. Having rings (9)</li> <li>31. Sharpened (7)</li> <li>32. Sea-borne frozen water (7)</li> <li>34. Copy (7)</li> <li>35. Compete (7)</li> <li>36. Prolonged fights (7)</li> <li>37. Earnest request (6)</li> <li>38. Stay (6)</li> <li>40. Move, sell quickly (5)</li> <li>42. Top of mountain or wave (5)</li> </ol> |





## Cycling Group

### Ride Programme: January to June 2023

| Date                             | Ride   | Miles | Leader                   | Phone           | Start Point                    |
|----------------------------------|--|-------|--------------------------|-----------------|--------------------------------|
| Friday<br>27 <sup>th</sup> Jan   | <b>Attenborough and the Big Track</b>                | 12    | Pete                     | 07828<br>647221 | Welbeck Road<br>West Bridgford |
| Friday<br>10 <sup>th</sup> Feb   | <b>City Cycleway Exploration</b>                     | 15    | Hugh &<br>Di             | 07880<br>962135 | Welbeck Road<br>West Bridgford |
| Friday<br>24 <sup>th</sup> Feb   | <b>University &amp; Wollaton Park</b>                | 12    | Pete                     | 07828<br>647221 | Welbeck Road<br>West Bridgford |
| Friday<br>10 <sup>th</sup> March | <b>Grantham Canal to Hickling</b>                    | 28    | Graham<br>&<br>Christine | 07803<br>123339 | Welbeck Road<br>West Bridgford |
| Friday<br>24 <sup>th</sup> March | <b>Strelley Village to the Erewash Valley</b>        | 18    | Pete                     | 07828<br>647221 | Strelley Village               |
| Friday<br>14 <sup>th</sup> April | <b>Newark to Aslockton</b>                           | 26    | Hugh &<br>Di             | 07880<br>962135 | Newark                         |
| Friday<br>28 <sup>th</sup> April | <b>Shipley Country Park &amp; the Nutbrook Trail</b> | 14    | Pete                     | 07828<br>647221 | Shipley Country<br>Park        |
| Friday<br>12 <sup>th</sup> May   | <b>Water Rail Trail from Lincoln</b>                 | 21    | Graham<br>&<br>Christine | 07803<br>123339 | Lincoln                        |
| Friday<br>26 <sup>th</sup> May   | <b>Chesterfield to Rother Valley</b>                 | 23    | Hugh &<br>Di             | 07880<br>962135 | Chesterfield<br>Station        |
| Friday<br>9 <sup>th</sup> June   | <b>Manifold Valley Wetton &amp; Ilam</b>             | 20    | Graham<br>&<br>Christine | 07803<br>123339 | Waterhouses                    |
| Friday<br>23 <sup>rd</sup> June  | <b>Calke Tramway &amp; Staunton Harold</b>           | 17    | Pete                     | 07828<br>647221 | Calke Abbey                    |

**All rides start at 10.00am**

The Group continue to cycle on the second and fourth Friday each month. Rides vary in length from 15 to a little over 30 miles and while some start in West Bridgford, others require the transport of your bike to more distant starting points.

More details on all rides, including where to meet, will be emailed before each ride. Please let the Ride Leader know in advance that you will be coming and bring your Membership Card and Personal Medical Form.

**Pete** 07828 647221 **Graham** 07803 123339

## Cycling Group Christmas Ride and Lunch

On a brass monkey day twelve intrepid cyclists set off at 10.00 from our usual starting place of Welbeck Road by the suspension bridge. Since the start of the group, some twelve years ago, this ride followed by a Christmas lunch has been a highlight of our year, but this day has to be one of the coldest. At 10.00 there was still frost on the ground.

We set off along the banks of the river to Wilford Village to then follow the river to Clifton Grove. At this point we left the river and took the track up to Clifton Village to continue through Clifton to Ruddington and Rushcliffe County Park, here we stopped for a coffee break.



Since our last group visit to this location a new cafe has opened with outdoor seating only. On this very cold day the picnic type bench seating was still covered in frost. It became a quick moving around coffee stop to try and keep warm. (it's a pity Rushcliffe council didn't have the same foresight as Gedling council, their flagship park has a café with indoor seating as you would expect for an established country park).

We continued our ride into Ruddington village and along Wilford Road to the tram line which we followed back to Wilford and the river. The final section along the riverbank to Trent Bridge and a lunch destination of the Waterside Restaurant, a total distance of sixteen miles. This is an ideal location for our group as there is a large open patio area where we can safely leave our bikes.



At this point, we were joined by other more sensible group members who didn't take part on the ride, for our very enjoyable lunch. About one hour into the lunch, my finger ends and toes started to feel like they belonged to me again!!

Thanks again to Pete for organising this group for another very successful year and we look forward to continuing in 2023.

**Graham**

## Bird Watching Group

### Programme: January to June 2023

For visits with our expert there is a charge of £31 for a full day. The charge with transport in his minibus is £37. For visits without our expert we provide our own or share transport. For some sites there is also an entry charge. Please book in advance. Final details will be emailed a week before each visit.

| Date                                | Location  | Leader                         | Charge                       |
|-------------------------------------|---|--------------------------------|------------------------------|
| Monday<br>30 <sup>th</sup> January  | Attenborough<br>Nature Reserve                  | Led by members<br>of the Group | No Charge                    |
| Monday<br>13 <sup>th</sup> February | Rutland Water<br>South Shore                    | Led by members<br>of the Group | No Charge                    |
| Monday<br>27 <sup>th</sup> February | Ferry Meadows C P & the Nene<br>Washes          | With Professional<br>Expert    | £31 or £37 with<br>transport |
| Monday<br>13 <sup>th</sup> March    | Pitsford Water<br>Northamptonshire              | With Professional<br>Expert    | £31 or £37 with<br>transport |
| Monday<br>27 <sup>th</sup> March    | Elvaston Castle<br>Derbyshire                   | Led by members<br>of the Group | No Charge                    |
| Monday<br>17 <sup>th</sup> April    | Middleton Lakes Nature<br>Reserve Staffordshire | With Professional<br>Expert    | £31 or £37 with<br>transport |
| Monday<br>8 <sup>th</sup> May       | Warbler Walk<br>Skylarks Holme Pierrepont       | Led by members<br>of the Group | No Charge                    |
| Monday<br>22 <sup>th</sup> May      | Nightjar Hunt<br>Budby Sherwood Forest          | Led by members<br>of the Group | No Charge                    |
| Monday<br>5 <sup>th</sup> June      | Cossington Meadows<br>Leicestershire            | Led by members<br>of the Group | No Charge                    |
| Monday<br>19 <sup>th</sup> June     | Netherfield Lagoons                             | Led by members<br>of the Group | No Charge                    |
| Monday<br>26 <sup>th</sup> June     | Potteric Carr<br>South Yorkshire                | With Professional<br>Expert    | £31 or £37 with<br>transport |

**For more information contact:**

**Pete** 07828 647221 or **Lynne** 07811 707868



## Peak District Walking Group

### Programme: January to June 2023

The u3a Peak District Walking Group organises walks usually on the first Thursday of each month. Members provide their own transport or share with others. An email sent out a week before each walk will provide detailed arrangements. Please wear boots and dress for the weather.

We continue our practice of holding a walk on the first Thursday of each month. The walks take in all the delights, ups and downs, vistas and valleys, stiles and mud of the Peak District on ambles of 5 to 6.5 miles and end with a well deserved lunch at a local cafe or inn.

| Date                | Walking From              | Walking through                         | Leader  | Distance (Miles) |
|---------------------|---------------------------|---|---------|------------------|
| 2nd February        | Whatstandwell             | Cromford Canal & Crich Stand            | Pete    | 5.5              |
| 2nd March           | Longshaw Estate           | Longshaw to Burbage Bridge & Higger Tor | Simon   | 6.5              |
| 6th April           | Calver                    | Calver to Baslow on the River Derwent   | Pete    | 6                |
| 4 <sup>th</sup> May | Cromford                  | Black Rocks & High Peak Junction        | Maureen | 5                |
| 1st June            | Derwent Overview Car Park | Derwent & Dambusters Remembered         | John    | 6                |

If you interested please contact **Pete** 07828 647221 or email [peter.elderton@live.co.uk](mailto:peter.elderton@live.co.uk)





## Groups Timetable

|               | Day                        | Venue                 | When   | Leader     | Phone        | Status |
|---------------|----------------------------|-----------------------|--|------------|--------------|--------|
|               | <b>Monday</b>              |                       |  |            |              |        |
|               | <b>AM</b>                  |                       |  |            |              |        |
|               | Bird Watching              | Various               | 1 <sup>st</sup> /3 <sup>rd</sup><br>Monday                               | Pete       | 07828647221  |        |
| Circa<br>8.45 | Orienteering<br>Walking    | Various               | 3 <sup>rd</sup> Monday or<br>3 <sup>rd</sup> /4 <sup>th</sup><br>Tuesday | John       | 07721538057  |        |
| 10            | Zumba                      | Baptist<br>Church     | Weekly   | Joan       | 07847 209399 |        |
|               | <b>PM</b>                  |                       |  |            |              |        |
| 2             | Discussion Group<br>2      | Member's<br>home      | 2 <sup>nd</sup> Monday   | Pat        | 01159234285  | Full   |
| 2             | History                    | Baptist<br>Church     | 4 <sup>th</sup> Monday   | Carol      | 07419317738  |        |
| 2             | Finding Out About<br>Music | Baptist<br>Church     | 1 <sup>st</sup> Monday   | Diana      | 07736 943339 |        |
| 2             | Art Appreciation           | Baptist<br>Church     | 1 <sup>st</sup> Monday   | Carol      | 07419317738  |        |
|               | Cards Games                | Member's<br>home      | 2 <sup>nd</sup> Monday   | Janet/Paul | 01159231352  |        |
|               | Climate Change             | Baptist<br>Church     | 2 <sup>nd</sup> Monday   | Sue        | 07900886765  |        |
|               | Family History             | Zoom                  | 2 <sup>nd</sup> Monday   | Paco       | 01159233109  |        |
|               | Spanish<br>Conversation    | Member's<br>home/Zoom | Every<br>Monday  | Lynda      | 07887392138  |        |
|               | Wine Appreciation          | Member's<br>home      |  | Rod        | 01159232019  |        |
| Evening       | German                     | Zoom                  | Alt Mondays  | Rita       | 0115 9841516 | Full   |
|               | <b>Tuesday</b>             |                       |  |            |              |        |
|               | <b>AM</b>                  |                       |  |            |              |        |
| 10            | Art Appreciation           | Baptist<br>Church     |  | Heather    | 01159232824  | Full   |
| 10            | Greeting Cards             | Baptist<br>Church     | 2 <sup>nd</sup> Tuesday  | Joan       | 01159818477  |        |

|           |                      |                  |   |            |                            |      |
|-----------|----------------------|------------------|---|------------|----------------------------|------|
|           | <b>Tuesday</b>       |                  |   |            |                            |      |
| <b>AM</b> |                      |                  |   |            |                            |      |
| 10        | Painting and Drawing | Baptist Church   | 2 weekly                                      | Pam        | 01159819238                |      |
| 10        | Spanish Conversation | Member's home    | 1 <sup>st</sup> and 3 <sup>rd</sup> Tuesday   | Graham     | 0115923832                 | Full |
| 10        | Yoga Type Exercise   | Paxdien Hall     |   | Elizabeth  | 01159146941                |      |
|           | <b>Tuesday</b>       |                  |   |            |                            |      |
| <b>PM</b> |                      |                  |   |            |                            |      |
|           | Architecture Active  | Baptist Church   | 3 <sup>rd</sup> Tuesday                       | David      | 07970059525                |      |
| 2.30      | Beginners Bridge     | Baptist Church   | Weekly  | Ron        | 0115 9234176               |      |
| 2.30      | Cryptic Crosswords   | Test Match       | 1 <sup>st</sup> Tuesday                       | Stephen    | 01159140255                |      |
| 2.30      | Cryptic Crosswords   | Zoom             | 3 <sup>rd</sup> Tuesday                       | Stephen    | 01159140255                |      |
|           | Knit and Natter      | Stratford Haven  | 1 <sup>st</sup> and 3 <sup>rd</sup> Tuesday   | Joan       | 07847209399                |      |
| 2         | Photography          | Baptist Church   | 1 <sup>st</sup> Tuesday                       | Paco       | 01159233109                |      |
| 2         | Scrabble             | Test Match       | 4 <sup>th</sup> Tuesday                       | Ian        | 01159813110                |      |
| 12        | Tai Chi              | Scout Hut        | Weekly  | Lynn       | 07811 707868               |      |
| 7.30      | Etymology            | Zoom             | 3 <sup>rd</sup> Tuesday                       | Joe        | 07760458791                |      |
|           | <b>Wednesday</b>     |                  |   |            |                            |      |
| <b>AM</b> |                      |                  |   |            |                            |      |
| 10        | Critters Workshop    |                  |   | Sylvia     | 07981655553                |      |
| 10.30     | Short Walks          | Various          | 2 <sup>nd</sup> and 4 <sup>th</sup> Wednesday | Christine  | 07434 614890.              |      |
| <b>PM</b> |                      |                  |   |            |                            |      |
| 2.30      | Badminton            | Rushcliffe Arena | Wednesdays                                    | Chris Phil | 07941509357<br>07505513556 |      |
|           | Book Group           | Member's home    | 3 <sup>rd</sup> Wednesday                     | Liz        | 0115 914 5642              |      |

|                 |                            |                     |   |              |                              |              |
|-----------------|----------------------------|---------------------|---|--------------|------------------------------|--------------|
|                 | <b>Wednesday</b>           |                     |   |              |                              |              |
| <b>PM</b>       |                            |                     |   |              |                              |              |
| 1.45            | International Folk Dancing | Baptist Church      | 1 <sup>st</sup> & 3 <sup>rd</sup> Wednesday   | Joan         | 07847 209399                 |              |
|                 | Lunch Club                 | Variable            | Every Other Wednesday                         | Lorna        | 01159822546                  |              |
| 1               | Murder Most Foul           | Poppy & Pint        | 4 <sup>th</sup> Wed                           | Laraine      | 0115 9235361                 | Waiting list |
| 2               | Table Tennis               | Baptist Church      | 2 <sup>nd</sup> and 4 <sup>th</sup> Wednesday | Glenys       | 01158370932                  |              |
|                 | Local History              | Various             |   | Yvonne       | 07746668469                  |              |
| <b>Evening</b>  | French                     | Zoom                | 2 weekly                                      | Anne         | 0115981 4196                 |              |
| <b>Thursday</b> |                            |                     |   |              |                              |              |
| <b>AM</b>       |                            |                     |   |              |                              |              |
|                 | Beginners' Spanish         | Member's home       | Weekly  | Graham       | 01159232832                  |              |
|                 | Guitar Group 1             | Member's home       | Alternate Thursday                            | David        | 07990654643                  |              |
|                 | Hiking                     | Various             | 3 <sup>rd</sup> Thursday                      | Richard      | 07857243182                  |              |
| 10              | Mah Jong                   | Marlborough Court   | 1 <sup>st</sup> and 3 <sup>rd</sup> Thursday  | Glynis       | 07504 246410                 |              |
|                 | Painting & Drawing         | Baptist Church      | Alternate Thursdays                           | Ron          | 01159234176                  |              |
|                 | Peak District Walking      | Various             | 1 <sup>st</sup> Thursday                      | Pete         | 07828647221                  |              |
|                 | Poetry Appreciation        | Marlborough Court   | 2 <sup>nd</sup> Thursday                      | Joan         | 07881718784                  |              |
| <b>PM</b>       |                            |                     |   |              |                              |              |
|                 | Book Group 3               | Stratford Haven     | 2 <sup>nd</sup> Thursday                      | Fran         | 01158789790                  |              |
|                 | Book Group AP              | Member's home       | 1 <sup>st</sup> Thursday                      | Angela       | 01159986679                  | Full         |
|                 | Guitar (beginners)         | Member's home       | Alternate Thursday                            | David        | 07970059525                  |              |
|                 | Guitar Singaround          | St Wilfrid's Church | Alternate Thursday                            | David Gordon | 07970059525<br>0779 693 4365 |              |

|           |                      |                |  |            |               |      |
|-----------|----------------------|----------------|--|------------|---------------|------|
| <b>PM</b> | <b>Thursday</b>      |                |  |            |               |      |
| 2         | Remarkable Women     | Baptist Church | 3 <sup>rd</sup> Thursday                     | Pat        | 01159146670   |      |
| 2         | Scrabble             | Test Match     | 2 <sup>nd</sup> Thursday                     | Ian        | 01159813110   |      |
|           | Strumming For Fun    | Baptist Church | 2 <sup>nd</sup> and 3 <sup>rd</sup> Thursday | David      | 07771515810   |      |
|           | Wine Appreciation    | Member's home  |  | Rod        | 01159232019   | Full |
| 7.30      | Film Group           | Zoom           | 3 <sup>rd</sup> Thursday                     | Joe        | 07760458791   |      |
|           | <b>Friday</b>        |                |  |            |               |      |
| <b>AM</b> |                      |                |  |            |               |      |
| 10        | Cycling              | Various        | 2 <sup>nd</sup> and 4 <sup>th</sup> Friday   | Pete       | 07828647221   |      |
|           | Longer Walks         | Various        | 1 <sup>st</sup> Friday                       | Rita       | 0115 8461516  |      |
|           | Longer Walks         | Various        | 3 <sup>rd</sup> Friday                       | Liz        | 0115 9231605  |      |
| 10.15     | Singing For Fun      | Baptist Church | 2 <sup>nd</sup> and 4 <sup>th</sup> Friday   | Sue        | 07900886765   |      |
|           | <b>Friday</b>        |                |  |            |               |      |
| <b>PM</b> |                      |                |  |            |               |      |
| 2         | Rummikub             | Baptist Church | 1 <sup>st</sup> and 3 <sup>rd</sup> Friday   | Trish      | 0796 102 4931 |      |
| 2         | Science For Everyone | Baptist Church | Last Friday of month                         | Peter      | 07745995735   |      |
|           | <b>Saturday</b>      |                |  |            |               |      |
|           | Holiday Group        |                | 1 <sup>st</sup> Saturday                     | Penny      | 01159233384   |      |
|           | Traditional Games    |                | Ad hoc                                       | Janet/Paul | 01159231352   |      |

The information above may change. For up to date details about any group phone the contact name.



## Your West Bridgford u3a Committee

|   |   |  |   |
|---|---|--|---|
|    |    |  |  |
| Joe<br>Chair  | Peter<br>Vice Chair & Tech<br>Support   | Yvonne<br>Secretary  | Martin<br>Treasurer   |
|    |    |  |  |
| John<br>Membership<br>Secretary   | Carole<br>Refreshments and<br>Social  | Clare<br>Tech Support and<br>Beacon<br>Administrator                               | Kathryn<br>Groups   |
|  |  | <b>?</b>   | <b>?</b>  |
| Rachel<br>Committee<br>Member   | Paco<br>Committee<br>Member   | Vacant<br>Committee<br>Member  | Vacant<br>Committee<br>Member   |

Email contacts:

|                   |                          |                          |                           |
|-------------------|--------------------------|--------------------------|---------------------------|
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| Yvonne            | wbu3asec@gmail.com       | Kathryn                  | wbu3anewgroups1@gmail.com |
| Martin            | wbu3atreasurer@gmail.com | Rachel                   | wbu3aexec4@gmail.com      |
| John              | wbu3amem@gmail.com       | Paco                     | wbu3aexec1@gmail.com      |
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| Highlights Editor | wbu3aeditor@gmail.com    |                          |                           |
| Webmaster Editor  | sue456bailey@gmail.com   |                          |                           |

Solution: Across: 1.Lapwing 4.Doted 7.Madness 11.Don't count your chickens  
12.Imagine 13.Cubic 14.Chinese 15.Guideline 19.Alternate 22.Neighbour 25.Diehard  
26.Grind 27.Unreels 28.Decompose 30.Afternoon 33.Endurance 39.Impress 41.Appal  
42.Content 43.The devil is in the detail 44.Delight 45.Grand 46.Tidings.

Down: 1.Lodging 2.Punjab 3.Incline 4.Detective 5.Trouble 6.Direction 8.Decline 9.Eyelet  
10.Suspend 15.Grandiose 16.Etiquette 17.Stretch 18.Boredom 19.Added 20.Realm  
21.Daily 23.Hirer 24.Risen 29.Endearing 30.Annulated 31.Pointed 32.Iceberg 34.Replica  
35.Contend 36.Battles 37.Appeal 38.Remain 40.Shift 42. Crest.

### **New Year's Quiz Answers:**

How long & what's the location of the shortest county border in England?:

Answer: Around 20 yards – between Lincolnshire & Northamptonshire.

It's location is SW of Stamford, Lincolnshire, just east of & very close to the A1. If you've driven along that section of the A1, you may not have realised that you briefly enter Northamptonshire (for 100–200 yards).

You may also have thought that Lincolnshire only shares a southern border with Cambridgeshire, Rutland & Leicestershire, ie not Northamptonshire as well.

Can you see anything else odd on the linked map?

Answer: The Spelling of Northamptonshire

