

West Bridgford u3a Highlights May 2023

Please send your contributions to **Pat:** wbu3aeditor@gmail.com. Deadline for the next edition is **Friday 9th June**.

All newsletters to members, both current and past editions, can be seen at:
<https://u3asites.org.uk/west-bridgford/page/89558>

Open Meeting

25th May: Roger Hoath – Turning Your Stress into Strength and Working with the Samaritans in the City of London

Roger Hoath is a member of West Bridgford u3a and a retired Methodist minister. He has already spoken to us about famous people he has interviewed on the radio. He came from St Stephen Walbrook, the church where the Samaritans started and will be telling us about his experience with the Samaritans in the East End of London.

Doors open at 1.30pm for tea/coffee and group tables. The talk will start at 2.30pm.

Future Open Meetings 2023

22nd June: Jo Carter – Historical Tour Guide in Costume

27th July: John Whitfield – Life Back in the 1970s

Photography Group

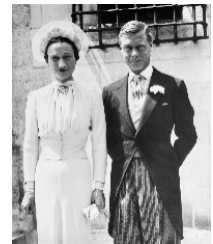
The month's topic was: 'Monochrome'. Images by Tom, Sue, Rosemarie, Rachel, Peter, Lynne, Laraine, Keith, Judy and John.

Just Joe



Well, not much to say about the talk at April's Open Meeting! Our speaker, Jean Townsend, didn't show; we found out later that Jean had been whisked off to hospital that morning, and naturally hadn't been able to tell us her situation. Fortunately, she made a quick recovery. Carol, our speaker finder, told us that this was the first time the speaker had failed to turn up during the 12 years that she has been arranging the programme.

When we realised that waiting for the speaker was not going to work, we filled in as best we could. John took Carol home to get a DVD, and in the meantime Clare showed us some of her New Zealand travel photos. Carol's DVD was a nostalgic collection of highlights from the 1940s, so it chimed well with the topic we would have heard about from the speaker, which was the background to Edward VIII and Wallace Simpson.



All of which segues me seamlessly onto the Coronation. I hope you enjoyed the event on whatever level you chose to experience it; from street party, to fast-forwarding through the TV recording, to ignoring it altogether. It was certainly an extraordinary pageant, with plenty of pomp and pageantry. King Charles is the same age as me, give or take; I retired 15 years ago, whereas he is only now starting his proper job. So good luck to him just for that, let alone all the other trip wires he will have to negotiate in future years.

Joe Colls, Chair WB u3a.



With the recent coronation of King Charles, does this bring back memories of Queen Elizabeth's coronation in 1953?

If so, why don't you share those memories?
wbu3aeditor@gmail.com

Membership Renewals 2023

We are now well into the new year, and I would like to thank all members who have renewed their membership for another 12 months.

If you have not done so yet, it is not too late!

All new membership cards for those who have renewed have gone out in the post so if you have renewed but not received yours, please contact me and I will sort it out.

John Tidmarsh

Membership Secretary

WBU3A

wbu3amem@gmail.com



Nominations For WBU3a Executive Committee 2023

In advance of the West Bridgford u3a Annual General Meeting on **Thursday 22nd June 2023 at 2.00 pm**, nominations are invited for all Committee posts shown on the Nomination Form below. All fully paid up members of WBU3a are eligible for any of these posts.

Nominations must be made on the form and must be posted or emailed to the Secretary and arrive no later than midnight 25th May 2023. The Secretary will reject any nominations received late, and her ruling is final. If required, an election will be held at the AGM.

Details of the available posts are on the form with the posting/email address. The membership number of proposers/seconders will be accepted in place of a signature.

Any member seeking nomination for any post must specify the position for which they seek nomination, print their name and either sign or add their membership number.

Any nomination must be signed /supported by a membership number of a Proposer and a Secunder named on the form.

Any Proposer or Secunder must be a fully paid up member of WBU3a.

Proposed Resolutions For The Annual General Meeting

The Chair's 2023 Annual Report, official notice of the Annual General Meeting and the AGM agenda will be sent to all members and will also be published in the June edition of the Highlights.

Any proposed resolution for the AGM must be sent in writing or by email to the Secretary to arrive by midnight 25th May 2023 at latest. The Secretary will reject any resolutions received late, and her ruling is final.

The Secretary's postal address is c/o 3 Cromford Rd, West Bridgford, Nottingham, NG2 6ES.

E-mail wbu3asec@gmail.com.

The Committee shall decide whether any proposed resolution is included in the AGM agenda, and its decision is final.

ELECTION OF WBU3a COMMITTEE 2023

The posts for which nominations are invited are as follows-

Chair

2 Vice Chairs

Secretary

Treasurer

Committee members (up to 7 required)

Please print this page to complete and post, or complete and send electronically.

NOMINATION FORM

Post _____

Name _____ of Proposed member

Signature / Membership No _____ of Proposed member

Name _____ of Proposer

Signature / Membership No _____ of Proposer

Name _____ of Seconder

Signature / Membership No _____ of Seconder

Completed nomination forms must be posted or emailed and arrive no later than midnight 25th May 2023, to

Yvonne Haynes, Secretary, West Bridgford U3a
c/o 3 Cromford Rd, West Bridgford, Nottingham, NG2 6ES.

electronic copies emailed to wbu3asec@gmail.com

Local History Group

Members of the Local History Group were entertained by Andrew Smart, a local journalist to an excellent talk on an amazing young local man, Albert Ball, VC, MC DSO, from a very comfortable background who learned to fly and became a fighter pilot in WWI, at one stage with the highest kills number for England and was dead before both the end of the war and the age of 21.

Why not join the Local History Group for an afternoon visit on Wednesday 5th July to our very own parish church, St Giles, here in West Bridgford.

Starting at 1.50pm, there will be an opportunity to take a self-guided tour of the stained glass (using a sheet that describes the windows). Those less mobile will be able to watch details of the windows presented on the TV monitors.

At 2pm, there will be an illustrated talk on the history of St Giles' Church, highlighting features within (and outside) the building, then time to explore the church to view the features mentioned.

To enable us to make a donation to the church, there will be a charge of £2 per person payable on the day. There's no limit on numbers but I would like to know if you would like to join us – you can let me know at an open meeting or by email: averil.hancox@ntlworld.com or on 07802 718639. **Averil**

The Museum of Timekeeping

This is a guided tour on the **25th October at 11.00am**. The visit will last approximately 2 hours. The cost will be £15 each, to include refreshments.

The museum is in Upton, Notts, so car shares will be arranged.

If you would like to come, contact **Yvonne** on y.haynes@hotmail.co.uk

Are you interested in visiting **Papplewick Pumping Station** on 8th November?

If so, you can join the Local History Group's trip to this majestic example of Victorian architecture, cost £5. The website says 'The majority of the site is accessible for all but due to the historical nature of the Engine House access is via a small flight of steps leading to the porch and main door; there are also internal stairs for reaching the upper floors'.



If you do want to join us, please let me know at averil.hancox@ntlworld.com or on 07802718639

Remarkable Women

Protestant reformer John Knox declared (in First Blast of the Trumpet Against the Monstrous Regiment of Women in 1558) that a woman in power is "a thing most repugnant to nature [when] women rule and govern over men." Knox also compared crowning a woman to putting "a saddle on the back of an unruly cow."

Our next meeting on **Thursday 15th June** will look at some of the 15th and 16th Century female European leaders who proved him wrong.

For more information, contact **Pat** 9146670 or email pag6be@gmail.com

Back By Popular Demand!

We are having a trip to Bletchley Park, the home of WW2 code breakers, on **June 14th**. This is a day-long trip, starting at 9am from West Bridgford Library car park and returning around 6pm. The coach trip is just under two hours. The cost for the event is £37 per person.

There has already been a strong response for places on this trip, but there are still a few spaces left on the coach. If you would like to join us please email **Carole** carolefleming0@gmail.com.



Orienteering Walking

Walk Dates and Locations:

Tuesday 23rd May - **Silverhill, Nottinghamshire** - Lunch at the Brierley Forest Park Cafe or **Elvaston Castle** with Lunch at Wyatt's (Walk Location will be decided in May 2023)

Monday 19th June - **Coombe Country Park, Warwickshire** with lunch at the Cafe-in-the-Park ("2023 Summer Outing")

Tuesday 25th July - **Watermead Park North, Leicester** with lunch at the White Horse Inn, Birstall

New members, irrespective of prior orienteering experience, are welcome to join the group. For further details, the group's West Bridgford U3A's web site entry has recently been updated and also includes photographs & videos.

To join the group's email distribution list, contact **John** on **07721 538057** or email jpicklesclifton@aol.com



The Tuesday Painting and Drawing

The Tuesday Painting and Drawing group have been busy with lots of interesting topics and techniques. Hope you like them. Unfortunately our group is full but the waiting list is short if you are interested in joining us at a later date.

Janet



Hiking Group

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

Hike Leaders in 2023

Date 2023	Leader
18 May 2023	Richard
15 June 2023	Iris & Bob
20 July 2023	Angela
17 August 2023	Graham & Christine
21 September 2023	Keith Coxon & Chris
19 October 2023	Tony
16 November 2023	Simon
14 December 2023	Kevin

Cycling Group

Ride Programme: January to June 2023

Date	Ride	Miles	Leader	Phone	Start Point
Friday 26 th May	Chesterfield to Rother Valley	23	Hugh & Di	07880 962135	Chesterfield Station
Friday 9 th June	Manifold Valley Wetton & Ilam	20	Graham & Christine	07803 123339	Waterhouses
Friday 23 rd June	Calke Tramway & Staunton Harold	17	Pete	07828 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

Birding Trip To Middleton Lakes



This extensive RSPB nature reserve was originally part of the estate of Middleton Hall near Tamworth. Its last owner, Amey Roadstone used the land for gravel extraction making it ideal for conversion to a nature reserve. Interestingly and quite apt I think, in the 1600s it was also home to Francis Willughby, the first true ornithologist and whose family also owned Wollaton Hall.*

To enter the reserve, we first walked through delightful woodland full of birdsong and carpeted with bluebells just beginning to show and lesser celandines. Adding to the soundtrack was a large heronry including a couple of little egrets, a rookery, the drumming of a great spotted woodpecker and the distant yaffle of a green woodpecker. We also saw our first swallows of the year.

Leaving the woodland, we crossed Fisher's Mill Bridge to stroll along a pleasant stretch of the Birmingham and Fazeley canal as far as Curdworth Locks accompanied by the calls of chiffchaffs and willow warblers.

After our packed lunch, we headed to the Wetland area passing through the meadows where Konik Ponies and old English Longhorn Cattle were grazing and sand martins flew overhead. As we approached the reedbeds and lakes, we heard the booming of a bittern, which continued to taunt us throughout the afternoon without a sighting. There were many other wonderful birds to view, including avocets, black-tailed godwits in their russet plumage, oystercatchers, redshanks, shelducks and amongst a large flock of black-headed gulls, we were excited to see one lonely little gull, an uncommon passage migrant. (Ironically, the following day, the Notts birders website recorded 86 little gulls at Holme Pierrepont!). From the scrapes, we passed briefly alongside the fast flowing River Tame and heard reed and sedge warblers. As we walked back, a herd of mute swans plus a couple of Egyptian geese were grazing unusually in a rape field.

At the end of the day which remained dry though cloudy and having walked quite a few miles, we had a very acceptable total of 59 species.

* 'The Wonderful Mr. Willughby' by Tim Birkhead is an interesting biographical read for lovers of natural history especially birds. **Linda**



Little Gull

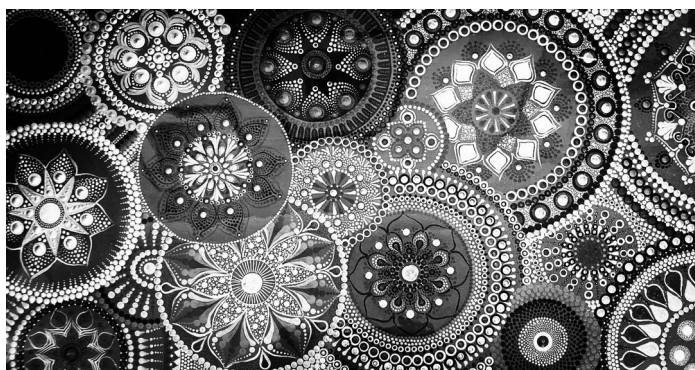
Bird Watching Group

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 22 th May	Nightjar Hunt Budby Sherwood Forest	Led by members of the Group	No Charge
Monday 5 th June	Cossington Meadows Leicestershire	Led by members of the Group	No Charge
Monday 19 th June	Netherfield Lagoons	Led by members of the Group	No Charge
Monday 26 th June	Potteric Carr South Yorkshire	With Professional Expert	£31 or £37 with transport

For more information contact: Lynne 07811 707868



Sinclair's Crossword

1		2		3		4		5		6		7		8
9										10				
		11												
12														
13				14					15					
								16						
17		18					19					20		
						21								
22										23				
														24
25						26								
27								28						

Across: 1. Utter failure or disaster (7)	Down: 1. Excessively fond of (4)
5. Chosen as candidate for office (7)	2. Post in the road or quayside (7)
9. Chatty (9)	3. Buckle, embrace (5)
10. – out: supplementing or making the best use of (5)	4. Parts of a serial (8)
11. Near to but not exact (13)	5. Acid in vinegar (6)
13. Sheets & pillowcases (8)	6. Working (9)
15. Wood or stone as a support (6)	7. Of small importance (7)
17. Relaxations of effort (3-3)	8. Having lost what is normal (10)
19. Lowest floor (8)	12. Exuberance, high-spirited (10)
22. Occurrence at intervals (13)	14. Faulty (9)
25. Sound (5)	16. Two humped camel (8)
26. State of great holiness (9)	18. Small songbirds (7)
27. Chosen by vote (7)	20. Small space to look through (7)
28. Just beginning to be born (7)	21. Prejudiced (6)
	23. Brief records (5)
	24. Condense for publication (4)

The Joy of History

I couldn't wait to watch the Coronation coverage from Westminster Abbey. At last I would get to see the wonderful Cosmati Brothers' pavement in front of the High Altar. There it was in all its glory beneath the throne. I wanted to swipe the TV screen and enlarge it so I could better see the glowing colours of the indigo, vermillion and green marbles, the only such pavement outside Italy.

How fortuitous that we were looking at Henry III this month in our great History Group. Henry was mostly a calamity throughout his long reign in the 13th Century but his reign resulted in two outstanding gifts to the nation.

Firstly, through his ineptitude, we gained Parliament. It was certainly not his intention to have such a curb to his power. Secondly, his adoration of the only English King to be made a saint led him to build Westminster Abbey as a shrine to his beloved Edward the Confessor. The Abbey is a glory, built to rival any great French Gothic cathedral and one on which Henry III spared no expense. The BBC showed us the Abbey in all its architectural splendour. Indeed he spent three times his annual royal revenue every year building it and racked up debts of the equivalent of £100 million today. Only the best would do to honour his love of St Edward the Confessor. It was a shrine and built for coronations and funerals. Obviously it is still used for this purpose today.

By now the throne has been removed. It is back in its side chapel where you have to pay to see it. How disappointed I was when as a child I beheld a wooden chair and not the golden throne of my dreams. The Stone of Scone is back in Scotland and the Crown is back in the Tower of London where you can join a queue of hours length to glimpse it. Harry is back in California and what of the precious Cosmati pavement? It is covered over. Did you miss it? Will we outlive King Charles? If so we may glimpse it again at the Coronation of William V.

Next meeting we will indulge in the reign of Edward I, who built all those castles in Wales and started the tradition of the heir apparent being created The Prince of Wales. You are very welcome to join us on- the fourth Monday in the month at 2pm until 3.30pm. History is huge fun. **Carol**

History Group

Monday May 22nd: Edward I – The English get a Sense of Nationality
2pm at West Bridgford Baptist Church

Monday August 21st: Trip to Bolsover Castle
More details from **Carol**: 07419317738

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)
1st June	Derwent Overview Park	Derwent & Dambusters Remembered	John	6
If you interested please contact Pete 07828 647221 or email peter.elderton@live.co.uk				



Groups Timetable

	Day	Venue	When	Leader	Phone	Status
	Monday					
	AM					
	Bird Watching	Various	1 st /3 rd Monday	Pete	07828647221	
Circa 8.45	Orienteering Walking	Various	3 rd Monday or 3 rd /4 th Tuesday	John	07721538057	
10	Zumba	Baptist Church	Weekly	Joan	07847 209399	
	PM					
2	Discussion Group 2	Member's home	2 nd Monday	Pat	01159234285	Full
2	History	Baptist Church	4 th Monday	Carol	07419317738	
2	Finding Out About Music	Baptist Church	1 st Monday	Diana	07736 943339	
2	Art Appreciation	Baptist Church	1 st Monday	Carol	07419317738	
	Cards Games	Member's home	2 nd Monday	Janet/Paul	01159231352	
	Climate Change	Baptist Church	2 nd Monday	Sue	07900886765	
	Family History	Zoom	2 nd Monday	Paco	01159233109	
	Spanish Conversation	Member's home/Zoom	Every Monday	Ewa	07740347756	
	Wine Appreciation	Member's home		Rod	01159232019	
	Tuesday					
	AM					
10	Art Appreciation	Baptist Church		Heather	01159232824	
10	Greeting Cards	Baptist Church	2 nd Tuesday	Joan	01159818477	

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

	Wednesday					
	PM					
	Book Group	Member's home	3 rd Wednesday	Liz	0115 914 5642	
1.45	International Folk Dancing	Baptist Church	1 st & 3 rd Wednesday	Joan	07847 209399	
	Lunch Club	Variable	Every Other Wednesday	Lorna	01159822546	
1	Murder Most Foul	Poppy & Pint	4 th Wed	Laraine	0115 9235361	Waiting list
2	Table Tennis	Baptist Church	2 nd and 4 th Wednesday	Glenys	01158370932	
	Local History	Various		Yvonne	07746668469	
Evening	French	Zoom	2 weekly	Anne	07974706281	
	Thursday					
	AM					
	Beginners' Spanish	Member's home	Weekly	Graham	01159232832	
	Guitar Group 1	Member's home	Alternate Thursday	David	07990654643	
10-1	Guitar Fun Strummers	St Wilfrid's Church	Alternate Thursday	David Gordon	07970059525 0779 693 4365	
	Hiking	Various	3 rd Thursday	Kevin	07981 516719	
10	Mah Jong	Marlborough Court	1 st and 3 rd Thursday	Glynis	07504 246410	
	Painting & Drawing	Baptist Church	Alternate Thursdays	Ron	01159234176	
	Peak District Walking	Various	1 st Thursday	Pete	07828647221	
	Poetry Appreciation	Marlborough Court	2 nd Thursday	Joan	07881718784	
	Thursday					
	PM					
	Book Group 3	Stratford Haven	2 nd Thursday	Fran	01158789790	
	Book Group AP	Member's home	1 st Thursday	Angela	01159986679	Full

	Thursday					
PM						
	Guitar (beginners)	Member's home	Alternate Thursday	David	07970059525	
2	Remarkable Women	Baptist Church	3 rd Thursday	Pat	01159146670	
2	Scrabble	Test Match	2 nd Thursday	Ian	01159813110	
	Ukelele Strumming For Fun	Baptist Church	2 nd and 3 rd Thursday	David	07771515810	
	Wine Appreciation	Member's home		Rod	011159232019	Full
7.30	Film Group	Zoom	4 th Thursday	Joe	07760458791	
	Friday					
AM						
10	Cycling	Various	2 nd and 4 th Friday	Pete	07828647221	
	Longer Walks	Various	1 st Friday	Rita	0115 8461516	
	Longer Walks	Various	3 rd Friday	Liz	0115 9231605	
10.15	Singing For Fun	Baptist Church	2 nd and 4 th Friday	Sue	07900886765	
	Friday					
PM						
2	Rummikub	Baptist Church	1 st and 3 rd Friday	Trish	0796 102 4931	
2	Science For Everyone	Baptist Church	Last Friday of month	Peter	07745995735	
	Saturday					
	Holiday Group		1 st 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 Chair	Peter Vice Chair & Tech Support	Yvonne Secretary	Martin Treasurer
			
John Membership Secretary	Carole Refreshments and Social	Clare Tech Support and Beacon Administrator	Kathryn Vice Chair & Groups
		?	?
Rachel Committee Member	Paco Committee Member	Vacant Committee Member	Vacant Committee Member

Email contacts:

Joe	wbu3achair@gmail.com	Carole	wbu3aexec2@gmail.com
Peter	wbu3atech2@gmail.com	Clare	wbu3atech@gmail.com
Yvonne	wbu3asec@gmail.com	Kathryn	wbu3agroups1@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		

Crossword Solution:

Across: 1. Debauch 5. Adopted 9. Talkative 10. Eking 11. Approximation 13. Bedlinen 15. Pillar 17. Let-ups 19. Basement 22. Intermittence 25. Noise 26. Sainthood 27. Elected 28. Nascent

Down: 1. Dote 2. Bollard 3. Clasp 4. Episodes 5. Acetic 6. Operative 7. Trivial 8. Degenerate 12. Ebullience 14. Imperfect 16. Bactrian 18. Titmice 20. Eyehole 21. Biased 23. Notes 24. Edit

