

West Bridgford u3a Highlights July 2023

Please send your contributions to **Pat:** wbu3aeditor@gmail.com. Deadline for the next edition is **Friday 11th August**

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

Open Meeting 27th July

John Whitfield – Life Back in the 1970s

Come and listen to John reminding us about our lives in the 1970s and see how life has changed in the last 50 years.

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

Future Open Meetings 2023

No meeting in August.

28th September: Roger Hoath – Turning Your Stress into Strength and Working with the Samaritans in the City of London

Photography Group

The month's topic was: Close up. Photos by Keith, Clifford, Laraine, Lynne, Peter, Rachel, Tom, Kathryn, Judy and John.



Just Joe



Another AGM, another year of u3a activities under our belts and another one to look forward to. The national u3a is getting focussed on recruitment and trying to expand our membership base. The u3a has been through decades of rapid growth without really having to try, and now, particularly with the impact of Covid, times have changed. It is getting harder to recruit new members both nationally and regionally.

So we were out again with our gazebo on the Croquet Lawn last Saturday. There is a row of traders' stalls around the edge of the Lawn, and one charity, which was us that day. We were between a fish stall and a tempting pastries baker. I'm not a natural for this job. I had hoped that folk would come up to us and ask us about the u3a; it soon became clear that this was wishful thinking – we have to go to them.



It does go against the grain to approach complete strangers on the pavement, get their attention, and ask them if they know about West Bridgford u3a. The first challenge is to assess people as they approach: are they old enough to be retired?; did I approach them previously when they were walking in the other direction?; are they so engaged in conversation or so purposeful that they won't even acknowledge me? I get a wonderful range of responses. Some people put their hand out at arm's length to ward me off before I can open my mouth. Many say they are in a rush or too busy to consider anything at the moment, although they don't even know what we are about. My most rewarding find is always a person of appropriate age, retired or about to be so, who has never heard of the u3a and appreciates what we can offer them.

Incidentally, *gazebo* is a made-up 18th century joke word. It was formed from the words *gaze* (ie. look at) and *ebo* (a Latin suffix meaning "I shall"). So we should have just been standing in it and watching the world go by.

Joe Colls, Chair WB u3a.



How We Communicate With You!

In all organisations, communicating with members is always a vital priority.

In the modern world, two types of communication stand out, email and mobile phones.

Many of us, however, are sometimes reluctant to give our email addresses or mobile numbers as we are worried about how they will be used and whether we will be pestered by unwanted communications.

So how do we use this data within West Bridgford u3a?

Email

There is no question that email is a cheap, quick and effective way of communicating and is used almost universally these days.

Within West Bridgford u3a we store email addresses within the database where we have them, and they are used to communicate matters concerning your membership, news about u3a or group activities and the regular monthly newsletter Highlights.

We would never disclose them to a third party and hope all the information we send out is both relevant and proportionate.

Mobile Numbers

Not so long ago we all had 'Land Lines' and numbers starting 0115!

These days these have been joined or even replaced by mobile numbers for many.

Mobile numbers are stored on the membership database and can be used to communicate urgent issues regarding your membership or group activities. They are particularly valuable for group leaders of outdoor activities where a member not showing up when expected can cause concern which can be allayed by a phone call.

Phone numbers would never be disclosed to a third party.

I do hope the above will reassure you about what we store and how we use it.

So, have we got your current email address and mobile number if you have one?

If you think not or think we may not have it correctly please drop me an email or note with the correct information. Holding correct data will help us to help you!

Thanks **John Tidmarsh**

West Bridgford u3aMembership Secretary

0797 3 156 160 or john.tidmarsh08@gmail.com



Local History Group

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 contact **Averil** averil.hancox@ntlworld.com or on 07802718639

Visit to the **Caves of Nottingham – Wednesday, 20th September at 11.00am**

For those who have indicated an interest but who have not yet paid, I now need you to do so. Price – **Adult – £8.35**

Over 60's / Concession – £7.15

Please pay at the Local History Group table at the Open Meeting or post through my door at 3, Cromford Rd, in a named envelope. Cheques made out to West Bridgford u3a.

Dependant on the numbers, we may run 2 groups 20 mins apart, one at 11.00 and the other at 11.20, so if you particularly want to do the visit with another member or members, please let us know who you are.

Sorry but due to the historic nature of these ancient caves, they are inaccessible for visitors who use wheelchairs, or have limited mobility.

If need to speak to me, contact is **Yvonne Haynes** on y.haynes@hotmail.co.uk or call 07746668469.

Meet details to follow.

Orienteering Walking

Walk Dates and Locations:

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

Tuesday 22nd August – Sence Valley Forest Park, Ibstock, Leicestershire with lunch at Cattows Farm, Heather

Tuesday 26th September– Calke Park, Derbyshire with lunch at Calke Park National Trust Cafe

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

A (Code) Cracking Day Out!

The sun shone on West Bridgford u3a members in early June as they took to the road for a day-trip to Bletchley Park.



Once the top-secret base for allied code-breakers during the Second World War, Bletchley Park is a Victorian manor house set in 58 acres of beautiful grounds.

The organization started in 1939 with only around 150 staff, but over the course of the war 10,000 people were involved in trying to break German codes to aid to allied war effort.

These included famous names like Alan Turing, Gordon Welchman and Bill Tutte, as well as a host of staff working around the clock to solve the enigma code used by German high command. Seventy-five per cent of the workers there were women, many from the services, and others from the civil service. It is widely acknowledged that the work done at Bletchley Park shortened the war by several years.

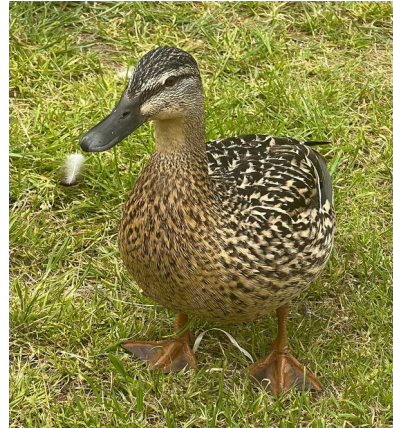
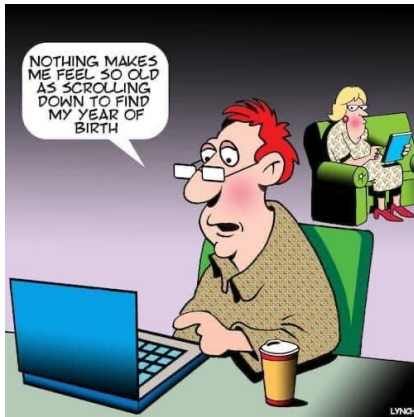
Following a smooth coach journey, the 42 West Bridgford u3a members were greeted by staff at the Park and given maps of the grounds showing where each 'hut' was, and what work was done in them. We were then each given a multimedia guide that was a small tablet with earphones. The tablet had short videos for each part of the Park that gave background information about each section, as well as further details about who worked there, and what impact the work had on the war.



Our tickets also gave us the chance to have an hour-long tour with a guide who gave us insights into the working conditions of the time, and anecdotes about life at Bletchley during the war.

The Park is very well organized, with informative videos in most of the huts that explained in layman's language how the codes were cracked using just brainpower, pencils and paper. An amazing feat that left most of us in awe and ready to give our brains a rest by relaxing in the beautiful grounds with an ice-cream in the shade.

Overall a great day trip! **Carole**



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 or 07981 516719

Date 2023	Leader
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

Litter Picking Group

This group meets on a Wednesday morning at 10.30am in West Bridgford, litter pick in the area and then go for a coffee.

New members are urgently needed, so if you can offer some time, please contact **Julie on 07784 526 8613**. Equipment is provided, including a Hi vis jacket!

Cycling Group

Ride Programme: July – September 2023

Date	Ride	Miles	Leader	Phone	Start Point
Friday 28 th July	Vale of Belvoir Circular Cropwell Butler, Harby Long Clawson etc	34	Graham & Christine	07803 123339	Welbeck Road West Bridgford
Friday 11 th August	Wymondham Windmill & Waltham on the Wolds Circular	23	Graham & Christine	07803 123339	Wymondham Windmill Tea Rooms
Friday 25 th August	Trent Lock & Sawley Marina Circular	24	Hugh & Di	07880 962135	Welbeck Road West Bridgford
Friday 8 th Sept	Watermead Country Park	24	Hugh & Di	07880 962135	Stonehurst Farm Mountsorrel
Friday 22 nd Sep	Gunthorpe via Colwick Park Circular	17	David N- Cole	07970 059525	Welbeck Road West Bridgford

All rides start at 10.00am.

The Group continue to cycle on the second and fourth Friday each month. 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



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						29								

<u>Across:</u> 1. Expressed clearly (9)	<u>Down:</u> 1. Fastened a garment or shoe with small strips (5)
6. Gowns or vestments (5)	2. Inquisitive, odd (7)
9. Clergy assistants to a parish priest (7)	3. Harmful, causing loss (11)
10. Fresh name for a book or work of art (7)	4. Happened afterwards (6)
11. Pair of entertainers or singers (3)	5. Fragments of a bomb or shell (8)
12. Not advantageous or suitable (11)	6. Decay (3)
14. Continued, durable (6)	7. Interval bounded by two points (7)
15. Of Greek culture (8)	8. Doubting all accepted opinions (9)
17. Nonsense! (8)	13. Harmful to the mind or body (11)
19. Saunter (6)	14. Profitable (9)
22. Used to increase speed (11)	16. Baby's portable transport (8)
23. A little (3)	18. Storage for public documents (7)
25. Being stupid (7)	20. In the open air (7)
27. Intend, nominate (7)	21. Main diet component , paper fastener (6)
28. Notable occasion (5)	24. Clothing (5)
29. Valuables or valued people (9)	26. Small child, add (3)

Bird Watching Group

Programme: July to October

For visits with our expert there is a charge of £32 for a full day. The charge with transport in his minibus is £38. 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 24 th July	Old Moor	Professional Expert	£32 or £38 with transport
Monday 7 th August	Staunton Harold and Calke Abbey	Members of the Group	No Charge
Monday 21 st August	Rutland Water	Professional Expert	£32 or £38 with transport
Monday 11 th September	Colwick Country Park	Members of the Group	No Charge
Monday 25 th September	Blacktoft Sands	Professional Expert	£32 or £38 with transport
Monday 9 th October	Clumber Park	Members of the Group	No Charge
Monday 23 rd October	Frampton Marsh	Professional Expert	£32 or £38 with transport
For more information contact: Lynne 07811 707868 or Simon 07779 247532 or Jim 07891 718692			



Canal Volunteers needed

We are a local group of enthusiasts who care deeply about the canal, in particular, the West Bridgford sections (or pounds as they are correctly known). If you take a look at this link: WeBCan Working Party Updates (abbeyparkng.com), you will see we have been quite active over the past few months and work closely with The Grantham Canal Society and The Canal & Rivers Trust.

We are setting up volunteer evenings once a week for approximately an hour during July & August to help clear the canal of some of the reeds and detritus and will have the appropriate Management Work Plans, Health & Safety and Risk Assessments all in place before commencing. Volunteers will need certain equipment such as their own gloves and wellingtons, but this is dependent of their role as volunteers.



If you are interested in helping, contact **Paul**:
paulabel@ntlworld.com or phone 07973 169820.

Or email direct to Suelol@sky.com

Burton Joyce u3a Trips

Burton Joyce u3a has organised a trip to Thursford Christmas Spectacular. Other u3a members can apply. Details below. If you are interested, please contact outings@bju3a.co.uk or phone 0115 931 2571.

Thursford Christmas Spectacular – Monday 13th November

The cost is £80.50, made up of £16.50 per person for the coach, £16 lunch and £48 for the performance ticket.

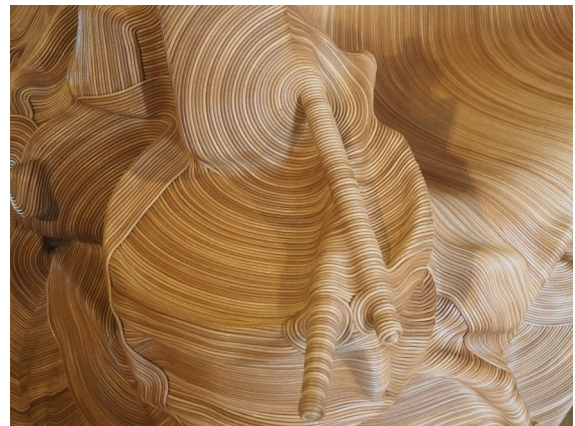


Peak District Walking Group

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.

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)
3 rd Aug	Hulme End	Manifold Valley	Kevin	6 Miles
7 th Sept	Wyming Brook Nature Reserve	Rivelin Dams & Redmires Reservoirs	John	6 & 3/4 miles
5 th Oct	Tissington Station	Tissington & Parwich Area	David	5 miles
Future walks (including January 2024) will be scheduled for the first Thursday of each month				
For more information &/or to join the group's email distribution list, contact John - 07721 538057 or via email jpicklesclifton@aol.com				



Groups Timetable

	Day	Venue	When	Leader	Phone	Status
AM	Monday					
	Bird Watching	Various	1 st /3 rd Mon	Pete	07828647221	
Circa 8.45	Orienteering Walking	V	3 rd Mon or 3 rd /4 th Tues	John	07721538057	
10	Zumba	BC	Weekly	Joan	07847 209399	
PM	Monday					
2	Discussion Grp 2	MH	2 nd Mon	Pat	01159234285	Full
2	History	BC	4 th Mon	Carol	07419317738	
2	Finding Out About Music	BC	1 st Mon	Diana	07736 943339	
2	Art Appreciation	BC	1 st Mon	Carol	07419317738	
	Cards Games	MH	2 nd Mon	Janet/Paul	01159231352	
	Climate Change	BC	2 nd Mon	Sue	07900886765	
	Family History	Z	2 nd Mon	Paco	01159233109	
	Spanish Conversation	MH/Z	Every Mon	Ewa	07740347756	
	Wine Appreciation	MH		Rod	01159232019	
AM	Tuesday					
10	Art Appreciation	BC		Heather	01159232824	
10	Greeting Cards	BC	2 nd Tues	Joan	01159818477	
10	Painting and Drawing	BC	2 weekly	Pam	01159819238	Full
10	Spanish Conversation	MH	1 st & 3 rd Tues	Graham	0115923832	Full
10	Yoga Type Exercise	PH		Elizabeth	01159146941	
PM	Tuesday					
	Architecture Active	BC	3 rd Tues	David	07970059525	
2.30	Beginners Bridge	BC	Weekly	Ron	0115 9234176	
2.30	Cryptic Crosswords	TM	1 st Tuesday	Stephen	01159140255	
2.30	Cryptic Crosswords	TM	3 rd Tues	Stephen	01159140255	

	Knit and Natter	SH	1 st & 3 rd Tues	Joan	07847209399	
2	Photography	BC	1 st Tues	Paco	01159233109	
2	Scrabble	TM	4 th Tues	Ian	01159813110	
12	Tai Chi	SH	Weekly	Lynn	07811 707868	
7.30	Etymology	Z	4 th Tues	Joe	07760458791	
	Silent Films	MH	1 st & 3 rd Tues	Ed	07890009443	
AM	Wednesday					
10	Critters Workshop			Sylvia	07981655553	
10.30	Short Walks	V	2 nd & 4 th Wed	Christine	07434 614890	
PM	Wednesday					
2.30	Badminton	RA	Wednesdays	Chris Phil	07941509357 07505513556	
	Book Group	MH	3 rd Wed	Liz	0115 914 5642	
1.45	International Folk Dancing	BC	1 st & 3 rd Wed	Joan	07847 209399	
	Lunch Club	V	Alt Wed	Lorna	01159822546	
1	Murder Most Foul	PP	4 th Wed	Laraine	0115 9235361	Wtg list
2	Table Tennis	BC	2 nd & 4 th Wed	Glenys	01158370932	
	Local History	V		Yvonne	07746668469	
Evening	French	Z	2 weekly	Anne	07974706281	
AM	Thursday					
	Beginners' Spanish	MH	Weekly	Graham	01159232832	
	Guitar Group 1	MH	Alt Thurs	David	07990654643	
10-1	Guitar Fun Strummers	SW	Alt Thurs	David Gordon	07970059525 0779 693 4365	
	Hiking	V	3 rd Thurs	Kevin	07981 516719	
10	Mah Jong	MC	1 st & 3 rd Thurs	Glynis	07504 246410	
	Painting & Drawing	BC	AltThurs	Ron	01159234176	
	Peak District Walking	V	1 st Thurs	John	07721 538057	
	Poetry	MC	2 nd Thurs	Joan	07881718784	

PM	Thursday					
	Book Group 3	SH	2 nd Thurs	Fran	01158789790	
	Book Group AP	MH	1 st Thurs	Angela	01159986679	Full
	Guitar (beginners)	MH	Alt Thurs	David	07970059525	
2	Remarkable Women	BC	3 rd Thurs	Pat	01159146670	
2	Scrabble	TM	2 nd Thurs	Ian	01159813110	
	Ukelele	BC	2 nd & 3 rd Thurs	David	07771515810	
	Wine Appreciation	MH		Rod	01159232019	Full
7.30	Film Group	Z	4 th Thurs	Joe	07760458791	
AM	Friday					
10	Cycling	V	2 nd & 4 th Frid	Pete	07828647221	
	Longer Walks	V	1 st Frid	Rita	0115 8461516	
	Longer Walks	V	3 rd Frid	Liz	0115 9231605	
10.15	Singing For Fun	BC	2 nd & 4 th Frid	Sue	07900886765	
PM	Friday					
2	Rummikub	BC	1 st & 3 rd Fri	Trish	0796 102 4931	
2	Science For Everyone	BC	Last Fri of month	Peter	07745995735	
	Saturday					
	Holiday Group		1 st Sat	Penny	01159233384	
	Traditional Games		Ad hoc	Janet/Paul	01159231352	

Key: **BC** – Baptist Church; **MC** – Marlborough Court; **MH** – Member's Home; **PH** – Paxdien Hall; **PP** – Poppy and Pint; **RA** – Rushcliffe Arena; **SH** – Scout Hut; **ST**– Stratford Haven; **SW** – St Wilfrid's Church; **TM** – Test Match; **V** – Various; **Z** – Zoom

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

Crossword Solution: Across:

1.Lucidness 6.Robes 9.Curates 10.Retitle 11.Duo 12.Inexpedient 14.Lasted 15.Hellenic 17.Claptrap 19.Stroll 22.Accelerator 23.Tad 25.Idiotic 27.Propose 28.Event 29.Treasures

Down:

1.Laced 2.Curious 3.Detrimental 4.Ensued 5.Shrapnel 6.Rot 7.Between 8.Sceptical 13.Deleterious 14.Lucrative 16.Carrycot 18. Archive 20.Outdoor 21.Staple 24.Dress 26.Tot

Your West Bridgford u3a Committee

			
Joe Chair & Groups	Peter Vice Chair & Tech Support	Yvonne Secretary	Martin Treasurer
			
John Membership Secretary	Carole Refreshments and Social	Clare Tech Support and Beacon Administrator	Kathryn Committee Member
		?	?
Rachel Committee Member	Louise Committee Member	Vacant Committee Member	Vacant Committee Member

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Martin	wbu3atreasurer@gmail.com	Louise	wbu3aexec3@gmail.com
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