

West Bridgford u3a Highlights August 2023

Please send your contributions to **Pat**: wbu3aeditor@gmail.com
Deadline for the next edition is **Friday 15th September**.

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

Future Open Meetings 2023

There is no meeting in August.

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

26th October: Fools Gold Acoustic: Steve and Carol Robson – Beat the Drum

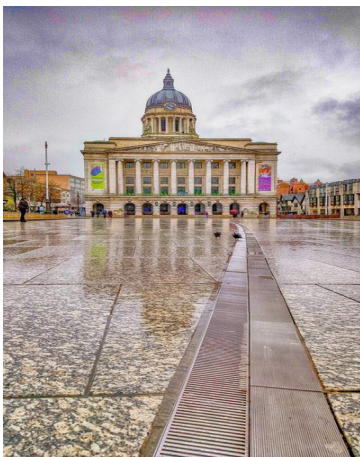
23rd November: Geoff Harris – Toast Master

14th December: Fran Sandham – A Solo Walk Across Africa from the Skeleton Coast to the Indian Ocean

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

Photography Group

The month's topic was chosen by individual photographers. Photos by: Lynne, Judy, John, Rachel, Keith and Peter.



Local History Group

The Museum of Timekeeping: 25th October at 11.00am



This will be a guided tour. 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

Papplewick Pumping Station
8th November



Britain's finest surviving Victorian Pumping Station, Papplewick was built in 1882-1885 and supplying water until 1969 and now is a museum.

The Station is a Scheduled Ancient Monument, the highest preservation order that be bestowed upon a building in England. This means that the majority of the site is accessible to 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.

The cost is £5 per person and lifts, if needed, will be available.

Contact **Averil** at averil.hancox@ntlworld.com or on 07802 718639

Knit and Natter

The industrious members of the Knit and Natter group have continued to meet as usual throughout the summer for their social get-together.

Meeting **2.00–3.30pm on 1st and 3rd Tuesdays** of the month in the **Stratford Haven** pub, members choose their own projects, which may include such items as lap blankets, hats, gloves and children's items for charities or maybe something for a grandchild.

Community nurses from Lings Bar Hospital joined staff from care homes in welcoming our donations of colourful and textured 'twiddlemuffs', designed to offer stimulation and occupy the hands of dementia patients.

If you'd like to pick up your needles, join the fun and make new friends, why not give us a try?

Further details available from **Joan** on 07847 209399 or j.millband@hotmail.com



Orienteering Walking

Walk Dates and Locations:

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

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
17 August 2023	Graham & Christine
21 September 2023	Keith Coxon & Chris
19 October 2023	Tony
16 November 2023	Simon
14 December 2023	Kevin

International Folk Dance

If your memories of summer seem to mainly be of trudging through the rain and you would like to liven up your autumn, this group could be just for you. Following our summer break, we have recharged our batteries and will begin our meetings again on 6th September.



Meeting 1.45–3.45pm on 1st and 3rd Wednesdays of the month at West Bridgford Baptist Church, we would love you to join us. Your attendance fee also entitles you to a cuppa, a biscuit and natter mid-session.

No need to be shy, as each dance is demonstrated first and we will help you to follow along. You do not need a partner for these community dances from round the world and a have-a-go attitude is more valued than expert dancing technique! Dance steps can also be adapted for different mobility levels. Time to have some fun and make new friends.

Further details available from **Joan** on 07847 209399 or email: j.millband@hotmail.co.uk

5						2	3	
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			7					
	2			7				
				5		6		
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		9						8
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				6				



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!

Finding out about Music

The new season will begin at West Bridgford Baptist Church on **September 4th** from 2pm until 4pm when we shall be looking at Ralph Vaughan Williams' life and music with a video.

The group has been currently exploring the wealth of English music and during the ensuing sessions nearer to Christmas we shall begin investigating French music. New members are most welcome.

Diana 07736943339

Cycling Group

Ride Programme: July – September 2023

Date	Ride	Miles	Leader	Phone	Start Point
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

Spanish

My name is Ewa, the Polish version of Eve. I recently took over running of the Spanish West Bridgford u3a group, from Lynda, who ran it brilliantly for 7+ years. Unfortunately for us she decided to step down at the beginning of this year. We miss her input, especially on grammar as it is not my forte. Thank you very much Lynda for all the effort you put in into running our group. We carried on right throughout Covid period on Zoom and despite various challenges we managed to achieve a lot. Your dedication was very much appreciated.

Currently we are a group of 7 people. None of us are native Spanish speakers and the level of language command varies slightly. Overall, I would say the level is between lower to middle intermediate level. We meet once a week on Monday afternoon for a couple of hours in group members' houses.

The usual structure of the meeting is as follows:

General chat, in Spanish, about news, tv, what we did during the week etc.

Then a short tea break.

After the break we might do some grammar exercises or listen to a Spanish podcast.

We find the material online as there are many Spanish teachers posting lessons and podcasts on YouTube.

Once a year, usually coinciding with Christmas, we have a social gathering. It could be in someone's house or Spanish tapas restaurant.

We welcome all levels as frequently we repeat the most used and difficult aspects of grammar.

Ewa ewahardwick@hotmail.com

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 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



Remarkable Women

We meet every 3rd Thursday afternoon at 2pm at the West Bridgford Baptist Church. At our next meeting on **Thursday 21st September** we will be looking at some of the women who challenged society's conventions. This will include the radical feminist Mary Wollstonecraft from the 18th Century right up to the present day seminal feminist Germaine Greer.

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

A once in a lifetime opportunity for YOU to step into the cinematic lime light

Well I might be over selling this!

But, how about being the person to encourage our u3a membership to take that next step into whatever?

Every month, groups are encouraged to advertise what they are doing by means of the NEWSREEL display at the Open Meeting.

This is **YOUR** chance to be the person who does the display. PowerPoint or other display skills needed and an imagination to bring it all to life.

Contact Sue Bailey for further details please.
Sue456bailey@gmail.com

Climate Change Group Hits The Streets

On August 3rd the climate change group manned a stall at Lark in the Park, in West Bridgford.

The weather forecast was gale force winds and heavy rain. Not to be put off, David, Pat, Carl and Sue started out optimistically raising their protective cover. It was blustery and wet.

Our spirits were a bit dampened by the lack of support from anyone in the group but Sue had persuaded her granddaughters that it would be a fun thing to do. At 10, all was assembled and we were encouraged by the members of the public who stopped to engage with us, take the recycling quiz or make a puzzle.

David engaged several climate deniers, which I think made his day, he loves a challenge.

And the sun shone, all day long, and my granddaughters had a great time and saw, once again, what a group can do together.

Get involved and make a difference, what's the alternative?

Sue

Silent Film Group

The silent era of cinema flourished from around 1900 until it was abruptly terminated by the arrival of films with sound (“talkies”) around 1930. In this short period cinematic technique evolved rapidly and led to the production of a fascinating body of work which is rarely seen today.

This small u3a group aims to meet on the 1st and 3rd Tuesday evenings of each month in order to view a silent film and then reflect on it perhaps over a glass of wine. Films from various genres may be explored including the romantic dramas of Valentino and Garbo, the comedies of Keaton and Chaplin, the epics of Griffith and De Mille, the swashbuckling exploits of Douglas Fairbanks, films from the Russian school and the rich Expressionist German films of Wiene, Leni, Murnau, Lang and Pabst.

Some modern silent films may also be included. If you would like to join the group, contact: **Ed** edmarchewicz@gmail.com

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)
7 th Sept	Wyming Brook Nature Reserve	Rivelin Dams & Redmires Reservoirs	John	6.5 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	V	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.

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1	6	9	5	4	7	3	2	8
7	5	8	3	2	1	4	9	6
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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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