

West Bridgford u3a Highlights September 2023

Please send your contributions to **Pat**: wbu3aeditor@gmail.com
Deadline for the next edition is **Friday 13th October**.

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

September Open Meeting 28th September

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

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

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

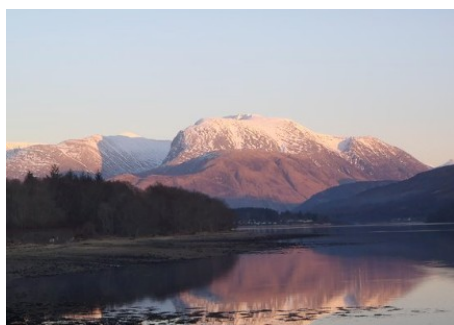
23rd November: Geoff Harris – Toast Master

14th December: - Melody Flyte will entertain us

Just Joe



Hello again, everyone. I hope you have had a great summer, and coped with the vagaries of the British weather. The high point for me was climbing Ben Nevis, which I hadn't done before. It was quite a challenge.



We were staying in Glencoe with a group of Rushcliffe Ramblers, and were ferried by coach to "base camp". It took me 9 hours, and I was completely cream-crackered by the time I got back.

Despite the relatively warm weather at low level, the temperature at the top was about 5 deg C and the Met Office said it would feel like 1 deg C. Not very tempting to hang about, although we did find a sheltered spot for lunch.

Two days later my calves and thighs were so sore I could hardly get down steps. However, I am definitely glad I did it. The scene from the top, of mountain peaks in all directions, was amazing.

Back to our u3a. We have a great programme to look forward to at our Open Meetings, starting with Roger Hoath this month (details elsewhere).



In October we have Fool's Gold Acoustic. They have a unique and fascinating blend of music, story-telling and visuals. If you haven't seen them before, then I recommend you give them a try.

In November, Geoff Harris will be regaling us with some Toastmaster's Tales. For something completely different in December, Fran Sandham will be telling us about his solo walk across Africa, from the Skeleton Coast to the Indian Ocean.

And this month's etymological gem is about shoes! I've just found out that there has been a historical hierarchy of shoe-makers. Old shoes were repaired with old leather by cobblers, but new shoes were made with new leather by *cordwainers*. There is, even now, a Worshipful Company of Cordwainers based in the City of London. The word cordwainers is derived from Cordoba in Spain, because goatskin leather from that city was known as cordwain. Sadly the word is now obsolete.

Joe Colls, Chair WB u3a.

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

It's Nearly Panto Time! Cinderella (In Person) at Nottingham Playhouse



The Social Events Group have organised a visit to the Pantomime to see Cinderella at Nottingham Playhouse on **Saturday 30th December**.

This is for the matinee performance starting at 2.30pm.

The cost is £26.10 per ticket. There are a limited tickets available. So, if you are interested, you should contact **Louise** on 0115 9817589 or email lcarneyhall@gmail.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
21 September 2023	Keith Coxon & Chris
19 October 2023	Tony
16 November 2023	Simon
14 December 2023	Kevin

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. Collection of different elements (11)	Down 1. Heat-retaining cooking stove or range (3)
7. Excellent (3)	2. Scrape together in small amounts (5)
9. Short stories of interesting incidents (9)	3. Phantom (7)
10. Abraham's son (5)	4. Lunchtime to evening (9)
11. Ring-shaped (7)	5. Circulation of a magazine, stamps, etc. (5)
12. Outer cellular layer of leaves and stems (7)	6. Louder (7)
13. Progress (3,2)	7. Overwhelmed with wonder (9)
15. Coats and cagoules (9)	8. A burden or impediment (11)
17. Plenteousness (9)	11. Country whose capital is Kabul (11)
19. Frequently (5)	14. Aggressively defiant (9)
20. Large lizards native to America and West Indies (7)	16. Application of medical care (9)
22. Similar to a child's plaything (7)	18. Small room for eating meals (7)
24. Event that gives great pleasure (5)	19. Four-yearly international game (7)
25. Squeeze too much (9)	21. Search thoroughly for someone or something (5)
27. Secures a bolt; obsessive enthusiast (3)	23. Perfect (5)
28. Inconsistently variable in movement (11)	26. Cunning (3).

Orienteering Walking

Walk Dates and Locations:

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

Tuesday 24th October – Allestree Park, Derby "POC/VOC" with lunch at The Shed, Allestree

Tuesday 21st November – Elvaston Castle Country Park, Derbyshire with lunch at Wyatt's, Elvaston Castle

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

Burton Joyce & District u3a Trip to the Thursford Christmas Spectacular - Monday 13th November



It is a while since we have been to this extravaganza of non-stop, singing, dancing, music, humour and variety. It is a fast-moving celebration of the festive season featuring an eclectic mix of both seasonal and year-round favourites. With a cast of 120 professional singers, dancers and musicians, most of whom are straight from the West End, this is the biggest Christmas show of its kind in Europe! It is set in the magical surroundings of mechanical organs and fairground carousels with the auditorium ablaze with colour. It features famous and much-loved chart toppers being performed alongside traditional carols. Please note the finale of the show includes a flyover of white doves across the auditorium. Thursford's website is <https://www.thursford.com/>

The Christmas Spectacular 2022 show was the biggest yet. We have booked 52 seats and 40 places have already been booked, so if you would like to come with us please don't delay.

The itinerary for the day is that we will leave from outside the parade of shops in Burton Joyce at 8.30 a.m., then after a break during the journey, will arrive at the Refectory at Walsingham Priory for a 2-course roast Christmas lunch, mince pies, tea or coffee. Thursford is only a short distance away and we will continue our journey at 1 p.m. in readiness for the 2 p.m. matinee performance. Everyone should ensure they are seated by 1.45 p.m. At the end of the performance we will board our coach for the return journey to Burton Joyce where we expect to arrive around 7.45 p.m.

The cost is £80.50, made up of £16.50 per person for the coach, £16 lunch and £48 for the performance ticket. This compares with £67, the price five years ago. If you would like to join in what will be a most enjoyable day out, please e-mail outings@bju3a.co.uk or phone Alwyn Foster on 0115 931 2571 or 07717 220237.

If you have previously been to this Christmas Spectacular you will know what to expect. If not, you will enjoy a most amazing high quality show by first class performers. It is noticeable at the end of the performance when the audience leave the auditorium they have large smiles on their faces!!

- Alwyn Foster

Historians Go To Bolsover

On a perfect sunny day in August the History Group visited Bolsover Castle built in the 1630s by William Cavendish, the grandson of Bess of Hardwick. We had two amazing guides and enjoyed hearing about his aim to make it a weekend retreat castle for fun and pleasure.



He always hoped for royal preferment and entertained Charles 1 and Henrietta Maria there in the 1634. No expense was spared from enormous feasts to Ben Johnson writing a play for the occasion. The one day of royal entertainment there cost £10 000, the modern equivalent of £4 million. We won't mention the imprisonment of starving lead miners who had had the temerity to petition the King for relief on his journey there.

William Cavendish is the man who schooled horses kindly in the ménage. This kept horses busy and trained when they were not on the battlefield and it evolved into dressage. The book he wrote about this is still the training manual used today. He was so good that he became tutor the son of the King, later Charles II.

His other claim to fame from our point of view is that he built Nottingham Castle. The one burnt down in the Reform riots of 1831.

There were so many stories and we can really recommend a visit. And don't miss the cream tea, absolutely delicious.

Carol



New Quiz Group

A new quiz group is starting up this month. The first quiz will be held on **Tuesday 26 September** at 2pm at the Test Match pub, in the tea room (to the right as you go in the main door).

Joe and **Louise** will be hosting the event. It's free to enter, so if you are interested, do go along.

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

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 Area	Leader	Distance (Miles)
5 th Oct	Tissington Station	Tissington & Parwich Area	David	5
2 nd Nov	Ambergate	Crich Chase and Crich	Iris & Bob	5 - 6
7 th Dec	Chatsworth Garden Centre	Chatsworth Estate (South & West)	John	5
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				

Art Group

The Tuesday Painting and Drawing group are always up for trying something new. We have been painting in the style of Van Gogh, trying our hand at hedgehogs and dancing figures. This term we will have a go at still life, life drawing and painting trees among other things. There are a few places available at the moment so why not get in touch and have a go. **Janet**



Cycling Group

Ride Programme: July – September 2023

Date	Ride	Miles	Leader	Phone	Start Point
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

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 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			

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	
10	Spanish Conversation	MH	1 st & 3 rd Tues	Graham	0115923832	Full
10	Yoga Type Exercise	PH		Elizabeth	01159146941	
PM	Tuesday					
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	

PM	Tuesday					
2	Scrabble	TM	4 th Tues	Ian	01159813110	
12	Tai Chi	SH	Weekly	Lynn	07811 707868	
	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	

PM	Thursday					
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.Aggregation 7.Ace 9.Anecdotes 10.Isaac 11.Annular 12.Epiderm 13.Get on 15.Outerwear
17.Abandance 19.Often 20.Iguanas 22.Toylike 24.Treat 25.Overpress 27.Nut
28.Erratically.

Down:

1.Aga 2.Glean 3.Eidolon 4.Afternoon 5.Issue 6.Noisier 7.Amazement 8.Encumbrance
11.Afghanistan 14.Truculent 16.Treatment 18.Dinette 19.Olympic 21.Scour 23.Ideal 26.Sly.

Your West Bridgford u3a Committee

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

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