

West Bridgford u3a Highlights November 2023

Please send your contributions to **Pat**: wbu3aeditor@gmail.com
Deadline for the next edition is **Friday 8th December**.

Open Meeting – 23rd November

Geoff Harris – Toast Master



Geoff started his working life as a teacher before giving it all up to become a clown. The clowning led to other performance areas, including a variety of stages and screens.

Over 10 years ago he started to train as a Toastmaster and is now a Fellow of the National Association of Toastmasters, working in some of the grandest hotels and houses in the country.

Just what did the Prince of Wales say that night in the Cafe Royal? Just what was found under the tables when the cloths were removed after an undergraduate dinner? The answers to these questions and many more you didn't realise existed will be answered with wit and humour.

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

14th December: Melody Flyte will entertain us

There will be no refreshments before the 14th December Open Meeting performance which starts at **2pm**. Doors will open at 1.30pm. After Melody's performance we will be serving mince pies, Christmas crackers, tea and coffee.

If you would like to come to this special Christmas meeting, please let Carole know by **December 5th** so that we can cater for everyone attending. Please let me know if you have any dietary requirements. carolefleming0@gmail.com

Future Open Meetings

January 25th: Sutton Bonnington – The Great Escape. Professor John Beckett

February 22nd: Solo Walk Across Africa from the Skeleton coast to the Indian Ocean.

Fran Sandham

Photography Group

This month's topic: **Bridges**. Pictures by Tom, John, Laraine, Peter, Keith, Lynne, Rosemarie, Kathryn, Judy, Rachel

Just Joe

Hello again everyone



Our October Open Meeting presentation was a superb production by Fools Gold. This Durham duo specialise in multi-media combinations of musical instruments, folk singing and screened graphics all supporting a themed story. They bring a tremendous quantity of kit with them, from musical instruments to electronics, and set it up and dismantle it very slickly.

On this occasion their story was built around Michael Heaviside, a private in World War I who got the Victoria Cross for demonstrating outstanding bravery while rescuing a fellow-soldier under enemy fire. A sombre theme, but one that Carol and Steve Robson portrayed with great sensitivity and commitment.



As they left, Steve said that if customers still asked them back after they had done this set, they would do something lighter next time. We might just do that! Joe
Chair WB u3a

Our Unsung Heroes

I joined this u3a in 2009, and many of the activities we can enjoy now were already firmly established. Entertaining speakers would come along to our Open Meetings and regale us with their life story or particular passion. Groups would happen according to their timetable with facilities organised and expected. Even Worldwide dramas could not stem the flow of energy and commitment of the people 'in charge'.

But it **doesn't JUST HAPPEN**, although, it does feel seamless. So, here is a **HUGE THANK YOU** to 3 people in particular who are stepping down after more than a decade to take a well deserved break.

Carol Williams has organised Open Meeting speakers for us, and without fail provided a variety of topics every month since forever. She has quietly done a fantastic thing for us and deserves a huge round of applause.

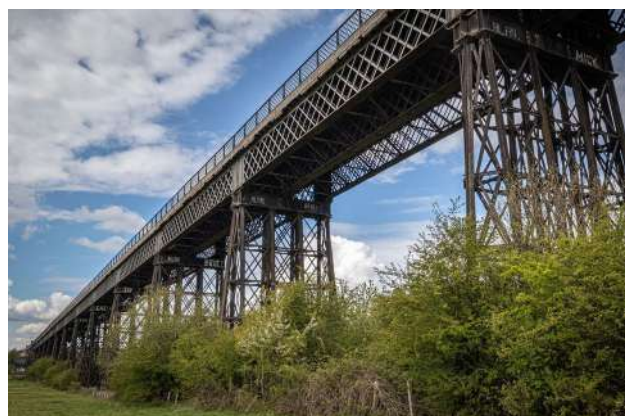


Similarly, **David and Rita Hazeldine** have organised monthly long walks for yonks. Walking in advance to check them out, finding suitable pubs for lunch and always being on hand with knowledge of the walks proposed.



Carol, David and Rita, deserve a medal, or a free pass, for all their sterling commitment to you and our u3a. Without like minded people the whole ethos of our u3a is hard to sustain. So, next time you see them, thank them, a pat on the back, and a well done for all you have done for us.

Fortunately, we have leaders who continue to just carry on, they are all appreciated, I know, I am one of them and enjoy doing it too, but a **THANK YOU** goes a long way.
Sue



Rita and David Hazeldine Long Walks Organisers

Rita and David have been leading and organising the Long Walks group for seventeen years and in most of the first ten years they led the walks every month. It is alleged that they have a detailed card index record of all the walks that they led in a huge cabinet. After all these years, they have decided to call it a day and are now looking for younger models to take over from them.



In the second stage of the 17 years Rita and David became the organisers of the walks rather than leading them all. This means that they looked for volunteers to lead walks through the year and set up the calendar. This has now been established as the way the walking groups are run and gives the opportunity for lots of different people to share the load.



About 10 years ago the walks were so popular that the number of people going on them exceeded 30, which became a problem for finding pubs willing to have such big walking groups. Another walking group was set up to share the load and the organisers for this one are now Liz and Ian.

Rita and David are a great team and love walking, so much so that they organised additional walks with some involving overnight stays. These include the Grantham

Canal walk from Nottingham to Grantham, where one of the group accidentally flooded her bathroom and climbed out of her bedroom window when we left in the morning to avoid seeing the manager who was very angry when she reported it. One of the restaurant serving staff, who was from Mongolia, had a problem with the English language and offered us lemon turd tart. Also when an electrician was called to one guest bedroom to rectify a fault, one of our members received a big shock since she emerged naked from the bathroom without even her towel.

Others walking trips include the Norfolk Coastal Path, where we had the benefit, if necessary, of the coastal bus service to carry weary walkers; the Derwent Valley and the National Forest Ways. We even had a walk for one of the Pudsey Charity Days and a stay at Thoresby.

West Bridgford u3a and all those who have been involved and participants in many of these walks would like to extend an enormous thank you to Rita and David. Their dedication and attention to detail has been enormous. Testing out walks is essential. They don't always go to plan, but Rita and David always made sure they were right and this all takes time.



It has been an enormous pleasure for us all to know and to join Rita and David on their walks so thank you so much. **Bob**

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
16 November 2023	Simon
14 December 2023	Kevin

Bird Watching at Frampton Marsh



New Tai Chi Group

West Bridgford u3a now has a third tai chi group due to the popularity of this form of gentle exercise.

This new group is for beginners. The two other groups will continue as Improvers groups. As demand is still high for these groups, there is still a short waiting list.

All groups meet weekly on Tuesdays at Wightman Hall on Stratford Road and are taught by our qualified trainer, Judy. Improvers groups are at 12:15pm and 13:15pm. The new Beginners start at 14:15 for 45 min.

If you're interested please contact group the leaders:

Improvers: **Lynne** lynne.tidmarsh16@gmail.com

Beginners: **John** johnradcliffe185@hotmail.com



Did Storm Babet Get You?

Laraine and I had sussed out the walk from Armstrongs' Mill to the Bennerley Viaduct in August. It had been a beautiful day. The sun was shining, the bees and butterflies flitted about and a heron was making short work of a stickleback, swallowing it whole. Well, we mused, it will be beautiful in the autumn too when all the trees are changing colour.

The reality- it was WET, VERY WET. Nineteen of us made it to the Mill. Three were turned back by the police 1.4 miles away. Peter felt that was the result of following the Sat Nav route.

We decided to cut our losses and do a short 25 minute walk along the Erewash Canal to the Viaduct. Some of us wisely stayed in the Mill where it is rumoured one bought enough shirts to set him up well into the future. The rest of us set off splashing along the towpath through the rain, although only 4 went as far as the viaduct. The rest called it a day and went back to get a coffee and get dry.

Lunch, which was both very cheap and delicious (and to be recommended therefore) was served to us an hour early. We were almost through when the cry went up the Erewash River was flooding into the car park. We needed to get cars out of it quickly. The Mill gave out plastic bags to help people wade out to get to their cars. Also magnificently one of the staff was in leggings with bare feet offering to get cars out for people.

Everyone got home safely although there were several hold ups where the roads were flooded and we all had a few unwanted car washes provided by the oncoming traffic.

All in all this was probably the most incident prone walk we have ever had. We will be repeating the walk next year, when surely the trees will look beautiful with fresh green leaves in the sunshine. You know what? I thoroughly enjoyed walking in the rain but was heartily grateful to Clare for doing the driving. I hope you and yours stayed safe and dry. **Carol**



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. Very quick (5)	<u>Down</u> :1. Restore to liveliness (9)
4. Anything attracting public attention (9)	2. Trudges (5)
9. Express regret (9)	3. Thick slice of bread (8)
10. Declines in importance or size (5)	4. Slide on slippery ground (4)
11. Demand assertively (6)	5. Body of voters (10)
12. Unending future time (8)	6. Frustrate or foil a purpose (6)
14. Without concealment (5,5)	7. Finally agreed (9)
16. Mischievous children (4)	8. Composition on any subject (5)
19. Level (4)	13. Of good reputation or respect (10)
20. Pedestrian crossing over road,rail,or river (10)	15. Compliance with a law or command (9)
22. Human flyers (8)	17. Sugary dish as part of a meal (9)
23. Unimpaired, entire (6)	18. Male descendant (8)
26. One sixteenth of a pound weight (5)	21. Little river (6)
27. Relapse into bad ways or error (9)	22. Audibly (5)
28. Sleeping without fantasies (9)	24. Unfamiliar, foreign (5)
29. Group of nine (5)	25. Top cards (4)

Local History visit to the Museum of Time

The Local History group recently had a very enjoyable trip to the Museum of Time Keeping, at Upton Hall, just outside Southwell.

We had a very informative talk, learning about the early clocks, the difference between a clock and a timepiece, and seeing the different versions of the Speaking Clocks.



Look out for information on upcoming trips and talks.

If you want to be on the mailing list for this group, send a message to **Yvonne**:
y.haynes@hotmail.co.uk



When Does Christmas Start?

What is the essence of Christmas and when does it start? There will be many views from first displays in the shops (usually in August!) to Bread Sauce! For me, perhaps surprisingly, it is Charles Dickens. 'The Signalman' and 'Christmas Carol' are always a part of my Christmas.

Christmas Carol in particular is a real favourite and a vital part of Christmas to me. I have seen it numerous times including twice by the RSC at Stratford, and my long-suffering wife Lynne will tell you just how many times she has had to sit through the film version with Patrick Stewart, a particular favourite.

This week, however, we went on the u3a organised trip to the Nottingham Playhouse production, and I can honestly say I have never enjoyed the play more. The production was just excellent, the cast amazing and Keith Allen as Scrooge outstanding.

When you have a film version the special effects are always unlimited compared with the stage. It is also true, however, that sometimes the tricks of a stage production can be even more effective and this time they generated a real atmosphere that really brought the play to life. Of particular note was the period when ghosts were flying round the auditorium!

Overall, it was a brilliant evening and the real start to feeling Chritmassy, greatly enhanced by sharing it with good u3a friends. Huge thanks to Louise & Rachel for organising. **John**



Guitar Fun Strummers



The Guitar Fun Strummers have recently been practising for an end of year concert for families and friends. The group has been going in its current form for two years now and has grown from five to fourteen members (with room for more). Sessions are held on alternate Thursdays, at a hall in Wilford, attached to St Wilfrid's Church.

Group Leader, Gordon, explains:

"The emphasis is on having fun. Members have mixed playing ability, but share enthusiasm for playing with a group of like-minded individuals. Songs are suggested by members and our playlist now has over 150 songs. Most of the selection covers songs from the 50's to the 90's, up to the present day, with a range of genres and styles represented. Songs are largely well-known popular hits, covering Buddy Holly, Eagles, Elton John, Gordon Lightfoot, Roy Orbison, Dolly Parton, Johnny Cash, George Ezra and Lewis Capaldi and many, many more.

Members often comment that they enjoy the different challenges and rewards of playing in a group. In order to cater for the range of abilities songs selected are in simple chord format". Singing along is optional! Interested? Contact **Gordon** on 0779 693 4365



Orienteering Walking

Walk Dates and Locations:

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

Friday 15th December: Cottagers & Gotham Hills, Nottinghamshire ("VOC") with lunch at Dovecote Barn Cafe, Barton-in-Fabis

Tuesday 23rd January 2024: Loughborough, Leicestershire with lunch at Queen's Park Cafe (Murder Mystery Walking Trail - Treasure Hunt Format)

New members, irrespective of prior orienteering experience, are welcome to join the group.

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

Knit and Natter

The Knit and Natter Group goes from strength to strength and we are very pleased to announce that we have our very first trainee! Iffat joined us in October, having no experience of knitting. Janet has taken her under her wing and Iffat is proving to be an enthusiastic learner. At the first session she learned how to cast on, how to knit the basic plain and purl stitches. She did so well that she quickly progressed to stocking stitch, garter stitch, single and double rib, moss stitch, and casting off. She came to her 2nd session with a sampler showing the stitches she had learned and practised.

If all this sound like a foreign language to you, but you would like to learn how to knit, why not come along and give it a go? We have plenty of wool and spare needles and Janet is happy to share her skills with anyone interested.

We meet in the Stratford Arms public house (at the rear of the Co-op) on the first and third Tuesday of the month, 2 – 3.30 pm. There is no room charge but out of courtesy we ensure we all buy a drink – soft drinks, tea/coffee or whatever. **Joan** is our Group Leader, so please give her call on 07847 209399 if you are interested.



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)
7 th Dec	Chatsworth Garden Centre	Chatsworth Estate (South & West)	John	5
4 th Jan	Osmaston	Osmaston & Shirley Parks	Simon	5
1 st Feb	Ilam Hall, Derbyshire	Ilam Park, Rushley, Throwley, Manifold Valley Views	John	6.5
Future walks 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				

Cycling Group

Ride Programme: October – December 2023

Date	Ride	Miles	Leader	Phone	Start Point
Friday 24 th November	Southwell Trail to Sherwood Pines	27	Graham & Christine	07803 123339	Southwell Free car Park
Friday 8 th December	Christmas Ride Wollaton Park	12	Graham & Christine	07803 123339	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

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



Bird Watching Group

Programme November 2023 to Mar 2024

For visits with expert there is a charge of £33 for a full day. For all visits we provide our own or share transport. For longer trips with our expert we expect passengers to pay the driver £5 to cover their motoring costs. For some sites there is also an entry charge. Please book in advance. Final details will be emailed a week before each visit. For local trips we will meet at the location at 9:30am, on the longer day trips we will meet at 9:45am at the location. For more information contact: **Lynne** 07811 707868, **Jim** 07891 718692 or **Simon** 07779 247532

Date	Location	Leader	Charge
Monday 27 th November	Idle Valley Meet 9:45	Professional Expert	£33
Monday 11 th December	Willington (with Xmas meal at The Dragon) Meet tba	Professional Expert	£16 plus cost of lunch
Monday 8 th January	Attenborough Meet 9:30	Led by group members	No Charge
Monday 22 nd January	Carr Vale nature reserve and Poolsbrook Country Park Meet 9:45	Professional Expert	£33
Monday 5 th February	Langford Lowfields Meet 9:30	Led by group members	No Charge
Monday 19 th February	Carsington Water Meet 9:45	Professional Expert	£33
Monday 4 th Mar	Rother Valley country park Meet 9:45	Professional Expert	£33
Monday 25 th Mar	Elvaston Castle Meet 9:30	Led by group members	No Charge

Local History Group visit to Papplewick Pumping Station

At last, on Wednesday 8th November, 35 of us made our way to the Papplewick Pumping Station for a guided tour and I think everyone who made the trip came away delighted they had braved the chill wind and the all the steps we needed to climb.



The Pumping Station is a testament to the vision, engineering skills and sheer confidence of the Victorians. It was in use from 1885 providing fresh water to Nottingham until 1969 and still works on special occasions. The 6 massive 'Lancashire variant' boilers can each heat 3,000 gallons of water which powers the ingenious system, though the stokers were unlikely to survive for more than 6 months.

The engine house, home to the twin beam engines built by James Watts & Co, is magnificent. The columns elaborately decorated with fish, reeds and birds, relative to water, polished mahogany and shiny brass. The ornamental pond with its fountain in the grounds is all part of the cooling system. Unimaginable to us, this civil engineering project came in under budget so they were able to install stained glass windows, even though the interior was never expected to be seen by the general public. No wonder it is a Scheduled Ancient Monument, putting it on the same level as Stonehenge!



Our guides were brilliant, so knowledgeable and enthusiastic and we learned a lot but my memory is a bit suspect, so sorry this is a bit lacking in detail of the operation of a pumping station. However, one of our number was so enthralled by it, she went on You Tube and unearthed several videos on them and in particular Papplewick, well worth a look. **Averil**



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	
12.15	Improvers Tai Chi	WH	Weekly	Lynn	07811 707868	
1.15	Improvers Tai Chi	WH	Weekly	Lynn	07811 707868	
2.15	Beginners Tai Chi	WH	Weekly	John	07767 755116	
	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	
11-1pm	Guitar Fun Strummers	SW	Alt Thurs	Gordon	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	011159232019	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 All	BC	Last Fri	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; **WH** – Wightman Hall **Z** – Zoom. **The information above may change. For up to date details about any group phone the contact name.**

Crossword Solution:

Across:- 1.Rapid 4.Spectacle 9.Apologize 10.Wanes 11.Insist 12.Eternity 14.Above Board 16.Imps 19.Even 20.Footbridge 22.Aviators 23.Intact 26.Ounce 27.Backslide 28.Dreamless 29.Nonet.

Down:- 1. Reanimate 2. Plods 3.Doorstep 4. Skid 5.Electorate 6.Thwart 7.Confirmed 8.Essay 13.Honourable 15.Obedience 17.Sweetmeat 18.Grandson 21 Stream 22.Aloud 24.Alien 25.Aces.

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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