

West Bridgford u3a Highlights March 2024

Please send your contributions to **Pat**: wbu3aeditor@gmail.com. Deadline for the next edition is **Friday 12th April**.

Remember our website address is now: <https://westbridgford.u3asite.uk>

Open Meeting

March 28th: The Joy of Lipreading – Helen Barrow



'The Joy of Lipreading' provides an insight into how hearing works, how to be a 'hearing aid' and some interactive lipreading activities. The session lasts an hour including time for questions.

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

Future Open Meetings

- April 25th:** Antarctic Adventure. John Tidmarsh
- May 23rd:** Invention by Mistake. Bob Massey
- June 27th:** AGM , then The Time Travelling Tourist. Jo Carter

Photography Group

This month's topic: Patterns and Textures.

Photos taken by: John, Judy, Keith, Kathryn, Neil, Laraine, Lynne, Paco, Sue, Tom, Rosemarie, Peter and Rachel

Just Joe



Hello again, everyone.

If you were at the Open Meeting last month, I hope you enjoyed Fran Sandham's inspiring description of his walk across Africa. As he commented himself, one of the remarkable aspects was that he did it alone – nowadays there would be a backup team, photographers and more. I meant to ask him how many pairs of boots he had worn out, and whether he had been able to get new ones.



Every so often, someone asks *What does the u3a Chair actually do?* Shortly after I had started as Chair, I wrote an item for Highlights in which I more-or-less laid out the Chair's formal duties, because I didn't know any better myself. It was a remarkably dull read. So now I shall try again, and hopefully give you a better flavour of what the job involves. I have split it between two issues of Highlights.

Here are some of the things I've been doing in recent weeks:

- Negotiating with the Baptist Church for cost-sharing of the new defibrillator. There was a good outcome that benefits all parties.
- Meeting with a member to discuss how they might contribute written material for our publicity campaign. Many people in our 55+ demographic have never heard of the u3a. I have given a priority to recruitment, because I believe that more new members coming into our u3a will also mean more leaders, potentially more groups and hence a more attractive u3a for both current and potential members. Of course, the problem with advertising is that you can't tell whether it's had any impact, but I feel good about this at the moment, because recruitment has been on the up.
- Writing to Third Age Trust, summarising the views of our Committee on proposed changes to Trust management. These changes involve reducing the size of the Board and setting up a Council to represent the individual u3as. The Trust recognises that it is quite remote to the individual u3as, and it is trying to improve. We shall see.
- Chairing a Committee meeting. This is a pleasure, because I get to hear all about the progress our team has made in many areas, including membership, finances, groups, social, communications.

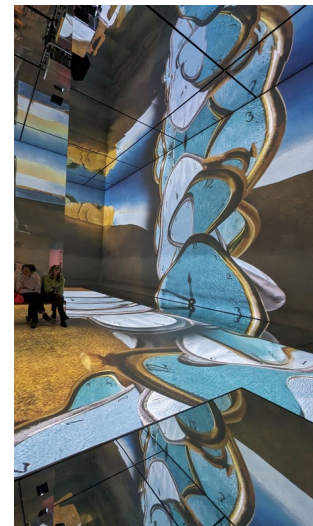
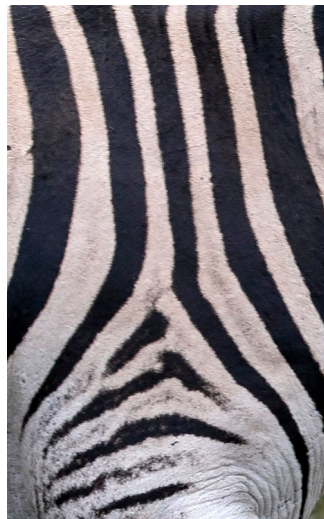


Apart from updating the Committee on what I've been doing, I also have a role in making sure that everyone gets a fair hearing, extracting a consensus from the range of views, and trying to make decisions as well as discuss issues.

I confess to being a bit of a rocket nerd. In particular, I follow an American company called SpaceX, mainly because they have developed reusable rockets that land backwards, which is fascinating to watch. SpaceX have ambitions to go to Mars, and this Thursday they had their third test of a large new rocket called Starship. There was a spectacular launch and quite a successful test flight. They haven't managed a landing yet, but should do so this year.



Joe Colls, Chair WB u3a



West Bridgford u3a Publicity

We are doing our best to advertise the u3a to the wider community, and as part of this, we often send in photos of our activities to various publications, as well as our own Highlights Newsletter.

Can we therefore ask, if you do not wish to appear, that you step out of shot whilst photos are being taken? Our Group Leaders will try to give adequate warning.

Many thanks for your co-operation!

Yvonne WB u3a Secretary

wbu3asec@gmail.com

Membership Renewals 2024

The end of the Membership Year is fast approaching!

A big thank you for all those of you who have already renewed their membership for another year.

For those who have not yet got round to it, I look forward to hearing from you.

John

Membership Secretary
wbu3amem@gmail.com

Old Stamps

Members – can we ask please that you do not continue to use old stamps, as these are no longer accepted by the Post Office, and so a charge is levied on collection.

The new stamps have a bar code, see below.



Note: Special Stamps with pictures on and Christmas Stamps without a barcode will continue to be valid and don't need to be swapped out.

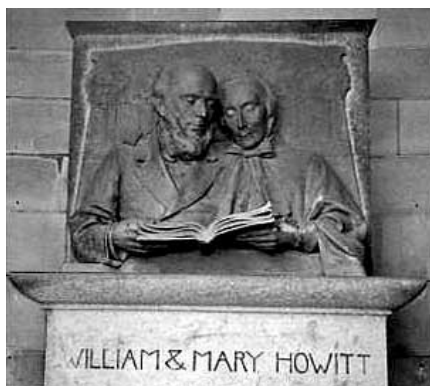
If you have old stamps and wish to swap them:

Go to <https://www.royalmail.com/sending/barcoded-stamps> where full instructions are given. You need to complete a form and return this and your old stamps, by post to "Freepost SWAP OUT" – not at your local Post Office.

Many thanks.

Yvonne WB u3a Secretary
wbu3asec@gmail.com

Local History



Another aspect of Nottingham life will be covered on **Wednesday 27th March** when we have a talk from Rowena Edlin-White on **William & Mary Howitt, a Literary Marriage**, a wonderful story of a Nottingham couple who were at the heart not only of English cultural life but European, too.

There is a plaque to Mary just round the corner from Parliament Street on Glasshouse Street, not a particularly salubrious site for a cultured Victorian lady, but I haven't found William's yet.

No need to book – just come along. There will be a small charge.

24th April, at 11.00am. A group visit to the King Richard III exhibition in Leicester. We plan to travel by train. Cost – £7.25 each. Accessible for wheelchairs. Let **Yvonne** or **Averil** know you would like to come. More details will follow.

29th May, at 1.00pm, a guided tour of Southwell Minster. Cost – £10 each. Fully accessible. We plan to travel there by bus. More details to follow. Let **Yvonne** know if you would like to come. Y.haynes@hotmail.co.uk

County Hall

You may have heard that Nottinghamshire County Council has decided to move out of County Hall, probably sometime next year.

To have your say on what should happen to this iconic building next, there is an online survey. Closing date is 31st March so there is not much time left.

To do the survey, go to:

<https://consult.nottinghamshire.gov.uk/economic-development/the-future-of-county-hall/>

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	Leader
21 st March	Keith
18 th April	John
16 th May	Richard/ Tony
20 th June	Simon
18 th July	Angela
15 th August	Maureen
19 th September	Iris
17 th October	John
21 st November	TBD
12 th December	Kevin



West Bridgford u3a members enjoy a description of the Council Chamber during the recent excellent tour of the Council House.

Trip to RHS Bridgewater: Last Chance to get a Place!

RHS Bridgewater is 154 acres of beautifully restored gardens in Salford, including a walled garden, a kitchen garden and a newly completed Chinese stream-side garden. In other words, there's something for everyone from keen gardeners to those who just admire beautiful settings and interesting plants.

The day-long trip we have organised on May 15th includes coach travel to and from West Bridgford, and your entry to the gardens. The cost is £27.35 per person, but if you're already a member of the RHS it's just £16. If you'd like to come on this trip please email Carole Fleming at carolefleming0@gmail.com to book a place. There are only a few places left on the coach so don't delay in booking your place. If you're an RHS member please send your RHS number along with your payment. Payment can also be made by BACS or by cheque – contact Carole for details.

Family History Group

Family History can be a solitary activity, but the Group exists to offer support and collaboration on individual research projects and the sharing of tools and databases to further family history stories.

Meets once a month on the 2nd Monday at 2.30pm. We are currently meeting at the Nottingham City Library. Bus and tram links are good.



If you have an Inspire Library Card it can be used in the city. If you have an older membership card, they can be quickly renewed at the city desk.

The library has also started to offer a free monthly Family History Drop-in Session which members of the group intend to suss out on 6th March.

If you wish to come and join us, please contact **Julie** on 07729360083 or email at 6handjl@gmail.com

Tai Chi

Demand for our Tai Chi groups is very high, and the current ones are full with a waiting list. The only way to expand is to create a new group, and we do have a potential trainer and venue available. What we need is a group leader for the new group which would be on a Thursday morning.

So if you wish to benefit from taking part in Tai Chi exercise, please consider offering your services as a Group Leader and contact **Kathryn**, via email wbu3agroups1@gmail.com

Bird Watching Group

Thankfully we had a dry but cool and mainly cloudy day for our trip to Carsington Water in February. Chris, our expert, was on hand to point out birds that we might otherwise miss or not identify. In particular he brought our attention to a willow tit, not very common and easily confused with a marsh tit apart from its not so glossy head! We had close views of it as it approached sadly an empty bird table.

From the Lane End bird hide we were lucky enough to witness a couple of great crested grebes performing their courtship display including head shaking and bending and the water weed offering.



Next we came upon a brick built tower, which was not a bird hide but a bombing tower from the 1940s when the site was used for bombing practice. This tower and a sister, now lost under the reservoir were used to plot and triangulate position of the dropped bombs.

As we walked along a lovely loud piping noise drew our attention to four oystercatchers flying to and fro by the reservoir and then two curlews flew overhead making their distinctive haunting call.

We were surprised by the large number of pochard on the water.

After lunch at the Visitor centre, we made our way to the exposed and breezy dam wall where we got a distant view of a great northern diver, a somewhat rare winter visitor.

We then headed back keeping a watchful eye for a cattle egret that had been reported. We eventually tracked it down amongst a small flock of sheep on the

slopes above the reservoir. Also grazing on the slopes were a few barnacle geese amongst a flock of Canada geese.

These were the highlights but we had good views of several other birds and ended up with a grand total of 42 species and what had been an enjoyable day in good company.

Linda

Orienteering Walking

Walk Dates and Locations:

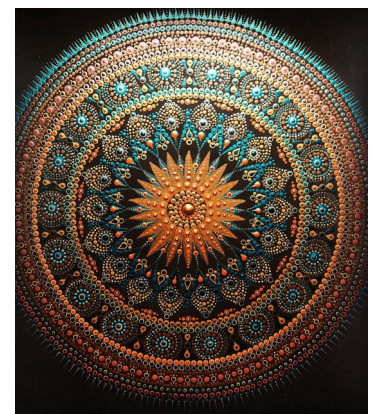
Tuesday 26th March: - Foremark Reservoir, Derbyshire - Lunch at Staunton Stables Tea Rooms, Ferres Centre, Staunton Harold

Tuesday 23rd April: -Markeaton Park, Derby- Lunch at The Orangery, Markeaton Park

Tuesday 21st May: -Ollerton Pit Wood, Nottinghamshire- Lunch at Haybarn Cafe, Kneesall

Walk location and details are subject to change, potentially at short notice, if weather related.

New members, irrespective of prior orienteering experience, are welcome to join the group. For more information or to join the group's email distribution list, contact John on 07721 538057 or email jpicklesclifton@aol.com



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.Policeman (9)	Down:- 1.Manages successfully (5)
6.Arrive at, attain (5)	2.Midday (7)
9.Initiator, explorer (7)	3.Quivering (9)
10.Ray of light (7)	4.Amber coloured sweet (6,5)
11.Indian holy man (5)	5.Extended play records (1,1,1)
12.Alpine plant, Sound of Music song (9)	6.Revive, resume after interruption (5)
14.One, no matter which (3)	7.U.S.A. (7)
15.Kill a political or religious leader (11)	8.Farmhouse & outbuildings (9)
17.Restore back into society (11)	13.Ownership & control of another person(11)
19.Help (3)	14.Very bad or unpleasant (9)
20. Open area in a railway station (9)	16.Things agreeing in every detail (9)
22.Strips of material or magnetic ones (5)	18.Intentionally disregarded (7)
24.Nothing to row with (7)	19.Give a favourable opinion (7)
26.Shut in on all sides (7)	21.Large expanse of sea (5)
27.Closed chair for carrying one person (5)	23.Shabby-looking (5)
28.Large guns used in warfare (9).	25. Expanse of salt water (3)

Will It Rain?

This was a question on every one's mind as we took off for a walking weekend in one of the wettest winters we can remember.



Well, yes it did rain, but we didn't too wet seeing we were on the borders of Wales, just muddy.

The walking was glorious and the views are stunning. The Longmynd hills reach up 1700 feet and so did we. Deep valleys separate them and if you go up, of course you have to come down. The old leg muscles got a good work out. They are not wooded like the other hill ranges in Shropshire but covered in heather and dotted with dazzling white Welsh Mountain sheep. Kept for their meat and their wool, they probably get many heavenly downpours and then wild winds blow their fleeces dry. They are very attractive in a sheep like way.



Some of the group made visits to Stokesay Castle, a fortified manor house dating from 1270 with a stunning Elizabethan gatehouse. Others went to Ludlow to visit the Castle where young Prince Edward, murdered in Richard III's reign, was brought up as the Prince of Wales. In 1502 Arthur and Catherine of Aragon spent nine months there as newly weds before Arthur's suddenly died aged 15. Ludlow was rated by John Betjeman as "...the loveliest town in England." It has over 500 listed buildings, mainly

Georgian or half timbered. I've already added a stay at The Feathers to my ever growing bucket list.

Of course we had sports' fans with us and they could watch the Six Nations Rugby matches and celebrate England's win and commiserate with Wales' loss. Apparently it is not the same to watch it on catch up back at home!

A self guided walking weekend like this takes a lot of organisation and we are all very grateful to Liz and Ian for setting it up for us so brilliantly and for doing the necessary admin. They, together with Christine and Graham went to the area beforehand to suss out the walks and were excellent leaders. So, on behalf of the group, thank you all so very much.

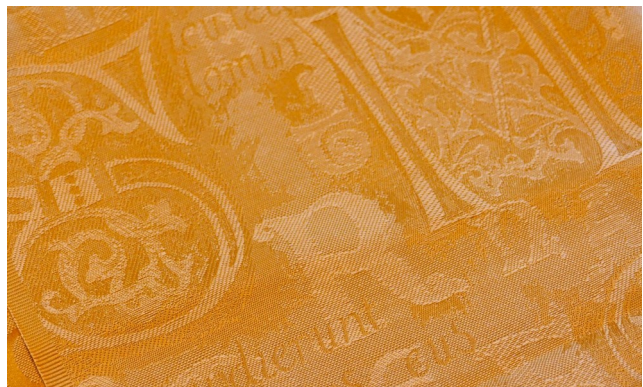
Carol

An Older Driver's Workshop

30th May at the Baptist Church starting at 1.30pm– FREE! Put it in your diaries.

This workshop is light-hearted, interactive and gives advice and tips on how to prolong and enhance safer driving.

The presentation lasts approximately 45 minutes to an hour, followed by a question and answer session. Afterwards we will allow time for people to have a go at an alcohol game (no actual alcohol included!) and have a look at adaptation examples we have on display. No need to book. Just come along on the day.



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)
4 th April	Rising Sun Pub, Rise End	Middleton, Cromford, High Peak Trail	Kevin	6
2 nd May	TBA (from one of three options)	TBA (from one of three options)	John or Maureen	TBA

Walks will be scheduled for the first Thursday of each month

Walk location and details are subject to change, potentially at short notice, if weather related.

For more information &/or to join the group's email distribution list, contact **John - 07721 538057** or via email **jpicklesclifton@aol.com**



Cycling Group

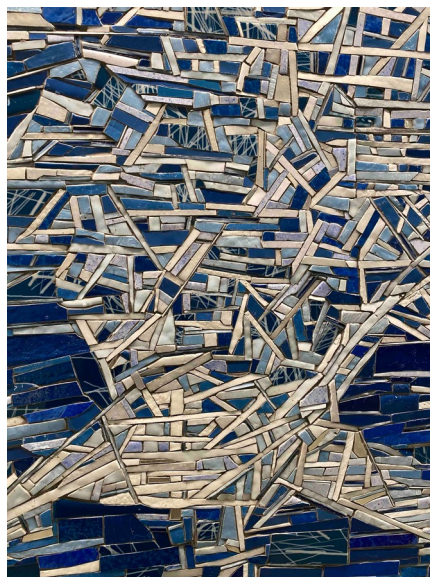
Ride Programme:

Date	Ride	Miles	Leader	Phone	Start Point
Friday 22 nd March	Whisby Nature Reserve to Lincoln	20	Graham & Christine	07803 123339	Whisby Nature Reserve
Friday 12 th April	Chesterfield to Rother Valley	26	Hugh & Di	07880 962135	Chesterfield Station
Friday 26 th April	Cloud Trail to Derby	23	Helen	07980 351529	Worthington
Friday 10 th May	Newark to Fledborough Viaduct	32	Hugh & Di	07880 962135	Newark
Friday 24 th May	Rutland Water	18	Pete	07828 647221	Rutland Nursery
Friday 14 th June	Manifold Valley Wetton and Ilam	20	Graham & Christine	07803 123339	Waterhouses
Friday 28 th June	Elvaston Castle via Trent Lock	24	Pete	07828 647221	Attenborough Nature Centre

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 or Graham: 07803 12333



Bird Watching Group

For visits with our 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.

Date	Location	Leader	Charge
Monday 25 th Mar	Elvaston Castle Meet 9:30	Led by members of the Group	No Charge
Monday 8 th April	Watermead Country Park & Cossington Meadow Meet 9:45	With Professional Expert	£33
Monday 22 nd April	Skylarks Meet 9:30	Led by members of the group	No charge
Monday 13 th May	Padley Gorge and Upper Burbage Meet 9:45	With Professional Expert	£33
Monday 20 th May	Attenborough Meet 9:30	Led by members of the group	No Charge
Monday 3 rd June	Langford Lowfields Meet 9:30	Led by members of the group	No Charge
Monday 17 th June	Budby and Sherwood Forest Nightjar Hunt	Led by members of the Group	No Charge
Monday 1 st July	Rutland Water Meet 9:45	With Professional Expert	£33

For more information contact: Lynne 07811 707868, Jim 07891 718692 or Simon 07779 247532

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 Group 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	City Lib	2 nd Mon	Julie	07729360083	
	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	
10	Yoga Type Exercise	PH		Elizabeth	01159146941	
11.15	Tai Chi Beginners	WH	Weekly	Rachel	07793 243274	Full
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	
2	Scrabble	TM	4 th Tues	June		

PM	Tuesday					
12.15	Tai Chi Improvers	WH	Weekly	Lynn	07811 707868	
1.15	Tai Chi Improvers	WH	Weekly	Lynn	07811 707868	
2	Quiz	TM	4 th Tues	Louise	0115 9817589	
	Silent Films	MH	1 st & 3 rd Tues	Ed	07890009443	
AM	Wednesday					
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
2	Drama	PP	4 th Thurs	Jean	07964 830119	
	Guitar (beginners)	MH	Alt Thurs	David	07970059525	

PM	Thursday					
2	Remarkable Women	BC	3 rd Thurs	Pat	01159146670	
2	Scrabble	TM	2 nd Thurs	June		
	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	Keith	07778783217	
	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	
Sat	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.Constable 6.Reach 9.Pioneer 10.Sunbeam 11.Sadhu 12.Edelweiss 14.Any 15.Assassinate 17.Reintegrate 19.Aid 20.Concourse 22.Tapes 24.Oarless 26.Enclose 27.Sedan 28.Artillery.

Down:- 1.Copes 2.Noonday 3.Tremulant 4.Barley Sugar 5.E.P.’s 6.Renew 7.America 8.Homestead 13.Enslavement 14.Atrocious 16.Identical 18.Ignored 19.Approve 21.Ocean 23.Seedy 25.Sea.

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	Brendan Committee Member	Vacant Committee Member

Email contacts:

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Kathryn	wbu3agroups1@gmail.com	Rachel	wbu3aexec4@gmail.com
Yvonne	wbu3asec@gmail.com	Louise	wbu3aexec3@gmail.com
Martin	wbu3atreasurer@gmail.com	Brendan	wbu3aexec5@gmail.com
John	wbu3amem@gmail.com		
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