

## West Bridgford u3a Highlights April 2024

Please send your contributions to **Pat:** wbu3aeditor@gmail.com. Deadline for the next edition is **Friday 10<sup>h</sup> May**.

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

### Open Meeting

**April 25<sup>th</sup>:** Antarctic Adventure: – A Journey To The Magical Land Of Icebergs, Glaciers and Penguins! **John Tidmarsh**



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

### Future Open Meetings

**May 23<sup>rd</sup>:** Invention by Mistake. Bob Massey

**June 27<sup>th</sup>:** AGM, then The Time Travelling Tourist. Jo Carter

### Photography Group

This month's topic: **Hobbies**

Photos were taken by John, Judy, Kathryn, Keith, Lynne, Laraine, Paco, Rosemary, Sue and Tom.

### NOMINATIONS FOR WBU3a EXECUTIVE COMMITTEE 2024

Nomination form and details below:

## NOMINATIONS FOR WBu3a EXECUTIVE COMMITTEE 2024

In advance of the West Bridgford u3a Annual General Meeting on **Thursday 27<sup>th</sup> June 2024 at 2.00 pm**, nominations are invited for all Committee posts shown on the Nomination Form below / attached to email. All fully paid up members of WBu3a are eligible for any of these posts.

Nominations must be made on the form and must be emailed or posted to the Secretary and arrive no later than midnight 22<sup>nd</sup> May 2024. The Secretary will reject any nominations received late, and her ruling is final. If required, an election will be held at the AGM.

Details of the available posts are on the form with the email / posting address. The membership number of proposers / seconders will be accepted in place of a signature.

Any member seeking nomination for any post must specify the position for which they seek nomination, print their name and either sign or add their membership number.

Any nomination must be signed /supported by a membership number of a Proposer and a Seconder named on the form.

Any Proposer or Seconder must be a fully paid up member of WBu3a.

## PROPOSED RESOLUTIONS FOR THE ANNUAL GENERAL MEETING

The Chair's 2024 Annual Report, official notice of the Annual General Meeting and the AGM agenda will be sent to all members and will also be published in the June edition of the Highlights.

Any proposed resolution for the AGM must be sent in writing or by email to the Secretary to arrive by midnight 22<sup>nd</sup> May 2024 at latest. The Secretary will reject any resolutions received late, and her ruling is final.

The Secretary's postal address is:

1/3 Cromford Rd, West Bridgford, Nottingham, NG2 6ES.

E-mail [wbu3asec@gmail.com](mailto:wbu3asec@gmail.com).

The Committee shall decide whether any proposed resolution is included in the AGM agenda, and its decision is final.

## ELECTION OF WBu3a COMMITTEE 2024

The posts for which nominations are invited are as follows--

Chair  
2 Vice Chairs  
Secretary  
Treasurer

Committee members (up to 7 required)

Please print this page to complete and post, or complete and send electronically.

### NOMINATION FORM

Post,-----

Name ----- of Proposed member

Signature / Membership No ----- of Proposed member

Name ----- of Proposer

Signature / Membership No ----- of Proposer

Name ----- of Seconder

Signature / Membership No ----- of Seconder

Completed nomination forms must be emailed or posted and arrive no later than midnight 22<sup>nd</sup> May 2024, to

Yvonne Haynes, Secretary, West Bridgford U3a

1/3 Cromford Rd, West Bridgford, Nottingham, NG2 6ES.

Electronic copies emailed to [wbu3asec@gmail.com](mailto:wbu3asec@gmail.com)

## Local History

**24<sup>th</sup> 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 if you would like to come.

**29<sup>th</sup> 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**

**19<sup>th</sup> June, Victoria Embankment Memorial Garden**, a guided tour of the garden which focuses on its history, development, architectural features, the purpose of the garden and the public debate at the time of its planning and construction as well as its relationship with Wars and Remembrance, the Heritage Lottery Fund restoration work and the recent developments in the garden. If you are interested in joining us, please let **Averil** know at **averil.hancox@ntlworld.com**, or by text on **07802718639** or in person at an Open Meeting.

**24<sup>th</sup> July at 3pm, Nottingham Rock Cemetery and Catacombs Visit £10 per person**, a guided tour is about 90 minutes in length and includes a circular walk around the Cemetery, where you be told the history of the Cemetery and have people/memorials of interest pointed out. Within this, you will also be shown inside Robin Hood's Caves as well as the Catacombs. This is a unique opportunity to visit the fascinating catacombs beneath Rock Cemetery. these intriguing tunnels lie ready to be explored.

The meeting point will be at the main entrance to the Cemetery adjacent to the Cemetery Lodge, junction of Forest Road East and Mansfield Road. The tours are not suitable for wheelchairs or prams/buggies, and sensible footwear must be worn.



Please let Yvonne know if you would like to come, and make payment at the next Open Meeting, or text or phone **Yvonne** on **07746668469** for details of bank transfer or where to send cheques.

## Local History

Those who attended the talk by Rowena Eldin-White on 27<sup>th</sup> March were entertained to learn more of the amazing Howitts, Mary & William, who, not content with writing more than 250 books between them, translated many others from various European languages on their travels across the Continent in the 19<sup>th</sup> Century. Mary even went so far as to learn Danish to translate Hans Christian Andersen's tales though she wasn't very impressed by him personally. All of this was to provide an income, as they were permanently short of money, having 11 children, of whom 6 lived beyond infancy.



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



## Orienteering Walking

### Walk Dates and Locations:

**Tuesday 23<sup>rd</sup> April: –Markeaton Park, Derby– Lunch at The Orangery, Markeaton Park**

**Tuesday 21<sup>st</sup> 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](mailto:jpicklesclifton@aol.com)**

## An Older Driver's Workshop

**30<sup>th</sup> 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)
2 <sup>nd</sup> May	Bretton	Bretton Clough Arear	Maureen	5.5
6 <sup>th</sup> June	Hartington	Beresford Dales, Wolfscote Dale and Biggin Dale	Pete	6
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 <b>John - 07721 538057</b> or via email <b>jpicklesclifton@aol.com</b>				

## Finding Out About Music

Members of FOAM (Finding out about Music) join together on the first Monday of each month (or the second Monday when there is a Bank holiday on the previous Monday) to listen to and talk about music. The latest topic was French Music and culminating in a concert by the Boots Orchestra on the complementary subject and enjoyed by all.

The topic on April 8<sup>th</sup> was Music for Stage and Screen. Followed on **June 8<sup>th</sup>** at 7.30pm by a concert of that topic at St Barnabas Church, Lenton Abbey.

New members are warmly invited to join. Please contact **Diana** on 07736943339 for details.

## Cycling Group

### Ride Programme:

Date	Ride	Miles	Leader	Phone	Start Point
Friday 26 <sup>th</sup> April	Cloud Trail to Derby	23	Helen	07980 351529	Worthington
Friday 10 <sup>th</sup> May	Newark to Fledborough Viaduct	32	Hugh & Di	07880 962135	Newark
Friday 24 <sup>th</sup> May	Rutland Water	18	Pete	07828 647221	Rutland Nursery
Friday 14 <sup>th</sup> June	Manifold Valley Wetton and Ilam	20	Graham & Christine	07803 123339	Waterhouses
Friday 28 <sup>th</sup> 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**



## Sharing Music

A new group is being proposed based on a well-attended one run by Nottingham City u3a. In the meetings, each member brings with them a recording of music they would like to share with others though this is not compulsory – people who just want to listen to music are welcome.

Any type of music is acceptable, the only stipulation is that it has a maximum playing time of around 5 minutes – this usually allows for each person to have two tracks played. We may have a slot for one longer track each meeting to allow more flexibility as many jazz and classical tracks are longer than this.

There is often a brief discussion after each piece. The Nottingham group meets twice a month, we could do this or just once.

The leader will bring a CD player and a Bluetooth speaker so music may be brought on an audio CD, phone or MP3 player. Some may prefer to bring their own equipment. After each group a list of what was played will be circulated round the group.

A potential venue has been identified as the Wolds pub where we can have the function room for a couple of hours on a weekday afternoon. The day is to be agreed. There is an expectation that we spend something at the bar and have a collection for the pub's supported charity – Macmillan Cancer Support. If people would prefer a room along the lines of the Baptist Church arrangement, this may be possible.

For further information and to express interest, day and frequency preference please contact **David** [david-clark@gmx.com](mailto:david-clark@gmx.com)





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



## 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 22 <sup>nd</sup> April	<b>Skylarks</b> Meet 9:30	Led by members of the group	No charge
Monday 13 <sup>th</sup> May	<b>Padley Gorge and Upper Burbage</b> Meet 9:45	With Professional Expert	£33
Monday 20 <sup>th</sup> May	<b>Attenborough</b> Meet 9:30	Led by members of the group	No Charge
Monday 3 <sup>rd</sup> June	<b>Langford Lowfields</b> Meet 9:30	Led by members of the group	No Charge
Monday 17 <sup>th</sup> June	<b>Budby and Sherwood Forest</b> Nightjar Hunt	Led by members of the Group	No Charge
Monday 1 <sup>st</sup> July	<b>Rutland Water</b> Meet 9:45	With Professional Expert	£33

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

## A Spring Walk



Remember Storm Babet last October when large areas disappeared under the floods? On that very day our Friday walking group had tried to get to the Bennerley Viaduct, and had miserably failed. It didn't help that the walk went beside the Erewash and Nottingham Canals and the Erewash River. No wonder the track went under the rising water, as well as the car park at Armstrong's Mill.

We tried again in March this year. It was a glorious walk; chatting, spotting birds, enjoying wild spring flowers and new leaves coming out on the trees. Above all we had that rare commodity, the sunshine.

At our coffee taken beneath the Viaduct, Charlie King gave us a brilliant explanation of the 1878 Viaduct and set it in its industrial context. Looking like an impressive giant Meccano set spanning a quarter of a mile it is one of only two wrought iron structures left in the country (think Eiffel tower on its side here).



It is certainly worth a visit, although wait now until the end of summer if you want to walk along the top and take in the spectacular views. It has just won a lottery bid to improve the access and to build a visitors' centre. Fortunately for us, due to the persistent wet weather, the start had been delayed and we were able to get across the top. We've succeeded in crossing the Bennerley Viaduct at last. Fabulous.

**Carol**

## Groups Timetable

	Day	Venue	When	Leader	Phone	Status
<b>AM</b>	<b>Monday</b>					
	Bird Watching	V	1 <sup>st</sup> /3 <sup>rd</sup> Mon	Pete	07828647221	
Circa 8.45	Orienteering Walking	V	3 <sup>rd</sup> Mon or 3 <sup>rd</sup> /4 <sup>th</sup> Tues	John	07721538057	
10	Zumba	BC	Weekly	Joan	07847 209399	
<b>PM</b>	<b>Monday</b>					
2	Discussion Group 2	MH	2 <sup>nd</sup> Mon	Pat	01159234285	Full
2	History	BC	4 <sup>th</sup> Mon	Carol	07419317738	
2	Finding Out About Music	BC	1 <sup>st</sup> Mon	Diana	07736 943339	
2	Art Appreciation	BC	1 <sup>st</sup> Mon	Carol	07419317738	
	Cards Games	MH	2 <sup>nd</sup> Mon	Janet/Paul	01159231352	
	Climate Change	BC	2 <sup>nd</sup> Mon	Sue	07900886765	
	Family History	City Lib	2 <sup>nd</sup> Mon	Julie	07729360083	
	Spanish Conversation	MH/Z	Every Mon	Ewa	07740347756	
	Wine Appreciation	MH		Rod	01159232019	
<b>AM</b>	<b>Tuesday</b>					
10	Art Appreciation	BC		Heather	01159232824	
10	Greeting Cards	BC	2 <sup>nd</sup> Tues	Joan	01159818477	
10	Painting and Drawing	BC	2 weekly	Pam	01159819238	
10	Spanish Conversation	MH	1 <sup>st</sup> & 3 <sup>rd</sup> Tues	Graham	0115923832	
10	Yoga Type Exercise	PH		Julie	07729 360083	
11.15	Tai Chi Beginners	WH	Weekly	Rachel	07793 243274	Full
<b>PM</b>	<b>Tuesday</b>					
2.30	Beginners Bridge	BC	Weekly	Ron	0115 9234176	
2.30	Cryptic Crosswords	TM	1 <sup>st</sup> Tuesday	Stephen	01159140255	
2.30	Cryptic Crosswords	TM	3 <sup>rd</sup> Tues	Stephen	01159140255	
	Knit and Natter	SH	1 <sup>st</sup> & 3 <sup>rd</sup> Tues	Joan	07847209399	
2	Photography	BC	1 <sup>st</sup> Tues	Paco	01159233109	
2	Scrabble	TM	4 <sup>th</sup> Tues	June		












<b>PM</b>	<b>Tuesday</b>					
12.15	Tai Chi Improvers	WH	Weekly	Lynn	07811 707868	
1.15	Tai Chi Improvers	WH	Weekly	Lynn	07811 707868	
2	Quiz	TM	4 <sup>th</sup> Tues	Louise	0115 9817589	
	Silent Films	MH	1 <sup>st</sup> & 3 <sup>rd</sup> Tues	Ed	07890009443	
<b>AM</b>	<b>Wednesday</b>					
10.30	Short Walks	V	2 <sup>nd</sup> & 4 <sup>th</sup> Wed	Christine	07434 614890	
<b>PM</b>	<b>Wednesday</b>					
2.30	Badminton	RA	Wednesdays	Chris Phil	07941509357 07505513556	
	Book Group	MH	3 <sup>rd</sup> Wed	Liz	0115 914 5642	
1.45	International Folk Dancing	BC	1 <sup>st</sup> & 3 <sup>rd</sup> Wed	Joan	07847 209399	
	Lunch Club	V	Alt Wed	Lorna	01159822546	
1	Murder Most Foul	PP	4 <sup>th</sup> Wed	Laraine	0115 9235361	Wtg list
2	Table Tennis	BC	2 <sup>nd</sup> & 4 <sup>th</sup> Wed	Glenys	01158370932	
	Local History	V		Yvonne	07746668469	
<b>Evening</b>	French	Z	2 weekly	Anne	07974706281	
<b>AM</b>	<b>Thursday</b>					
	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 <sup>rd</sup> Thurs	Kevin	07981 516719	
10	Mah Jong	MC	1 <sup>st</sup> & 3 <sup>rd</sup> Thurs	Glynis	07504 246410	
	Painting & Drawing	BC	AltThurs	Ron	01159234176	
	Peak District Walking	V	1 <sup>st</sup> Thurs	John	07721 538057	
	Poetry	MC	2 <sup>nd</sup> Thurs	Joan	07881718784	
<b>PM</b>	<b>Thursday</b>					
	Book Group 3	SH	2 <sup>nd</sup> Thurs	Fran	01158789790	
	Book Group AP	MH	1 <sup>st</sup> Thurs	Angela	01159986679	Full
2	Drama	PP	4 <sup>th</sup> Thurs	Jean	07964830119	
	Guitar (beginners)	MH	Alt Thurs	David	07970059525	

<b>PM</b>	<b>Thursday</b>					
2	Remarkable Women	BC	3 <sup>rd</sup> Thurs	Pat	01159146670	
2	Scrabble	TM	2 <sup>nd</sup> Thurs	June		
	Ukelele	BC	2 <sup>nd</sup> & 3 <sup>rd</sup> Thurs	David	07771515810	
	Wine Appreciation	MH		Rod	01159232019	Full
7.30	Film Group	Z	4 <sup>th</sup> Thurs	Joe	07760458791	
<b>AM</b>	<b>Friday</b>					
10	Cycling	V	2 <sup>nd</sup> & 4 <sup>th</sup> Frid	Pete	07828647221	
	Longer Walks	V	1 <sup>st</sup> Frid	Keith	07778783217	
	Longer Walks	V	3 <sup>rd</sup> Frid	Liz	0115 9231605	
10.15	Singing For Fun	BC	2 <sup>nd</sup> & 4 <sup>th</sup> Frid	Sue	07900886765	
<b>PM</b>	<b>Friday</b>					
2	Rummikub	BC	1 <sup>st</sup> & 3 <sup>rd</sup> Fri	Trish	0796 102 4931	
2	Science For All	BC	Last Fri	Peter	07745995735	
<b>Sat</b>	Holiday Group		1 <sup>st</sup> 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.**

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

## Your West Bridgford u3a Committee

			
Joe Chair	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:

Joe	wbu3achair@gmail.com	Carole	wbu3aexec2@gmail.com
Peter	wbu3atech2@gmail.com	Clare	wbu3atech@gmail.com
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		
General Enquiries	wbu3aenquiries@gmail.com	Voicemail: 0115 871 1810.	
Highlights Editor	wbu3aeditor@gmail.com	Webmaster Editor	sue456bailey@gmail.com