

Please send your contributions to David: wbu3aeditor@gmail.com. The deadline for the next edition is 17th February.

Our website address is: westbridgford.u3asite.uk This address has links to all copies of Highlights, Notts Network Newsbites and the Third Age Trust updates as well as other relevant publications.

Open Meeting on Thursday January 23rd

My life in cricket



Tim Robinson will talk about his career as an England and Notts cricketer, International and County umpire and now an ECB umpire coach. (Tim has generously asked that his fee be donated to Cancer Research.)

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



Just Joe

Hello again, everyone. A very Happy New Year to you all, and I hope you have good health and many excellent u3a experiences during 2025.

If you have joined West Bridgford u3a within the last few months, you might not yet have been exposed to our relentless quest for new groups and hence new leaders. We want to make our u3a as attractive as possible to our members, and part of that is having a wide range of interest groups. Within the 34 u3as in the Notts Network there are nearly 200 distinct activities (nottsnetworkofu3as.weebly.com/interest-groups.html), of which only 60 or so are available in West Bridgford. So, if you have any interest in leading an activity that is not already available here, please contact me on wbu3achair@gmail.com, or Kathryn our Groups Coordinator on wbu3agroups1@gmail.com. We can offer a lot of advice and some financial support to help new groups get going.

To finish, a couple of etymological curiosities. First, when you specify the purity of gold as 18-carat, the word carat is derived from the word carob, which is a tree grown for its edible seeds that taste like chocolate. Apparently someone once worked out that 24 carob seeds weighed the same as a particular gold coin, so 24-carob became identified with 100% purity. Second, we all use salt cellars sometimes. The word cellar does not refer to an underground storage room, as I had always vaguely assumed. It is derived from Latin *sal* and French *sel*. So, we are really using a salt salter!



Joe Colls, Chair WB u3a.

Social Event

A Thousand Splendid Suns

A powerful new production of Khaled Hosseini's spiritual sequel to **The Kite Runner**.
Nottingham Playhouse on Thursday 15th May at 6.30pm
Cost £20.50

If you are interested in this show, then please contact Louise Carney
0115 9817589 Lcarneyhall@gmail.com

A date for your diaries!

Wednesday, 29th January 2025 at 2.00pm at the Baptist Church Hall

Chris Weir will be returning to deliver his new talk, entitled '**Down the Marshes**'.
This is about Broad and Narrow Marsh and also covers Drury Hill and the Broad Marsh Shopping Centre (now defunct!)

There will be a small charge on the door – but a drink and a biscuit are included! We hope to see you there - no need to book, all welcome.

Photography group

Our topic for December's meeting was Autumn Colour. The images are by John, Lynne, Judy, Kathryn, Michael, Rosemarie, Sue and Tom.





Spanish

This small friendly group meets for two hours on Monday afternoons at a member's house. The first hour is spent chatting informally, in Spanish, about a variety of topics, including what everyone has been up to during the week and what has been happening in the news.



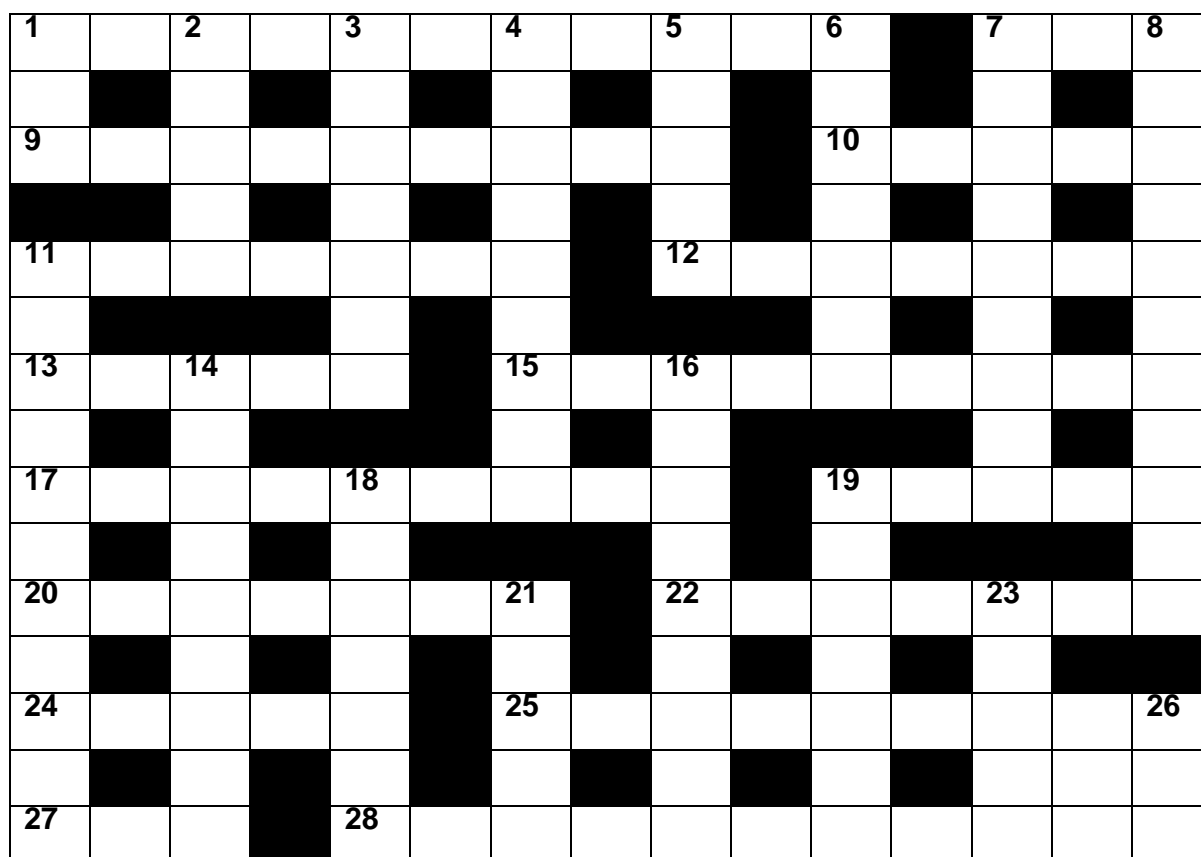
The second hour is a bit more structured and may involve looking at a particular aspect of grammar, often by means of listening to a podcast or watching a video and completing associated activities.

(Spanish group at their pre-Christmas fuddle)

Although the group does not benefit from a native Spanish speaker, everyone is very supportive and help is always given whenever someone struggles to find an unfamiliar word, or phrase, or verb ending in a particular tense. The level of Spanish is intermediate, and all members of the group are encouraged to speak.

Currently we are full but maintaining a waiting list.

Sinclair's Crossword



Across

1. Preparing soil for crops (11)
7. Part of the circumference of a circle (3)
9. Did repeatedly to improve a skill (9)
10. Higher in position (5)
11. A mistake or blunder (7)
12. French bridge popularised in song (7)
13. Change (5)
15. Lives and burrows in the ground (9)
17. Proposes a candidate for election (9)
19. Small fried cake of sweetened dough (5)
(U.S. spelling)
20. Revolving cylindrical sieve (7)
22. Someone lying down to rest or sleep (7)
24. A group of three (5)
25. Put into a straight row (9)
27. Expressing surprise (3)
28. Dejected, dispirited (11)

Down

1. Soft head covering (3)
2. South American animal with woolly fleece (5)
3. A whole number (7)
4. Tendency to consume liquid (9)
5. Asian sub-continent (5)
6. Sustain with food (7)
7. Long wooden instrument used to call cattle
(9)
8. Time-measuring instrument (1)
11. Ornamental embroidery in loops (5,6)
14. Like a Boisterous girl (9)
16. Part-time forces member on call (9)
18. Like a wandering person (7)
19. Minute freshwater flea (7)
21. Permitted absence from duty (5)
23. Outer case of many sea creatures (5)
26. Food container, metal (3)

Solution at the end

REPAIR CAFE Victoria

2025
22ND MARCH | 21ST JUNE
4TH OCTOBER | 6TH DEC
10AM – 1PM LAST BOOKING 12:30PM

FAULTY OR BROKEN?

DON'T REPLACE, REPAIR...

Jewellery, Clothing, Bicycles, Toys, Garden Tools, Household Items, PAT Testing, Small Electrical

Donations welcome for each repair

VICTORIA REPAIR CAFÉ TEAM
HOLY SPIRIT SOCIAL CENTRE
Victoria Rd, West Bridgford, Nottingham NG2 7NT

Tea, coffee and cake will be on sale

OUR SPONSORS: FRANK BUILDING LTD, SANDBOX, VEOLIA

For more information contact Ian Dipasio (ian.dipasio@nottscoc.co.uk or Nisha nnews_5@yahoo.com)

www.nottscricket.com f t @ @cricketnotts

WALKING CRICKET

INDOOR CRICKET FOR MEN AND WOMEN AGED 50+

£3
Per Session

Every Sunday: 1pm – 2.30pm. Rushcliffe Arena, Rugby Rd, West Bridgford, Nottingham NG2 7HY

For more information contact Ian Dipasio (ian.dipasio@nottscoc.co.uk or Nisha nnews_5@yahoo.com)

www.nottscricket.com f t @ @cricketnotts

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. If the weather forecast is bad, trips will be cancelled 48 hours in advance and any money refunded.

For half-day 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. On day trips we will leave the site by 4pm.

Date	Location	Leader	Charge
Thursday 30th January , reserve not open on Mondays	Potteric Carr Meet 9:45	With professional expert	£33
Monday 10 th February	Skylarks Meet 9:30	Led by members of the group	No Charge
Monday 24 th February	Middleton Lakes Meet 9:45	With professional expert	£33
Monday 10 th March	Attenborough Meet 9:30	Led by members of the group	No charge
Monday 24 th March	Rutland - Egleton Meet 9:45	With professional expert	£33
Monday 14 th April	Frampton Marsh Meet 9:45	With professional expert	£33
Monday 28 th April	Clumber Park Meet 9:30	Led by members of the group	No Charge

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

Orienteering Walking

Walk Dates and Locations:	
Tuesday 28 th January: Melbourne (mainly street based), Derbyshire (Treasure Hunt Format) - Part 2 Lunch @ Meaks of Melbourne	
Tuesday 25 th February: Rushcliffe Country Park, Nottinghamshire Lunch @ Frame Breakers Pub, Ruddington	
Tuesday 25 th March: Gedling Country Park, Nottinghamshire Lunch @ 1899 Cafe, Gedling Country Park	
Notes:	
<ol style="list-style-type: none"> 1. New members, irrespective of prior orienteering experience, are welcome to join the group. 2. Walk location & details are subject to change, potentially at short notice if weather related. 3. All walks are Permanent Orienteering Courses ("POC's) unless stated or implied otherwise. 4. "VOC's" are Smart Phone APP based (Virtual) Orienteering Courses 5. For more information &/or to join the group's email distribution list, contact John on 07721 538057 or email jpicklesclifton@aol.com 	

Peak District Walking group

The U3A Peak District Walking Group organises walks 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 dress for the weather and wear boots.

Programme for January to June 2025				
Date	Walking from	Walking through ...	Leader	Distance (miles)
6 th February	Hardwick	Hardwick Hall Estate	Simon	5
6 th March	Robin Hood Inn Baslow	Birchen	Pete	6
3 rd April	Rowsley	Derwent Valley & Beeley Brook	Maureen	6
1 st May	Haywood	Froggatt, Curbar and White Edges	Pete	6
5 th June	Errwood Reservoir	Goyt Valley	John	5
If you are interested please contact Pete : Mobile 07828 647221 or email peter.elderton@live.co.uk				

Cycling group

Ride Programme: January to June 2025					
Date (Fridays)	Ride	Miles	Leader	Phone	Start Point
24 th Jan	Southwell & Villages	17	Graham & Christine	07803 123339	Southwell
14 th Feb	Trent Lock, Erewash & Nottingham Canals	25	Pete	07828 647221	Welbeck Road West Bridgford
28 th Feb	Colwick & Gedling Country Parks	32	Hugh & Di	07880 962135	Welbeck Road West Bridgford
14 th March	Strelley Village & the Erewash Valley	18	Pete	07828 647221	Strelley Hall
28 th March	Vale of Belvoir Circular Ride	34	Graham & Christine	07803 123339	Welbeck Road West Bridgford
11 th April	Cloud Trail to Derby	25	Helen	07980 351529	Worthington
25 th April	Trent Lock & Sawley Marina Circular Ride	24	Hugh & Di	07880 962135	Welbeck Road West Bridgford
9 th May	Cresswell Craggs & Archaeological Trail	20	Pete	07828 647221	Hardwick Hall
23 rd May	Leicestershire Villages Circular Ride	30	Graham & Christine	07803 123339	Hoby
13 th June	Five Pits Trail	20	Pete	07828 647221	Silverhill
27 th June	Monsal Trail	17	Hugh & Di	07880 962135	Bakewell

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 Elderton 07828 647221 Graham Wood 07803 123339**

Groups timetable

	Day	Venue	When	Leader	Phone	Status
AM	Monday					
	Bird Watching	V	1 st /3 rd Mon	Lynne Jim Simon	07811707868 07891718692 07779247532	
Circa 8.45	Orienteering Walking	V	3 rd Mon or 3 rd /4 th Tue	John	07721538057	
10.00	Zumba	BC	Weekly	Joan	07847209399	
PM	Monday					
2.00	Art Appreciation	BC	1 st Mon	Carol	07419317738	
	Card Games	MH	2 nd Mon	Janet/Paul	01159231352	
2.00	Discussion Group	MH	2 nd Mon	Gary	07803504006	
2.00	Finding Out About Music	BC	1 st Mon	Diana	07736943339	
2.00	History	BC	4 th Mon	Carol	07419317738	
	Spanish Conversation	MH/Z	Every Mon	Ewa	07740347756	Wait list
	Wine Appreciation	MH		Rod	01159232019	
AM	Tuesday					
10.00	Greeting Cards	BC	2 nd Tue	Joan	01159818477	
10.00	Painting and Drawing	BC	Alt weeks	Pam	01156489365	
11.15	Tai Chi Beginners	WH	Weekly	Rachel	07793243274	Full
10.00	Yoga Type Exercise	MCH	Weekly	Julie	07729360083	
PM	Tuesday					
2.30	Beginners Bridge	BC	Weekly	Ron	01159234176	
2.30	Cryptic Crosswords	TM	1 st Tue	Stephen	01159140255	
2.30	Cryptic Crosswords	TM	3 rd Tue	Stephen	01159140255	
2.00	Knit and Natter	ST	1 st & 3 rd Tue	Joan	07847209399	
2.00	Photography	BC	1 st Tue	Paco	01159233109	
2.00	Quiz	TM	4 th Tue	Louise	01159817589	
2.00	Scrabble	TM	4 th Tue	June		
Evn	Silent Films	MH	1 st & 3 rd Tue	Ed	07890009443	
12.15	Tai Chi Improvers	WH	Weekly	Lynne	07811707868	
AM	Wednesday					
10.30	Short Walks	V	2 nd & 4 th Wed	Christine	07434614890	
PM	Wednesday					
2.30	Badminton	RA	Wed	Chris Phil	07941509357 07505513556	Wait List
	Book Group 1	MH	3 rd Wed	Liz	01159145642	Wait list
	French	Z	Alt weeks	Anne	07974706281	
2.00	International Folk Dancing	BC	1 st & 3 rd Wed	Joan	07847209399	

	Local History	V		Yvonne	07746668469	
	Lunch Club	V	Alt Wed			Full
1.00	Murder Most Foul	P&P	4 th Wed	Laraine	01159235361	Wait list
2.00	Table Tennis	BC	2 nd & 4 th Wed	Glenys	01158370932	
AM	Thursday					
10.00	Family History	MH	3 rd Thu	Julie	07729360083	
	Guitar Group 1	MH	Alt Thu	David	07990654643	
11.00	Guitar Fun Strummers	MCH	Alt Thu	Gordon	07796934365	
	Hiking	V	3 rd Thu	Kevin	07981516719	
10.00	Mah Jong	MC	1 st & 3 rd Thu	Glynis	07504246410	
	Painting & Drawing	BC	Alt Thu	Ron	01159234176	
	Peak District Walking	V	1 st Thu	Pete John	07828647221 07721538057	
	Poetry	MC	2 nd Thu	Joan	07881718784	
PM	Thursday					
	Book Group 3	SH	2 nd Thu	Fran	01158789790	
	Book Group 4	Z	1 st Thu	Win	0115 8789031	Wait list
7.30	Film Group	Z	4 th Thu	Joe	07760458791	
	Guitar (beginners)	MH	Alt Thu	David	07970059525	
2.00	Remarkable Women	BC	3 rd Thu	Pat	01159146670	
2.00	Scrabble	TM	2 nd Thu	June		
PM	Thursday					
1.30	TED Talks Discussion	BC	2 nd Thu	Pat	01159146670	
2:00	Ukelele	BC	2 nd & 3 rd Thu	David	07771515810	
	Wine Appreciation	MH		Rod	011159232019	Full
AM	Friday					
10.00	Cycling	V	2 nd & 4 th Fri	Pete	07828647221	
	Longer Walks	V	1 st Fri	Keith	07778783217	
	Longer Walks	V	3 rd Fri	Liz	01159231605	
10.15	Singing For Fun	BC	2 nd & 4 th Fri	Sue	07900886765	
PM	Friday					
2.00	Rummikub	BC	1 st & 3 rd Fri	Trish	07961024931	
2.00	Science For All	BC	Last Fri	Peter	07745995735	
	Saturday					
	Holiday Group		1 st Sat	Penny	01159233384	
	Traditional Games		Ad hoc	Janet/Paul	01159231352	

The information above may change, you may also check the [Groups page on our website](#). For up-to-date details about any group please phone the named contact.

Key to venues:





BC – Baptist Church	MCH - WB Methodist Church	MC – Marlborough Court	MH – Member's Home
PH – Paxdien Hall	P&P – 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		

2025 Speakers and Subjects

Month	Date	Speaker and title of talk
January	23 January	Tim Robinson - My Life in Cricket
February	27 February	Martin Kerry, CWGC - Gardening the World
March	27 March	Martin Stott - Bromley House Garden Project
April	24 April	Nottinghamshire Blood Bikes - <i>speaker and talk tbc</i>
May	22 May	Mark Lonsdale, Notts Police - Cybercrime
June	26 June	Roger Browne - The Golden Age of Radio
July	24 July	Friends of Sharphill Wood - Sharphill Woods
September	25 September	Judith Hedley - 1816 - The Year without a Summer
October	23 October	Gareth Howell - Medieval Medicine: superstition and science
November	27 November	The Workhouse Storytellers - Tales of Southwell Workhouse
December	18 December	Andy Sharp - The History of Nottingham Theatre

Please check the website as this may occasionally have to change due to unforeseen circumstances.

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	Paco 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	Paco	wbu3aexec1@gmail.com
General Enquiries	wbu3aenquiries@gmail.com	Voicemail: 0115 871 1810.	
Editor	wbu3aeditor@gmail.com		

Sinclair's Crossword: Solution

Across: 1.Cultivation 7.Arc 9.Practised 10.Upper 11.Clanger 12.Avignon 13.Alter
15.Earthworm 17.Nominates 19.Donut 20.Trommel 22.Reposer 24.Triad 25.Alignment
27.Hah 28.Crestfallen.

Down: 1.Cap 2.Llama 3.Integer 4.Absorbent 5.India 6.Nourish 7.Alpenhorn 8.Chronometer
11.Chain Stitch 14.Tomboyish 16.Reservist 18.Nomadic 19.Daphnia 21.Leave 23.Shell
26.Tin.