

Please send your contributions to David: [wbu3aeditor@gmail.com](mailto:wbu3aeditor@gmail.com). The deadline for the next edition is 16<sup>th</sup> June.

Our website address is: [westbridgford.u3asite.uk](http://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 May 22nd

**Cyber Security – Keeping yourself safe online.** This is an easy to access talk around keeping yourself safe online.

*The talk will be presented by Mark Lonsdale from Nottinghamshire Police Cyber Team and Laura Bowler from Nottinghamshire Police Fraud Team.*

The Open Meeting is held at the West Bridgford Baptist Church on Melton Road. Doors open at 1.30pm for tea/coffee and group tables. The talk will start at 2.30pm.

## Just Joe

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Hello again, everyone.

It was fascinating to hear about the Notts Blood Bikes at our April Open Meeting. The volunteers are so dedicated, and their fund raising so successful. They provide an invaluable service to the NHS. In what was probably a first for the Baptist Church, Jon and Chris brought their bike into the Church, and moreover, Pat took the opportunity to sit on it!

I have mentioned previously that we have been trying to improve the sound and vision at our Open Meetings in the Baptist Church. Last year we bought new PA kit, which has greatly improved the audio. Last month we improved the setup on the induction loop, for the benefit of those with hearing aids. Now we have started discussions with the Church team about fitting roller blinds to the back windows. They will mainly be to prevent the low winter sun from dazzling the audience at the front of the Church. They might also enable us to darken the Church a bit, which will improve the visibility of images on the screen.



My little bit of etymology this month is about *punctual* and *punctuate*. *Punct* at the start of any word is from the Latin *pungere/punctus*, to prick or pierce. In the case of *punctual*, it used (a few hundred years ago) to mean pointed in the sense of sharp. So, for example, you could say that you had got a scratch from a *punctual thorn*. The meaning gradually drifted across to mean exact and hence “on time”. But we still use *puncture* when something with a point lets the air out of our tyres. Lastly,

when psalms are sung in Church, it's important for the congregation to see how the words fit with the music. To help, psalms were written with two points between each pair of lines. That *punctuation* is what we now call a colon.

4 Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me.

Joe Colls, Chair WB u3a.

## 2025 Renewals

The annual Renewal process always provides a huge amount of work for your Membership Secretary & Treasurer over a three month period at the beginning of the year.

This year we added extra complications by trying to convert as many members as possible to Email Membership Cards and trying to collect as many 'Emergency Contact Details' as possible.

So how did it go ?

As I type this, I have processed 640 membership renewals. Thank you to all of you who have renewed, your committee really does appreciate your support. If it has slipped your mind and you haven't, there is still time but it is running out ! If you feel you have renewed but haven't received a membership card, please contact me so that I can sort it out.

382 of you have agreed to accept Email Membership cards. This has not only saved your Membership Secretary a considerable amount of work but has also saved the U3A enough money to allow us to reduce the membership subs this year for everyone. If you have not yet opted to go this way, there are now many members who you can talk to about how it works. If you have a phone with a screen, please consider it, it really does make a big difference to those working on your behalf.

Emergency contact details are held on the Data Base so that in the unlikely event of there being a problem at a U3A event, the group leader has a contact who can help. 358 of you have so far provided a contact. It is easy to say it will never be needed but in the rare cases it is, it is of great help and assistance to group leaders so if you haven't yet done so, please send me a name and phone number.

**John Tidmarsh**

**Membership Secretary WBU3A**

[wbu3amem@gmail.com](mailto:wbu3amem@gmail.com)

## Ukelele Strummers group



It's been a busy few weeks for the Strummers.

At the end of February, a few of us performed for a group of visually impaired people at Lutterell Court, where Vi-on meet regularly for talks and entertainment. The gig went well and much appreciated for its lively songs and easy to remember lyrics e.g. 'What Shall We Do With the Drunken Sailor'. They must have enjoyed the session because they have asked for a repeat performance!

In March, there was another gig, this time at Marlborough Court, a group of elderly people enjoying an hour or so of our songs. We have been here before and there is always a good vibe and appreciation for our efforts.

The Keyworth U3A uke group joined us on the 20<sup>th</sup> March.. see below. It was really nice to have a full room, with some very talented strummers. Apparently, we have very different ways of organising our sessions. They were very tactful and didn't say whether they preferred their way, but we've been invited back to their group session, so we are very interested to see the differences! It will be fun. Thanks to Simon Backhouse and Doug Brown who organise the Keyworth strummers.

We still have vacancies in our group for beginners or more experienced players. Contact David [davidalexander200@gmail.com](mailto:davidalexander200@gmail.com) or 07771515810

<p>Nottinghamshire Network of u3as</p> <p><b>INTEREST GROUPS MATTER</b></p> <p>Do you lead an interest group? Would you like to lead/convene/facilitate a group? Are you a groups co-ordinator?</p> <p><b>We welcome any member of the Notts Network to this face-to-face workshop</b></p> <p>Find out more and join our exciting <b>FREE</b> workshop on <b>Monday 23 June 2025 - 10 a.m. until 12.45 p.m.</b> at the <b>Newstead Community Centre</b> Tilford Road, Newstead Village, NG15 0BS</p>  <p>Programme:</p> <ul style="list-style-type: none"><li>• Presentation on organising interest groups</li><li>• Break out groups<ul style="list-style-type: none"><li>▪ Music</li><li>▪ Science &amp; Technology</li><li>▪ Walking</li><li>▪ Group co-ordinators</li><li>▪ General – will interest those who do not fit one of the groups above</li></ul></li></ul> <p>If you would like to join us please contact Margot Gale giving your full name, email address, your u3a and preferred break out group: <a href="mailto:margot.nottsnetwork@outlook.com">margot.nottsnetwork@outlook.com</a></p> <p>Learn, laugh, live</p>	<p><b>WALKING CRICKET</b></p> <p>INDOOR CRICKET FOR MEN AND WOMEN AGED 50+</p> <p><b>£3</b> Per Session</p> <p>Every Sunday: 1pm – 2.30pm. Rushcliffe Arena, Rugby Rd, West Bridgford, Nottingham NG2 7HY</p> <p>For more information contact Ian Dipaolo <a href="mailto:ian.dipaolo@nottscoc.co.uk">ian.dipaolo@nottscoc.co.uk</a> or Nisha <a href="mailto:nnews_5@yahoo.com">nnews_5@yahoo.com</a> <a href="http://www.nottscriccet.com">www.nottscriccet.com</a> f t @ @cricketnotts</p>  
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## **NOMINATIONS FOR WBU3a EXECUTIVE COMMITTEE 2025**

In advance of the West Bridgford u3a Annual General Meeting on **Thursday 26th June 2025 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 posted or emailed to the Secretary and arrive no later than midnight 29th May 2025. 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 posting/email 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 Secunder named on the form.

Any Proposer or Secunder must be a fully paid-up member of WBU3a.

## **PROPOSED RESOLUTIONS FOR THE ANNUAL GENERAL MEETING**

The Chair's 2025 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 29th May 2025 at latest. The Secretary will reject any resolutions received late, and her ruling is final.

The Secretary's postal address is c/o 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 2025**

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 posted or emailed and arrive no later than midnight 29th May 2025, to

Yvonne Haynes, Secretary, West Bridgford U3a  
c/o 3 Cromford Rd, West Bridgford, Nottingham, NG2 6ES.

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

## Agenda for the Annual General Meeting

Thursday, 26th June 2025 at 2.00 pm

- 1 Welcome
- 2 Apologies for Absence - received
- 3 Resolutions:

Ordinary Resolution 1. *To approve the minutes of the Annual General Meeting of the WestBridgford u3a held on 27th June 2024.*

Ordinary Resolution 2. *To approve the annual statutory accounts of the West Bridgford u3a for the year 1st April 2024 to 31st March 2025.*

Ordinary Resolution 3. *To appoint David Oakes as the independent examiner of accounts for the West Bridgford u3a for the financial year 1st April 2025 to 31st March 2026.*

### Special Resolution 1

*To appoint the following Officers;- Chair, 2 Vice Chairs, Secretary, Treasurer by election  
To appoint up to 7 other members of the Executive Committee by election*

*Chair – Joe Colls*

*Secretary – Yvonne Haynes*

*Membership Secretary – John Tidmarsh*

*Vice Chairs – Kath Tuddenham, Peter Oliver*

*Treasurer – Martin Wakeling*

### Committee

*Carole Fleming, Rachel Cooper, Louise Carney-Hall, Brendan Dawson, Paco Saucedo.*

### Special Resolution 2

*It is proposed that the membership fee be reduced to £12 (£8 for an associate).*

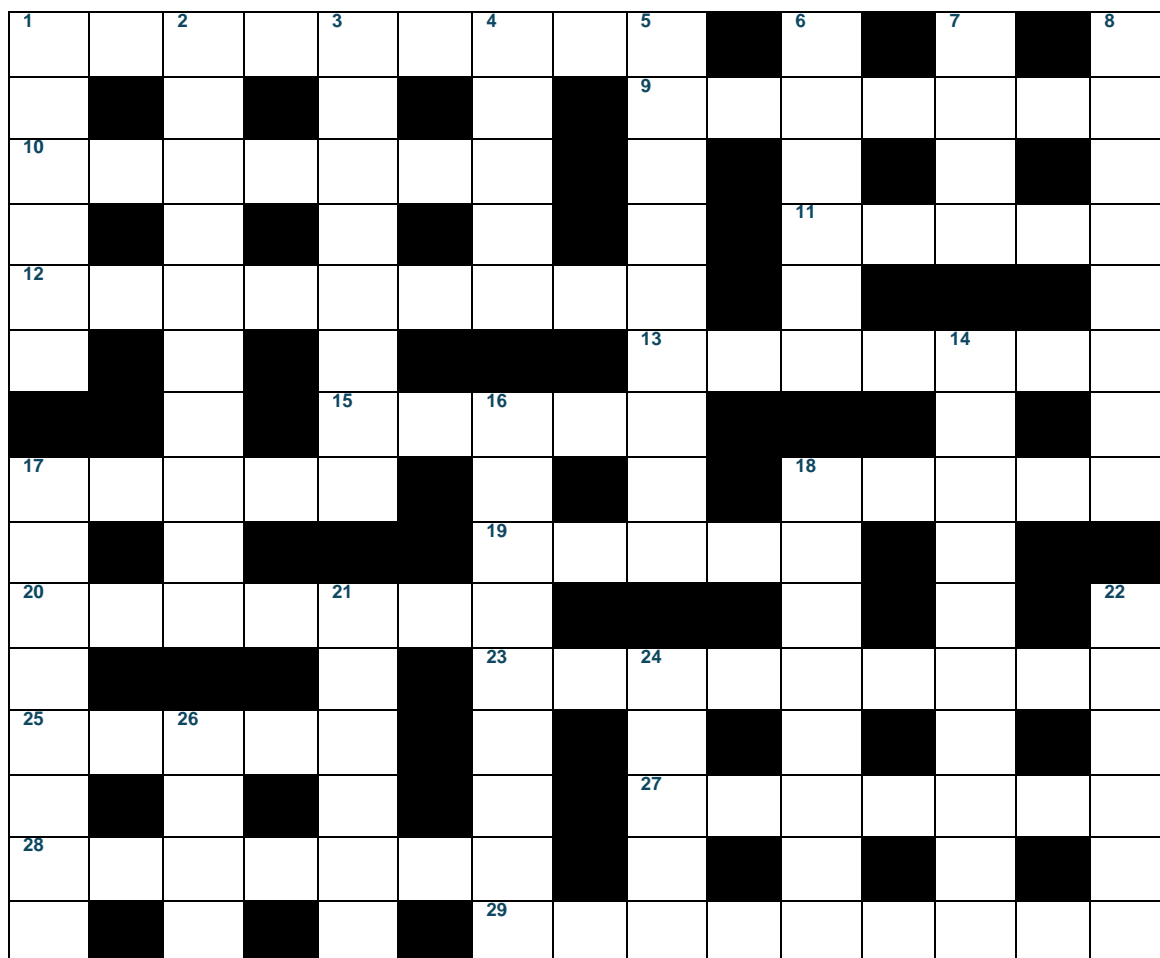
- 4 Chair's Report - to consider the Report for the year 2024/25
- 5 Treasurer's Report - to consider the Financial Accounts for 2024/2025
- 6 Any other business
- 7 Date of next Annual General Meeting – Thursday, 25 th June 2026

2.30 The speaker – Roger Browne, on The Golden Age of Radio

3.30 Tea and scones –

**Please RSVP to Carole Fleming on [wbu3aexec2@gmail.com](mailto:wbu3aexec2@gmail.com)**

# Sinclair's crossword



## Across

1. A suite of rooms in a building (9)
9. Tomb inscription (7)
10. Unborn & undeveloped offspring (7)
11. Fatty milk, colour (5)
12. Plant retaining leaves during the year (9)
13. Place equipment ready for use (7)
15. One of Abraham's sons (5)
17. Coordinates intellectual & nervous activity (5)
18. Footwear (5)
19. Water-worn ravine (5)
20. Go in again (2-5)
23. Advantageous on practical grounds (9)
25. Sharp-pointed projection on a plant (5)
27. Fertile valley in Northern Tenerife (7)
28. Lack of caring or doing (7)
29. Running away to marry secretly (9)

## Down.

1. Highest points (6)
2. Shorten (10)
3. Attempt once more (3,5)
4. Occur as a result (5)
5. Involving mechanical or applied sciences (9)
6. Travelling show of performing acrobats & clowns (6)
7. Small coffee house or tea shop (4)
8. Mess or muddle (8)
14. Increase speed (10)
16. Collect many parts into one body (9)
17. Adult male singer between tenor & bass (8)
18. Concurrent symptoms of a disease (8)
21. Leather worker; sixpence (6)
22. Narrow water connecting two seas (6)
24. Camera picture (5)
26. Excessive indulgence in an activity (4)

# Peak District Walking group



## Friday's Walking Group Goes to the Peaks (weekend of 8<sup>th</sup> March 2025)

The weather was just as we hoped, unbelievably sunny and warm as we spent the weekend at the HF Country Hotel in Peveril in the Peak. Away went the waterproofs, gloves and hats, and out came the shorts and tee shirts. Twenty two went, numbers down a bit because the Spice Social Group got there before us.

Ian and Liz, Graham and Christine and Keith had between them laid on three walks catering to the inclinations of the group members on the day. Ours set off on a gentle enough climb upwards throughout the morning and the scenery while we ate our packed lunches was bucolic. As far as the eye could see there were emerald green hills and fields edged with sparkling white drystone walls. Skylarks were singing loudly overhead. We couldn't see a soul, only some very fleecy Jacob sheep. It was a very long way down the steep slopes to the bottom at Millsdale, and there were the missing people. It seems that the whole of Sheffield, Derby and Nottingham had converged on Dovedale. After three miles following the



River Dove in the beautiful Dove Valley we were glad to escape alone back up and over the hill to our hotel. Just as we arrived the football devotees among us were delighted when Nottingham Forest scored the winning goal against Manchester City.



Likewise, the goal was celebrated by the other groups over afternoon tea and cakes at Tissington Hall. Ian and Liz's group had walked the lovely Dove Valley and lunched at the Okeover Arms in Mapleton. Then using the Tissington Trail, the old Railway line, they explored Ashbourne before catching the local bus back to Tissington Hall for tea.

Keith led a small group, some with poorly left knees that needed careful managing. They took a route that was largely flat and easy going along the Tissington Trail to Ashbourne where they meet up with Ian and returned by bus to Tissington Hall for coffee and cake. Nottingham Forest weren't the only sporting champions of the day. In the evening Stuart won the bowls competition in the face of fierce competition from the Spice Social Group, thereby maintaining the tradition of our u3a group against all comers.

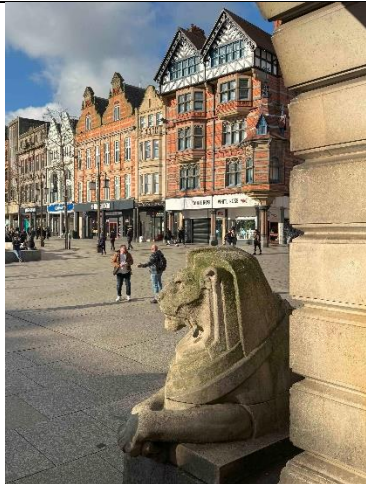


More walks were on the cards for Sunday, round Osmaston Country Park or to Ilam.



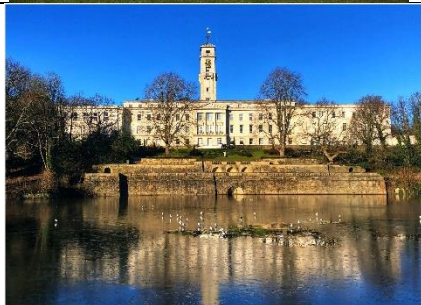
Our thanks go to Liz and Ian for arranging everything so brilliantly- the hotel, the walks and the weather and also to Graham and Christine and to Keith for sussing out and leading their walks. We all appreciated your efforts and thoroughly enjoyed "getting away from it all", except for football of course. (Carol Williams)

# Photography group



April's topic was 'Spirit of Nottingham'

Pictures are by Lynne, John, Keith, Sue, Judy, Mick, Peter and Rachel.





## 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
Monday 19th May	<b>Coombes Valley</b> Meet 9:45	With Professional Expert	£33
Monday 9th June	<b>Blacktoft Sands</b> Meet 9:45	With Professional Expert	£33
Monday 23rd June	<b>Langford Lowlands</b> Meet 9:30	Led by members of the Group	No Charge
Monday 7th July	<b>Willington</b>	Led by members of the Group	No Charge
Monday 28th July	<b>Rutland Egleton</b>	With Professional Expert	£33
Monday 11th August	<b>Frampton Marsh</b>	Led by members of the Group	No Charge
Monday 8th Sept	<b>Skylarks</b> (to be confirmed)	Led by members of the Group	No Charge
Tues 23 to Thu 25 Sept, 2-night stay	<b>North Norfolk coast</b>  <b>Fully Booked</b>	Led by members of the Group	Hotel cost and entrance/car park fees

**For more information contact: Lynne Tidmarsh 07811 707868, Jim Connell 07891 718692 or Simon Young 07779 24753**



## 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)
5 <sup>th</sup> June	Errwood Reservoir	... Goyt Valley	John	5
If you are interested please contact <b>Pete</b> : Mobile 07828 647221 or email peter.elderton@live.co.uk				

## Orienteering Walking



### Spring/Summer Walk Dates and Locations:

Tuesday 20th May - **Poolsbrook Country Park, Derbyshire Shirebrook Wood, Notts.** - "VOC" Course

Lunch @ Country Park Café (NB. a change in location from previous 'Highlights')

Tuesday June 24th - **Market Bosworth Country Park** - Lunch @ Sutton Cheyney Wharf

Tuesday July 22nd - **Ruddington, Wilford Hill & Sharphill Woods** - "VOC" Course - Lunch @ Notcutts

#### Notes:

1. The May & June walk meet times will be 1015 for a 1030 walk start. The July walk meet time will be 0945 for a 1015 walk start, due to walk location proximity.
2. New members, irrespective of prior orienteering experience, are welcome to join the group.
3. Walk location & details are subject to change, potentially at short notice if weather related.
4. All walks are Permanent Orienteering Courses ("POC's) unless stated or implied otherwise.
5. "VOC's" are Smart Phone APP based (Virtual) Orienteering Courses
6. For more information &/or to join the group's email distribution list, contact **John** on **07721 538057** or email **jpicklesclifton@aol.com**

## Cycling group



### Ride Programme: January to June 2025

Date (Fridays)	Ride	Miles	Leader	Phone	Start Point
23 <sup>rd</sup> May	Leicestershire Villages Circular Ride	30	Graham & Christine	07803 123339	Hoby
13 <sup>th</sup> June	Five Pits Trail	20	Pete	07828 647221	Silverhill
27 <sup>th</sup> 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

This has been omitted this month due to the volume of other material. There have been no changes since last month so please refer to April's issue or check on the [Groups page](#) on our website.








## 2025 Speakers and Subjects \_\_\_\_\_

Month	Date	Speaker and title of talk
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 the above information 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	<a href="mailto:wbu3achair@gmail.com">wbu3achair@gmail.com</a>	Carole	<a href="mailto:wbu3aexec2@gmail.com">wbu3aexec2@gmail.com</a>
Peter	<a href="mailto:wbu3atech2@gmail.com">wbu3atech2@gmail.com</a>	Clare	<a href="mailto:wbu3atech@gmail.com">wbu3atech@gmail.com</a>
Kathryn	<a href="mailto:wbu3agroups1@gmail.com">wbu3agroups1@gmail.com</a>	Rachel	<a href="mailto:wbu3aexec4@gmail.com">wbu3aexec4@gmail.com</a>
Yvonne	<a href="mailto:wbu3asec@gmail.com">wbu3asec@gmail.com</a>	Louise	<a href="mailto:wbu3aexec3@gmail.com">wbu3aexec3@gmail.com</a>
Martin	<a href="mailto:wbu3atreasurer@gmail.com">wbu3atreasurer@gmail.com</a>	Brendan	<a href="mailto:wbu3aexec5@gmail.com">wbu3aexec5@gmail.com</a>
John	<a href="mailto:wbu3amem@gmail.com">wbu3amem@gmail.com</a>	Paco	<a href="mailto:wbu3aexec1@gmail.com">wbu3aexec1@gmail.com</a>
General Enquiries	<a href="mailto:wbu3aenquiries@gmail.com">wbu3aenquiries@gmail.com</a>	Voicemail: 0115 871 1810.	
Editor	<a href="mailto:wbu3aeditor@gmail.com">wbu3aeditor@gmail.com</a>		

### Crossword solution:

**Across:** 1.Apartment 9.Epitaph 10.Embryos 11.Cream 12.Evergreen 13.Install 15.Isaac 17.Brain 18.Socks 19.Gully 20.Re-enter 23.Expedient 25.Thorn 27.Orotava 28.Neglect 29.Elopement.

**Down:** 1.Apexes 2.Abbreviate 3.Try Again 4.Ensue 5.Technical 6.Circus 7.Cafe 8.Shambles 14.Accelerate 16.Aggregate 17.Baritone 18.Syndrome 21.Tanner 22.Strait 24.Photo 26.Orgy.