

Please send your contributions to David: wbu3aeditor@gmail.com. The deadline for the next edition is 13th October.

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 September 25th

Judith Hedley: 1816 - The Year without a Summer

In 1816 the weather over Europe was atrocious, dominated by rain and unseasonal frosts; crops failed, populations starved, and many thought the end of the world was nigh. At the same time the creative arts reached a peak of achievement, with masterworks by Byron, Austen, Mary Shelley and Turner. Exploring this pivotal year appeals to many interests, vulcanology, climate studies, social history, literature and the arts, and even the history of costume.

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



Hello again, everyone.

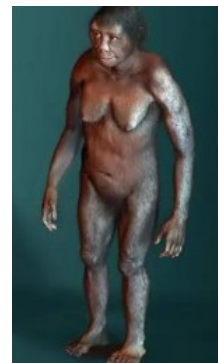
As an atmospheric scientist, I used to work on both air pollution and climate change. So I shall be sorry to miss Judith Hedley's talk for our Open Meeting this month.

Judith will be talking about the global impacts of the 1815 eruption of Mount Tambora in Indonesia. Around 10 cubic miles of material were injected into the atmosphere.



Last night we went to see The Last Stand of Mrs Mary Whitehouse at the Playhouse. Excellent performances. Maxine Peake as various ages of the eponymous Canute crusader against porn and homosexuality. Samuel Barnett plays 15 different people that Mary interacts with during her life. The play is both comedy and serious commentary, and works well – at least for those of us who are old enough to remember the events. If you want to catch it, it's on until 27th September.

I can make a quick link into another Indonesia topic. Recently I was at Ian Young's very interesting talk on Evolution for the Science for Everyone group. At one stage he was referring to the race of pygmies (Homo floresiensis, or "Hobbit") that lived in Indonesia up to 50,000 years ago. They were only about 3 feet tall. The word pygmy is from the Greek pygme, which was a unit of length corresponding to the ancient cubit – the distance along the forearm from elbow to fingertip. Hence a cubit is about 18 inches; if Flores man had really only been that tall, it would have been even more remarkable!



*Joe Colls
July 2025*

Windows 10 and the end of support _____

You will no doubt have heard that Microsoft will not be providing updates and support to Windows 10 after October 14th 2025. It will continue to work as now but, over time, it will become more and more vulnerable to cyber-attacks...but there are options to protect your PC after October:

1. Upgrade to Windows 11 – the Update section in Settings will tell you if your PC is capable of running Windows 11. If not then you will need to upgrade the PC.
2. Third party option – [OPatch](#) (that's a leading zero!) This is around 25 euros/year. This option will be available until at least 2030 (assuming the provider is still around).
3. Enrol in the Microsoft Extended Security Updates (ESU) programme. This will provide security updates for a year but there will be no other support. Here again there are options:
 - a) Pay approximately £30
 - b) Pay with 1000 Microsoft Rewards Points (check your account)
 - c) Get it free- this depends on your system meeting a few requirements, a legitimate, individual (ie not corporate) Windows installation, administrator rights on this installation and Windows settings being backed up to OneDrive. This doesn't mean that files need to be backed up – just settings.

d)

The enrolment process is documented in screen shots below.

If enrolment is an option of your PC you will see the 'Enrol now' option on the Windows Update page in the Settings -> Windows Update. The images below will show you where to look for this link and where you are taken from there on the free option. The images are small but you can magnify them. Image 3a is for the free option, image 3b the 'paid for' and here you will see how many Reward points you have.

1

Windows Update



Updates available
Last checked: Today, 16:17

Security Intelligence Update for Microsoft Defender Antivirus - KB2267602
1.435.492.0) - Current Channel (Broad)

Status: Downloading - 0%

[View optional updates](#)

Windows 10 support ends in October 2025

Enrol in Extended Security Updates to help keep your device secure.

Enrol now [Learn about the end of support](#)



Get the latest updates as soon as they're available



Be among the first to get the latest non-security updates, fixes, and improvements as they roll out.

[Learn more](#)

2

Enrol in Extended Security Updates



Enrol in Extended Security Updates to stay protected

Support for Windows 10 ends on October 14, 2025
Without security updates and technical support, your PC will be vulnerable to attacks and malware.

Get Extended Security Updates to keep your Windows 10 device safer
Enrol to receive critical security updates after support ends. That way you have more time to decide on your next PC - worry free.

Maybe later

Next

3a

Enrol in Extended Security Updates

You're eligible to enrol in Extended Security Updates at no extra cost

As you've already backed up your Windows settings, you're eligible to enrol in Extended Security Updates at no extra cost.



Extended Security Updates

Valid until October 13, 2026

No extra cost

By selecting Enrol, you agree to the [Extended Security Update TDU](#) and [Privacy Statement](#).

Go back

Enrol

4

Enrol in Extended Security Updates



You're enrolled in Extended Security Updates through October 13, 2026

This PC signed in with hyteroptes@outlook.com is enrolled to receive Extended Security Updates. Stay up to date by viewing your device's enrolment status in Settings.

Suggested



Make sure your PC is fully backed up

You've already backed up apps, settings, and credentials. Protect your files by backing up your folders to the cloud.

3b

Enrol in Extended Security Updates

Choose how you want to enroll

It's great that you are opting into Extended Security Updates. This is just one step on your way to Windows 11. Enroll in the Windows 10 Extended Security Updates by selecting any one of the easy options shown below:



Extended Security Updates

Valid until October 2026



Back up your PC Settings

Save your settings, apps, and credentials so you can move to your new Windows 11 PC.

No extra cost



Redeem Microsoft Rewards points

You have 12,846 points

1,000 points



One time purchase

\$30.00 plus applicable taxes

Go back

Next

Note that there will be other screens before you see screen #4

Photography group



This month's theme was Belton House. Photos taken on our August outing by: Laraine, Keith, Judy, Sue, Christine, Lynne, John, Rachel and Clifford.



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						

Across:-

1. May be endured or tolerated (8)
9. Sufficient, just satisfactory (8)
10. Gramophone record, computer storage (4)
11. Pre-school learning place (12)
13. Seabird catches fish by plunge-diving (6)
14. Party to a lawsuit (8)
15. Stretches out a limb (7)
16. Ate & drank lavishly (7)
20. Lying next to (8)
22. Sudden and unexpected (6)
23. Person contributing to cure of disease (12)
25. On condition that that is the case (2,2)
26. No longer available (8)
27. Little or no light (8)

Down:-

2. Leave one's own country to settle in another (8)
3. Movable seat when sitting (7,5)
4. Woman with dark brown hair (8)
5. Keenly (7)
6. Elevation above ground or sea level (6)
7. Obtained by evaporation of sea water (4)
8. Brought back together (8)
12. Record in writing (12)
15. A responsive feeling (8)
17. Someone who tests the proficiency of another (8)
18. Stress laid on a word (8)
19. Adjusted to a situation (7)
21. Caught sight of (6)
24. Achieved without great effort (4)

Social Events



Sleeping Beauty Wednesday 10 December
matinee 2pm £26

Please contact me to reserve your ticket. The deadline for booking is 22nd October (if you have already booked a place there is no need to contact me again)

Louise Carney 0115 9817589 lcarneyhall@gmail.com

Wednesday Walking Group



The Wednesday Short Walkers went to see what we could see of the new bridge being built over the Trent. After years of talk it is actually happening.

So first we approached it from the Hook in Ladybay. No, the towpath is fenced off, but we could see a section of the arch in the distance. Not deterred we walked round and approached it from the Ladybay bridge side. No, all fenced off, and the bend in the river prevents you from looking along towards it. From the footpath across Ladybay bridge you can just see the arch over the trees. The Nottingham side of Ladybay bridge, from where you might be able to look along and see something, has plastic sheeting up to obscure the view. They really don't want interested members of the public gathering and causing a nuisance in any way.



A boat would help, but meanwhile we will just have to wait for it to be unveiled. If you want to know more this site will tell you <https://www.transportnottingham.com/project/pedestrian-and-cycle-bridge/>

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:				
Date	Walking from	Walking through ...	Leader	Distance (miles)
2 nd Oct	Rowsley	Rowsley Wood, Rabbit Warren, Beeley	Maureen	6.75
6 th Nov	Wyedale Cr Park	Wyedale, Flag Dale, Millers Dale & Monsal Trail	John	5.5
4 th Dec	Rowsley	River Derwent & Chatsworth Park	Pete	5

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
Tues 23 to Thu 25 Sept, 2-night stay	North Norfolk coast Fully Booked	Led by members of the Group	Hotel cost, entrance/car park fees
Monday 13 th Oct	Attenborough AM Meet 9:30	Led by members of the Group (Lynne)	No Charge
Monday 27 th Oct	Cossington Meadows Full Day Meet 9:45	With Professional Expert and Jim	£33
Monday 10 th Nov	Middleton Lakes Full Day Meet 9:45	With Professional Expert and Simon	£33
Monday 24 th Nov	Netherfield AM Meet 9:30	Led by members of the Group (Lynne)	No Charge
Monday 8 th Dec	Colwick + Xmas lunch AM Meet 9:30	With Professional Expert and Simon	£17
Monday 5 th Jan	Skylarks AM Meet 9:30	Led by members of the Group (Simon)	No Charge
Monday 19 th Jan	Rutland – Egleton Full Day Meet 9:45	Led by members of the Group (Lynne)	No Charge
Monday 9 th Feb	Attenborough AM Meet 9:30	Led by members of the Group (Jim)	No Charge
Monday 23 rd Feb	Blacktoft Sands Full Day Meet 9:45	Led by members of the Group (Lynne)	No Charge
Monday 9 th March	Whisby AM Meet 9:30	Led by members of the Group (Jim)	No Charge
Monday 23 rd March	Frampton Marsh Full Day Meet 9:45	Led by members of the Group (Simon)	No Charge

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

Orienteering Walking



Autum Walk Dates and Locations:

Tuesday 23rd September - **Swadlincote Woodlands, Derbyshire** - Lunch @ The Greyhound Inn, Woodville

Tuesday 21st October - **Belvoir Vale Villages - SPY Trail - Car Travel between 6 Villages & Lunch Location** - Lunch @ Wildflower Farm, Langar

Tuesday 25th November - **Castle Hill Country Park, Leics** - Lunch @ Jades Tea Rooms, Newton Linford

Notes:

1. The September & November Walk Meet Times will be 1015 for a 1030 walk start. Due to the proximity to West Bridgford to the Meet Location - Nether Broughton - the October Walk Meet Time will be 945 for a 1000 start.
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**

2025 Speakers and Subjects



Month	Date	Speaker and title of talk
September	25 September	Judith Hedley - 1816 - The Year without a Summer
October	23 October	Mo Cooper - Hearing Deaf Voices - the history of the deaf in Nottingham
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.

Cycling group _____



Ride Programme: July to December 2025					
Date (Fridays)	Ride	Miles	Leader	Phone	Start Point
26 th Sept	Newark to J & J Alpaca Farm Dry Doddington	17	Hugh & Di	07880 962135	Newark
10 th Oct	Bestwood to Newstead Abbey	17	Pete	07828 647221	Bestwood Park
24 th Oct	Southwell to Sherwood Pines	27	Graham & Christine	07803 123339	Southwell
14 th Nov	Erewash Valley & Bennerley Viaduct	18	Hugh & Di	07880 962135	To be confirmed
28 th Nov	Gunthorpe via Colwick Park	17	Pete	07828 647221	Welbeck Road West Bridgford
12 th Dec	Clifton Grove to Rushcliffe CP & Christmas meal	14	Pete	07828 647221	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 Elderton 07828 647221 Graham Wood 07803 123339**

Groups timetable _____ recent updates are highlighted _____

	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	Clare wbu3atech@gmail.com		
PM	Monday					
2.00	Art Appreciation	BC	1 st Mon	Carol	07419317738	
2.00	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	LH	1 st Mon	Diana	07736943339	
2.00	History	BC	4 th Mon	Carol	07419317738	

2.00	Wine Appreciation	MH	1 st Mon	Rod	01159232019	
	Spanish Conversation	MH/Z	Every Mon	Ewa	07740347756	Wait list
AM	Tuesday					
10.00	Greeting Cards	BC	2 nd Tue	Joan	01159818477	
10.00	Painting and Drawing	BC	Alt weeks	Pam	01156489365	
10.00	Yoga Type Exercise	MCH	Weekly	Julie	07729360083	Wait list
10:30	Art Appreciation	BC	1 st Tue	Heather Barbar	0115 9232824 0115 9232819	
11.30	Tai Chi Beginners	JCP	Weekly	Rachel	07793243274	Wait list
PM	Tuesday					
12.30	Tai Chi Improvers	JCP	Weekly	Lynne	07811707868	
2.00	Knit and Natter	ST	1 st & 3 rd Tue	Christina	Via website	
2.00	Photography	BC	1 st Tue	Paco	01159233109	Wait list
2.00	Quiz	TM	4 th Tue	Louise	01159817589	
2.00	Beginners Bridge	BC	Weekly (almost)	Ron	01159234176	
2.30	Cryptic Crosswords	TM	1 st & 3 rd Tue	Stephen	01159140255	
Eve	Silent Films	MH	1 st & 3 rd Tue	Ed	07890009443	
AM	Wednesday					
10.30	Short Walks	V	2 nd & 4 th Wed	Christine	07434614890	
PM	Wednesday					
	Book Group 1	MH	3 rd Wed	Liz	01159145642	Wait list
	French conversation	Z	Alt weeks	Anne	07974706281	
	Local History	V		Yvonne	07746668469	
	Lunch Club	V	Alt Wed			Wait list
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	Wait list
2.30	Badminton	RA	Wed	Chris Phil	07941509357 07505513556	Wait list
AM	Thursday					
	Guitar Group 1	MH	Alt Thu	David	07990654643	
	Hiking	V	3 rd Thu	Kevin	07981516719	
	Peak District Walking	V	1 st Thu	Pete John	07828647221 07721538057	
10.00	Family History	TBCH	1st Thu	Julie	07729360083	
10.00	Mah Jong	MC	1 st & 3 rd Thu	Glynis	07504246410	
10.00	Painting & Drawing	BC	Alt Thu	Ron	01159234176	
10.00	Poetry	MC	2 nd Thu	Joan	07881718784	

11.00	Guitar Fun Strummers	MCH	Alt Thu	Gordon	07796934365	
PM	Thursday					
	Book Group 3	SH	2 nd Thu	Fran	01158789790	
	Book Group 4	Z	1 st Thu	Sue Jolley	0115 8465037	
	Guitar (beginners)	MH	Alt Thu	David	07970059525	
2.00	Remarkable Women	BC	3 rd Thu	Pat	01159146670	
2.00	Scrabble	TM	2 nd & 4 th Thu	June		
2:00	Ukelele	BC	2 nd & 3 rd Thu	David	07771515810	
AM	Friday					
	Longer walks (5-6 miles)	V	1 st Fri	Keith	07778783217	
	Longer walks (5-6 miles)	V	3 rd Fri	Liz	01159231605	
10.00	Cycling	V	2 nd & 4 th Fri	Pete	07828647221	
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 Everyone	BC	Last Fri	Peter	07745995735	
2.00	Gardening group	BC	2nd Fri	Surrinder	Via website	
	Saturday					
	Holiday Group		1 st Sat	Penny	01159233384	

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 or email the named contact.

Key to venues:

BC – Baptist Church	JCP – Julian Cahn Pavilion	MCH - WB Methodist Church	MC – Marlborough Court
LH – Leader’s home	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
TBCH – Trent Bridge Care Home	TM – Test Match	V – Various	Z – Zoom

Crossword solution:-

Across: 1.Bearable 9.Adequate 10.Disc 11.Kindergarten 13.Gannet 14.Litigant 15.Reaches 16.Feasted 20.Adjacent 22.Abrupt 23.Therapist 2.If so 26.Obsolete 27.Darkness.

Down: 2.Emigrate 3.Rocking chair 4.Brunette 5.Eagerly 6.Height 7.Salt 8.Reunited 12.Registration 15.Reaction 17.Examiner 18.Emphasis 19.Attuned 21.Espied 24.Easy.

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	Rachel Welcome Team
			
Louise Social Events	Brendan Committee Member	Paco Committee Member	Trish Committee Member

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