

Please send your contributions to David: wbu3aeditor@gmail.com. The deadline for the next edition is 16th 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 Thursday 22nd January



Simon Croson: The Beekeeping Year

This covers activities that the bees and beekeeper undertake throughout a typical beekeeping year. There may well be honey for sale.

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, and a Happy New Year to you all. I hope you are able to get the most out of your u3a membership in 2026.

This New Year, as we often do, we went up to Glasgow to celebrate Hogmanay with a ceilidh. Always a challenge to remember the moves of the Scottish dances when I practise them so infrequently! Fortunately, there seem to be many others in a similar situation and we all have a good time muddling through.



Elsewhere in this Highlights [*directly below in fact – ed*] is an important item about our search for a new Secretary and Membership Secretary. The u3a cannot function without these jobs being done, so we really do need to find volunteers to take their places. Please consider it. The members of the Committee are a lovely bunch of people who are easy to get on with and committed to the u3a, and they will welcome you!

Joe Colls, Chair WB u3a.

We Need a New Secretary AND a New Membership Secretary!

Our Constitution only allows us to be in certain posts on the Committee for 6 years. This year, at our AGM in June, we will have to lose not just one but two of our most valued Committee members - Yvonne Haynes as Secretary, and John Tidmarsh as Membership Secretary. Hence we are looking to recruit members to both posts. Yvonne and John have made short summaries of their roles, to give you an idea of what they entail.

Secretary

The role is a mixture of organisation and admin. If that sounds boring, it isn't – in fact you will find you are at the heart of what happens in your u3a, you get to know a lot of people, yet it doesn't take over your life.

Much of the time you would be communicating with people, distributing information, organising & minuting meetings, monitoring progress, and recording decisions. This role is also the link between our u3a and the Third Age Trust, as we need to ensure we stay up to date with the latest legislation.

Ideally you will need good communication skills and a familiarity with email and basic word processing; help is always available if you need it.

I have really enjoyed being involved, in an informal atmosphere, working alongside some really nice people!

Membership Secretary

John says that he has found this job rewarding and "didn't want to give it up"!

The main aspects are:

- Working in harmony with our Treasurer Martin to process applications and send new members the details of our u3a.
- Using our "Beacon" database to email the membership about renewals each year and processing their replies. We have over 800 members so this operation is spread over several months.
- Updating Beacon with renewals, changes of address and other details.
- Managing the "Sign-in" desk at Open Meetings, which is a chance to meet some of the members and put faces to names.

We are moving steadily from paper-based to electronic systems. There are great opportunities for someone who is happy working with computers to accelerate this trend, which will make the job faster and more efficient, as well as saving the u3a some money.

If you are interested in having a go at either of these roles on the Committee, please get in touch with either Yvonne or John. Their emails are at the back of this Highlights. They will be pleased to have a chat and tell you more detail.

Remarkable Women

History with a Difference

Do you want a different slant on history? Learn about some of the women who have contributed to our world but have often been forgotten in the past by historians? The Remarkable Women group has now been running for over a decade. We learn about some of those forgotten women.

The New Year starts with a look at some of the women who travelled far and wide to pursue their interests at a time when it was unusual for women to do so. After that at the February and March meetings we will consider some of the women who have won the Nobel Prize.

The Remarkable Women group meets on the 3rd Thursday afternoon of the month at the Baptist Church.

For more information about the group, contact Pat at 01159146670 or pag6be@gmail.com.



Local History Group

On 14th January at 2pm the Local History group will be having a talk on Chief Constable Athelstan Popkess from 1930 to 1959 and as result of his transformations in modernising policing could be considered the 20th century's greatest police officer. The talk will be given by former policeman, Tom Andrews, who now lectures on police matters at Derby University. There will be a small charge on the door, but all welcome.

Anglo Indian Heritage History Group

The Anglo Indian Heritage History group will be exploring migration stories of the British in India, and south Asians in Britain. The group is supported by Professor Udit Sen from the University of Nottingham to provide some historical context. Group members share their family stories in a historical context, We meet on a Saturday at the University of Nottingham, Humanities Building room A02, 2pm - 4pm (we don't have to pay for the room). Lifts can be offered from West Bridgford if necessary. Our meeting dates are:

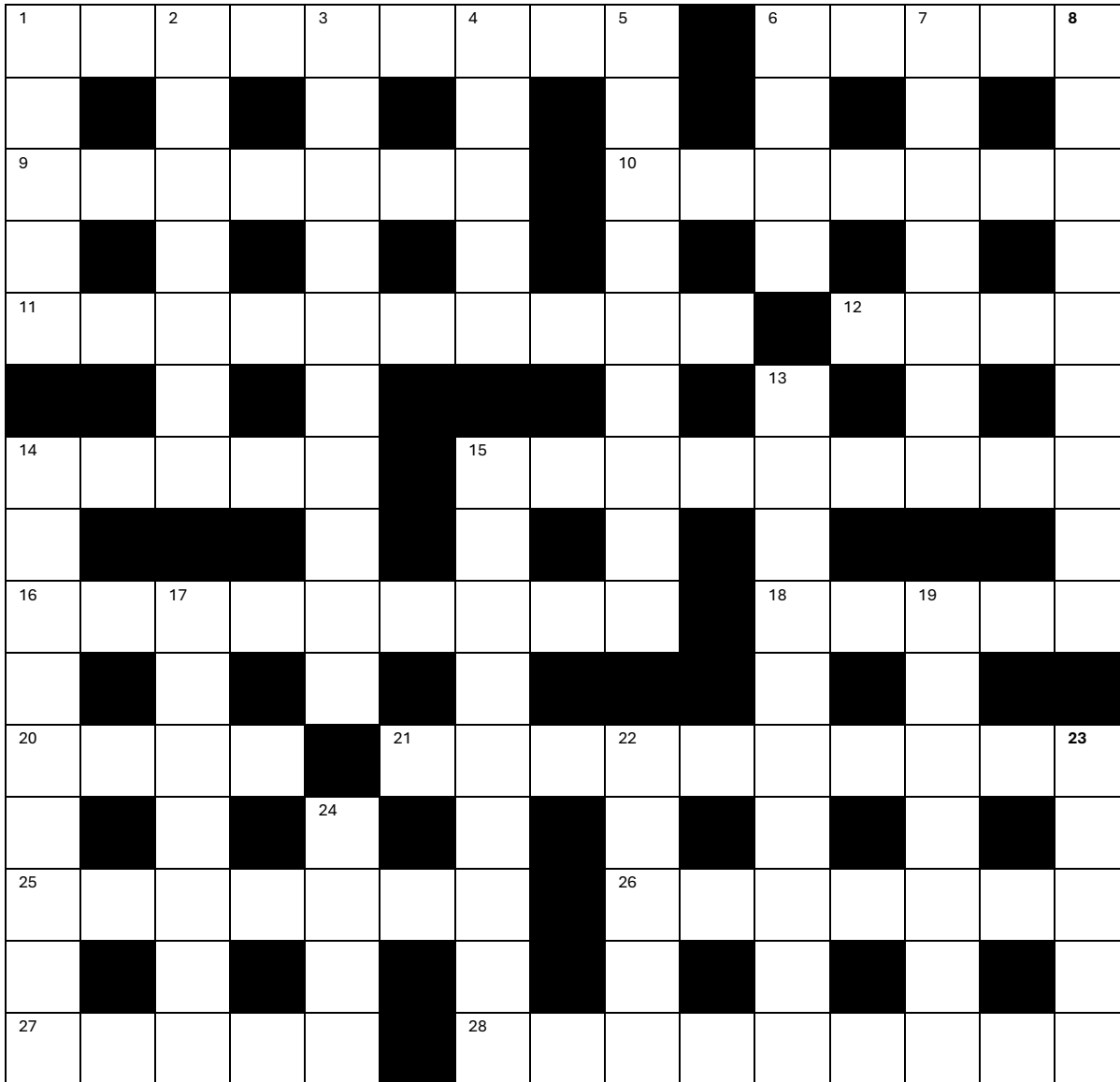
25/01/2026: Mauritius indentured labour- Mrs Sood.

14/07/2026, 28/3/2026 ,12/09/2026, 17/05/2026, 07/11/2026

Please come along to any of the meetings and give it a try. We are particularly short of Anglo British people who have family histories they have researched going back to the Raj or have an interest in colonial history.

Surrinder

Sinclair's Crossword



Across:

- 1. Future prospect (9)
- 6. Play (5)
- 9. Japanese art of paper folding (7)
- 10. Space when sitting (7)
- 11. Beyond man's capability (10)
- 12. Terrifying person (4)
- 14. Sound or its reproduction (5)
- 15. Catch fire again (9)
- 16. Hesitant, not definite (9)
- 18. Difficult to lift (5)
- 20. Require (4)
- 21. State of physical disconnection (10)
- 25. Lustrous silk fabric (7)
- 26. Marsh overflowed by the sea (7)
- 27. Money (5)
- 28. Advantageous for practical reasons (9)

Down:

- 1. Small islands in a river (5)
- 2. Made one's hair tidy (7)
- 3. Female president of a committee (10)
- 4. Farewell (5)
- 5. Chatterbox (9)
- 6. Turns over soil with a tool (4)
- 7. Between (7)
- 8. Without purpose (9)
- 13. Captivated (10)
- 14. Before birth (9)
- 15. Say again (9)
- 17. Necessary (7)
- 19. Stupid (7)
- 22. _ Fables (5)
- 23. Period of darkness (5)
- 24. Refuse to obey (4).

Solution at the end of Highlights

Garden Muddlers Group



In December we had our Garden Muddlers Christmas meal and a talk on seasonal plants at the Blue Diamond Centre. A good time had by all.

We hold interactive meetings on the 2nd Friday of every month, (interspersed with visits to gardens in the spring /summer months) at the Baptist Church 2pm - 4pm. We aim to create an atmosphere in which people get to know one another and share gardening tips, discuss a plant of the month, a team gardening quiz, jobs in the garden per month and a topic on an aspect of gardening. We invite speakers when we can.

Friday 13 February: Houseplants - external speaker Richard the Horticulturist

Friday 13 March: external Speaker TBC . Plant of the month Jeff - winter flowering shrub.

Friday 10 April

Friday 8th May: TBC Talking with Trees at Rushcliffe Country Park

Friday 12 June: TBC Talk kitchen garden at Clumber Park

Friday 10th July: TBC trip to community garden

Friday 11 September

Friday 9th October

Friday 13 November:- Make your own Christmas decorations hands on workshop with Fiona and Jenny.

Friday 11th December: Christmas meal

----- Please do come along and give us a try -----



Do you use our IT equipment?

Many groups use our IT equipment to present information during meetings. The laptops and projectors provided for this purpose are usually essential components in this activity. Here is some general advice.

Projectors

During use the projector lamps get very hot and should be allowed to cool down after the projector is powered down and moved. Not doing so can reduce the life of the lamp and since replacement lamps cost well in excess of £100 so looking after them is worthwhile.

Using the power switch on the projector to turn off the system will switch off the lamp and automatically run the internal cooling fan until the lamp is at a safe temperature. It will then switch the power off – you will hear that the fan has stopped. Needless to say, this built-in cooling routine requires ***leaving the mains power cord plugged in and switched on at the mains socket.***

Once cooling is complete the projector can be safely disconnected from the mains and put away.

How long does the cooling take to complete? It can be up to 10 minutes so some patience is required.

Laptops

Our laptops use the Windows 11 operating system. This will automatically supply updates that maintain the operating system and the antivirus and malware protection system. When shutting the laptop down to put it away if an update is waiting to be applied there will be two shutdown options shown. One will be simply to shutdown without applying updates and the other will apply the queued updates before shutting down. Unfortunately, applying updates can take quite a long time and so often users lose patience and simply shut the lid and put the laptop away. This does not harm the laptop but does interrupt the process which then automatically starts up again when the next user powers it up, which means they have the long wait for it to complete. This can be annoying if they are trying to start a meeting.

As a courtesy to the next user if you don't want to wait for the update to complete when shutting down then remembering to select the simple shutdown (with no update) would be good.

The laptop should be powered down (shutdown) before being put away. Closing the lid normally puts it into sleep mode. It will wake again when the next user comes along and this can be a bit disconcerting.

There is no need to worry about the updates as the machines are regularly monitored for these as well as for other installed software. On the topic of software, if there is something not currently on the laptops that would enhance them for your purposes let us know and we will consider installing it. As an example, we have had a request for software to display photographs in a format that Windows 11 does not normally handle. This has been installed at zero cost.

Keeping accessories together

The sharp eyed will have noticed that there is a colour coded tape attached to equipment and this is to let you know which pieces belong together. A projector typically has a power lead that should be kept with it. A laptop has a power block, a DVD drive and possibly a mouse that are all colour coded to keep them together. It would be great if the bags these items live in had a complete set of accessories for the next user. When packing away it is worth keeping this in mind.

Did you know

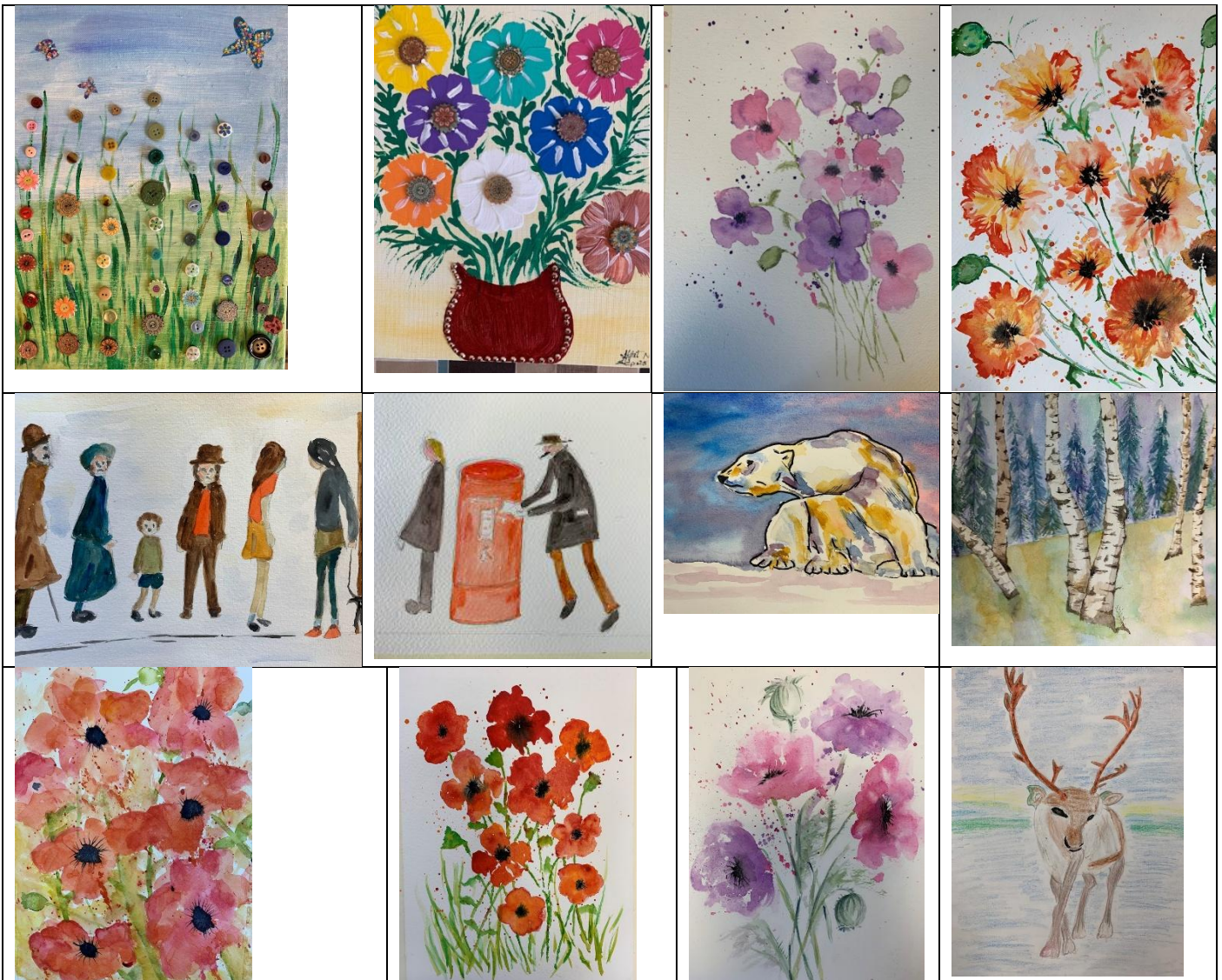
We have a visualiser for showing pages from books or allowing people to see something happening on the table. This can be used with a projector and might be a useful tool during presentations.

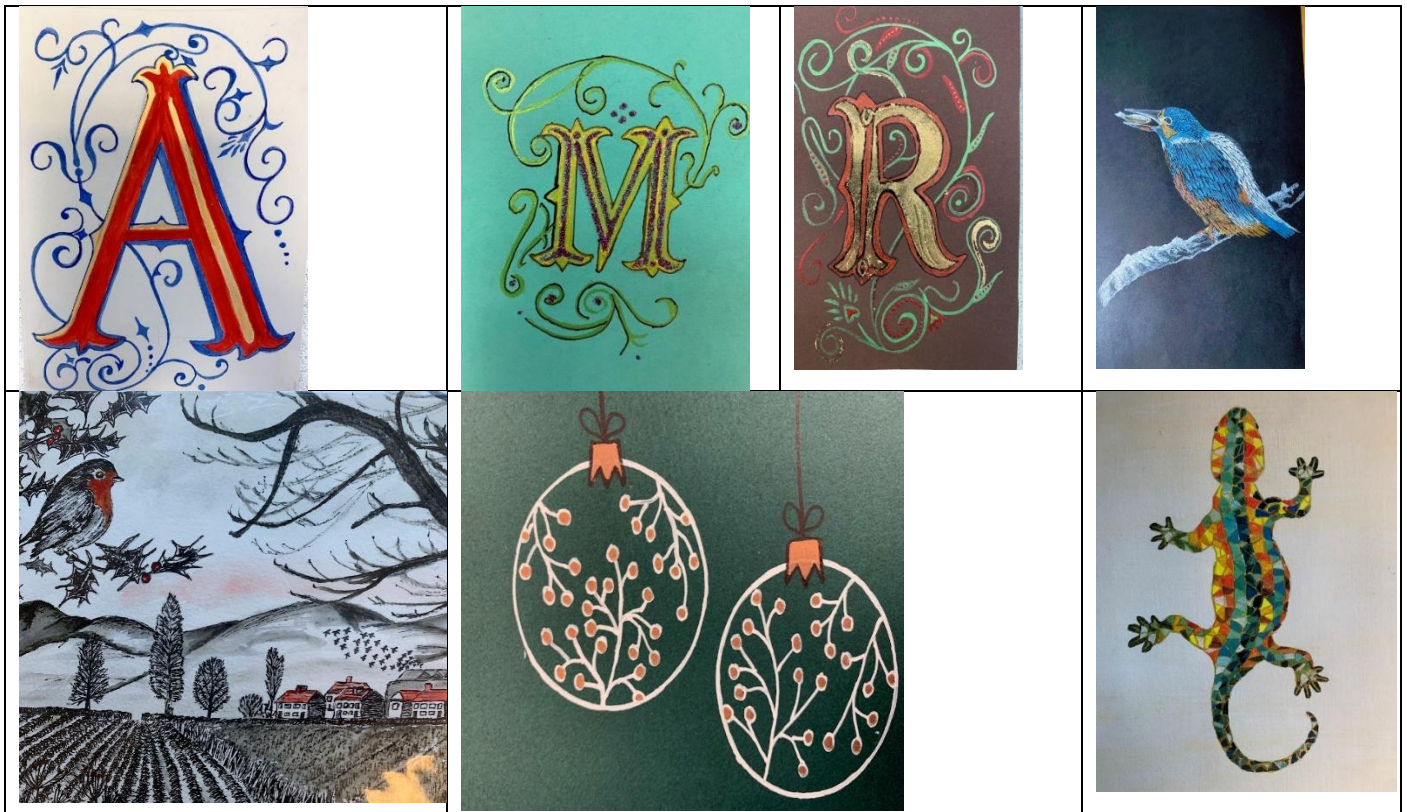
Peter Oliver (Jan 2026)



Tuesday Art Group

The Tuesday Art group have been busy painting, everyone in their own style. We do offer a programme of topics and workshops suggested by the members but encourage individual interpretation or for members to paint what they wish. Our aim is to enjoy first and learn along the way. All abilities welcome. Janet





Orienteering Walking _____

Autumn Walk Dates and Locations

Tuesday 20th January - "Treasures of our Town (Nottingham)" - Treasure Hunt Format - Lunch in City Centre

Notes:

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**



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 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



2026 Speakers and Subjects

Month	Date	Speaker & title of talk
January	22 January	Simon Crowson: Being a Beekeeper
February	26 February	Chris Matthews: The effect of the Lace industry on the built environment in Nottingham city centre.
March	26 March	Mary's Meals - talk about the charity and their work
April	23 April	Dave Mooney: Folklore and Customs throughout the Year in the East Midlands
May	28 May	Emma Sheardown: Competing in para dressage
June	25 June	Jukebox Jury
July	23 July	Stephen Flinders: The life and travels of Robert Bruce Napoleon Walker
September	24 September	Mike Burton: The River Trent, England's Heart
October	22 October	<i>Kathy Powis: History of the Mary Rose</i>
November	26 November	Paul Dyson: Wildlife artist
December	17 December	Danny Wells: The Victorians and the Christmas Season



Ride Programme January to June 2026					
Date (Fridays)	Ride	Miles	Leader	Phone	Start Point
Friday 23 rd Jan	Erewash Valley & Bennerley Viaduct	20	Hugh & Di	07880 962135	Trent Lock
Friday 13 th Feb	Southwell & Villages	17	Graham & Christine	07803 123339	Southwell
Friday 27 th Feb	ShIPLEY Country Park & Nutbrook Trail	14	Pete	07828 647221	ShIPLEY Country Park
Friday 13 th March	Cotgrave Greenway and Country Park	12	Hugh & Di	07880 962135	Welbeck Road West Bridgford
Friday 27 th March	Kegworth & Wymeswold	17	Graham & Christine	07803 123339	Keyworth
Friday 10 th April	Watermead Country Park to Leicester	24	Hugh & Di	07880 962135	Stonehurst Farm Mountsorrel
Friday 24 th April	Bestwood to Newstead	17	Pete	07828 647221	Bestwood Park
Friday 8 th May	Aston-on-Trent & Elvaston	30	David	07970 059525	Welbeck Road West Bridgford
Friday 22 nd May	Manifold Valley Wetton & Ilam	20	Graham & Christine	07803 123339	Waterhouses
Friday 12 th June	Colwick Park and Gunthorpe via the Waterside Bridge	17	Hugh & Di	07880 962135	Welbeck Road West Bridgford
Friday 26 th June	Rutland Water	18	Pete	07828 647221	Rutland Nursery

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 information

Groups Information


So that we can avoid information getting out of date, we have decided to remove the groups table from Highlights and provide the link below each month that will take you directly to the groups' pages on our website. Group leaders then only have one place to check to make sure the information is up to date.

<https://westbridgford.u3asite.uk/groups/>

Group leaders – if you need any changes making to your website page please email the details to me at wbu3atech@gmail.com

Clare

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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Crossword solution.

Across: 1.Expectant 6.Drama 9.Origami 10.Legroom 11.Superhuman 12.Ogre 14.Audio 15.Reignites 16.Tentative 18.Heavy 20.Need 21.Separation 25.Taffeta 26.Salting 27.Lolly 28.Expedient.

Down: 1.Eyots 2.Primped 3.Chairwoman 4.Adieu 5.Talkative 6.Digs 7.Amongst 8.Aimlessly 13.Enthralled 14.Antenatal 15.Reiterate 17.Needful 19.Asinine 22.Aesop 23.Night 24.Defy.