

Please send your contributions to David: [wbu3aeditor@gmail.com](mailto:wbu3aeditor@gmail.com). The deadline for the next edition is 18<sup>th</sup> May.

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 – 23<sup>rd</sup> April 'Folklore and Custom' in the East Midlands.**

Examining a year of traditional calendar customs from throughout the region, including mummers plays, mob football games, maypole dances and more. It will be illustrated with a wealth of personal anecdote and live music and song.

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.

#### **Help required...**

At the **June** Open Meeting, Roger Prescott will be presenting an episode of Juke Box Jury, playing and voting on songs from the 60's, just like the TV programme. But Roger needs help - 4 volunteers to go on stage with him and act as the jury, giving comments and voting "Hit" or "Miss". You need to be confident being in front of an audience, and with using a microphone. If you are interested, come and see Kathryn at the Open Meeting on Thursday 23 April, near the door to the church.

## **Facebook**

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Do you follow our Facebook page?

Have the group(s) you are involved in shared anything on our pages?

It would be lovely to see contributions (not just from group leaders) from some different groups to fully reflect all the activities going on in West Bridgford u3a. It can just be a photo and caption or a short message about something you have done or a forthcoming session.

Please send contributions to Kathryn at [wbu3agroups1@gmail.com](mailto:wbu3agroups1@gmail.com)



## Just Joe

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Hello again, everyone.

Spring seems to have come and gone several times this year. It's always a good sign when I get to play a round of golf in my shorts, but sadly I've had to return to trousers each time!

Those of us who were at the Open Meeting last month heard an inspiring talk by Sharron Cawthorne about the great work done by Mary's Meals. This charity provides over 3 million meals every school day to disadvantaged children in 16 countries. A small piece of good news was that, in addition to her speaker's fee, Sharron raised £165 from our contributions. The total of £225 will buy 2250 school lunches.

There was a flurry of news items about marmalade last week. Apparently the UK is going to have to clarify that our marmalade is made from citrus, not any of the other fruits that might be made into marmalade in Europe. Ironically, the word marmalade comes from the Portuguese *marmelo* "quince," and before that from Greek *melimelon*, from meli "honey" + mēlon "apple" (as in malic). Since neither apple nor quince is a citrus fruit, we can't really complain about being brought into line, although it has taken a few hundred years for this to happen.



*Joe Colls, Chair WBU3a*

## Local History Group Programme

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|---|--|
| April 15 <sup>th</sup> and 22 <sup>nd</sup> | History Walk of West Bridgford – <b>now full</b> |
| 28 <sup>th</sup> April                      | Reason & Rhyme, talk at WB Library               |
| 7 <sup>th</sup> May                         | Industrial Museum at Wollaton Park, group visit  |
| 16 <sup>th</sup> June                       | Exploring Local Maps, WB Library                 |
| 8 <sup>th</sup> July                        | Tuxford Windmill, tour and cream tea             |

If you would like to know more or want to book on to any of these, contact Yvonne or Averil.

**[y.haynes@hotmail.co.uk](mailto:y.haynes@hotmail.co.uk)** or **[averilhancox@gmail.com](mailto:averilhancox@gmail.com)**

## Potential new group – The 60's \_\_\_\_\_



As I was listening to yet more music from the 1960's for my 'Singing for Fun' group, I began to think what an interesting era this was. Just watching the videos of that time, how the clothes changed from smart suits for the men to casual clothes, and the ladies' hair styles were a revelation of 'bouffantness'.

It occurred to me that I would like to know more about what was going on at the time. Being a mere 12 in 1960 a lot of what happened was outside my sphere of interest.

So, I am considering a new group to look at the 1960's month by month and year by year. We would investigate music, fashion, politics, the world, events, both local and international and people. It will be such fun.

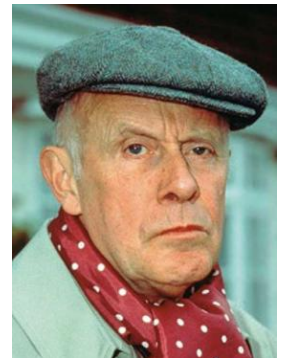
Would you like to join me?

The first meeting is to be Monday 11<sup>th</sup> May at 2pm at West Bridgford Baptist Church, future meetings on the 2<sup>nd</sup> Monday afternoon each month.

Get in touch with Sue Bailey on [sue456bailey@gmail.com](mailto:sue456bailey@gmail.com) to register your interest.

## Grumpy Old Men (or Women, or Folk) Group? \_\_\_\_\_

Some other u3as have a Grumpies group, and we are wondering if there would be a demand for one in West Bridgford. Other such groups mainly work on the basis of meeting once or twice a month, often for a coffee or a pub lunch, followed by wide-ranging discussion on any topic that members choose to vent their feelings about. This is expected to be carried out in a convivial, informative and light-hearted manner.



If you are interested in joining such a group, please email either myself on [wbu3achair@gmail.com](mailto:wbu3achair@gmail.com) or Kathryn on [wbu3agroups1@gmail.com](mailto:wbu3agroups1@gmail.com). If there is enough head of steam we will get back to you to discuss how it might work out in practice.

*Joe Colls*

## New Spanish group \_\_\_\_\_



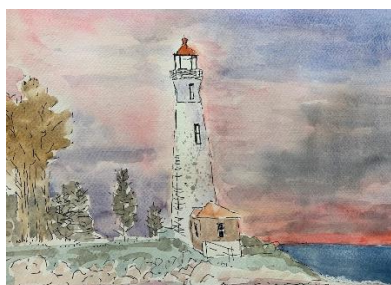
A new Spanish group is being set up. It is mainly for conversation, but with some technical help as well. If you wish to join, you do need a little knowledge of Spanish and be reasonably confident speaking in the language. If so, please contact Paco Saucedo on [pacosaucedo@ntlworld.com](mailto:pacosaucedo@ntlworld.com)



## Tuesday Painting and Drawing group \_\_\_\_\_

This term's topics, chosen by the group, have included painting and eating cakes, a lovely pen and wash lighthouse led by Andy, clouds, aboriginal art and Chinese art shown to us by a relative of one of our group. What's next? We have lots of ideas and get some super outcomes. Members encourage each other to try new techniques and enjoy the company.

Janet



## Walking Weekend on the Long Mynd

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Here we are again  
Happy as can be  
All good pals and jolly good company  
Never mind the mileage, never mind the hills  
Now we are together, whoops we 're laughing still  
La-di-da-di da, la-di-da-di-dee  
All good pals and jolly good company.  
*(With apologies to Alma Cogan)*

The **Friday Walking Group** had a perfect weekend walking in Shropshire in the beautiful Long Mynd Hills The sun was out, the birds were singing, the primroses and anemones were flowering and everywhere lambs were gambolling.

This is our 18<sup>th</sup> year of weekends away and maybe we now look at the steep hills, sigh when we remember going up and over them and then happily find a way round them.

We couldn't believe our luck after the constant wet, cold weather before and after the weekend. It was glorious and such good fun. The 21 of us who enjoyed this break thank Liz and Ian Young for organising it, and both of them plus Graham and Christine Wood for leading the walks.

The Friday Walking Group is just one opportunity afforded by our brilliant West Bridgford u3a and is very much enjoyed by us all. **Carol Williams**



### 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](mailto:wbu3atech@gmail.com)

Clare

## Orienteering Walking \_\_\_\_\_



### Spring Walk Dates and Locations

Tuesday 21st April 2026 - **Burbage Common, Leics** - Lunch @ Acorns, Burbage Common

Tuesday 26th May 2026 - **Beacon Hill - Lower Car Park** - Lunch @ Butler Henderson Cafe, Quorn Station

#### 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. Meet Times for all walks will be 1015 for a 1030 walk start.
6. 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 March to June 2026

Date	Walking from	Walking through ...	Leader	Distance (miles)
7 <sup>th</sup> May	<b>Haywood</b>	<b>Froggatt, Curber &amp; White Edges</b>	Pete	6
4 <sup>th</sup> June	<b>Errwood Reservoir</b>	<b>Goyt Valley</b>	John	5

If you are interested please contact **Pete**: Mobile 07828 647221  
or email [peter.elderton@live.co.uk](mailto:peter.elderton@live.co.uk)

## Bird Watching Group



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	Meeting at
Monday 27 <sup>th</sup> April	<b>Wanlip Meadows</b> AM	Led by members of the Group (Lynne)	9:30
Monday 11 <sup>th</sup> May	<b>Coombes Valley</b> Full Day	Led by members of the Group (Simon)	9:45
Monday 18 <sup>th</sup> May	<b>Budby Common</b> AM	Led by members of the Group (Simon)	9:30
Monday 8 <sup>th</sup> Jun	<b>Langford Lowfields</b> AM	Led by members of the Group (Jim)	9:30
Monday 22 <sup>nd</sup> Jun	<b>Frampton Marsh</b> Full Day	Led by members of the Group (Lynne)	9:45
Monday 13 <sup>th</sup> Jul	<b>Lyndon</b> AM	Led by members of the Group (Jim)	9:30
Monday 27 <sup>th</sup> Jul	<b>Blacktoft Sands</b> Full Day	Led by members of the Group (Simon)	9:45
Monday 24 <sup>th</sup> Aug	<b>Attenborough</b> AM	Led by members of the Group (Lynne)	9:30

## Cycling



Ride Programme January to June 2026					
Date (Fridays)	Ride	Miles	Leader	Phone	Start Point
24 <sup>th</sup> April	<b>Bestwood to Newstead</b>	17	Pete	07828 647221	Bestwood Park
8 <sup>th</sup> May	<b>Aston-on-Trent &amp; Elvaston</b>	30	David	07970 059525	Welbeck Road West Bridgford
22 <sup>nd</sup> May	<b>Manifold Valley Wetton &amp; Ilam</b>	20	Graham & Christine	07803 123339	Waterhouses
12 <sup>th</sup> June	<b>Colwick Park and Gunthorpe via the Waterside Bridge</b>	17	Hugh & Di	07880 962135	Welbeck Road West Bridgford
26 <sup>th</sup> June	<b>Rutland Water</b>	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**

## 2026 Speakers and Subjects \_\_\_\_\_



Date	Speaker & title of talk
23 April	Dave Mooney: Folklore and Customs throughout the Year in the East Midlands
28 May	Emma Sheardown: Competing in para dressage
25 June	Jukebox Jury
23 July	Stephen Flinders: The life and travels of Robert Bruce Napoleon Walker
24 September	Mike Burton: The River Trent, England's Heart
22 October	<i>Kathy Powis: History of the Mary Rose</i>
26 November	Paul Dyson: Wildlife artist
17 December	Danny Wells: The Victorians and the Christmas Season

## 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

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>	Rachel	<a href="mailto:wbu3aexec4@gmail.com">wbu3aexec4@gmail.com</a>
Kathryn	<a href="mailto:wbu3agroups1@gmail.com">wbu3agroups1@gmail.com</a>	Louise	<a href="mailto:wbu3aexec3@gmail.com">wbu3aexec3@gmail.com</a>
Yvonne	<a href="mailto:wbu3asec@gmail.com">wbu3asec@gmail.com</a>	Brendan	<a href="mailto:wbu3aexec5@gmail.com">wbu3aexec5@gmail.com</a>
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John	<a href="mailto:wbu3amem@gmail.com">wbu3amem@gmail.com</a>	Trish	<a href="mailto:wbu3aexec6@gmail.com">wbu3aexec6@gmail.com</a>
General Enquiries	<a href="mailto:wbu3aenquiries@gmail.com">wbu3aenquiries@gmail.com</a>	Voicemail: 0115 871 1810.	
Editor - David		<a href="mailto:wbu3aeditor@gmail.com">wbu3aeditor@gmail.com</a>	
Tech Support & Beacon Admin - Clare		<a href="mailto:wbu3atech@gmail.com">wbu3atech@gmail.com</a>	