

Please send your contributions to David: wbu3aeditor@gmail.com. The deadline for the next edition is 14th September

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.

There is no Open Meeting in August.

The next Open Meeting – 24th September

Open Meetings are held at the West Bridgford Baptist Church on Melton Road.

Just Joe



Hello again, everyone.

Recently we stayed with family in Kingston (on-Thames, not Jamaica). We all went to Runnymede, where the Magna Carta was signed. I had thought that there would simply be a plaque to celebrate the event itself, but it was a lot more than that. There was a large courtyard to commemorate over 20,000 men and women from different air forces who died in WWII but whose bodies were never recovered. Plus the JFK memorial and a calm reflecting pond with inscribed words from the Magna Carta. Not to mention a tea room designed by Sir Edwin Lutyens!



Did you watch the eclipse? I joined an event at Keyworth Village Hall, where around 100 people had gathered. Several had brought telescopes, and the organiser had a supply of eclipse glasses. Although it was never going to go dark, the light quality did become quite strange – almost monochrome. There is going to be an unusually long total eclipse next year that will be visible from Gibraltar and southern Spain, so

I'm tempted....

An eclipse must have been an extraordinary event for people who had no idea what caused it. The word *eclipse* comes all the way from pre-Greek and means *abandonment* or *failing-to-appear*. Too true!

Joe Colls, Chair WB u3a.

Local History Group Programme (Sep – Nov 2026) _____



Here is what we have planned - a mixture of library/university talks, plus a backstage theatre trip and a speaker coming to us in October. The library and university talks need to be booked via the links given, and the theatre trip via Averil Hancox. No need to book in for the October talk, just come to the Baptist Church for 2pm.

Date	Topic	Location
Sept 16th at 2pm	Talk on Newark Castle	Beeston Library
Sept 25th	Theatre trip	Theatre Royal
Oct 7th at 2pm	Talk on Land Girls	WB Baptist Church
Oct 27th at 2pm, £3.50	Talk on Hungerhills	WB Library
Nov 12th at 1pm, £4.50	Exhibition & talk on Prehistoric lives in Trent Valley	Nottingham University
Nov 24th at 2pm, £3.50	Talk on WB's art deco pubs	WB Library
Nov 26th at 2pm, £6	Workshop on 'Making a Living'	Nottingham Archives

For the library talks, go to <https://www.inspireculture.org.uk/whats-on/> and book your tickets. The contact info for the Nottingham Archives is via this same link.

Also, there are a few events throughout August at the newly restored Bennerley Viaduct, just outside Ilkeston. (About 30 mins car drive). Go to <http://www.bennerleyviaduct.org.uk/> for dates, info and how to buy tickets.

Any questions, or if you wish to join this group, please contact either Yvonne Haynes or Averil Hancox.

Litter picking group _____



The litter picking group is small and friendly. We meet on the third Wednesday of the month at 10.30 at the café in Bridgford Park.

From there we set in our high-viz jackets, litter pickers in hand to pre-decided areas of the park where we forage for litter, chat with dog walkers and often get thanked profoundly for what we are doing.

After an hour we get rid of our litter and head back to the café for a rewarding drink and catch-up – all very civilised. Care to join us? All kit is provided, it's not hard work but is quite rewarding.

Please contact Julie on 07726844613

Women in the 1960s

You may have lived through the swinging 60s. Thinking back now have your views on that time changed?



We are going to have 5 monthly meetings starting in September looking at what the ideas and the social attitudes about women were in the 1960s through the lives of individual women. This will cover entertainment, arts and fashion, politics, activism and the law.

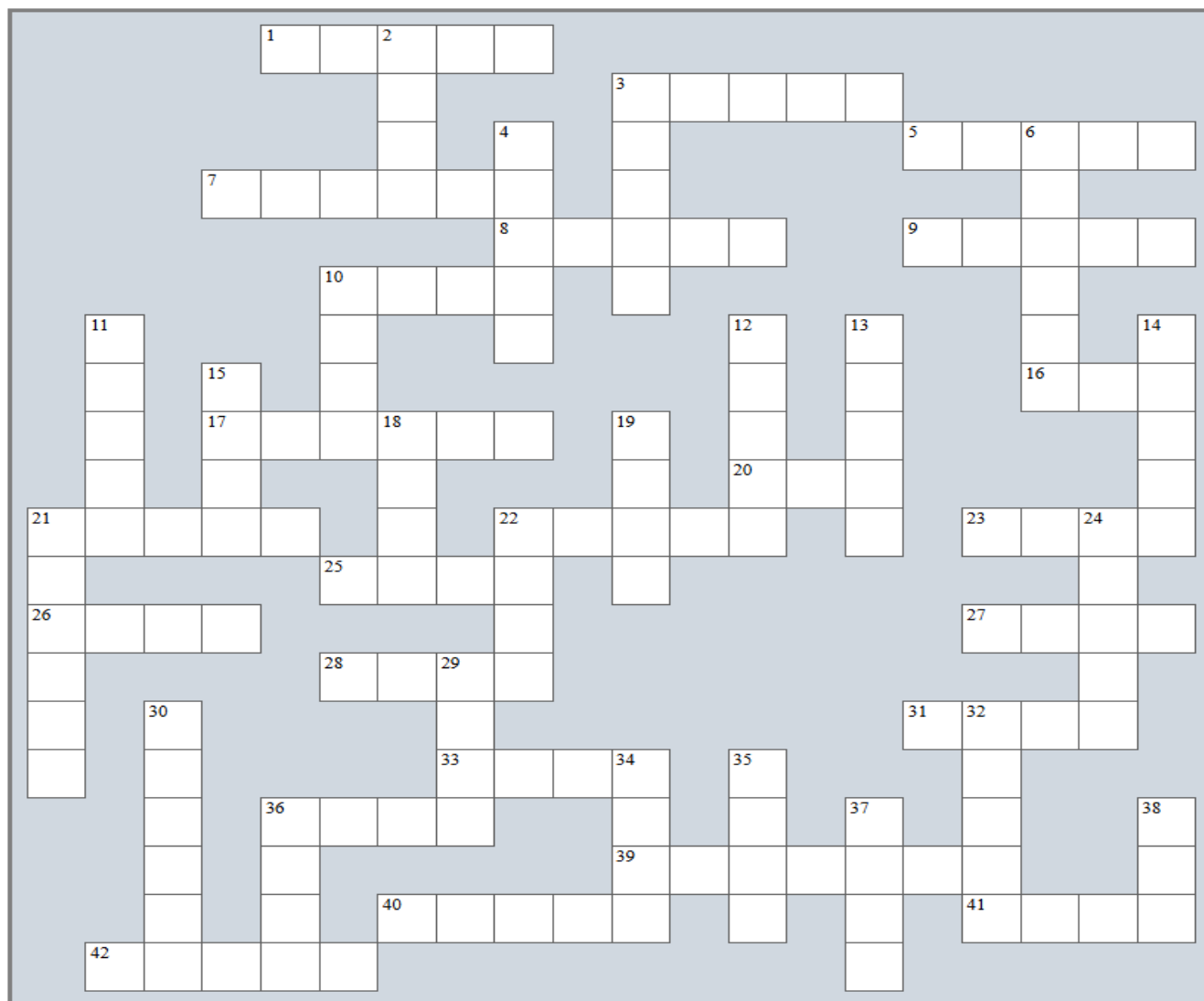


3rd Thursday afternoon of the month at the Baptist Church. For more information and to book a place, contact Pat 01159146670 or pag6be@gmail.com

Quizword - by nottstu

'Nottstu' has bravely stepped up to the challenge of providing a regular puzzle without ever creating one before so feedback (via [the editor](#)) will be gratefully received by us both. He would like this particular one be be considered a beginners problem – both for the setter and hopefully to encourage some new puzzlers. For the more experienced there is second set of clues that are a bit more cryptic. The answers to both sets are the same.

With a nod to Mike Burton, who will be telling us about The River Trent at the Open Meeting on 24 September, the clues in this crossword relate somehow to rivers.



Beginners' clues - across	Beginners' clues - down
1. Patient fisherman with long legs (5) 3. Vessel making repeated crossings (5) 5. River section that doesn't hang about (5) 7. Cross over the water (6) 8. Fish that may rise to a fly (5) 9. Grass-like plants, not in the middle (5) 10. Type of boat (4) 16. Long fish (3) 17. Fish making upstream return (6) 20. Rowing aid (3) 21. River may turn one of these (5) 22. Sudden flood (5) 23. Beeston and Gunthorpe have one (4) 25. Water, behaving naturally (4) 26. Canal, secure (4) 27. Tiny river in a garden? (4) 28. Stream with a fiery name (4) 31. Vessel that may float (4) 33. Henry (4) 36. River's fine deposit (4) 39. Water descending (7) 40. They babble, in poetic imagery (5) 41. Plant that may make a musical instrument (4) 42. A bit like a reed (5)	2. 17 across lay eggs here (4) 3. River escapade (5) 4. Tiny harbour (5) 6. Maybe with your bucket and spade (6) 10. Still water (4) 11. Bloodsucker (5) 12. Even narrower boat (5) 13. Water lands here (5) 14. Tree with wet feet (5) 15. Land surrounded by water (4) 18. This building might have a river flowing through (4) 19. Waterside berth, phonetically tricky (4) 21. Tree prone to weeping beside water (6) 22. River's elegant resident (4) 24. Island with little room (5) 30. Stone smoothed by the stream (6) 32. River mammal, accomplished swimmer (5) 35. Wetland plant - move rapidly (4) 36. Grains carried by a river (4) 37. Financial institution beside a stream (4) 38. What the riverbank may become (3)

Harder clues – across	Harder clues - down
1. The fisher once hides a wader (5) 3. A handsome boatman might use one in a song (5) 5. In danger of speeding (5) 7. Don't mind the gap, close it (6) 8. Botox lips (5) 9. Carex - not just soap! (5) 10. Speculative venture (4) 16. Legless swimmer (3) 17. Perennial fish (6) 20. When forest score (without the leader) (3) 21. Turned by the river (5) 22. Torrent, outpouring (5) 23. Water barrier (4) 25. Go with this (4) 26. Handy going up the river (4) 27. Part of a drill? (4) 28. Northern watercourse ablaze (4) 31. Craft Taboo upset, loses nothing (4) 33. Well known in Rufford (4) 36. Residue (4) 39. Falling water (7) 40. Tolerate running watercourse (5) 41. Musical plant (4) 42. A bit like 7 across (5)	2. Spawning ground, almost red (4) 3. Overflow, perhaps of information (5) 4. Thrown out from French (5) 6. Propel craft — perhaps getting wet in the process (6) 10. River on a break (4) 11. One living off another, lurking in water (5) 12. Tricky craft (5) 13. Bank hold up (5) 14. A tree, named after Hawkeye? 15. A crown dependency, maybe short of women. 18. Water-powered works 19. Spanish interrogative? (4) 21. Sorrowful tree (6) 22. A very fine one indeed! (4) 24. Unavailable rental accommodation (5) 30. Baby's bottom like rock (6) 32. Hides in water not terrain, or does it? (5) 35. Hurry (4) 36. The foolish man built here (4) 37. Safe at the edge of the river (4) 38. Musical memory, tiger feet (3)

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



Bird Watching Group

For all visits we provide our own or share transport and 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.

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 day location. On day trips we will leave the site by 4pm.

Date	Location	Leader	Meeting at
Sunday 23rd Aug	Treswell Wood – bird ringing FD ?	Led by members of the Group (Jim)	8:45 for 9:00 start
Monday 7th Sep	Skylarks AM	Led by members of the Group (Simon)	9:30
Monday 28th Sep	North Cave Full Day	Led by members of the Group (Jim)	9:45
Monday 12th Oct	Egleton Full Day	Led by members of the Group (Jim)	9:45
Monday 26th Oct	Attenborough AM	Led by members of the Group (Lynne)	9:30
Monday 2nd Nov	Old Moor Full Day	Led by members of the Group (Jim)	9:45
Monday 23rd Nov	Whisby AM	Led by members of the Group (Lynne)	9:30

Cycling



Ride Programme July to December 2026					
Date (Fridays)	Ride	Miles	Leader	Phone	Start Point
28 th Aug	Tissington & High Peak Trails	28	Graham & Christine	07803 123339	Carsington Water
11 th Sept	Newark to Fledborough Viaduct	32	Hugh & Di	07880 962135	Newark
25 th Sept	Calke Tramway & Staunton Harold	17	Pete	07828 647221	Melbourne
9 th Oct	Southwell Trail to Sherwood Pines	27	Graham & Christine	07803 123339	Southwell
23 rd Oct	Sherwood Forest to Clumber Park	20	Pete	07828 647221	Edwinstowe
13 th Nov	Grantham Canal to Cotgrave C P	15	Hugh & Di	07880 962135	Welbeck Road West Bridgford
27 th Nov	Southwell and Villages	17	Graham & Christine	07803 123339	Southwell
11 th Dec	University, Wollaton Park & Christmas meal	12	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**

Orienteering Walking



Summer Walk Dates and Locations

Tuesday 25th August - **Southwell - Detective Case Trail** Lunch @ Gossips Coffee House
 Tuesday 22nd September - **Sherwood Pines, Nottinghamshire** Lunch @ Sherwood Pines Cafe

Notes:

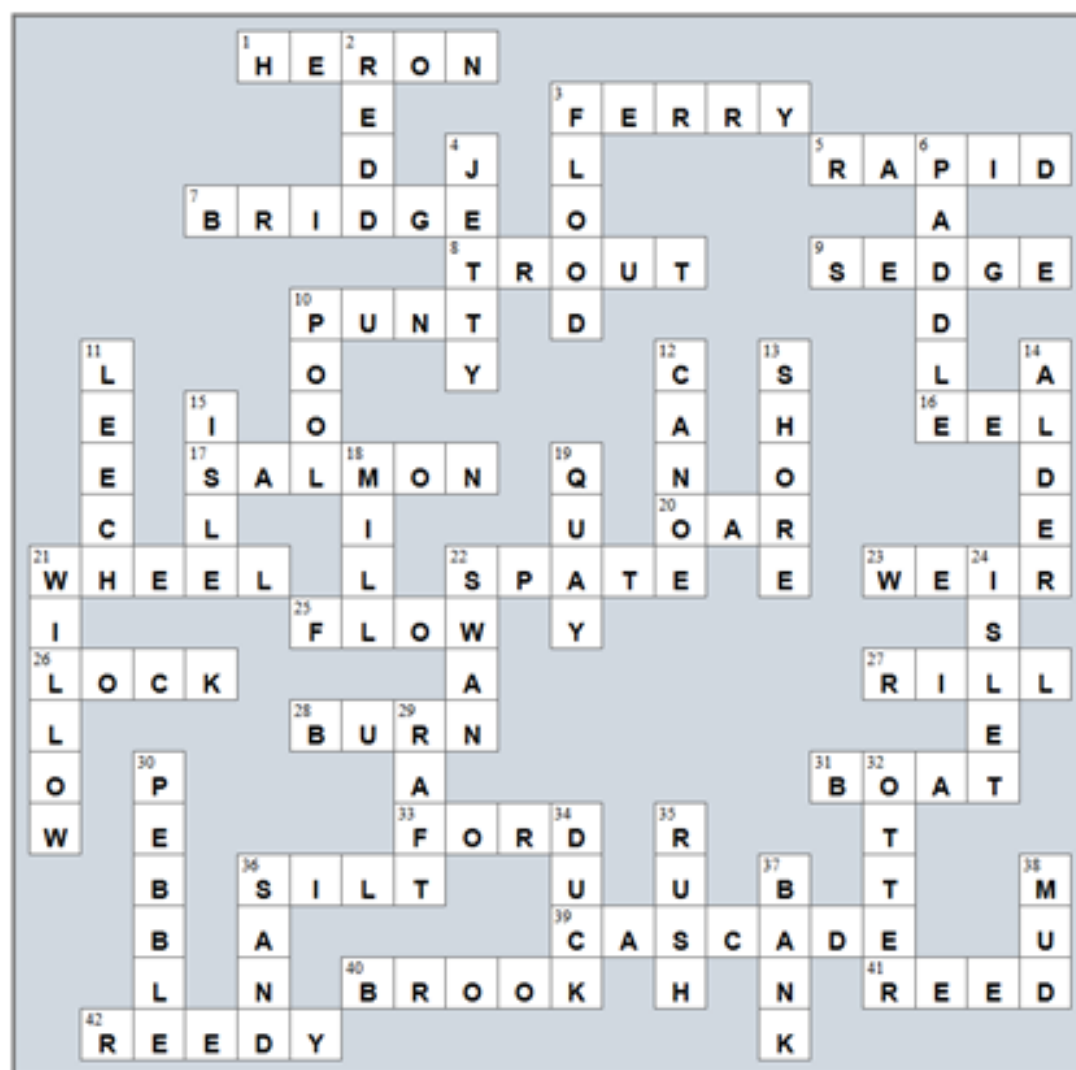
1. New members, irrespective of prior orienteering experience, are welcome to join the group.
2. Walk location & details are subject to change, potentially at short notice if weather related.
3. All walks are Permanent Orienteering Courses ("POC's) unless stated or implied otherwise.
4. "VOC's" are Smart 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**

2026 Speakers and Subjects



Date	Speaker & title of talk
24 September	Mike Burton: The River Trent, England's Heart
22 October	Kathy Powis: History of the Mary Rose
26 November	Paul Dyson: Wildlife artist
17 December	Danny Wells: The Victorians and the Christmas Season

Quizword Solution



Your West Bridgford u3a Committee

			
Joe Chair	Peter Vice Chair & Tech Support	Kathryn Vice Chair & Groups Co-ordinator	Trish Secretary
			
Martin Treasurer	John Membership Secretary	Carole Refreshments and Social	Louise Social Events
			
Brendan Publicity Officer	Paco Committee Member	Surrinder Committee Member	Clare Tech Support & Beacon Admin

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