

Please send your contributions to David: wbu3aeditor@gmail.com. The deadline for the next edition is 12th 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 - 24th September.



Mike Burton: The River Trent, England's Heart

England's prosperity was built along the waterway which, since ancient times, has been a great border – the country's north-south dividing line. Great men, great queens, and great innovation mark the Trent's history. Yet it is mysterious; silently and secretly doing its own thing and not fully known or understood.

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

Just Joe



Hello again, everyone.

If you are a group leader, then you will certainly be aware that our flavour-of-the-month is Risk Assessment! We have to go through these exercises every so often, and it does no harm to at least think through the range of activities that we are engaged in and the types of incidents that might occur. I've been looking at the Open Meeting (at the Baptist Church) and the Quiz Group (which meets at the Test Match). So, one challenge is that we have to interface our own risk assessment with those of completely different organisations.

Last month we were in Meteora in north-west Greece. A stunning landscape of rock pinnacles, hundreds of metres tall, many of which have got monasteries built on them from centuries ago. The monks overcame huge problems of access and logistics with their building supplies to achieve this. Alongside these monastic communities, there was a separate community of hermits (surely an oxymoron) who built dwellings in equally-inaccessible eroded caves in the cliff faces.

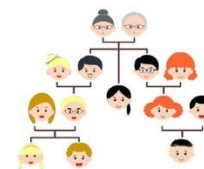




The name Meteora is the same as the Greek word *meteora*, which simply means “thing high up”. So the monks were high up on their pinnacles, *meteors* are high up in the night sky, and *meteorology* is high up in the atmosphere.

Joe Colls, Chair WB u3a.

U3a Family History Group _____



The Group meets once a month on the 1st Thursday of the month from 10.00 – 12.00 in the Cinema Room of Trent Bridge Care Home.

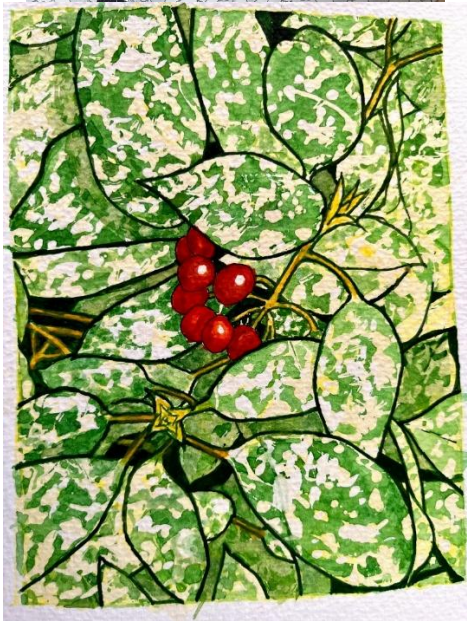
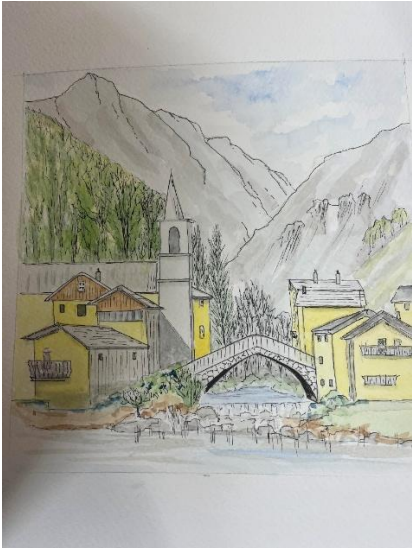
Family History can be a solitary activity, but the Group exists to offer support and collaboration on individual research projects and the sharing of tools and databases to further family history stories. It includes the discovery of social and military history which helps bring your ancestors' lives and struggles to life.

Our September meet included a talk and presentation on the WW1 diaries of one of our member's fathers. Photographs and descriptions of his military exploits were both amusing and terrifying in equal measure. Fortunately for us both he and his diaries survived and gave us all a chance to understand some of the horrors young men at that time had to experience and also the routine day to day activities which were also part of his war time experience.



We have a guest speaker at our October meeting talking to us about the history of in-law marriage – the Taboo, the Law and the Practice. We will be looking at examples of a widow or widower marrying a brother/sister of their former spouse. Technically such a practice was against the law until the 1920s and was often frowned upon within the local community.

It will be interesting to look at the societal and legal context for this and to see how it affected the families in question.



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

Social event _____



It's Pantomime time again.....

Aladdin at the Nottingham Playhouse

Tuesday 15 December Matinee 2.45 pm

Ticket price £26.80

If you are interested and would like a ticket reserved for you, then please contact Louise Carney on 0115 9817589 or lcarneyhall@gmail.com

Update on the Grumpies Group

You might remember that some time ago we asked who might be interested in starting a group based on the theme of Grumpy Oldies, who might meet up for a chat and put the world to rights. I take full blame for the lack of progress with this initiative. At that time, six members expressed an interest. If anyone else now wishes to respond who didn't do so the first-time round, please get back to me **before the end of this month**. Then we will make sure something happens in October.

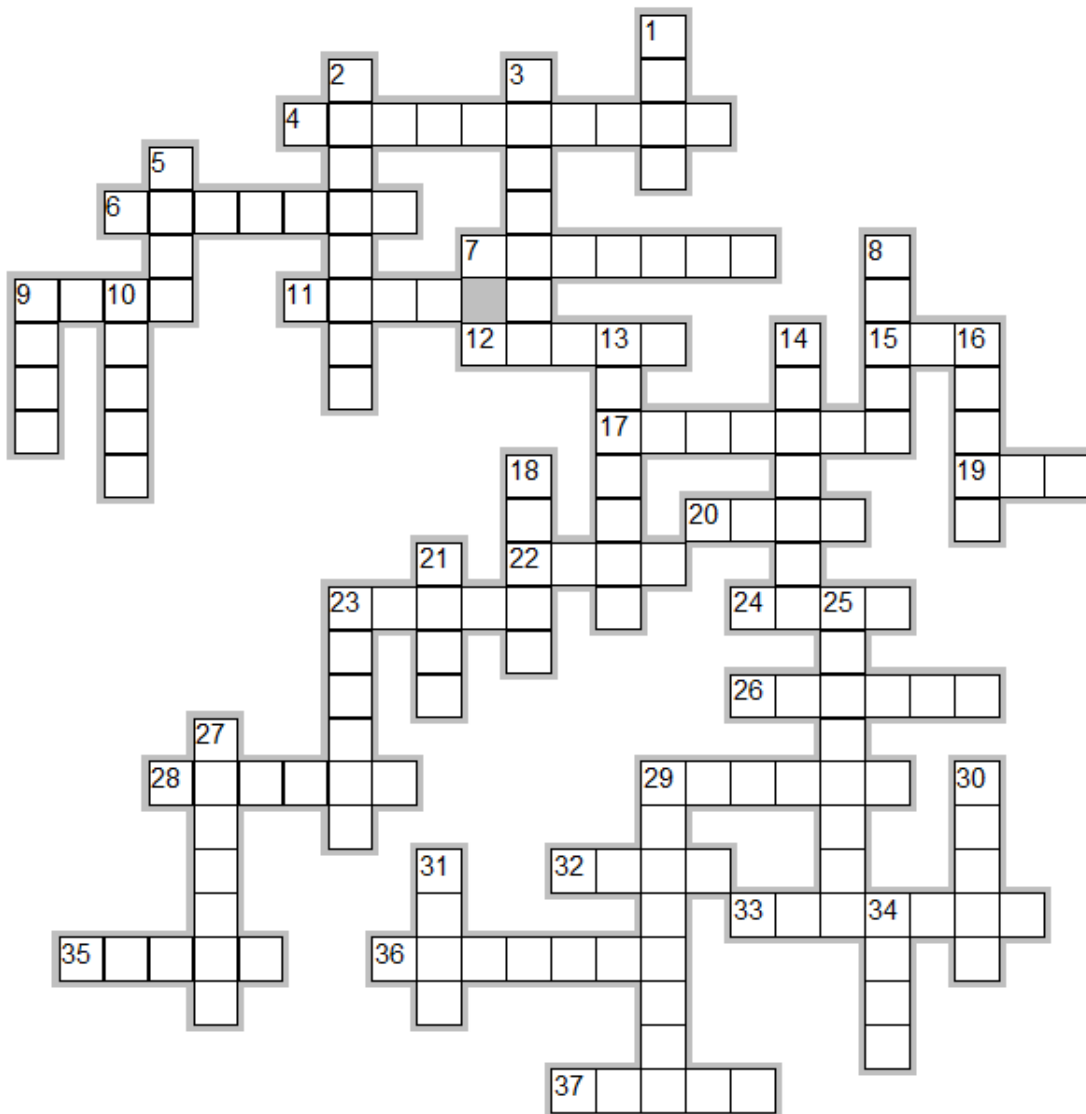
Joe Colls. wbu3achair@gmail.com



Quizword - by nottstu_____

This month the theme of the Quizword is the 'Mary Rose', the subject of October's talk.

We would welcome any feedback on this.



Harder clues - across	Harder clues - down
4. Superstructure not left behind (10) 6. Cannot find reverse.. (7) 7. Top hardy friend (7) 9. Ship's support hidden in drama's tide (4) 11. Settle this weapon (4) 12. Serious rear end of vessel (5) 15. One foot, briefly, towards the stern (3) 17. Car and rack make old vessel (7) 19. Most useful tree? OK but needs a fitting (3) 20. Sailors who rowed, perhaps (4) 22. Black eel forms ships backbone (4) 23. Structure — or surround a picture (5) 24. Cover, or a ship's floor (4) 26. Sounds a bit like old French (6) 28. Forbidden weapon in France (6) 29. Expert, or senior sailor (6) 32. Spar hidden in shipyard (4) 33. Artillery on the left (7) 35. Subaquatic explorer (5) 36. Hull, maybe (7) 37. Destroy completely — or ruined vessel (5)	1. Vessel's body somewhere in Yorkshire (4) 2. Assaulting navally (8) 3. Ending at the dance (7) 5. Harbour — or ship's left (4) 8. Sailor finally punished by walking this board' (5) 9. Companion — or ship's officer (4) 10. Lings cooked to make weapon (5) 13. Beatles title, returns property (7) 14. Nautical fitting cannot see (7) 16. Time, university and beetle make royal house (5) 18. Falcon — and Tudor gun — in one (5) 21. South and illness produce ship's canvas (4) 23. Bird — or old piece of artillery (6) 25. Pigeon, not out (8) 27. Seafarer (7) 29. Girl and flower become Tudor vessel (4,4) 30. Containing a literary weapon (5) 31. Keep, or ship's storage space (4) 34. Fight with this fish (4)

Beginner's clues – across	Beginner's clues - down
4. Raised structure at the bow (10) 6. Towards the bow (7) 7. Device for winding cable (7) 9. Upright spar carrying sails (4) 11. Medieval pole weapon (4) 12. Rear of a ship (5) 15. Towards the stern (3) 17. Large Tudor sailing warship (7) 19. Important Tudor shipbuilding wood (3) 20. People serving aboard a ship (4) 22. Ship's main longitudinal timber (4) 23. Structural part of a ship's hull) (5) 24. Ship's working floor (4) 26. Ship's kitchen (6) 28. Large ship's gun (6) 29. Senior ship's officer (6) 32. Horizontal spar carrying a sail (4) 33. Opening through which a cannon fires (7) 35. Person searching underwater (5) 36. Overlapping-plank construction (7) 37. Remains of a sunken ship (5)	1. Main body of a ship (4) 2. This party attack on an enemy vessel (8) 3. Weight used to stabilise a ship (7) 5. Left-hand side of a ship (4) 8. Piece of timber used in a hull (5) 9. Shipboard companion or officer (4) 10. Throw (5) 13. Bring back from a wreck (7) 14. Rigging block with holes (7) 16. Royal dynasty of Henry VIII) (5) 18. Type of Tudor cannon (5) 21. Canvas used to catch the wind (4) 23. Small Tudor cannon (6) 25. Long-barrelled Tudor gun (8) 27. Sailor (7) 29. Henry VIII's famous warship (4,4) 30. Medieval hand weapon (5) 31. Lowest part of a ship (4) 34. Long medieval weapon (4)

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
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
Monday 7th Dec	Colwick CP AM + xmas meal	Led by members of the Group (Lynne)	9:30
Monday 4th Jan	Skylarks AM	Led by members of the Group (Simon)	9:30
Monday 18th Jan	Langford Lowfields AM	Led by members of the Group (Jim)	9:30
Sun – Thur Feb Date tbc	SW Scotland holiday Full Day	Led by members of the Group (Simon)	Tbc
Monday 22nd Feb ? Date tbc	Attenborough AM	Led by members of the Group (Simon)	9:30
Monday 8th March	Middleton Lakes Full Day	Led by members of the Group (Lynne)	9:45
Monday 22nd March	Netherfield AM	Led by members of the Group (Simon)	9:30

Cycling _____



Ride Programme July to December 2026					
Date (Fridays)	Ride	Miles	Leader	Phone	Start Point
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 _____



Autumn Walk Dates and Locations

Tuesday 22nd September - **Sherwood Pines, Nottinghamshire** - Lunch @ Sherwood Pines Cafe
 Tuesday 20th October - **Shirebrook Wood, Nottinghamshire ("VOC")** - Lunch @ The Coopers Pub
 Tuesday 24th November - **Moira Furnace (Donisthorpe), Leicestershire** - Lunch @ Hub Cafe or Lakeside Bistro, Shortheath Water, Moira

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**



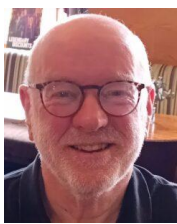
2026 Speakers and Subjects

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

Quizword solution

4. FORECASTLE (10)	1. HULL (4)
6. FORWARD (7)	2. BOARDING (8)
7. CAPSTAN (7)	3. BALLAST (7)
9. MAST (4)	5. PORT (4)
11. BILL (4)	8. PLANK (5)
12. STERN (5)	9. MATE (4)
15. AFT (3)	10. SLING (5)
17. AFT (7)	13. RECOVER (7)
19. OAK (3)	14. DEADEYE (7)
20. CREW (4)	16. TUDOR (5)
22. KEEL (4)	18. SAKER (5)
23. FRAME (5)	21. SAIL (4)
24. DECK (4)	23. FALCON (6)
26. GALLEY (6)	25. CULVERIN
28. CANNON (6)	27. MARINER (7)
29. MASTER (6)	29. MARY ROSE (4,4)
32. YARD (4)	30. SWORD (5)
33. GUNPORT (7)	31. HOLD (4)
35. DIVER (5)	34. PIKE (4)
36. CLINKER (7)	
37. WRECK (5)	

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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