

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

Kathy Powis: “THE MARY ROSE – ONE MOMENT IN TIME”



A presentation by Kathy Powis, telling the story of Henry VIII's flagship from her construction in 1510, active service fighting the French, the sinking in 1545, the dramatic raising from the Solent in 1982.... to the present day.

In Portsmouth Historic Dockyard the Mary Rose is housed in a state-of-the-art museum surrounded by 19,000 artefacts – the world's best depiction of Tudor life. Kathy is a Gold Patron of the Mary Rose Trust and speaker for the East Midlands. In 2018 she abseiled down the Spinnaker Tower in Portsmouth to raise funds for the Mary Rose Trust.

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.

Open meeting greeters

We have a small team of people who are available at the start of open meetings (1:30pm on 4th Thursday of the month) to meet and greet new members who are visiting for the first time / joining.

We would love to expand this team, so if you have an hour to spare on a few open meetings per year to help new members feel welcome please do let me know so I can add you to the rota.

Obviously the more in the team the fewer number of times we will need to call on you. Either email me at wbu3atech@gmail.com or catch me at an open meeting.

Clare

Just Joe



Hello again, everyone.

This month at our Committee meeting we were discussing how to get our members more involved in the Committee and its workings. We are chronically a little nervous about whether we will be able to recruit enough members to the Committee to replace those who have to leave, because none of us can stay on the Committee for more than 6 years.

We are inviting any member who is curious about how the Committee operates to sit in on a meeting. We are naturally hoping that some of you will do this, and by doing so realise what a jolly bunch of folk we are, and understand how some of the decisions are made that affect the way the u3a operates, and get sufficiently interested to join the Committee in due course.

The Committee meetings are generally held on the fourth Thursday of each month in the Baptist Church Hall. They start at 10 am and usually finish before 12 noon. If you would like to have a go this, or at least discuss it further, please email me on wbu3achair@gmail.com.

Last month my daughter made us an interesting pudding called Chocoflan. A layer of chocolate cake mix is covered in a thick layer of crème caramel. After baking in a *bain marie*, it is tipped out of the tin. Lo and behold! Despite having been turned “upside down”, the caramel is still on top of the cake. Apparently while it bakes, the cake expands and becomes buoyant, then rises up through the caramel as an intact layer. Remarkable.



Joe Colls, Chair WB u3a.

West Bridgford u3a: Women in the 1960s

Looking at the social attitudes and ideas of the time through the lives of individual women in the 1960s. All meetings will start at 2pm in the lounge at the Baptist Church.

Thursday 15th October: TV, Stage and Screen

Thursday 19th November: Fashion and Art

Thursday 21st January: Politics, Activism and the Law

Thursday 18th February: Writers

If you are interested in any or all of these sessions, please contact me for further details. Pat pag6be@gmail.com

01159146670



U3a Yoga Style Exercises

We meet on Tuesday morning
Quite early in the day
Some of us are yawning
But we will be O.K.

We really try to stretch some bits
We didn't know we had
We sometimes moan and groan as well
But later – we'll be glad.

Our aim is to be supple
And keep our joints a-working
We try to keep old age at bay
'Cos we know it's somewhere – lurking.

We do the cat, we do the dog
Pull funny faces too
That's to keep the chins at bay
We don't need more than two.

Some exercises are really hard to do
One of those is do the plank
That really is a challenge
30 seconds is my lot
That's all that I can manage

We have two 90 year olds in our class
Who are flexible and fit
All I want when I get home
Is yes, you guessed it SIT

After all this exercise
It's off to The Refinery
To go and drink and natter
We try to put the world to rights
But that's a different matter.

Liz Stevens



Local History Group

Members of the Local History Group had a very interesting backstage tour of the Theatre Royal on 25 September, its 161st birthday. The tour was volunteer-led by people, some of whom had worked there, had a real passion for the theatre and insiders' knowledge which they generously shared with us. They took us from the Dress Circle to the wardrobe, a tiny space considering the number of costumes that have to be serviced daily by devoted women. On the way we took in the stage set up for the ballet Car Man, which has its own flooring, we marvelled at the massive lighting and sound rigs. We also visited the inside loading bays which can accommodate 2 pantechincons, simultaneously, useful as the Car Man requires 6 of them for its equipment.

As if that wasn't enough, we got a discount on purchases at the Yarm Bar afterwards!

The History Group's Visit to Doddington Hall, August 26th



A photo of the History Group enjoying a cream tea during their visit to Doddington Hall.

We had been unable to visit our original venue, Harvington Hall with its seven Elizabethan Priest holes. They had decided to film there at short notice. We know we are the “crème de la crème” being historians, but they cancelled us. Instead, we went to Doddington Hall, a home that has been in the same family since it was built in Elizabethan times. It is a quirky place full of old gems and with rooms using tapestries as wall paper. They were cut down to fit whatever wall they had to cover and just haphazardly put up to cover the stones. Nothing like the Tapestries of Hardwick Hall, but those are the Rolls Royce of tapestries. Those at Doddington are more like a beaten-up Honda Jazz (my car).

It was interesting to see how a family is keeping their own stately home above water. We certainly enjoyed their Summer Sculpture exhibition. There was room on the coach for a purchase one, but no one had seemed keen to part with several thousand. Saving up for next time perhaps?

My thanks go to my group for graciously accepting a change of venue and our especial thanks go to Martin Wakeling, our u3a Treasurer. He had to unravel the finance caused by the changes and the refunds. He was just brilliant, so thank you for your patience.

Now in the History Group we are moving onto the Stuarts and their disasters. All great fun.



Virgin and all related / historic emails

Those of you with virgin (or virgin related emails) recorded in Beacon will have already received an email from me with the text below, but just in case you missed it or you are someone with multiple email addresses:-

NO IMMEDIATE PANIC but I have been looking through some forum notes on the u3a Beacon admin system and came across an article about virgin closing their email accounts

<https://news.virginmediaio2.co.uk/helping-customers-understand-upcoming-changes-to-their-virgin-media-email-services/>

Although they are giving the option to move over and retain your email address for 99p (then presumably an annual fee after 12 months) with so many things linked to email these days it's probably worth planning ahead as the 45 days' notice they are giving isn't long if you decide you want to set up a new one somewhere else!

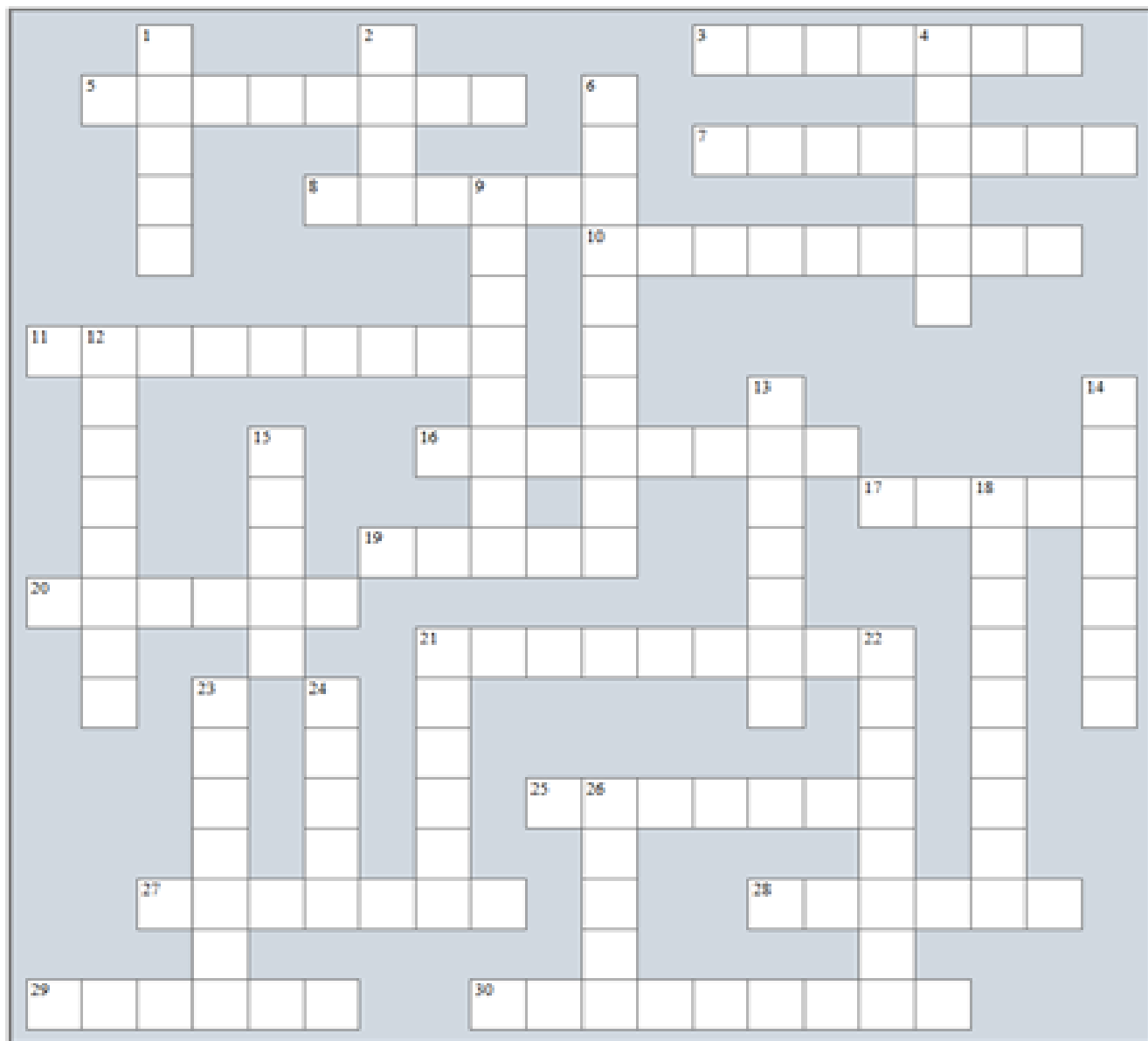
Not sure how quickly this this will be rolled out so do watch your in boxes and check spam.

If you have any questions Peter Oliver and myself are happy to try to answer them for you, either at an open meeting or if you see us or do email us. Clare

Quizword - by nottstu_____

This month the theme of the Quizword is 'Wildlife', related to the subject of November's talk.

We would welcome any feedback on this.



Easier clues - across	Easier clues - down
3. Elusive feline found mainly in Scotland (7) 5. Tall wildflower with tubular flowers (8) 7. Familiar yellow spring flower (8) 8. Britain's smallest falcon (6) 10. Small bird with precious plume (9) 11. Fast-flying insect often seen near ponds (9) 16. Nocturnal bird with a distinctive call (8) 17. Small, fast-flying falcon (5) 19. Tree with white flowers and dark berries (5) 20. Elusive woodland member of the weasel family (6) 21. Male cattle followed by small bird. (9) 25. Wild member of the weasel family (7) 27. Secretive wetland bird with a booming call (7) 28. Elegant wader with an upturned bill (6) 29. Fish-eating bird of prey (6) 30. Falcon famous for its speed in a dive (9)	1. Tree bearing clusters of red berries (5) 2. Mammal that spends most of its life underground (4) 4. Wader with a long curved bill (6) 6. Brilliantly coloured bird of rivers (10) 9. Aviating beetle (8) 12. Small bird with a reddish tail (8) 13. Wader with a conspicuous crest (7) 14. Bird famous for singing in flight (7) 15. Tree whose nuts are eaten by wildlife (5) 18. Plump, hairy insect (9) 21. Black and white sett dweller (6) 22. Hedgerow tree with white blossom (8) 23. Bird of prey that hunts low over open land (7) 24. Small predator changes colour in winter (5) 26. Mammal often found in British rivers (5)

Harder/cryptic clues – across	Harder/cryptic clues - down
3. Unhappy pussy (7) 5. Flower and animal's handwear (8) 7. First flower almost - but is this really a rose? (8) 8. This falcon is also a magician (6) 10. Tiny bird, precious metal topped by a crown (9) 11. Insect: mythical beast takes wing (9) 16. Nocturnal bird, darkness containing a vessel (8) 17. Pastime beside old stove (5) 19. Senior member of the woodland community (5) 20. Omar tends to hide this predator (6) 21. Nonsense at church's end makes colourful visitor (9) 25. Wild predator to place confused (7) 27. What's hiding in the bitter noon (7) 28. Bird but it's octave is strange (6) 29. Adios prey, this hunter will find you (6) 30. Traveller's bird makes a rapid descent (9)	1. Tree found in a line perhaps (5) 2. Infiltrator (4) 4. Waders curl, followed by disgust (6) 6. Royal angler lands colourful bird (10) 9. Beetle: woman followed by avian creature (8) 12. Bird begins again and gains 500 somewhere (8) 13. Wader makes circuit with flight appendage (7) 14. Songbird, heaven above singer (7) 15. This girl is nuts (5) 18. Bee that might stumble before flying (9) 21. Pester the animal (6) 22. Hedge flowers even in a raw north swirling wind (8) 23. Pursuer is found hunting over moorland (7) 24. Small carnivore would still eat toast if crumbled (5) 26. River mammal not terribly hidden (5)

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

BIRDING AT NORTH CAVE WETLANDS

This pleasant and extensive site situated near Brough is run by Yorkshire Wildlife Trust and offers good views over its six lakes. The reserve was originally fenland which was drained to become farmland and latterly quarried for sand and gravel. This industry still continues on the outskirts and will eventually donate more land to the Trust.

We were fortunate to have one of the Trust's members to guide us round giving us his knowledge of what to look out for and where, including dragonflies and bees as well as birds. From the very first hide we were surprised and delighted to see water rail out in the open feeding in the soft mud. Even a couple of snipe were out and about on a grassy bank. Then overhead we spotted a flock of pink-footed geese. What a brilliant start and a lovely sunny morning as well!

And it just got better as round the next corner in a harvested field, we were so intent on sorting out carrion crows, jackdaws and rooks that we nearly failed to notice about 40 curlews beyond them as they were so well camouflaged. And to top it all, a keen eyed member spotted a bittern well hidden in the reeds on the next lake.

Also we could not fail to notice a ruddy shelduck with its bright colours alongside a few Egyptian geese as most of the other waterfowl were not yet in their full breeding plumage.



We had a good total of around 50 species after lunch when our guide and half the group left. Some of us stayed a while longer but were only rewarded with a roe deer.

Linda

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 20th October - **Shirebrook Wood, Nottinghamshire ("VOC")** - Lunch @ The Coopers Pub

Tuesday 24th November - **Moira Furnace (Donisthorpe), Leicestershire** - Lunch @ Hub Cafe or Lakeside Bistro, Shorth Heath Water, Moira

Notes:

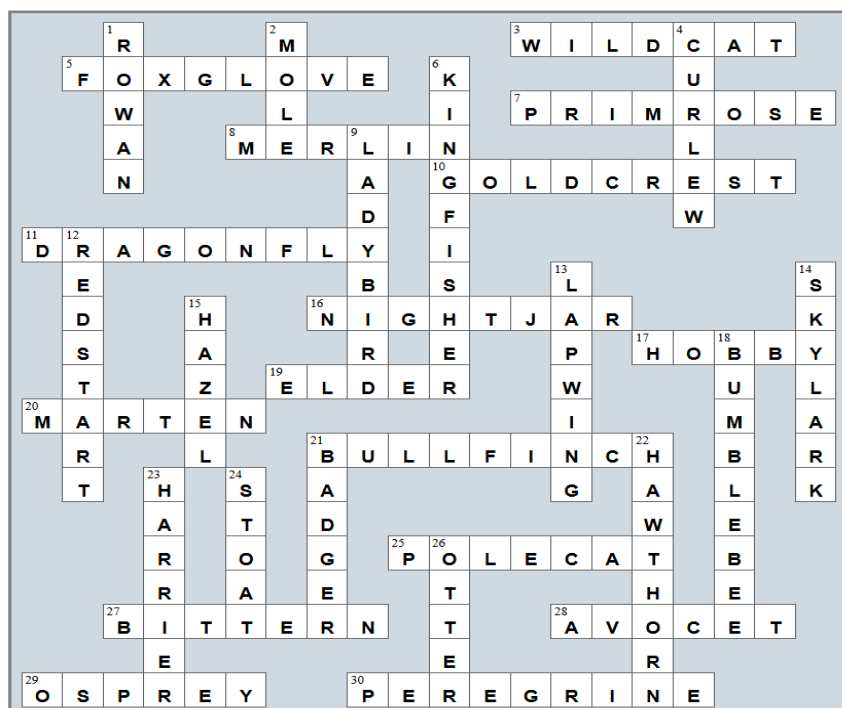
1. New members, irrespective of prior orienteering experience, are welcome to join the group.
2. Walk location & details are subject to change, potentially at short notice if weather related.
3. All walks are Permanent Orienteering Courses ("POC's) unless stated or implied otherwise.
4. "VOC's" are Smart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

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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