

West Bridgford u3a Highlights

April 2022

This is your way to keep in touch with all our members. So, please send your stories, poems, pictures, information or memories to **Pat:** wbu3aeditor@gmail.com

Deadline for contributions to the next edition is Friday 13th May

Next Open Meeting

28th April at the Baptist Church

A Short Submarine Patrol – Commander Neil Jervis

Your chance to get together with friends again. To have a cup of tea and socialise. Come along and enjoy the afternoon.

We want everyone to feel safe so please still wear a mask until they are seated. Doors open from 1.45pm.

Future Meetings

26th May 2022 From Barrow to Baghdad – Philip Caine

23rd June 2022 The AGM followed by Passports Assassins and Traitors
Martin Lloyd

Cricket Ground Tour

On Wednesday 16th March we finally managed to go ahead with the Cricket Ground Tour which had been due to take place 2 years ago. It turned out to be a very popular event with 26 members attending.



Starting with a short talk by the Heritage Officer, we were then split into 2 groups with the very knowledgeable Tour Guides to visit behind the scenes and hear about some of the great players and matches that have made Trent Bridge one of the most renowned and admired cricket grounds in the world.

We saw inside the world-famous 1880s Pavilion and the members' facilities and one of the players' dressing rooms.

Walking around the pitch and onto the hallowed turf, and over to explore the spectator, playing and media facilities in the Radcliffe Road Stand. Discovering the views of the world's broadcasters from the media boxes and enjoy stunning views of Nottingham from the upper floors.

It was lovely to receive some feedback from those who attended:-

Brilliant tour today. Two hours. Very informative and fun. Great guides. Loved it. We both did.. Thank you.

Thank you very much for organising the tour of the cricket ground. I found it very interesting and entertaining - the guide we had was excellent. I hope those with less cricket knowledge found it equally absorbing.

Louise (Social Events Team)

Forthcoming Social Events

Loughborough Market Thursday 21st April

Visit to Loughborough Market by bus so bring your bus pass! **Meet before 10am at the Bus Stop opposite County Hall.**



Tour Of Bromley House Library Friday 6th May



Start time – 2.30pm. **Meet outside the library by the Barnardo Charity Shop on Angel Row**

The visit includes a short talk on the history of the library and introduction to its collections from a member of staff, tea/coffee and biscuits followed by a guided tour. Approximately 2 hours.

Cost £6 per person

(please note there is no lift and lots of stairs)

For further information, please contact

Louise 0115 9817589

Lcarneyhall@gmail.com

Walking Tour
The Buildings Of TC Hine
Wednesday 25th May



Starts at 2pm – Meet at the Nottingham Playhouse

Explore the buildings of **Thomas Chambers Hine** “the father of the Midlands Architects” and his impact on the built environment of Nottingham city centre. This walk will take in an overview of the Park Estate, progress via Hine’s home and office on Regent Street towards Nottingham Castle. The walk will continue across the city centre to investigate some of Thomas Chambers Hine’s lesser known buildings and finish up with some of his large scale projects in the Lace Market.

This is a walk of 3km (1.9 miles) approximately 2 hours. The walk starts at Nottingham Playhouse and finishes in the Lace Market.

£13 per person. To book or for more information, please contact **Louise Carney 0115 9817589** Lcarneyhall@gmail.com

All social events will be advertised at the Open Meeting. There are places still available for the walking tour of T C Hine buildings, the Bromley House Library and the River cruise in June.

Please come along to the Social Events Team table for further information or telephone **Eleni 0115 9141740** or **Louise Carney 0115 9817589**
Lcarneyhall@gmail.com

Pub Quiz Afternoon



On the afternoon of Wednesday 6th April we met at the Test Match pub for an afternoon of quizzing (and socialising). 6 teams, made up of 21 members who enjoyed answering questions on a variety of subjects, some more puzzling than others.

We had a break for tea and wonderful home made cakes at half time before resuming the quiz.

After much debate, scratching of heads and playing jokers, we had a winning table. Team Nomads won – sadly the Organisers Team came last.

We are very grateful to our wonderful Quiz Master Janet, who set and asked the questions. Thanks Janet for all your hard work.

Thank you also to all who came along to a very enjoyable afternoon.

Orienteering Walking 2022 Walk Dates and Locations

Tuesday 26th April – Rufford Country Park, Nottinghamshire or Shipley Country Park, Derbyshire– lunch at on site cafe for either location

Tuesday 24th May – Black Rocks, Cromford, Derbyshire– lunch at Cromford Mill (The Group's "Golden Jubilee Walk")

New members, irrespective of prior orienteering experience, are welcome to join the group.

For further details and/or to join (or be removed from) the group's email distribution list.

Contact John – 07721 538057

VEOLIA – Presentation by Lesley Taylor on Friday April 1st

Well I got there eventually, after 2 abortive attempts at this presentation, more than 40 u3a members were in the hall to hear a talk about RUBBISH.

Lesley was excellent, clear, concise and very knowledgeable, no new packaging or question was left unanswered.

So, the crux of the thing is that although packaging says it is RECYCLABLE it does not always mean that recycling companies are interested in it!

Your 'recycling' bin, might be a different colour dependent on where you live, but it is still processed by VEOLIA. VEOLIA are an Environmental Services Company & are the waste management company for Nottinghamshire County Council. At their Materials Recovery Facility they process the household recycling from the 7 districts & boroughs. They don't actually recycle anything there but play an important part in the process.

You may have 2 or 3 bins which are used for the following purposes: –

1 = **General** waste, everything that is not suitable for the other bins.

2 = **Recycling** waste, specific items that large scale recycling companies require.

3 = **Garden** waste, only green stuff from your garden.

GARDEN WASTE – This is easy, only items that have **once grown in your garden** can go in here.

Food waste? – NO = General waste

Plant pots? – NO = General waste

Vegetable peelings? – NO = General waste

Compostable bags? – NO = General waste

Ah Ha, bet that got you going, what no compostable bags but surely.....

NO, they take forever to decompose and until they do in 2099, they are a nuisance and create a problem for the people who process the GARDEN waste.

GENERAL WASTE – This is everything from households that will not be reused or repurposed. The contents of this bin are burned to produce fuel. A really useful energy efficient way to generate electricity and clean too, not like incinerators of old.

RECYCLING WASTE – For the majority of the people in West Bridgford u3a, you are in Rushcliffe and the following NCC guidance applies. If you live in any of the other districts or boroughs of the NCC area the guidance is the same but if you live in the Nottingham City area (I live in NOTTINGHAM CITY) there might be slight variations, these will be covered.

Glass, of any description is NOT handled in this bin, instead take it to a glass recycling centre, there are several places in West Bridgford for this, the largest being

the library car park. Get in the habit of taking your BOTTLE with you when you go out so that it doesn't become too heavy. I remember recycling glass in the 1970's, it will be repurposed as glass again. No broken glass remember.

Cans, fantastic material can be reused endlessly, do rinse them out as otherwise any remnant of food or liquid can contaminate other products in your bin.

Deodorant, hairspray, cleaning product cans are also okay, but if there is a detachable lid, then detach it and pop the lid in general waste.

Paper and cardboard, yes please, with a couple of provisos.

No food debris left on the paper, so if you are a fan of George's fish and chips, that box is not suitable. Do you like a pizza? Similarly, the box is generally tainted with fat or the cheesy topping, so no good for this bin, pop it in the general waste.

Wrapping paper and cards are okay, as long as they don't have twinkly bits or embellishments (**such as ribbons or jewels**). Give paper the scrunch test! If it stays as a ball, it is okay, but if it springs back it has plastic in it and is no good for this bin.

Plastic products and then we come to the most confusing items of all.

Do you know the acronym **KISS**, it stands for **Keep It Simple Stupid**, well we are not stupid but it is really easy to get this wrong and we are only trying to get it right!

Food manufacturers are constantly inventing and producing new ways of packaging the goods we buy, current advice is. **NO** food trays or packaging (like you get grapes in), reuse that Chinese takeaway box, and eventually pop it in general waste.

Yoghurt pots ~~and lids~~, and margarine/butter tubs and lids are fine. Lesley showed us a Lurpak butter pot which was OK and pleased me as that was one of my questions.

Plastic Bottles are okay, tops need to go back on the bottles before you pop them in the bin, you can Wash & Squash your bottle if you like! Bottle tops are often collected to raise funds so if you know a group who wants them, support them. You may recall we have been collecting bottle tops for the Dove Hospice, so if you could remember to bring them to an open meeting, that would be grand.

Household cleaning product bottles are okay to go in this bin, but if they have the squirty capacity, you know, gun like, or a pump action like on liquid soaps then the top needs to be removed and put in the general waste bin. Oh, why you ask because this makes it difficult, well it is perfectly reasonable when you know, the squirty capacity and pump action include a metal spring which is difficult for the 'next' utiliser of this plastic.

Plastic tubs, such as ice cream and chocolates can't go in your recycling bin, they are too large to reach the plastic sorting machine & instead get mixed up with the paper and cardboard. Why not refill them at home and ENJOY.

Veolia do operate large recycling centres for disposal of other products such as your old vacuum cleaner or that lawn mower and where you have larger items for disposal, you know the council will arrange collection, yes, at a price.

I discovered that glass, which I can put into my bin as I live in Nottingham City, is not 'reused' but 'repurposed' as it is mashed up and used to manufacture other materials. Glass put into the glass deposit areas is made into glass again.

Please ask me anything about 'what goes where', I am a recycling evangelist.

Sue B

Peak District Walking Group Programme to June 2022

The u3a Peak District Walking Group organises walks usually 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 wear boots and dress for the weather.

Date	Walking From	Walking through	Leader	Distance (Miles)
5 th May	Winster	Nine Ladies and Robin Hood Stride	Simon	6.25
2nd June	Ashover	Valley of River Amber	Maureen	5.5

If you interested please contact **Pete** Mobile 07828 647221 or email peter.elderton@live.co.uk

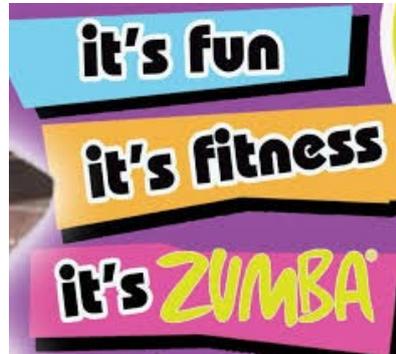
International Folk Dance (formerly Dance Around the World)

This is a small, friendly group who would love to welcome you to join us. **Meeting at West Bridgford Baptist Church on the 1st and 3rd Wednesdays of the month, 1.45 – 3.30pm**, we dance to a range of music from across the world, such as France, Greece, Thailand, Israel and Africa. Each dance is demonstrated beforehand and new members are supported where necessary.

A welcome cuppa-and-biscuit break offers us time for a quick breather and catch-up. Don't be shy, just give us a try.

For further information, contact Joan on 07847 209399 or email j.millband@hotmail.co.uk

New Group: Zumba



Do you want to feel younger, fitter and happier, have fun and make new friends?

Zumba incorporates basic dance moves into a low-intensity workout focusing on all-round fitness: cardio-vascular, muscular, flexibility and balance.

Erika Sonnenvirth is a Zumba instructor who is well-known locally, since she runs face-to-face 50+ Fun Fitness classes across West Bridgford and several South Nottinghamshire villages.

Our group will be using Erika's on-line videos, which Erika has kindly agreed to offer at the same price as an individual session to enable us to keep costs down. Erika offers lots of health and safety points as well as verbal directions and posture points while she dances all the routines with you. Using a variety of lively, uplifting music, Erika will talk you through each dance so that you can adapt moves to your own level of fitness and mobility.

The group will meet weekly on Mondays 10.00–11.00am, commencing on Monday 23rd May. The venue is West Bridgford Baptist Church Hall.

The group will be led by Joan, who has been attending Erika's classes for several years, both face-to-face and online. There will be a small charge for attendance to cover costs. Please wear comfortable clothing and non-slip shoes such as trainers, plus bring a bottle of water with you. If you are interested in joining the group or want to learn more, please contact Joan on 07847 209399 or j.millband@hotmail.co.uk

More information about Erika and her 50+ Fun Fitness classes can be found at <https://www.50plusfunfitness.co.uk/about-erika/>

The Woodland Trust

The climate change group is hosting another in their series of getting to know the environment talks. Gerald Price from The Woodland Trust is going to provide information on the current state of our woodlands, with an emphasis on some local projects that are on-going.

Do join us for an update on what is happening, you will be very welcome.

May 9th at 2pm at the West Bridgford Baptist Church. Please let Sue know if you intend to come to the meeting:

Sue 07900886765 or email her: sue456bailey@gmail.com

Cycling Group Ride Programme: to June 2022

Date	Ride	Miles	Leader	Phone	Start Point
Friday 22 nd April	Southwell Trail to Sherwood Pines	26	Graham & Christine	07803 123339	Southwell
Friday 13 th May	Cloud Trail to Derby	25	Helen	07980 351529	Worthington
Friday 27 th May	Tissington & High Peak Trails	21	Graham & Christine	07803 123339	Carsington Water
Friday 10 th June	Sherwood Forest & Clumber Park	20	Pete	07828 647221	Edwinstowe
Friday 24 th June	Manifold Valley	17	Helen	07980 351529	Waterhouses

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** 07828 647221
Graham 07803 123339

Orienteering Walking Group's "Oakham Tops Walk" – March 2022

After Storm Franklin did its worst last month, leading to the postponement of our walk, this month's group of ten, fared much better & had an enjoyable & challenging day – in decent weather. It was also mainly dry underfoot but with a few boggy areas, not to mention one stile surrounded by a small lake, which required some mountaineering to bypass the obstacle. This was the group's first visit to Rutland – our fifth county to be notched up!

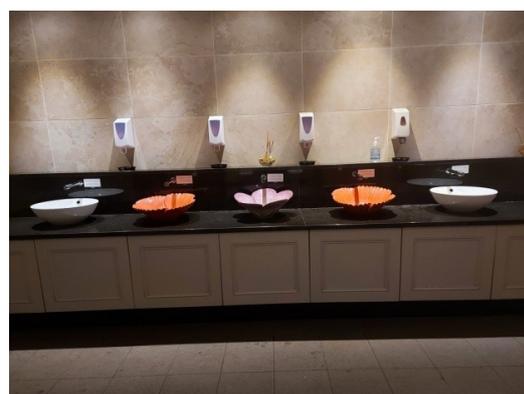
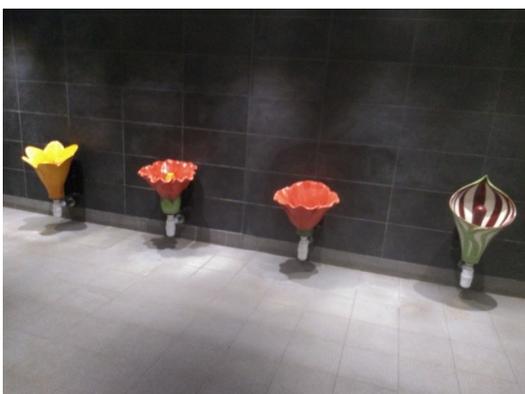
Noting the Photography Group's recent "Theme of the Month" – Everyday Objects, this month's walk summary focuses on an everyday activity, but nevertheless an important one, to be considered by all walk leaders, when planning walks – the availability of toilet facilities near to or at the walk & lunch locations.

Prior to the group meeting at the walk location, I had directed them to the local TESCO. We discovered on the walk however, that we hadn't been the only ones to visit that establishment.



After the walk, the group ventured to Gates Garden Centre (at Cold Overton), for lunch, where the toilet facilities are "works of art" and should easily find their way into an update of Lady Lucinda Lambton's set of toilet photographs, in her excellent book "Temples of Convenience: & Chambers of Delight", which subsequently appeared in TV documentary form.

I had earlier promised the Ladies in the group, a tour of the Gents toilets, in order to inspect the urinals, but, on the day, they had to make do instead with photographs. I am grateful in turn for one of Ladies sharing an image of her own facilities' washbasins.



John

Home Start

Home-Start Nottingham is a children's charity which supports families with children 0-8yrs. Volunteers support for 2 hours a week to offer emotional/listening or practical support. Families may be isolated or have low level mental health needs and may just need someone to talk to. They may also like support to access things in their community.

The volunteers are parents themselves or have parenting experience. Home Start run volunteer training courses, the next one is in June. These are for 1 day a week for 5 weeks. If anyone would be interested in becoming a volunteer or know a family that may benefit from our support then please contact Home Start on 0115 9624262. There will also be a table at the Open Meeting on Thursday, 28th April, if you would like to come and have a chat about it.

Guitar Strummers Fun Sing-around

Is your guitar gathering dust? Do you play guitar on your own, but wish you could strum along within a small group? Want to play guitar and socialise with like-minded musicians? Then this could be the answer!

Guitar Strummers Fun Sing-around is for U3A members who are reasonably competent at a range of Chord-based musical/pop/rock/folk/soul songs, and would like to perform with others.

The Group was formed during Covid and started off in a member's garden, then into a Garden Room, before finding our current modern and pleasant venue.



Currently, we are a group of 8 members, of mixed abilities, with the common aim of playing guitar together for fun and to extend our range of songs and playing proficiency.

Mainly, we perform together, with occasional solos. Song choices are made by group members.

Bring guitar, portable music stand and your own refreshments.

Venue: St Wilfrid's Church, Benjamin Carter Back Hall, Church Drive, Wilford, NG11 7AJ.

Meeting: Alternate Thursdays, 11.00am – 1.00pm

Contact:

Gordon – Mob: 0779 693 4365

David – Mob: 0797 005 9525

A warm welcome awaits!

Forthcoming Dates:

April 21

May 5, 19

June 2, 16, 30

Third Age Trust News

u3a members have contributed an amazing 8,200 trees to the u3a woodland in just 6 months. We now hope to reach 10,000 trees by the end of 2022, our 40th anniversary year.

The u3a woodland was launched in November 2021 as a way to create a lasting legacy. The movement quickly passed the original target of 5,000 trees, helping to support the environment and climate for future generations.

We've launched the first three in our series of films focussing on what u3a means to our members. Geoffrey, Lindsay and Alexander have all shared their stories – click on the link to [watch them on our YouTube channel](#)

Local History Group talk

Love & War, Sherry & Tripe

2pm, Weds 11th May, at the Baptist Church

Peter Youds has lived and worked in Nottinghamshire for over 40 years. He has always had an interest in the past (social history as well as political and military). Combining this with a love of literature, he has established himself as a successful historical novelist. He has published eleven titles in the "Ties of Blood" series of Georgian novels and the final volume in the Victorian "River Trilogy" is just published.

Peter's aim is to "warm up the cold facts of history". The talk "Love & War, Sherry & Tripe" tells how people, particularly soldiers and their loved ones, got through their day to day lives as Britain fought the French during the Napoleonic Wars.

All are welcome but please contact Yvonne to let her know you are going to attend.

y.haynes@hotmail.co.uk 07746668469

Future Local History Events

3rd August: Thrumpton Hall

A talk and guided tour by the current owner, tea/coffee & biscuits and access to the extensive grounds, costing £17.50.

Anyone who would like to join us, contact Averil: averil.hancox@ntlworld.com

If you are interested in Local History, please come along and feel free to make suggestions for topics or outings and, if you have a particular interest which you would like to share with the group, we'd be delighted to hear from you.

For more information, please contact Yvonne at y.haynes@hotmail.co.uk
07746668469 or Averil at averil.hancox@ntlworld.com

Bird Watching Programme to June 2022

For visits with our expert there is a charge of £30 for a full day. The charge with transport in his minibus is £35. For visits without our expert we provide our own or share transport. For some sites there is also an entry charge. Please book in advance. Final details will be emailed a week before each visit.

Date	Location	Leader	Charge
Monday 25 th April	Brandon Marsh	members of the Group	No Charge
Sunday 8 rd May to Sunday 15 th May	Holiday to Corsica	Professional Expert	Details on request
Monday 9 th May	Netherfield Lagoons	members of the Group	No Charge
Monday 23 rd May	Cannock Chase	Professional Expert	£30 or £35 with transport
Monday 30 th May	Budby Common Nightjar Visit	members of the Group	No Charge
Monday 13 st June	Blacktoft Sands	Professional Expert	£30 or £35 with transport
Monday 27 th June	Padley Gorge	members of the Group	No Charge

For more information contact: **Pete E** 07828 647221 or **Lynne T** 07811 707868

Groups Timetable

	Day	Venue	When	Leader	Phone	Status
	Monday					
AM	Bird Watching	Various	1 st /3 rd Monday	Pete	07828647221	
	Orienteering	Various	3 rd Monday or 4 th Tuesday	John	07721538057	
PM	Discussion Group 2	Member's home		Pat	01159234285	
	History	Various	4 th Monday	Carol	07419317738	
	Finding Out About Music	Zoom	1 st Monday	Pat	01159146670	
	Art Appreciation	Baptist Church	1 st Monday	Carol	07419317738	Full
	Cards and Games	Member's home	2 nd Monday	Janet/Paul	01159231352	
	Climate Change	Baptist Church	2 nd Monday	Sue	07900886765	
	Genealogy	Zoom	2 nd Monday	Paco	01159233109	
	Spanish Conversation	Zoom	1 st Monday	Lynda	07887392138	
	Wine Appreciation	Member's home		Rod	01159232019	
	The Crown	Zoom	4 th Monday	Sue	07900886765	
Evening	German	Zoom	Alternate Mondays	Rita	0115 9841516	Full
	Tuesday					
AM	Art Appreciation	Baptist Church		Heather	01159232824	Full
	Greeting Cards	Baptist Church	2 nd Tuesday	Joan	01159818477	
	Painting and Drawing	Baptist Church	2 weekly	Pam	01159819238	Full
	Spanish Conversation	Member's home	1 st and 3 rd Tuesday	Graham	0115923832	Full
PM	Architecture Active	Baptist Church	3 rd Tuesday	David	07970059525	
	Cryptic Crosswords	Test Match	1 st Tuesday	Stephen	01159140255	

	Cryptic Crosswords	Zoom	3 rd Tuesday	Stephen	01159140255	
	Knit and Natter	Stratford Haven	1 st and 3 rd Tuesday	Joan	07847209399	
PM	Photography	Baptist Church	1 st Tuesday	Paco	01159233109	
	Scrabble	Test Match	4 th Tuesday	Ian	01159813110	
	Etymology	Zoom	3 rd Tuesday	Joe	07760458791	
Ev	Folk Fiddle	Zoom	2 nd Tuesday	Gill		
	Wednesday					
AM	Short Walks	Various	1 st and 3 rd Wednesday	Christine	07434 614890.	
PM	Book Group	Member's home	3 rd Wednesday	Liz	0115 914 5642	
	International Folk Dancing	Baptist Church	1 st & 3 rd Wednesday	Joan	07847 209399	
	It's Good to Talk	Zoom	2 nd Wednesday	Trish		Full
	Lunch Club	Variable	Every Other Wednesday	Lorna	01159822546	
	Murder Most Foul	Poppy and Pint	4 th Wednesday	Laraine	0115 9235361	Waiting list
	Table Tennis	Baptist Church	2 nd and 4 th Wednesday	Glenys	01158370932	
	Local History	Various		Yvonne	07746668469	
Evening	French	Zoom	2 weekly	Anne	0115981 4196	
	Thursday					
AM	Guitar Group 1	Member's home	Alternate Thursday	David	07990654643	
	Guitar (beginners)	Member's home	Alternate Thursday	David	07970059525	
	Guitar Singaround	St Wilfrid's Church	Alternate Thursday	David Gordon	07970059525 0779 693 4365	
	Hiking	Various	3 rd Thursday	Richard	07857243182	
	Mah Jong	Marlborough Court	1 st and 3 rd Thursday	Cheryl	01158771446	
	Painting and Drawing	Baptist Church	Alternate Thursdays	Ron	01159234176	
	Peak District Walking	Various	1 st Thursday	Pete	07828647221	
	Poetry	Marlborough	2 nd Thursday	Joan	07881718784	

	Appreciation	Court				
PM	Book Group 3	Stratford Haven	2 nd Thursday	Fran	01158789790	
	Book Group AP	Member's home	1 st Thursday	Angela	01159986679	Full
	Remarkable Women	Baptist Church	3 rd Thursday	Pat	01159146670	
	Scrabble	Test Match	2 nd Thursday	Ian	01159813110	
	Strumming For Fun	Baptist Church	2 nd and 3 rd Thursday	David	07771515810	
	Wine Appreciation	Member's home		Rod	01159232019	Full
	Film Group	Zoom	3 rd Thursday	Joe	07760458791	
	Friday					
AM	Cycling	Various	2 nd and 4 th Friday	Pete	07828647221	
	Longer Walks	Various	1 st Friday	Rita	0115 8461516	
	Longer Walks	Various	3 rd Friday	Liz	0115 9231605	
	Singing For Fun	Baptist Church	2 nd and 4 th Friday	Sue	07900886765	
PM	Rummikub	Baptist Church	1 st and 3 rd Friday			
	Science For Everyone	Baptist Church	4 th Friday	Peter	07745995735	
	Saturday					
	Holiday Group		1 st Saturday	Penny	01159233384	

The information above may change as the situation with the Omicron variant of Covid changes. For up to date details about any group phone the contact name.

Your West Bridgford u3a Committee

			
Paco Chair	Joe Vice Chair & New Groups	Yvonne Secretary	Bob Treasurer
			
John Membership Secretary	Carole Committee Member	Peter Tech Support	Clare Tech Support and Beacon Administrator

Email contacts:

Paco	wbu3achair@gmail.com
Joe	wbu3anewgroups1@gmail.com
Yvonne	wbu3asec@gmail.com
Bob	wbu3atreasurer@gmail.com
John	wbu3amem@gmail.com
Carole	wbu3aexec2@gmail.com
Peter	wbu3atech2@gmail.com
Clare	wbu3atech@gmail.com

General Enquiries	wbu3aenquiries@gmail.com Voicemail: 0115 871 1810.
Editor	wbu3aeditor@gmail.com