

West Bridgford u3a Highlights

June 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 15th July.

Next Open Meeting

**23rd June: Annual General Meeting of West Bridgford u3a
followed by Martin Lloyd "Passports Assassins and Traitors"**



Martin Lloyd is an experienced and popular speaker. He travels throughout the country giving talks to all kinds of groups and associations and is very much in demand.

Passports, Assassins, Traitors and Spies – Passport stories from history: A dramatic account of how the actions of a group of assassins brought about a change in the passport regulations; how the unmasking of a spy caused a modification in passport design and how, for one man, the passport itself turned into a killer.

We want everyone to feel safe so please still wear a mask until they are seated. The AGM starts at 2pm in the church. Please note the earlier start.

Future Meetings

28th July: John Whitfield "The Controversial Mountbattens"

22nd September: Fool's Gold Acoustic Steve & Carol Robson – Bang Up To The Elephant

West Bridgford u3a Annual General Meeting

This is your chance to meet the new committee and find out how your u3a has fared during the last 12 months.

West Bridgford u3a Annual General Meeting Agenda

Thursday 23rd June 2022 at 2.00 pm

West Bridgford Baptist Church

1 Welcome

2 Apologies for Absence

3 Resolutions:

Ordinary Resolution 1. *To approve the minutes of the Annual General Meeting of the West Bridgford u3a held on 24th June 2021.*

Ordinary Resolution 2. *To approve the annual statutory accounts of the West Bridgford u3a for the year 1st April 2021 to 31st March 2022.*

Ordinary Resolution 3. *To appoint David Oakes as the independent examiner of accounts for the West Bridgford u3a for the financial year 1st April 2022 to 31st March 2023.*

Ordinary Resolution 4. *To adopt the following resolution proposed by the Committee to increase the annual membership subscription to £15 with effect from 1 April 2023.*

Special Resolution 1.

(i) To appoint the following Officers;- Chair, 2 Vice Chairs, Secretary, Treasurer by election

(i) To appoint up to 7 other members of the Executive Committee by election

4 Chair's Report – to consider the Report for the year 2021/22

5 Treasurer's Report – to consider the Financial Accounts for 2021/2022

6 Any other business

7 Date of next Annual General Meeting – Thursday 22nd June 2023

West Bridgford u3a Minutes of the Annual General Meeting, held on Thursday 24th June 2021 at 2.00 pm

Held via Zoom due to COVID 19 considerations. Zoom Polls used for voting.

- 1 Welcome
- 2 Apologies for Absence – received with proxy votes
- 3 Resolutions:

Ordinary Resolution 1. *To approve the minutes of the Annual General Meeting of the West Bridgford u3a held on 13th August 2020.*

Proposed by Carol Williams. Seconded by Sue Bailey. Approved.

Ordinary Resolution 2. *To approve the annual statutory accounts of the West Bridgford u3a for the year 1st April 2020 to 31st March 2021.*

Treasurer's Report – to consider the Financial Accounts for 2020/2021
Bob Wilmot discussed the report which had previously been made available.
Currently in surplus.

Proposed by Clyde Pennington. Seconded by Carole Fleming. Approved.

Ordinary Resolution 3. *To appoint Martin Wakeling as the independent examiner of accounts for the West Bridgford u3a for the financial year 1st April 2021 to 31st March 2022.*

Proposed by Yvonne Haynes. Seconded by Sinclair Payne. Approved.

Special Resolution 1

(i) To appoint the following Officers;- Chair, 2 Vice Chairs, Secretary, Treasurer by election

Officers

Chair:	Paco Saucedo
Vice chair/s:	Linda Stafford and Joe Colls
Treasurer:	Bob Wilmot
Secretary:	Yvonne Haynes

Proposed by Wendy Law. Seconded by Sue Bailey. Approved.

(i) To appoint up to 7 other members of the Executive Committee by election

Non Officers

John Tidmarsh, Clare Deeming, Peter Oliver, Carole Fleming, Stuart Horsley

Proposed by Andrea Pitt. Seconded by Carol Williams. Approved.

No election was necessary as the total number of proposals was less than the approved number of Trustees (12), as stated in the constitution.

Special Resolution 2 – Adoption of amended constitution

A general meeting (whether an annual general meeting or a special general meeting) may be held in person or by suitable electronic means agreed by the trustees in which each participant may communicate with all the other participants. Where the trustees determine that a general meeting is to be held by electronic means pursuant to this clause 10 (3)(a), such determination shall be set out in the notice of general meeting sent to members, together with details of how a member may participate in such meeting.

Proposed by Sue Bailey. Seconded by Carole Fleming. Approved.

4 Chair's Report – to consider the Report for the year 2020/21

Proposed by Clyde Pennington. Seconded by Susan Moore. Report accepted..

5 Any other business

Thanks were received for the work done over the last difficult year.

6 Date of next Annual General Meeting – Thursday 23 June 2022

Signed..... Date.....

Chair

Chair's Report for 2021-2022

We started the current year of this report with Covid19 restrictions in place. We continued for most part of the summer of 2021 with partial lockdowns and social contact restrictions. Things started to look better by the beginning of the Autumn and we partially restarted some face to face group meetings and the Open Meetings. Unfortunately we had to stop them again in November and were not able to restart till February this year.

Throughout all the restrictions and lockdowns West Bridgford u3a kept going and a large number of groups met by Zoom and we also held last year's AGM and the Open Meetings by Zoom as well.

I would like to thank all members for your strong support of our u3a during this time, and I am pleased to say that renewals have gone well this year; we currently have 689 members.

The majority of groups are now meeting face to face although there are a small number still meeting by Zoom.

I like to thank all group Co-Ordinators for the tremendous work they have put in, in keeping their groups and the u3a going throughout the pandemic and keeping us all active.

This is my last Chair's report as my term of office as Chair is coming to an end and I would like to thank the Committee for the support they have given me during this period, and for the hard work that they have put in, in keeping us going in these hard times.

The Committee is looking strong now; we currently have 11 members as for most of the pandemic we only had seven.

We also welcomed to the Committee Rachel Cooper, Katherine Tuddenham and Martin Wakeling who were co-opted early this year.

I like to thank Bob Wilmot, who is coming to the end of his term as Treasurer at the AGM, for his excellent work in maintaining the finances in order for the last six years. I wish everyone a much better and healthier time for the next year.

Paco Saucedo

Summer Holiday Club at West Bridgford u3a

As some of you may know, prior to covid we used to run an activity programme each Wednesday in August; the activities varied, including crafting, talks, cooking – anything really which was of interest. This was a valuable opportunity for members who were not away on holiday that month, and who wanted the company of others.

Irene organised all this, but is not able to do so this year, so we are looking for volunteers to help get this going again. We would give support and help, and do not expect the whole load to fall on just one person's shoulders. Helping to run a group can be good fun, and you often make new friends by doing so, so please consider this!

If you think you may be interested we need to get on with it, so in the first instance drop Yvonne an email on wbu3asec@gmail.com or speak to any committee member. Just be aware as we approach holiday season there may be some delays in replies.

Forthcoming Social Events

Skittles Evening at the Embankment Pub Trent Bridge



Wednesday 6th July 7pm

The pub serves food if you want to eat beforehand, but the skittles will start at 7pm in the skittle alley in the basement (down stairs – no lift). **£5 per person** – pay on the door.

If you want to come along, or require more information, then please contact **Eleni** on 0115 914 1740 or elenirow@hotmail.com

Theatre Royal

Wednesday 23rd November at 10.30 at the Theatre Royal

Discover the world behind the curtain and learn about the amazing story of the **Theatre Royal & Royal Concert Hall** on our **Limelight Backstage Tour!**

Glimpse behind the curtain to areas usually hidden to the public, explore behind the scenes, learn how the theatre works and find out all about the venue's fascinating heritage! Led by the knowledgeable & great storyteller, Ezekial Bone.

Important Information: No photography is allowed, special arrangements need to be made to accommodate those with impaired mobility. Please advise us of your needs.

Tour lasts for 90 Minutes. **£10 per person.**

We need a certain number to attend, hence we are asking for an early sign up – send me an email and pay at the Open Meeting. **Yvonne** y.haynes@hotmail.co.uk

Trent Bridge Illustrated Talk

13th July

An Illustrated talk at Trent Bridge by the Heritage Manager, Steve Lemottee, entitled 'It's not just cricket' about the various activities that have happened there and the people involved.

Thrumpton Hall

3rd August

A trip to Thrumpton Hall with a talk and guided tour from the owner, renowned local author Miranda Seymour.

If you're interested in joining in with any of these activities, please get in touch with **Yvonne** on y.haynes@hotmail.co.uk or **Averil** on averil.hancox@ntlworld.com

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

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1960s Quiz

'Raindrops Keep Fallin' on My Head' was a song written for which 1969 film?

In which city were the 1960 Summer Olympics held?

How old was President Kennedy when he died?

Who delivered his 'Wind of Change' speech in 1960?

Name the British doll created by Pedigree Dolls and Toys as a rival to Barbie?

Orienteering Walking Walk Dates and Locations

June 2022 - **Kingsbury Water Park, Warwickshire** - lunch at Planters Garden Centre Cafe

July 2022 - **Ratby Woodlands, Martinshaw Woods, Leicestershire** - lunch at Jades Tea Room, Newton Linford

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

Contact John - 07721 538057

Remarkable Women

The Post Office has released 10 special stamps to mark the roles women played in World War 2. These are based on posters of the time.



From Spring 1941, every woman in Britain aged 18–60 had to be registered, and their family occupations were recorded. Each was interviewed, and required to choose from a range of jobs, although it was emphasised that women would not be required to bear arms. In December 1941, the National Service Act made the conscription of women legal. At first, only single women aged 20–30 were called up, but by mid-1943, almost 90 per cent of single women and 80 per cent of married women were employed in essential work for the war effort.

The next Remarkable Women meeting on **Thursday 16th June** will be investigating some of the roles undertaken by women in World War 2. We meet at 2pm in the lounge at the Baptist Church. For more information, contact **Pat** on 9146670 or pag6be@gmail.com

Knit and Natter

Following our Christmas donation of knitted items to help fill community shoeboxes, the Knit and Natter group are continuing to support children and vulnerable adults, as well as other charities (e.g. RNLI).



Contributions include: children's garments; hats, gloves and scarves; blankets; knitted 'lifeboat men', A recent addition to our list is KnitforNowt 'worry' animals for use by therapists in encouraging children to talk about trauma and assist in the healing process.

This friendly group meets to knit and have a lively 'natter' on the **1st and 3rd Tuesdays of the month, 2.00–3.30pm at the Stratford Haven**, where soft drinks and beverages are available as well as alcohol. Knitters of all abilities are welcome. Contact [Joan j.millband@hotmail.co.uk](mailto:j.millband@hotmail.co.uk) Or 07847 209399 with questions, or just pop along and join us.

Donations of wool/ patterns for children's garments, hats and gloves are always welcome, so please remember us if you're having a clear-out over the summer.

ZUMBA is up and Running

The ZUMBA interest group held its first weekly meeting on 23rd May. This small, but enthusiastic group has already started to gel well, with a little lively chatter before the low-impact, but energetic routines begin. No jumping or floor-work is involved and individuals can work to their own level of fitness and range of movement.

Meetings will be held **weekly** at West Bridgford Baptist Church, 10.00am each Monday up to 11th July. Following the Summer break, we will recommence Monday 5th September.

Vacancies are available if you would like to give it a try. Please contact Joan Millband j.millband@hotmail.co.uk or 07847 209399 for further information.

Discussion Group

The Discussion Group has room for some more members. We meet on the second Monday of each month from 14:00 to 15:30 and set the world to rights discussing a variety of topics ranging from "Is the NHS fit for purpose?" to "Was Mary Whitehouse right after all?".

More information is available on our web page: <https://u3asites.org.uk/west-bridgford> > Groups > Discussion group

and while there, if you want to try out a discussion or two click on the Bluebird to email the group leader or if you prefer leave an enquiry: wbu3aenquiries@gmail.com
Or phone: 0115 871 1810 for a voice message

Garden Group

If you took seeds to propagate from Simon Young's talk on Gardening for Wildlife at the Baptist Church on 9 March and have any questions about your seedlings then Simon is happy to answer these.

In addition Simon will be more than happy to come to your garden to give you a free Wildlife Garden Survey on how to make your garden more wildlife friendly.

Contact Simon directly by email or phone: simon.young888@gmail.com or

07779 247532

Recycling – Update

Now that you have the basics of recycling under your belt, you will have questions, here are a few common questions and answers.

We know that paper can be recycled if it is 'ordinary', that is no glitter or embellishments. But what about SHREDDED paper?

Shredded paper plays havoc with the machinery which is used to sort our recyclable stuff and is **NOT** to be put in your recycling bin. No shredded paper, at all, not hidden in a cereal box, or put in a bag, No, none, nada, just pop it au natural in the general waste bin where it will be incinerated to provide energy.

To CRUSH or not to CRUSH, that is our next question.

Well it makes no difference to the recycling activity, so it is up to you, if you want more space in your bin, then CRUSH or flatten.

RING PULLS on cans can be left on, however, again they cause havoc getting caught in the recycling machinery, so try to insert loose lids back into the can and squeeze it shut. **Sue**

U3a 40th Anniversary

The 40th anniversary of the establishment of the u3a organisation falls this September. U3as across the country are planning on marking the occasion with various events and activities. You will be receiving information on West Bridgford's plans but firstly we are seeking volunteers and interested folk to take part in the event to be held in the centre of Nottingham. This celebration is for all the u3as in Nottinghamshire, not just West Bridgford.

Olympic style beacons will be passed from u3a to u3a ending in the Market Square, Nottingham, on September 24th. Individual u3as can decide how they use/transport the beacon.

Permission for the event in the square still needs council confirmation, but there are plans for a flash mob singing and dancing piece, a steel band, cream teas, cycle rides etc.

Would you like to be involved? If you are interested please contact Paco on wbu3achair@gmail.com to find out more.

LOWDHAM BOOK FESTIVAL

18th – 25th June

A mix of events from a wide range of authors, covering topics from local to global.

Whatever your reading taste there is something to inspire you – from crime fiction to history, local interest to national conservation issues, literary biography to poetry, book launches, walks, and events for children.

More details: www.thebookcase.co.uk under the Events section

Future Local History Events

If you are interested in Local History, please 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.

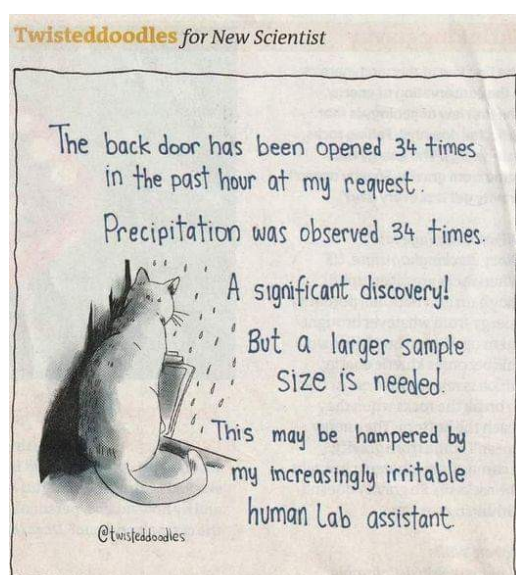
For more information, please contact Yvonne at y.haynes@hotmail.co.uk
07746668469 or Averil at averil.hancox@ntlworld.com

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 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	
	Zumba	Baptist Church	Weekly	Joan	07847 209399	
PM	Discussion Group 2	Member's home	2 nd Monday	Pat	01159234285	
	History	Various	4 th Monday	Carol	07419317738	
	Finding Out About Music	Zoom	1 st Monday	Diana	07736 943339	
	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	Member's home and Zoom	Every 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	

PM	Cryptic Crosswords	Test Match	1st Tuesday	Stephen	01159140255	
	Cryptic Crosswords	Zoom	3 rd Tuesday	Stephen	01159140255	
	Knit and Natter	Stratford Haven	1 st and 3 rd Tuesday	Joan	07847209399	
	Photography	Baptist Church	1 st Tuesday	Paco	01159233109	
	Scrabble	Test Match	4 th Tuesday	Ian	01159813110	
	Etymology	Zoom	3 rd Tuesday	Joe	07760458791	
Evening	Folk Fiddle	Zoom	2 nd Tuesday	Gill		
	Wednesday					
AM	Short Walks	Various	1 st and 3 rd Wednesday	Christine	07434 614890.	
PM	Badminton	Rushcliffe Arena	Wednesdays	Chris Phil	07941509357 07505513556	
	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 & Drawing	Baptist Church	Alternate Thursdays	Ron	01159234176	
	Peak District Walking	Various	1 st Thursday	Pete	07828647221	
	Poetry Appreciation	Marlborough Court	2 nd Thursday	Joan	07881718784	
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	
<p>The information above may change. For up to date details about any group phone the contact name.</p>						

Your West Bridgford u3a Committee

			
Paco Chair	Joe Vice Chair & Groups	Yvonne Secretary	Bob Treasurer
			
John Membership Secretary	Carole Committee Member	Peter Tech Support	Clare Tech Support and Beacon Administrator
			?
Martin Committee Member	Kathryn Committee Member	Rachel Committee Member	Vacant Committee Member

Email contacts:

Paco	wbu3achair@gmail.com	Peter	wbu3atech2@gmail.com
Joe	wbu3anewgroups1@gmail.com	Clare	wbu3atech@gmail.com
Yvonne	wbu3asec@gmail.com	Martin	wbu3aexec1@gmail.com
Bob	wbu3atreasurer@gmail.com	Kathryn	wbu3aexec3@gmail.com
John	wbu3amem@gmail.com	Rachel	wbu3aexec4@gmail.com
Carole	wbu3aexec2@gmail.com		
General Enquiries	wbu3aenquiries@gmail.com	Voicemail: 0115 871 1810.	
Editor	wbu3aeditor@gmail.com		

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1960s Quiz:

'Raindrops Keep Fallin' on My Head' was a song written for which 1969 film? *Butch Cassidy and the Sundance Kid*

In which city were the 1960 Summer Olympics held? *Rome*

How old was President Kennedy when he died? *46*

Who delivered his 'Wind of Change' speech in 1960? *Prime Minister Harold Macmillan*

Name the British doll created by Pedigree Dolls and Toys as a rival to Barbie? *Sindy*