

West Bridgford u3a Highlights

July 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 12th August

Next Open Meeting

28th July: John Whitfield "The Controversial Mountbattens"



A welcome return for John who has been our speaker on several occasions over the years.

Come along and learn more about the Mountbattens and why John calls them controversial.

Future Open Meetings

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

27th October: Mark Barron "We're Going to the Pictures"

24th November: Stephen Finders "Terror From the Skies January 31st 1916: The Night the Zeppelins Came."

15th December: David Skillen "Can You Hear Me Mother? The Art of the Monologue."

West Bridgford u3a Chairman

Dear member of West Bridgford u3a

The first thing I must say, as your new Chair, is a huge thank you to Paco. He could never have guessed that the majority of his tenure would be spent steering us through Covid. We are now coming out of that period, and I am optimistic that we will be able to continue our recovery, increase our membership and run more interest groups.



The Committee wants all our members to have a better understanding of what we actually do, and I get to have the first shot at this. On the one hand, I've been on the Committee with Paco, so I have a general idea. On the other, I've only been in the job for a week or two so I'm a bit short on specifics!

Naturally, my first response was to find my job description. This covers a wide range of responsibilities, including:

- To give leadership and offer encouragement to the membership and the committee
- To chair and conduct monthly meetings, arranging for the Vice Chair to conduct the meeting if unable to attend
- To chair and conduct the AGM and prepare an annual report to members
- To be responsible for trying to ensure there will be nominations for posts in the u3a and planning for succession
- To contribute actively to the Committee members/trustees' role by giving firm strategic direction to committee policy making, leading planning and bringing impartiality and objectivity to decision making
- To lead monthly Open Meetings, giving out Health and Safety 'housekeeping' notices, welcoming new members, announcing notices, introducing and thanking speakers and being available to speak to members
- To ensure that members are informed of committee decisions and activities and that committee meeting minutes are available for members to read
- To ensure the financial stability of West Bridgford U3A

This does all sound quite challenging! We live in a world with an increasing level of transparency, and hence I aim to tell you more from time to time about how the theory translates into practice.

Joe Colls Chair, West Bridgford u3a

Photography Group –May's topic transport

Pictures by John S, John T, Lynne, Tom, Judy, Rosemarie, Keith, Kathryn and Rachel.



Poetry Workshop

Saturday 6th August 10am – 12pm

Inspire is running a poetry writing workshop with writer and poet Andrew Graves at West Bridgford Library.

Tickets are £5 and booking is essential.

Join writer and poet Andrew Graves as he takes you on a weird and wonderful journey through the Nottinghamshire dialect showing you how to construct poetry and stories using old, familiar and lost terms and expressions. This will be a fun, creative workshop for participants age 16+ at all levels of experience with plenty of chat, feedback and practical activities.



Forthcoming Events

Limelight Tour backstage at the Theatre Royal

23rd November

Thank you to those who have already paid. Others who have given me their name but not yet managed to get the payment to me, catch me at the next Open Meeting or phone or email.

For anyone else interested, let me have your name and I will put you on the waiting list, as currently this visit is now full, but there may well be some movement as it is some months away yet.

Contact – Yvonne on y.haynes@hotmail.co.uk or 07746668469

Local History Group



Wednesday 3 August at 2.30pm

Last chance to book for the visit to the lovely Thrumpton Hall. The trip includes a talk and guided tour of this historic Jacobean mansion by its current owner, the acclaimed authoress Miranda Seymour, who grew up there.

There will be tea/coffee & biscuits as well as access to its extensive grounds all included in the price of £17.50, payable in advance. If you are interested in going, please see me at the next Open Meeting or email me at averil.hancox@ntlworld.com, or by phone on 07802 718639.



Recycling Update from the Climate Change Group

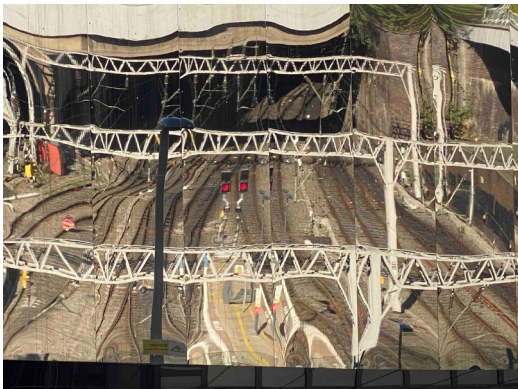
We are actively looking for a recipient to recycle medicine blister packs. This is a real mystery with many false leads, U turns and red herrings, even Richard Osman could make a good story out of what we have discovered. As yet – no solution, but I will keep you posted.

Meanwhile, an update on the yoghurt tub saga. Any size of yoghurt pot is acceptable, even the 1 litre tubs, but lids are NOT wanted.

And someone asked me about soft cheese tubs, you know Dairy Lea and cream cheese types, NO, not wanted, wrong sort of plastic!

I lifted the lid on our communal recycling bin yesterday and to my horror it was full of shredded paper, Oh No, after a few minutes of relocating it to the general bin, I then penned a note to the other flat residents and stuck it on the front door. The culprit was identified and he said "I never knew that, sorry". Well in future he will be a recycling evangelist, perhaps you could be one too?

Sue



Free Transport to Kedleston Hall on offer

Are you an Individual Life Member of the National Trust? If the answer is Yes, please read on.

If you are, it is likely that your membership status allows you to admit a guest into a National Trust Property or Estate free-of-charge. This should be clear from your membership card &/or other membership details.

Fancy a "free transport" trip to Kedleston Hall, Derbyshire on **Tuesday 20th September**, then please "carry on reading"!

A number of members of the Orienteering Walking Group are National Trust members (myself included) & usually are supportive of their objectives and how they operate. However, it is felt by some, including myself, that charging non members £9 p.p. admittance to a National Trust Estate, just so folk can walk around their permanent orienteering courses, park a car & use the toilets, is "a bit steep", particularly as members & non members alike, will be additionally contributing to the National Trust by other means, including spending money in the cafe & shop.

Other than the costs of car travel, generally speaking the only other costs our group members are committed to (excluding optional cafe costs), when walking in estates run by local authorities & the forestry commission, are car parking costs - typically less than £5 shared by how many people there are in individual cars.

Whilst some of our non members are prepared to pay the £9 charge, others aren't.

I discovered however that there is a potential perfectly legally way to avoid this charge, by gaining admission for free if accompanying an Individual Life Member of the National Trust.

Thus if any of you out there are able to help out some of our group's members in this way (in return for free travel) & fancy a trip to Kedleston Hall, Derbyshire on Tuesday 20th September, I'd love to hear from you.

After leaving West Bridgford at 9am and subsequent arrival at Kedleston Hall, whilst our group are orienteering walking you'd have a number of options:-

- Tour the Hall
- Look round the grounds & estate
- Drinks lots of coffee & eats lots of cakes in the cafe &/or explore the gift shop
- Or even, trying out orienteering walking with the group - we encourage novices with no prior experience

After our walk, which starts at 10.00 & usually lasts 2-3 hours, you'll be welcome to join our group members for lunch - which typically takes an hour.

After lunch, some of the orienteering group may wish to look round the Hall, which you could join in with also.

If this idea interests you, please phone me on 07721 538057 or email me JPicklesclifton@aol.com, ideally by 31st August 2022.

ORIENTEERING WALKING

Walk Dates and Locations:

Tuesday 26th July - Ratby Woodlands, Martinshaw Woods, Leicestershire with lunch at Jades Tea Rooms, Newton Linford, Leicestershire

Tuesday 23rd August - Fosse Meadows, Leicestershire with lunch at Nemo's, Stoney Cove Diving Centre, Stoney Stanton, Leicestershire

Tuesday 20th September - Kedleston Hall, Derbyshire with lunch at Kedleston Hall Cafe

1. New members, irrespective of prior orienteering experience, are welcome to join the group.
2. For further details and/or to join the group's email distribution list, contact **John** - 07721 538057 or jpicklesclifton@aol.com



New Service For The Deaf Community

A ground-breaking new service enabling the deaf community to report emergencies, including crimes in progress, is now being provided by Nottinghamshire Police.

The free service connects users to British Sign Language interpreters remotely through a dedicated 999 BSL app on their phone, or via the 999 BSL website.

The interpreter, who will appear on the caller's screen, will then relay the conversation with the 999 call handler by seeing and communicating with the deaf person on the screen.

Police, fire, ambulance or coastguard services can all be accessed via the new 999 BSL system which is now available in the United Kingdom 24 hours a day, seven days a week, 365 days a year.

The service is available as both a smartphone app (iOS and Android) and a web-based platform.

The service gives the public a new way to report crimes, incidents and gain advice and gives people the opportunity to get support without needing to phone.

For more about the new 999 BSL service, please visit [999 BSL](#) or visit the [force's website](#) for details.



OUR 'STAR' BIRDS

The Birdwatching group has been busy getting out and about with two enjoyable day trips, Cannock Chase and Blacktoft Sands and unusually a night visit to Budby Common in Sherwood Forest.

Cannock Chase provided us with an enticing landscape of undulating heathland and woodland. Cuckoos sang all around us throughout the day which was a treat even though we never had a good view of one. Sadly its a sound we hardly ever hear these days. However, we had a wonderful spectacle of a redstart, who despite a noisy and boisterous crowd of schoolchildren, resolutely remained perched in front of us allowing even some of the children to closely observe him in the scope. We located a great spotted woodpecker nest and could hear the young inside the tree trunk calling for food. Meadow pipits abound and their less common cousins, the tree pipits showed well. Unfortunately the rain came and cut short our visit but not before we were entertained by the unusual appearance of two hobbies being mobbed by swifts.

Blacktoft Sands sited on the south bank of the River Ouse where it widens to become the Humber Estuary is definitely the place to see marsh harriers. We had at least four in sight at one time gliding over the reed beds hunting for food for their young. Some members were lucky enough to spot the sudden and brief appearance of a bittern and a water rail. Several elegant avocets waded in the pools and a sleepy spoonbill eventually woke up to show us his unique beak. Despite scanning many large heaps of horse manure left by the Konik ponies, who graze on parts of the reserve, and a favourite foraging place for yellow wagtails, only a few of us saw a yellow wagtail and it wasn't on the dung after all! In the distance from its luxurious tiled abode, a barn owl appeared in the doorway with a glimpse of its young in the background.

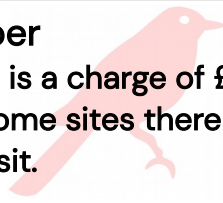
The main purpose of our evening visit to Budby Common was in the hope of spotting the elusive nightjar. As they only become active after dusk, we hung around until late but our vigilance wasn't to be rewarded as we only heard their distinctive churring in the distance. We did however watch several woodcock take flight and heard a cuckoo. Nice to know they are still on our patch! **Linda**



Bird Watching Group

Programme June–December

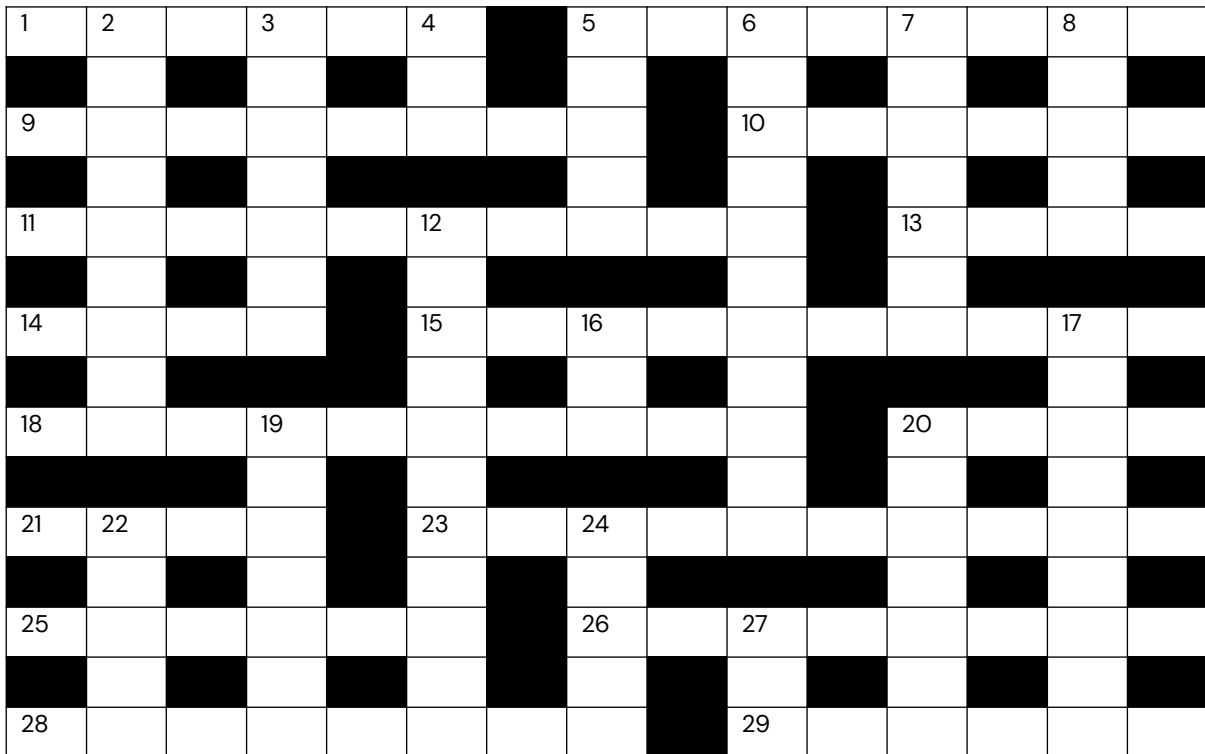
For visits with our expert there is a charge of £30 for a full day or £36 including transport in the minibus. For some sites there is an entry charge. Final details will be emailed a week before each visit.



Date	Location	Leaders	Charge
Monday 25 th July	Frampton Marsh	With Professional Expert	£30/36
Monday 8 th August	Clumber Park	Led by Members of the Group	No Charge
Monday 22 nd August	Far Ings & Alkborough Flats	With Professional Expert	£30/36
Monday 12 th September	Rutland Water	With Professional Expert	£30/36
Monday 26 th September	River Trent & Gunthorpe Ponds	Led by Members of the Group	No Charge
Monday 3 rd October	Gibraltar Point	With Professional Expert	£30/36
Monday 17 th October	Whisby Nature Park Lincoln	Led by Members of the Group	No Charge
Monday 31 st October	Elvaston Castle	Led by Members of the Group	No Charge
Monday 14 th November	Attenborough Nature Reserve	Led by Members of the Group	No Charge
Monday 28 th November	Carsington Water	With Professional Expert	£30/36
Monday 19 th December	Watermead Country Park & Christmas Meal	With Professional Expert	£20/26

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

Sinclair's Crossword



<u>Across:</u>	<u>Down:</u>
1. Houses or homes (6)	2. Overwhelming surprise (9)
5. Atmosphere of a place (8)	3. Vouchers, order forms (7)
9. Friendly (8)	4. Weep with distress (3)
10. Marijuana cigarette (6)	5. Where contests take place (5)
11. Collection of things or of people (10)	6. Mechanical musical instrument (6,5)
13. Lower female voice (4)	7. Raise (7)
14. Untidy state (4)	8. Deceive, trick (5)
15. Large animal with horned nose (10)	12. Amber-coloured sweet (6,5)
18. Climbing laboriously with hands & feet (10)	16. Imperial Chemical Industries (1,1,1)
20. Structure supporting bridge (4)	17. Swing like a pendulum (9)
21. Eagerly, expectantly (4)	19. Long tailed crows (7)
23. Rogues (10)	20. Ship on bottom of shallow water (7)
25. Excessively fond of (6)	22. Murmur angrily (5)
26. Variety of tangerines (8)	24. Desert fertile spot (5)
28. Many varieties (8)	27. Small flap of material, bill (3)
29. Omnivorous nocturnal mammal, living in a set (6)	

Participants Needed for Research

Beta-Alanine Supplementation in Adults with Prediabetes

Do you have prediabetes?

(blood sugar above normal levels but below the level of diabetes)



Nottingham Trent University and Aston University are investigating whether a dietary supplement can improve blood sugar control in people with prediabetes

The supplement is called beta-alanine and is found in high quantities in seafood, meat, and poultry

Participants will need to take the daily supplement for 3 months and attend the University closest to where they live on 3 occasions during this period

Are you eligible?

We are recruiting adults aged 18 to 75 years with a body mass index (BMI) between 25 to 40 kg/m²

As part of the study, we will carry out a blood test to confirm that your blood sugar is in the prediabetic range

For information about taking part please contact the
Lead Researcher Mr Joseph J Matthews
Text: 07908678944
E-mail: joseph.matthews2016@my.ntu.ac.uk



Cycling Group

Ride Programme: July to December

Date	Ride	Miles	Leader	Phone	Start Point
Friday 22 nd July	Newark to Fledborough Viaduct	32	Hugh & Di	07880 962135	Newark
Friday 12 th August	Rutland Water	18	Pete	07828 647221	Whitwell
Friday 26 th August	Vale of Belvoir	34	Graham & Christine	07803 123339	Welbeck Road West Bridgford
Friday 9 th Sept	Silverhill & Five Pits Trail	20	Pete	07828 647221	Brierley Forest Park
Friday 23 rd Sept	National Forest	15	Helen	07980 351529	Measham
Friday 14 th October	Trent Lock Sawley & Clifton	25	Hugh & Di	07880 962135	Welbeck Road West Bridgford
Friday 28 th October	Edwinstowe Vicar Water & Sherwood	15	Pete	07828 647221	Edwinstowe
Friday 11 th Nov	Bestwood to Newstead	17	Pete	07828 647221	Bestwood Country Park
Friday 25 th Nov	Whisby Nature Park to Lincoln	20	Graham & Christine	07803 123339	Whisby
Friday 9 th Dec	Clifton Grove & Rushcliffe CP Christmas Meal	14	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 each ride, including where to meet, will be emailed about a week before the ride.

Please let the Ride Leader know in advance that you will be coming and bring a spare inner tube, your Membership Card and Personal Medical Form.

Pete 07828 647221

Graham 07803 123339

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 **Joe** on wbu3achair@gmail.com to find out more.

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



"What do you mean, you forgot where you parked? You're shopping online."

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	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	
	Photography	Baptist Church	1 st Tuesday	Paco	01159233109	
	Scrabble	Test Match	4 th Tuesday	Ian	01159813110	
	Tai Chi	Scout Hut	Weekly	Lynn	07811 707868	
Evening	Etymology	Zoom	3 rd Tuesday	Joe	07760458791	
	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	Alternate	David	07970059525	

		Church	Thursday	Gordon	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	

The information above may change. For up to date details about any group phone the contact name.

Your West Bridgford u3a Committee

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

Email contacts:

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

Crossword Solution:

Across: 1. Abodes 5. Ambience 9. Amicable 10. Reefer 11. Assemblage 13. Alto 14. Mess 15. Rhinoceros 18. Clambering 20. Arch 21. Agog 23. Scoundrels 25. Doting 26. Satsumas 28. Allsorts 29. Badger

Down: 2. Bombshell 3. Dockets 4. Sob 5. Arena 6. Barrel Organ 7. Elevate 8. Cheat 12. Barley Sugar 16. ICI 17. Oscillate 19. Magpies 20. Aground 22. Growl 24. Oasis 27. Tab.