

West Bridgford u3a Highlights

November 2022

Please send your contributions to **Pat**: wbu3aeditor@gmail.com
Deadline for contributions to the next edition is **Friday 9th December**

Open Meeting

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



Stephen Finders – Stephen is a local historian who is a retired fire fighter. He has interviewed many of those caught in the raid and the firefighters dealing with it.

Future Open Meetings

15th December: David Skillen "Can You Hear Me Mother? The Art of the Monologue."
(Please note the earlier date)

26th January: Lesley Taylor Talks Rubbish (Veolia Recycling in Nottinghamshire)

Photography Group:

An object from different angles Photos by: Sue, Rosemarie, Paco, Lynne, Judy, Laraine, Kathryn, Rachel, John and Clifford.



Poetry Competition

The Third Age Trust has launched its third annual poetry competition. You can submit your entries on any topic. The poem should have a maximum of 16 lines and the closing date is 27th January. More details are available at u3a.org.uk/learning.

Astronomy Network



A national network has been set up for members interested in astronomy and spaceflight. It is hoped that it will become an online club where members can share information.

You can find out more and sign up to the Astronomy Network at u3a.org.uk/learning/subject-networks



Recycling Update from the Climate Change Group

How long do you spend in the shower?

I have no idea but we are all encouraged to spend no longer than 4 minutes to save on 'stuff'.

Now this requires some thinking about and organisation if I am to wash my hair, condition it and wash my bits and bobs. I'll have to ask Alexa for some help!

Lady Bay Community have put themselves forward as a Plastic Free Community and have persuaded all the local businesses, premises and schools to pledge to do at least 3 things to reduce their plastic footprint. Is this something the Climate Change Group could get behind and work towards in West Bridgford?

Quite a challenge, but what would YOU do to reduce your plastic usage? No doubt there are many of you saying, 'I have already....'.

On **Monday 14th November** Green Peace are coming to talk to the Climate Change Group and we will hear from the driver of the Lady Bay Plastic For Action as well as hearing about Green Peace and their future plans.

Join us at 2pm in West Bridgford Baptist Church. **Sue**

Cryptic Crosswords

Now that the winter months are approaching it could be time to try something new! Why not try Cryptic Crosswords to keep your brain active in a friendly, non-competitive group? It is nothing to be afraid of – in fact you could well become addicted!

Whether you are a real beginner or more experienced there will be a welcome for you. You may even be interested in setting crosswords.

We meet on Tuesday afternoons at 2:30 for about an hour and a half: On the **first** Tuesday in the month at the Test Match Pub in Gordon Square. On the **third** Tuesday we meet on Zoom, particularly for those of you who may have difficulty getting out and about. You can come to one or the other, or both.

If you are interested contact **Stephen** on 0115 9140255
We look forward to seeing you.



Remarkable Women

Thursday 17th November 2pm Baptist Church

During the late 19th Century and early 20th Century many women were involved in organising unions and in the formation of the Labour Party. We will be looking at some of those women who have been largely forgotten today.

For more information, contact **Pat** on 9146670 or pag6be@gmail.com

ORIENTEERING WALKING

Walk Dates and Locations:

Monday 21st November – Evington Park, Leicester – A conventional orienteering course.

Lunch at the Ceders – Henry's Tavern

Monday 19th December – Beeston Lock and Attenborough Nature Reserve – This is a virtual orienteering course:- A Smart Phone based map is used that links to GPS satellites and triggers Smart Phone "bleeps". There are no physical control posts/plaques to look for. Physical Maps that include "control location clues" are available.

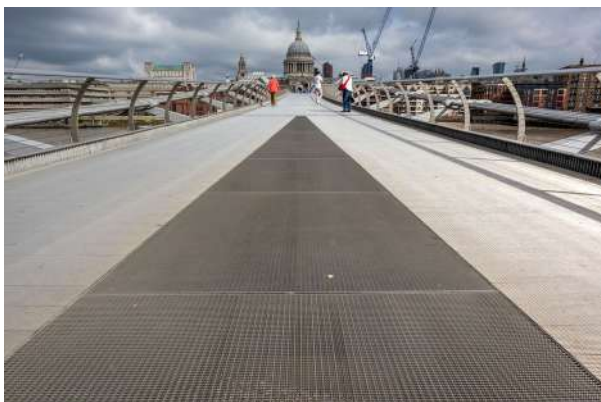
Lunch at the Beeston Lock Cafe

Tuesday 24th January 2023 –Melbourne Street Map (Treasure Hunt Format)

We will be searching for features that answer various questions posed, rather than just looking for physical control posts/plaques containing letters and numbers.

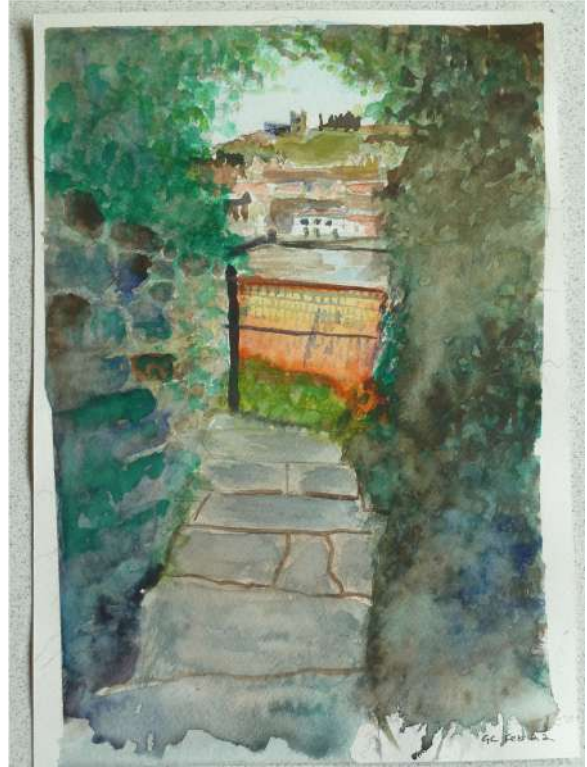
Lunch at a Melbourne Cafe.

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



Art Group

The Art Group has sent a selection of their recent work to show everyone. This is a small group and has room to grow. So, if you are inspired to try your hand at painting and drawing, contact **Ron** 01159234176





Bird Watching Group

Programme October–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 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
Monday 16 th January	Idle Valley Nottinghamshire	With Professional Expert	£31 or £37 with transport
Monday 30 th January	Attenborough Nature Reserve	Led by members of the Group	No Charge

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

Sinclair's Crossword

1		2		3			4	5		6		7		8
						9								
10								11						
12					13									
				14										
15										16		17		
18						19		20						
21		22									23			24
										25				
26								27						
28									29					

<u>Across:</u>	<u>Down:</u>
1. Hat (6)	1. Wick coated with wax (5)
4. Systematic investigation (8)	2. Forbearance (9)
10. Prolonged fuss and bother (7)	3. Resentful longing (4)
11. Small square mosaic block (7)	5. Tricks (7)
12. Uncommon, undercooked (4)	6. Congress of Welsh Bards (10)
13. Betrothal, appointment (10)	7. Chief magistrate; thread rope through ring (5)
15. Offensive, unpleasant (9)	8. Dense inner part of tree (9)
16. The same (5)	9. Quickly (6)
18. Cooks (5)	14. Irritate intensely (10)
19. Openly insulted (9)	15. Instrumental group (9)
21. Simple! (10)	17. Excite pleasantly (9)
23. Likewise (4)	19. Skilled manual worker (7)
26. Patterns worn by Scottish Highlanders (7)	20. Refuse to allow (6)
27. Copy (7)	22. Mistake (5)
28. Consenting (8)	24. Done openly (5)
29. Sincere (6)	25. Ballpoint pen (4)

Cycling Group

Ride Programme: October to January

Date	Ride	Miles	Leader	Phone	Start Point
Friday 25th 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
Friday 13 th Jan	Southwell and Villages	17	Graham & Christine	07803 123339	Southwell
Friday 27 th Jan	Attenborough and the Big Track	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 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



Just Joe

Dear u3a member

One of the best features of West Bridgford u3a has always been the calendar of social events – we have arranged trips to stately homes, car factories, museums, flower festivals, plays, concerts and many other events and attractions.



Such trips offer not only great experiences for current members, but also an incentive to any potential new members to join the u3a. These trips have mainly been organised by our Social Events Team, which has become badly depleted. The result is that we are unable to offer the full programme of events that we would wish.

We would like to recruit three or four volunteers who can help on the Social Events Team. The team members choose the events, book the venue (and coach if needed), and identify one of the trip members to look after the trip group on the day. So the team members don't have to go on the trips themselves (although of course they can if they choose).

If you are interested in becoming part of the Social Events Team, please do contact Carole Fleming on wbu3aexec2@gmail.com.

Thanks, **Joe**

Joe Colls, Chair WB u3a



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	Full
	History	Baptist Church	4 th Monday	Carol	07419317738	
	Finding Out About Music	Baptist Church	1 st Monday	Diana	07736 943339	
	Art Appreciation	Baptist Church	1 st Monday	Carol	07419317738	
	Cards 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/Zoom	Every Monday	Lynda	07887392138	
	Wine Appreciation	Member's home		Rod	01159232019	
	The Crown	Zoom	4 th Monday	Sue	07900886765	
Evening	German	Zoom	Alt 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
	Yoga Type Exercise	Paxdien Hall		Elizabeth	0115 9146941	

	Tuesday					
PM	Architecture Active	Baptist Church	3 rd Tuesday	David	07970059525	
	Beginners Bridge	Baptist Church	Weekly	Ron	0115 9234176	
	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	
	Wednesday					
AM	Critters Workshop			Sylvia	07981655553	
	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 & Pint	4 th Wed	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	Beginners' Spanish	Member's home	Weekly	Graham	01159232832	
	Guitar Group 1	Member's home	Alternate Thursday	David	07990654643	
	Hiking	Various	3 rd Thursday	Richard	07857243182	
	Mah Jong	Marlborough Court	1 st and 3 rd Thursday	Glynis	07504 246410	
	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
	Guitar (beginners)	Member's home	Alternate Thursday	David	07970059525	
	Guitar Singaround	St Wilfrid's Church	Alternate Thursday	David Gordon	07970059525 0779 693 4365	
	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	

	Friday					
PM	Rummikub	Baptist Church	1 st and 3 rd Friday	Trish	0796 102 4931	
	Science For Everyone	Baptist Church	4 th Friday	Peter	07745995735	
	Saturday					
	Holiday Group		1 st Saturday	Penny	01159233384	
	Traditional Games		Ad hoc	Janet/Paul	01159231352	

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



Your West Bridgford u3a Committee

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

Email contacts:

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Martin	wbu3atreasurer@gmail.com	Rachel	wbu3aexec4@gmail.com
John	wbu3amem@gmail.com	Paco	wbu3aexec1@gmail.com
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Highlights Editor	wbu3aeditor@gmail.com		
Webmaster Editor	sue456bailey@gmail.com		

Solution:- Across:

1. Titfer 4. Research 10. Palaver 11. Tessera 12. Rare 13. Engagement 15. Obnoxious 16. Ditto 18. Chefs 19. Affronted 21. Elementary 23. Also 26. Tartans 27 .Imitate 28. Agreeing 29. Honest.

Down: 1. Taper 2. Tolerance 3. Envy 5. Entraps 6. Eisteddfod 7. Reeve 8. Heartwood 9. Pronto 14. Exasperate 15. Orchestra 17. Titillate 19. Artisan 20. Forbid 22. Error 24. Overt 25. Biro.

