

West Bridgford u3a Highlights February 2023

Please send your contributions to **Pat:** wbu3aeditor@gmail.com. Deadline for the next edition is **Friday 10th March**.

Open Meeting

23rd February: Gardening For Wildlife

Christopher Hall – Chris is an expert Birder and regularly takes out our Bird Watching Group on expeditions looking for birds. He also runs birding holidays all over the world and many of our members have travelled with him. He is always a good and knowledgeable speaker and one not to be missed.

During the talk there will also be a quiz, so please bring a bit of paper and something to write with to record your answers.

Also, if you come along to this Open meeting and stay for the talk you will be in with a chance of winning a gift voucher. One lucky winner will be selected at random from everyone who signs in but you must be at the talk to win!

Doors open at 1.30pm for tea/coffee and group tables. Speaker starts at 2.30pm.

Future Open Meetings 2023

23rd March: Dr Tim Gray –The Work of EMICS: East Midlands Immediate Care Scheme

27th April: Jean Townsend – “We”, The True Story of Edward and Mrs Simpson

Just Joe



Well, who would have thought it? A really interesting talk based on how we get rid of our rubbish! That's what we got from Lesley Taylor at our January Open Meeting. Lesley is the Recycling and Education Officer for Veolia, which runs the Mansfield Materials Recovery Facility on behalf of Notts County Council.

All the old chestnuts that have perplexed us struggling recyclers were up for discussion. The transparent windows on envelopes (should we rip them off? – *we don't need to*); the lids on glass jars (should we take them off? – *yes please*); those few beans in the bottom of the tin (do they make any difference? – *yes they fall out and wreck the adjacent paper and cardboard*); plastic fruit punnets (are they the right sort of plastic? – *no*).

One of the most useful parts of the talk was a quick 40-question quiz on whether we should recycle or bin a wide variety of items. I have to confess that I did quite badly on this, despite my best recycling intentions. But I have some excuses lined up. For example, I have been recycling those plastic fruit punnets, which I found out was a Notts no-no. But apparently in Nottingham City, they *can* be recycled. This difference highlights one of the most difficult aspects of the process – it is not intuitive, or even standardised across different local authorities, but relies on intimate knowledge of local practice. It is perhaps not surprising that 20% of the material delivered to Mansfield is not in fact recyclable and has to be removed manually.



So, a useful and very well delivered talk which generated a lot of questions from the audience and I'm sure changed some of our recycling habits.

Incidentally, we have been striving to make our Open Meetings as enjoyable and useful as possible for our members. Recently we have moved the News Reel from the Club Room into the Hall, and we tried out a singalong in the Church. We shall shortly be sending all members a short questionnaire to fill in online, looking for opinions and information that will help us to plan these improvements. Do please spend the few minutes that it will take to complete the survey.

Joe Colls, Chair WB u3a

Photography Group:

This month's topic was: **Book and Song** titles. Can try to work out the book or song title from the photos? Pictures taken by: Clifford, John, Judy, Kathryn, Keith, Laraine, Lynne, Paco, Peter, Rachel and Sue.



Membership Renewals 2023

Renewal time is here again.

We start the process a little early as with nearly 700 members we try to allow ourselves time for this huge task. Those that renew promptly always get a gold star!

An email containing all the details has been sent out with a letter to those without email. These contains all details of how to renew.

Fees are slightly higher than last year but still lower than they were before the Pandemic.

We do hope that you will support your committee and groups and join us for another year.

John Tidmarsh, WBU3a Membership Secretary. wbu3amem@gmail.com

Calling all wine lovers!

The Nottingham and Derby Wine School is hosting an exclusive event for West Bridgford u3a members on Monday April 3 2023 at the Broadway Cinema.

All the wines will be tasted blind on the fun 'Posh vs Plonk' evening. 6 different wines will be tasted in pairs. One will be below the £8 price point and the other above £10 (sometimes well above!).

But the question is can you and your tastebuds tell the difference?

And more importantly if you like it does it really matter?

There will be a selection of nibbles to go with the wines for the evening. So come and join in to investigate the age old question "Is a wine better because it's more expensive?"

The cost for the evening which runs from 7-9pm is £25 per person. If you would like to attend this event please email **Louise** (lcarneyhall@gmail.com) or **Carole** (carolefleming0@gmail.com). Places are limited to please book early.

Voting Changes

From this May's elections onwards voters will require photo ID if voting at a polling station.

If you vote at a polling station, you may already have a form of photo ID that is acceptable. You can use any of the following:

Passport

Driving licence (including provisional license)

Blue badge

Certain concessionary travel cards

Identity card with PASS mark (Proof of Age Standards Scheme)

Biometric Immigration document

Defence identity card

Certain national identity cards

For more information on which forms of photo ID will be accepted, visit electoralcommission.org.uk/voterID or call their helpline on 0800 328 0280.

If you don't already have an accepted form of photo ID, or you're not sure whether your photo ID still looks like you, you can apply for a free voter ID document, known as a Voter Authority Certificate. You can apply for this at voter-authority-certificate.service.gov.uk

Rushcliffe Customer Services sites are also now available to process Voter Authority Certificates in person.. Residents need to have their date of birth and national insurance number to hand and already be registered to vote before they arrive at any site.



Radcliffe on Trent Aviation Group

This is the only aviation group in the local area. We meet on the first Tuesday of the month at 2pm. The meetings are held in the Trent room at the Grange Hall in the centre of Radcliffe. We are a thriving group but we are always interested in new members joining us.

March 7th : Presentation on the Bae Hawk trainer

April 4th: East Midlands airport cargo handling

May 2nd : Visit to Duxford Aviation museum

For more information, contact Dave

07818276490 or 0115 9334304

Do you play the drums?

Greythorn, West Bridgford u3a's own rock and pop band, needs a new drummer.



The band practice every week and perform at least once a month strictly for charity, of course. If you have some drumming skill and kit and would be interested in playing with Greythorn, please contact **Pete** on 07828 647221 or email peter.elderton@live.co.uk

Remarkable Women

Thursday 16th February: Female Contributors To The Visual Arts

The life and works of female artists in the visual arts such as Lee Krasner, Lucienne Day and Lucie Rie

“This is so good you wouldn’t know it was done by a woman”

(So said German painter Hans Hoffman about the work by painter Lee Krasner)

2pm at the Baptist Church.

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

Orienteering Walking

Walk Dates and Locations:

Tuesday 21st February –Darley Park, Derby – Lunch at Darley Abbey Tea Rooms

Tuesday 28th March –The Hermitage, Coalville – Lunch at St. Joseph's Tea Rooms, Whitwick

1. New members, irrespective of prior orienteering experience, are welcome to join the group.
2. For further details, the group's West Bridgford U3A's web site entry has recently been updated & also includes photographs & videos.
3. For more information &/or to join the group's email distribution list, contact **John** – 07721 538057 jpicklesclifton@aol.com

Beginners Bridge Group



Ron is planning to run another Beginners Bridge course, starting in February or March, if there is sufficient support. It will run for 20 weekly two-hour afternoon sessions, on a day of the week which suits the majority of those who express an interest.

The course will assume no previous experience and will start with the basics of rubber bridge, suitable for playing with friends and family, before progressing to duplicate pairs as played in most bridge clubs.

If you are interested in learning this fascinating game, contact **Ron** on 0115 9234176 or email: skelldale@talktalk.net

Visit to the Caves of Nottingham

Wednesday, 20th September, cost is £7.15



Deep below the familiar sights and sounds of the city of Nottingham, lose yourself in the unique and unforgettable City of Caves. Explore the winding passageways of a labyrinthine world. Witness the lives of the people who found themselves living and working shrouded in a damp, dark but reassuringly safe world.

Immerse yourself in the extraordinary atmosphere of the ancient caves carved deep beneath Nottingham's city centre, including WW2 air raid shelters and a medieval tannery.

In the UK's largest network of caves – with over 800 caves carefully converging to create breath-taking spaces – experience a place beyond imagination, and enjoy a truly memorable adventure in history.

Due to the historic nature of these ancient caves, they are inaccessible for visitors who use wheelchairs, or have limited mobility.

If you would like to come, please let **Yvonne** know on y.haynes@hotmail.co.uk or call 07746668469. Numbers are limited.



More details will follow once we know we have enough interest in this trip.

Back By Popular Demand!



We are having a trip to Bletchley Park, the home of WW2 code breakers, on **June 14**. This is a day-long trip, starting at 9am from West Bridgford Library car park and returning around 6pm. The coach trip is just under two hours. The cost for the event is £37 per person.

There has already been a strong response for places on this trip, but there are still a few spaces left on the coach. If you would like to join us please email **Carole** carolefleming0@gmail.com.

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Tuesday's Painting and Drawing Group

The Painting and Drawing Group have enjoyed a variety of topics recently using different techniques. Below are a few examples of our work.

We meet fortnightly on Tuesday mornings and have taught and topic led sessions but you can always do your own thing if you wish. We have a few spare places available and are always welcoming to members who have no experience but want to have a go and to more experienced painters. If you are interested, contact: **Pam** 01159819238



Local History Trip

– Wednesday, 17th May at 11.00am. £12 each



Discover the hidden history beneath Wollaton Hall with a Hidden History tour. Hear the tales and discover the characters of the Hall. Explore the Prospect Room, the Tudor Kitchens, the Cave and Admiral's Bath.

THIS TRIP IS CURRENTLY FULL, BUT NAMES ARE STILL BEING TAKEN IN CASE PLACES OPEN UP, OR IF WE REPEAT THIS TRIP LATER IN THE YEAR, AS IT IS PROVING POPULAR

Prospect Room – Situated on the top floor of Wollaton Hall, this magnificent room has panoramic views over Nottingham with stunning architecture visible across the Hall rooftop.

Tudor kitchens – Situated at the heart of Wollaton Hall, the kitchens date back to the Tudor times.

Basement – Not common knowledge because Wollaton Hall is situated on a hill, it has hidden corridors at the base of the mansion.

Unfortunately parts of this tour are not suitable for those with mobility issues, as it includes a spiral set of steps.



Yvonne: y.haynes@hotmail.co.uk or 07746668469.

West Bridgford Walks Update

It is more than 2 years since I last produced a walk description. Inspired by a wish to encourage activity during the Covid restrictions – and giving me something to occupy my time – I devised and described seventeen routes in and around West Bridgford.

They all start and finish on Musters Road but they can be joined and left at any point to suit where you live. Some of the walk descriptions reflect the period when they were written and the quieter streets experienced during the Covid restrictions. However, the routes themselves have not changed and I have continued to enjoy walking them and hope others have too.

To view the walks copy this web address to your browser: <https://u3asites.org.uk/west-bridgford/page/126490> or go to wbu3a website – Groups – Longer Walks – Pat Armstrong local walks.

I have also been thinking of new routes and now have 2 to add to the collection and then, one more to come, in expectation of the new pedestrian & cycle ridge being built over the Trent (next year I hope).

The 2 new routes, all starting on Musters Road (near Eton Road), are:

Walk No 18: R Trent, R Leen & Beeston–Nottingham Canal

Walk No 19: The Park Estate

Please do share the walks with friends and family. Enjoy! **Pat**



Hiking Group

Hike Leaders in 2023

We walk on the 3rd Thursday of each month. If you are interested in joining this group or would like more information please do not hesitate to contact me. New members are always welcome.

Kevin ksandrews58@gmail.com

Mob: 07981 516719

Date 2023	Leader
16 February 2023	Jan Tilsley & Rab Bird
16 March 2023	Kevin Andrews
20 April 2023	John Pickles
18 May 2023	Richard Ogilvy
15 June 2023	Iris & Bob Wilmot
20 July 2023	Angela Dobie
17 August 2023	Graham & Christine Wood
21 September 2023	Keith Coxon & Chris Giles
19 October 2023	Tony Wilson
16 November 2023	Simon Young
14 December 2023	Kevin Andrews



Cycling Group

Ride Programme: January to June 2023

Date	Ride	Miles	Leader	Phone	Start Point
Friday 24 th Feb	University & Wollaton Park	12	Pete	07828 647221	Welbeck Road West Bridgford
Friday 10 th March	Grantham Canal to Hickling	28	Graham & Christine	07803 123339	Welbeck Road West Bridgford
Friday 24 th March	Strelley Village to the Erewash Valley	18	Pete	07828 647221	Strelley Village
Friday 14 th April	Newark to Aslockton	26	Hugh & Di	07880 962135	Newark
Friday 28 th April	Shingley Country Park & the Nutbrook Trail	14	Pete	07828 647221	Shingley Country Park
Friday 12 th May	Water Rail Trail from Lincoln	21	Graham & Christine	07803 123339	Lincoln
Friday 26 th May	Chesterfield to Rother Valley	23	Hugh & Di	07880 962135	Chesterfield Station
Friday 9 th June	Manifold Valley Wetton & Ilam	20	Graham & Christine	07803 123339	Waterhouses
Friday 23 rd June	Calke Tramway & Staunton Harold	17	Pete	07828 647221	Calke Abbey

All rides start at 10.00am

The Group continue to cycle on the second and fourth Friday each month. Rides vary in length from 15 to a little over 30 miles and while some start in West Bridgford, others require the transport of your bike to more distant starting points.

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

Birdwatching Group

Seven of us braved the cold for our first visit of the year to the Idle Valley Nature Reserve near Retford with our expert, Chris Hall.

We met at the Rural Learning centre and cafe and walked from there through woodland and around Bellmoor Lake. In the woods we were delighted to see many siskins, some feeding on cones high up in the alder trees and some on the path in front of us, and a tiny goldcrest flitting around in the ivy. On the lake, we were treated to teal, shovelers, wigeon, pochard and goosanders amongst others.



Lunch and a warm restaurant were beckoning as a biting wind hit us approaching south of the lake and open fields but not before we came across a narrow strip of marshland which yielded close-up views of a couple of redwings and song thrushes, meadow pipits, robins and a pied wagtail.

After a tasty lunch (their scones are legendary!), we travelled to Lound to the Wetland Lakes. The scrapes here produced birds in quantity, our highlights being a female smew, a red crested pochard, a few goldeneye, several snipe and a marsh harrier.

On our return along the muddy riverbank of the Idle, we spotted a sparrowhawk chasing a fieldfare and in its pursuit disturbing a flock of golden plovers hidden in the field and panicking a host of linnets into a tree.

In the distance, a couple of Red Arrows practicing loops diverted our attention for a while and we almost missed the flypast of a great white egret. A green sandpiper was our last spot, a lifer for one of the group and with a final tally of 57 species we were well pleased with our day.

Linda

Bird Watching Group

Programme: January to June 2023

For visits with our expert there is a charge of £31 for a full day. The charge with transport in his minibus is £37. 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 13 th February	Rutland Water South Shore	Led by members of the Group	No Charge
Monday 27 th February	Ferry Meadows C P & the Nene Washes	With Professional Expert	£31 or £37 with transport
Monday 13 th March	Pitsford Water Northamptonshire	With Professional Expert	£31 or £37 with transport
Monday 27 th March	Elvaston Castle Derbyshire	Led by members of the Group	No Charge
Monday 17 th April	Middleton Lakes Nature Reserve Staffordshire	With Professional Expert	£31 or £37 with transport
Monday 8 th May	Warbler Walk Skylarks Holme Pierrepont	Led by members of the Group	No Charge
Monday 22 th May	Nightjar Hunt Budby Sherwood Forest	Led by members of the Group	No Charge
Monday 5 th June	Cossington Meadows Leicestershire	Led by members of the Group	No Charge
Monday 19 th June	Netherfield Lagoons	Led by members of the Group	No Charge
Monday 26 th June	Potteric Carr South Yorkshire	With Professional Expert	£31 or £37 with transport

For more information contact:

Pete 07828 647221 or **Lynne** 07811 707868



Peak District Walking Group

Programme: January to June 2023

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.

We continue our practice of holding a walk on the first Thursday of each month. The walks take in all the delights, ups and downs, vistas and valleys, stiles and mud of the Peak District on ambles of 5 to 6.5 miles and end with a well deserved lunch at a local cafe or inn.

Date	Walking From	Walking through	Leader	Distance (Miles)
2nd March	Longshaw Estate	Longshaw to Burbage Bridge & Higger Tor	Simon	6.5
6th April	Calver	Calver to Baslow on the River Derwent	Pete	6
4 th May	Cromford	Black Rocks & High Peak Junction	Maureen	5
1st June	Derwent Overview Park	Derwent & Dambusters Remembered	John	6

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



Groups Timetable

	Day	Venue	When	Leader	Phone	Status
	Monday					
	AM					
	Bird Watching	Various	1 st /3 rd Monday	Pete	07828647221	
Circa 8.45	Orienteering Walking	Various	3 rd Monday or 3 rd /4 th Tuesday	John	07721538057	
10	Zumba	Baptist Church	Weekly	Joan	07847 209399	
	PM					
2	Discussion Group 2	Member's home	2 nd Monday	Pat	01159234285	Full
2	History	Baptist Church	4 th Monday	Carol	07419317738	
2	Finding Out About Music	Baptist Church	1 st Monday	Diana	07736 943339	
2	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	
	Family History	Zoom	2 nd Monday	Paco	01159233109	
	Spanish Conversation	Member's home/Zoom	Every Monday	Lynda	07887392138	
	Wine Appreciation	Member's home		Rod	01159232019	
Evening	German	Zoom	Alt Mondays	Rita	0115 9841516	Full
	Tuesday					
	AM					
10	Art Appreciation	Baptist Church		Heather	01159232824	Full
10	Greeting Cards	Baptist Church	2 nd Tuesday	Joan	01159818477	

	Tuesday					
AM						
10	Painting and Drawing	Baptist Church	2 weekly	Pam	01159819238	
10	Spanish Conversation	Member's home	1 st and 3 rd Tuesday	Graham	0115923832	Full
10	Yoga Type Exercise	Paxdien Hall		Elizabeth	01159146941	
	Tuesday					
PM						
	Architecture Active	Baptist Church	3 rd Tuesday	David	07970059525	
2.30	Beginners Bridge	Baptist Church	Weekly	Ron	0115 9234176	
2.30	Cryptic Crosswords	Test Match	1 st Tuesday	Stephen	01159140255	
2.30	Cryptic Crosswords	Zoom	3 rd Tuesday	Stephen	01159140255	
	Knit and Natter	Stratford Haven	1 st and 3 rd Tuesday	Joan	07847209399	
2	Photography	Baptist Church	1 st Tuesday	Paco	01159233109	
2	Scrabble	Test Match	4 th Tuesday	Ian	01159813110	
12	Tai Chi	Scout Hut	Weekly	Lynn	07811 707868	
7.30	Etymology	Zoom	3 rd Tuesday	Joe	07760458791	
	Wednesday					
AM						
10	Critters Workshop			Sylvia	07981655553	
10.30	Short Walks	Various	2 nd and 4 th Wednesday	Christine	07434 614890.	
PM						
2.30	Badminton	Rushcliffe Arena	Wednesdays	Chris Phil	07941509357 07505513556	
	Book Group	Member's home	3 rd Wednesday	Liz	0115 914 5642	

	Wednesday					
PM						
1.45	International Folk Dancing	Baptist Church	1 st & 3 rd Wednesday	Joan	07847 209399	
	Lunch Club	Variable	Every Other Wednesday	Lorna	01159822546	
1	Murder Most Foul	Poppy & Pint	4 th Wed	Laraine	0115 9235361	Waiting list
2	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	
10	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	

PM	Thursday					
2	Remarkable Women	Baptist Church	3 rd Thursday	Pat	01159146670	
2	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
7.30	Film Group	Zoom	3 rd Thursday	Joe	07760458791	
	Friday					
AM						
10	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	
10.15	Singing For Fun	Baptist Church	2 nd and 4 th Friday	Sue	07900886765	
	Friday					
PM						
2	Rummikub	Baptist Church	1 st and 3 rd Friday	Trish	0796 102 4931	
2	Science For Everyone	Baptist Church	Last Friday of month	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 Vice Chair & Groups
		?	?
Rachel Committee Member	Paco Committee Member	Vacant Committee Member	Vacant Committee Member

Email contacts:

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