

# West Bridgford u3a Highlights March 2023

Please send your contributions to **Pat:** [wbu3aeditor@gmail.com](mailto:wbu3aeditor@gmail.com). Deadline for the next edition is **Friday 14<sup>th</sup> April**.

## Open Meeting

**23<sup>rd</sup> March:** Dr Tim Gray -The Work of EMICS: East Midlands Immediate Care Scheme



EMICS is a network of volunteer doctors with specialist training in pre-hospital emergency medicine who assist East Midlands Ambulance Service (EMAS) at the scene of life threatening emergencies. EMICS doctors provide advanced specialist skills at the point of accident or injury, where they are needed most.

Tim is a retired GP and the founder/chairman of EMICS.

If you come 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. The talk will start at 2.30pm.**

## Future Open Meetings 2023

**27<sup>th</sup> April:** Jean Townsend - "We", The True Story of Edward and Mrs Simpson

**25<sup>th</sup> May:** Roger Hoath - Turning Your Stress into Strength and Working with the Samaritans in the City of London

**22<sup>nd</sup> June:** Jo Carter - Historical Tour Guide in Costume

## Photography Group:

This month's topic was: Wood. Pictures taken by: Judy, Kathryn, Keith, Laraine, Lynne, Paco, Peter, Rachel, Rosemarie, Sue and Tom.

### Just Joe



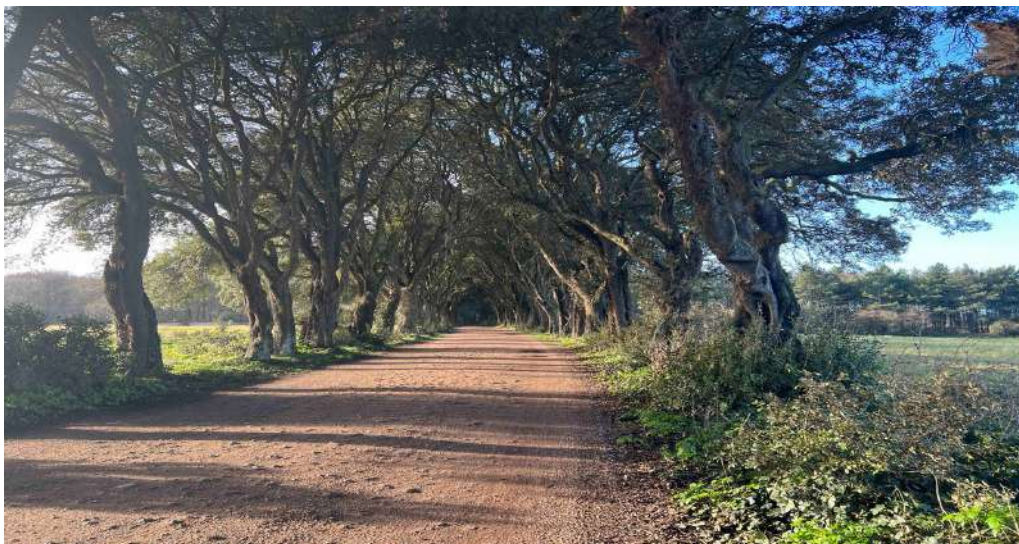
The main types of wildlife that I watch in my garden are birds and squirrels. The squirrels are both fascinating and annoying. Fascinating because they race around the garden, performing charming chases with each other and leaping with amazing agility from branch to fence and back to branch. Annoying because they then go and spoil it all by digging a series of holes in the lawn or scrabbling a crocus bulb from a tub.



I have a hierarchy for the birds, because I enjoy watching the finches, tits and blackbirds, but not wood pigeons (which are slow and clumsy) or magpies (which have an arrogant strut). Chris Hall, who gave us our Open Meeting talk in February, has no such ranking preference. He is a true birder, and clearly loves them all. He showed us which species to watch out for, how to feed them and how to encourage them to visit and to nest. He has spotted dozens of species in his own garden, and encouraged us to join the survey run by the British Trust for Ornithology so that they can develop a better understanding of the distribution of, and changes to, species populations. I am sure many of us came away from his talk with an improved awareness of the possibilities.



### Joe Colls, Chair WB u3a





## 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 taste buds 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](mailto:lcarneyhall@gmail.com)) or **Carole** ([carolefleming0@gmail.com](mailto:carolefleming0@gmail.com)). Places are limited to please book early.



## Local History Group

Many members joined the Local History Group at a very engaging talk by Chris Weir on Slums, Lace & the Occasional Riot: The Making of Modern Nottingham which we all enjoyed and learned a lot.

### Albert Ball

The Local History Group would like to invite you to a talk on **Wednesday 19<sup>th</sup> April at 2.30** by veteran local journalist **Andrew Smart** on **Albert Ball VC, DSO & Two Bars, MC** – a true air ace of World War One.

Andrew says he became fascinated about the story of how a well-bred Nottingham ex-public schoolboy could become this ruthless fighting man, fired by patriotism and love of his family, who became a national hero but died so young and is now commemorated in the Memorial Gardens on the Embankment alongside fellow Vcs.

The talk will be at the Baptist Church and the cost, including including tea and biscuits is £3, payable on the day.

### Tour of St Giles

You would also be welcome to join the Local History Group on **Wednesday 5<sup>th</sup> July** at our very own parish church, St Giles, here in West Bridgford.

There will be an opportunity to take a self-guided tour of the stained glass (using a sheet that describes the windows). Those less mobile will be able to watch details of the windows presented on the TV monitors.

That will be followed by an illustrated talk on the history of St Giles' Church, highlighting features within (and outside) the building, then time to explore the church to view the features mentioned.

The cost will be £2, payable on the day.

There's no limit on numbers but I would like to know if you would like to join us – you can let me know at the Open Meeting or by email.

**Averil** – [averil.hancox@ntlworld.com](mailto:averil.hancox@ntlworld.com).

## 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.

**April 4<sup>th</sup>:** East Midlands airport cargo handling

**May 2<sup>nd</sup> :** Visit to Duxford Aviation museum

For more information, contact Dave

07818276490 or 0115 9334304





## Remarkable Women: Female Firsts

These women are famous for being the first in their field to do what? Can you name them and say what that field was?



*Figure 1*



*Figure 2*



*Figure 3*



*Figure 4*

## Remarkable Women – Thursday 16<sup>th</sup> March

The next session of the Remarkable Women group will be looking at some of the women who risk their lives by reporting from war zones.

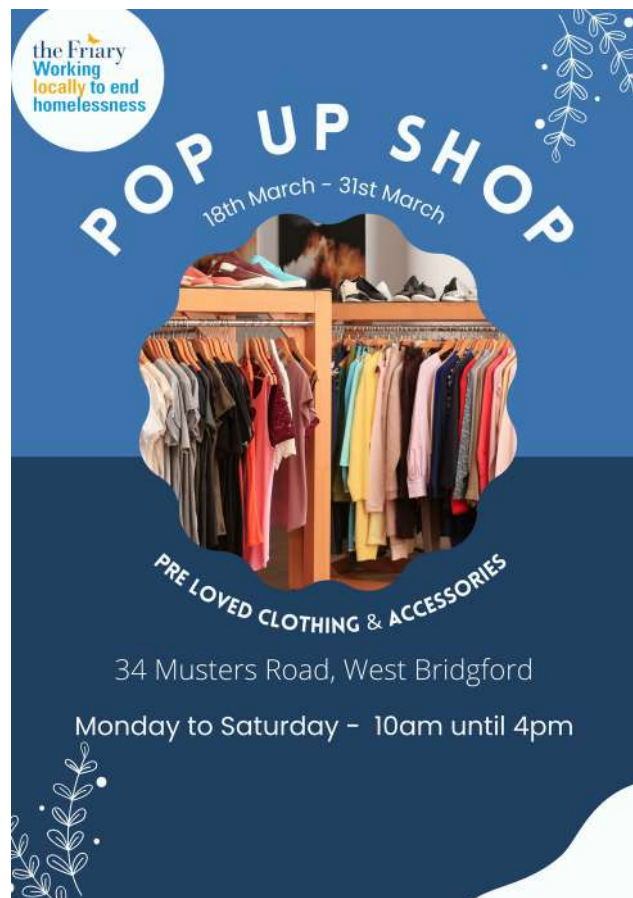
The session will be held in the Baptist Church from 2pm. For more information, please contact **Pat** on 9146670 or [pag6be@gmail.com](mailto:pag6be@gmail.com)

## Orienteering Walking

### Walk Dates and Locations:

**Tuesday 28<sup>th</sup> 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](mailto:jpicklesclifton@aol.com)



## Visit to the Caves of Nottingham

Wednesday, 20<sup>th</sup> 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](mailto: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](mailto:carolefleming0@gmail.com).



## 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 |    |  |    |  |    |   |    |  |    |

| Across:  | Down:                                      |
|--|--|
| 1. Happening by chance (10)                          | 1. Prolonged dull pain (4)                 |
| 6. Having the capacity, skilful (4)                  | 2. Leaflets to many people (9)             |
| 10. Large wading bird with S shaped neck (5)         | 3. Yellow weed's seed head (9,5)           |
| 11. Seabird with lustrous black plumage (9)          | 4. Capital of Cyprus (7)                   |
| 12. Written above an ornamental tablet (14)          | 5. Flight staff (7)                        |
| 14. Widely grown species of coffee (7)               | 7. Fried vegetables Indian dish (5)        |
| 15. Written authorisation for a person or action (7) | 8. Total destruction or annihilation (10)  |
| 17. Poisonous white powder used in weedkillers (7)   | 9. Genuine or reliable financially (6-8)   |
| 19. Pear-shaped fruit (7)                            | 13. Processions of riders or vehicles (10) |
| 20. A gathering into a rounded mass (14)             | 16. Very tall or athletic woman (9)        |
| 23. Discovering the existence or presence of (9)     | 18. Join together (7)                      |
| 24. Slightly wet (5)                                 | 19. Plan or provide for (7)                |
| 25. Replacement for animal protein in some foods (4) | 21. Dapper, smart (5)                      |
| 26. Country controlled by another (10)               | 22. Remain (4)                             |

## Local History Trip

– Wednesday, 17<sup>th</sup> 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](mailto:y.haynes@hotmail.co.uk) or 07746668469.



# 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 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<br>24 <sup>th</sup> March | <b>Strelley Village to the Erewash Valley</b>          | 18    | Pete                     | 07828<br>647221 | Strelley Village       |
| Friday<br>14 <sup>th</sup> April | <b>Newark to Aslockton</b>                             | 26    | Hugh &<br>Di             | 07880<br>962135 | Newark                 |
| Friday<br>28 <sup>th</sup> April | <b>Shipleigh Country Park &amp; the Nutbrook Trail</b> | 14    | Pete                     | 07828<br>647221 | Shipleigh Country Park |
| Friday<br>12 <sup>th</sup> May   | <b>Water Rail Trail from Lincoln</b>                   | 21    | Graham<br>&<br>Christine | 07803<br>123339 | Lincoln                |
| Friday<br>26 <sup>th</sup> May   | <b>Chesterfield to Rother Valley</b>                   | 23    | Hugh &<br>Di             | 07880<br>962135 | Chesterfield Station   |
| Friday<br>9 <sup>th</sup> June   | <b>Manifold Valley Wetton &amp; Ilam</b>               | 20    | Graham<br>&<br>Christine | 07803<br>123339 | Waterhouses            |
| Friday<br>23 <sup>rd</sup> June  | <b>Calke Tramway &amp; Staunton Harold</b>             | 17    | Pete                     | 07828<br>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



## 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<br>13 <sup>th</sup> March | Pitsford Water<br>Northamptonshire              | With Professional<br>Expert    | £31 or £37 with<br>transport |
| Monday<br>27 <sup>th</sup> March | Elvaston Castle<br>Derbyshire                   | Led by members<br>of the Group | No Charge                    |
| Monday<br>17 <sup>th</sup> April | Middleton Lakes Nature<br>Reserve Staffordshire | With Professional<br>Expert    | £31 or £37 with<br>transport |
| Monday<br>8 <sup>th</sup> May    | Warbler Walk<br>Skylarks Holme Pierrepont       | Led by members<br>of the Group | No Charge                    |
| Monday<br>22 <sup>th</sup> May   | Nightjar Hunt<br>Budby Sherwood Forest          | Led by members<br>of the Group | No Charge                    |
| Monday<br>5 <sup>th</sup> June   | Cossington Meadows<br>Leicestershire            | Led by members<br>of the Group | No Charge                    |
| Monday<br>19 <sup>th</sup> June  | Netherfield Lagoons                             | Led by members<br>of the Group | No Charge                    |
| Monday<br>26 <sup>th</sup> June  | Potteric Carr<br>South Yorkshire                | With Professional<br>Expert    | £31 or £37 with<br>transport |

**For more information contact:**

**Pete** 07828 647221 or **Lynne** 07811 707868





## Update on the Activities of the West Bridgford U3A Ukulele Strummers

The strumming group kept going throughout the whole of Covid lock down and the long period following that when we all felt in limbo. David Alexander, our leader, was determined to keep the group together.

From the onset David organised us to meet via Zoom and, although it was odd at first to play along with the one person not muted, these duets soon became the norm. An advantage to this arrangement was that no one could hear you unless you were the unmuted one.

We started to meet up again at West Bridgford Baptist Church about a year ago. Remarkably we seemed to carry on from where we left off with the same old faces. About 25 members turn up each week with a total number in the group approaching 50.

One consequence of Covid has been that we were unable to play at other venues. This has meant that we concentrated more on songs we wanted to play without considering an audience. As a result we have added a lot of new songs with a wider appeal and now have several hundred songs to choose from.

More recently we have started to prepare for outside performances. At the end of last year we went to the Masonic Hall in West Bridgford to sing and play for the Breathe Easy group. We have more performances planned at a MENCAP Day Centre; a Memory Café held at the Holy Spirit; and the Community Centre at Kingfishers Court, where we will be the warm up act for the King's Coronation!

We encourage anyone who is interested in joining us to make contact through **David** - 07771515810

We meet in the Baptist church hall at 2.00pm -4.00pm every second and third Thursday of the month.

We welcome beginners as well as experienced players.

**Malcolm**

## 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) |
|---|------------------------------|---------------------------------------|---------|------------------|
| 6th April   | Calver                       | Calver to Baslow on the River Derwent | Pete    | 6                |
| 4 <sup>th</sup> May   | Cromford                     | Black Rocks & High Peak Junction      | Maureen | 5                |
| 1st June  | Derwent Overview Park<br>Car | Derwent & Dambusters Remembered       | John    | 6                |
| If you interested please contact <b>Pete</b> 07828 647221 or email <a href="mailto:peter.elderton@live.co.uk">peter.elderton@live.co.uk</a> |                              |                                       |         |                  |



## Groups Timetable

|               | Day                        | Venue                 | When   | Leader     | Phone        | Status |
|---------------|----------------------------|-----------------------|--|------------|--------------|--------|
|               | <b>Monday</b>              |                       |  |            |              |        |
|               | <b>AM</b>                  |                       |  |            |              |        |
|               | Bird Watching              | Various               | 1 <sup>st</sup> /3 <sup>rd</sup><br>Monday                               | Pete       | 07828647221  |        |
| Circa<br>8.45 | Orienteering<br>Walking    | Various               | 3 <sup>rd</sup> Monday or<br>3 <sup>rd</sup> /4 <sup>th</sup><br>Tuesday | John       | 07721538057  |        |
| 10            | Zumba                      | Baptist<br>Church     | Weekly   | Joan       | 07847 209399 |        |
|               | <b>PM</b>                  |                       |  |            |              |        |
| 2             | Discussion Group<br>2      | Member's<br>home      | 2 <sup>nd</sup> Monday   | Pat        | 01159234285  | Full   |
| 2             | History                    | Baptist<br>Church     | 4 <sup>th</sup> Monday   | Carol      | 07419317738  |        |
| 2             | Finding Out About<br>Music | Baptist<br>Church     | 1 <sup>st</sup> Monday   | Diana      | 07736 943339 |        |
| 2             | Art Appreciation           | Baptist<br>Church     | 1 <sup>st</sup> Monday   | Carol      | 07419317738  |        |
|               | Cards Games                | Member's<br>home      | 2 <sup>nd</sup> Monday   | Janet/Paul | 01159231352  |        |
|               | Climate Change             | Baptist<br>Church     | 2 <sup>nd</sup> Monday   | Sue        | 07900886765  |        |
|               | Family History             | Zoom                  | 2 <sup>nd</sup> Monday   | Paco       | 01159233109  |        |
|               | Spanish<br>Conversation    | Member's<br>home/Zoom | Every<br>Monday  | Lynda      | 07887392138  |        |
|               | Wine Appreciation          | Member's<br>home      |  | Rod        | 01159232019  |        |
| Evening       | German                     | Zoom                  | Alt Mondays  | Rita       | 0115 9841516 | Full   |
|               | <b>Tuesday</b>             |                       |  |            |              |        |
|               | <b>AM</b>                  |                       |  |            |              |        |
| 10            | Art Appreciation           | Baptist<br>Church     |  | Heather    | 01159232824  | Full   |
| 10            | Greeting Cards             | Baptist<br>Church     | 2 <sup>nd</sup> Tuesday  | Joan       | 01159818477  |        |



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

|                |                            |                     |   |              |                              |              |
|----------------|----------------------------|---------------------|---|--------------|------------------------------|--------------|
|                | <b>Wednesday</b>           |                     |   |              |                              |              |
| <b>PM</b>      |                            |                     |   |              |                              |              |
| 1.45           | International Folk Dancing | Baptist Church      | 1 <sup>st</sup> & 3 <sup>rd</sup> Wednesday   | Joan         | 07847 209399                 |              |
|                | Lunch Club                 | Variable            | Every Other Wednesday                         | Lorna        | 01159822546                  |              |
| 1              | Murder Most Foul           | Poppy & Pint        | 4 <sup>th</sup> Wed                           | Laraine      | 0115 9235361                 | Waiting list |
| 2              | Table Tennis               | Baptist Church      | 2 <sup>nd</sup> and 4 <sup>th</sup> Wednesday | Glenys       | 01158370932                  |              |
|                | Local History              | Various             |   | Yvonne       | 07746668469                  |              |
| <b>Evening</b> | French                     | Zoom                | 2 weekly                                      | Anne         | 0115981 4196                 |              |
|                | <b>Thursday</b>            |                     |   |              |                              |              |
| <b>AM</b>      |                            |                     |   |              |                              |              |
|                | Beginners' Spanish         | Member's home       | Weekly  | Graham       | 01159232832                  |              |
|                | Guitar Group 1             | Member's home       | Alternate Thursday                            | David        | 07990654643                  |              |
|                | Hiking                     | Various             | 3 <sup>rd</sup> Thursday                      | Kevin        | 07981 516719                 |              |
| 10             | Mah Jong                   | Marlborough Court   | 1 <sup>st</sup> and 3 <sup>rd</sup> Thursday  | Glynis       | 07504 246410                 |              |
|                | Painting & Drawing         | Baptist Church      | Alternate Thursdays                           | Ron          | 01159234176                  |              |
|                | Peak District Walking      | Various             | 1 <sup>st</sup> Thursday                      | Pete         | 07828647221                  |              |
|                | Poetry Appreciation        | Marlborough Court   | 2 <sup>nd</sup> Thursday                      | Joan         | 07881718784                  |              |
| <b>PM</b>      |                            |                     |   |              |                              |              |
|                | Book Group 3               | Stratford Haven     | 2 <sup>nd</sup> Thursday                      | Fran         | 01158789790                  |              |
|                | Book Group AP              | Member's home       | 1 <sup>st</sup> Thursday                      | Angela       | 01159986679                  | Full         |
|                | Guitar (beginners)         | Member's home       | Alternate Thursday                            | David        | 07970059525                  |              |
|                | Guitar Singaround          | St Wilfrid's Church | Alternate Thursday                            | David Gordon | 07970059525<br>0779 693 4365 |              |

|           |                           |                |  |            |               |             |
|-----------|---------------------------|----------------|--|------------|---------------|-------------|
| <b>PM</b> | <b>Thursday</b>           |                |  |            |               |             |
| 2         | Remarkable Women          | Baptist Church | 3 <sup>rd</sup> Thursday                     | Pat        | 01159146670   |             |
| 2         | Scrabble                  | Test Match     | 2 <sup>nd</sup> Thursday                     | Ian        | 01159813110   |             |
|           | Ukelele Strumming For Fun | Baptist Church | 2 <sup>nd</sup> and 3 <sup>rd</sup> Thursday | David      | 07771515810   |             |
|           | Wine Appreciation         | Member's home  |  | Rod        | 01159232019   | <b>Full</b> |
| 7.30      | Film Group                | Zoom           | 3 <sup>rd</sup> Thursday                     | Joe        | 07760458791   |             |
|           | <b>Friday</b>             |                |  |            |               |             |
| <b>AM</b> |                           |                |  |            |               |             |
| 10        | Cycling                   | Various        | 2 <sup>nd</sup> and 4 <sup>th</sup> Friday   | Pete       | 07828647221   |             |
|           | Longer Walks              | Various        | 1 <sup>st</sup> Friday                       | Rita       | 0115 8461516  |             |
|           | Longer Walks              | Various        | 3 <sup>rd</sup> Friday                       | Liz        | 0115 9231605  |             |
| 10.15     | Singing For Fun           | Baptist Church | 2 <sup>nd</sup> and 4 <sup>th</sup> Friday   | Sue        | 07900886765   |             |
|           | <b>Friday</b>             |                |  |            |               |             |
| <b>PM</b> |                           |                |  |            |               |             |
| 2         | Rummikub                  | Baptist Church | 1 <sup>st</sup> and 3 <sup>rd</sup> Friday   | Trish      | 0796 102 4931 |             |
| 2         | Science For Everyone      | Baptist Church | Last Friday of month                         | Peter      | 07745995735   |             |
|           | <b>Saturday</b>           |                |  |            |               |             |
|           | Holiday Group             |                | 1 <sup>st</sup> 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<br>Chair  | Peter<br>Vice Chair & Tech<br>Support   | Yvonne<br>Secretary  | Martin<br>Treasurer   |
|    |    |  |  |
| John<br>Membership<br>Secretary   | Carole<br>Refreshments and<br>Social  | Clare<br>Tech Support and<br>Beacon<br>Administrator                               | Kathryn<br>Vice Chair &<br>Groups   |
|  |  | <b>?</b>   | <b>?</b>  |
| Rachel<br>Committee<br>Member   | Paco<br>Committee<br>Member   | Vacant<br>Committee<br>Member  | Vacant<br>Committee<br>Member   |

Email contacts:

|                   |                          |                          |                        |
|-------------------|--------------------------|--------------------------|------------------------|
| Joe               | wbu3achair@gmail.com     | Carole                   | wbu3aexec2@gmail.com   |
| Peter             | wbu3atech2@gmail.com     | Clare                    | wbu3atech@gmail.com    |
| Yvonne            | wbu3asec@gmail.com       | Kathryn                  | wbu3agroups1@gmail.com |
| Martin            | wbu3atreasurer@gmail.com | Rachel                   | wbu3aexec4@gmail.com   |
| John              | wbu3amem@gmail.com       | Paco                     | wbu3aexec1@gmail.com   |
| General Enquiries | wbu3aenquiries@gmail.com | Voicemail: 0115 871 1810 |                        |
| Highlights Editor | wbu3aeditor@gmail.com    |                          |                        |
| Webmaster Editor  | sue456bailey@gmail.com   |                          |                        |



## Crossword Solution:

### Across:

1.Accidental 6.Able 10.Heron 11.Cormorant 12.Superscription 14.Arabica 15.Warrant  
17.Arsenic 19.Avocado 20.Conglomeration 23.Detection 24.Moist 25.Soya  
26.Dependency.

### Down.

1.Ache 2.Circulars 3.Dandelion Clock 4.Nicosia 5.Aircrew 7.Bhaji 8.Extinction  
9.Copper-bottomed 13.Cavalcades 16.Amazonian 18.Combine 19.Arrange 21.Natty  
22.Stay.

## Remarkable Women Firsts:

1. **Helen Sharma** - the first Briton into space 1992

2. **Constance Markiewicz** – the first elected female MP 1919. As an Irish nationalist she didn't take up her seat. Nancy Astor (born in the USA) was the first woman to win an election and take up the seat in 1919

3. **Rebecca Stephens** – the first British woman to conquer Everest in 1993. The first ever woman to do so was Junko Tabei, a Japanese mountaineer in 1975

4. **Anne Loughlin** - the first female President of the TUC in 1943

## Can You Help – The Aura Study (University of Nottingham)?

The Aura Study aims to understand the stress experienced by people (over 16) with hearing loss.

Currently the study is struggling to find people to take part who are not suffering from hearing loss.

What is involved? In brief it is an online 15 minute survey about you, your health and your stress levels and a donation of a very small amount of hair (minimum 2cm length, close to root, half a narrow pencil width from the middle at back of your head – this is to measure the your level of Cortisol, the primary stress hormone). In addition, an optional online hearing test is included at the end (5 minutes).

If you, your family or your friends would like to take part then simply follow this link:

<https://nottingham.onlinesurveys.ac.uk/the-aura-study-cortisol-a-biomarker-for-hearing-loss-c-5>

