

West Bridgford u3a Highlights October 2023

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

All newsletters to members, both current and past editions, can be seen at:
<https://u3asites.org.uk/west-bridgford/page/89558>

October Open Meeting 26th October



Fools Gold Acoustic: Steve and Carol Robson

"Beat the Drum"

A welcome return for this popular duo with a unique and fascinating blend of music, story-telling and visuals.

Doors open at 1.30pm for tea/coffee and group tables. The talk will start at 2.30pm.

Future Open Meetings 2023

23rd November: Geoff Harris - Toast Master

14th December: - Melody Flyte will entertain us

Photography Group

This month's topic: **Calke Abbey**

Photos by Peter, Judy, Keith, Kathryn, Rachel, Sue, Lynne, John, Chris and Clifford.

Just Joe



Hello again, everyone.

First, I must 'fess up to a senior moment. Last month I told you that our December speaker would be Fran Sandham. But in fact we shall have to wait until February next year for Fran to be with us. At our December Open Meeting (earlier than usual on the 14th, because of Christmas) we will have Melody Flyte, singing her selection of Christmas songs and giving us some background on each one.



Followed by a cream tea. Should be good!

Last month Roger Hoath gave us some sound advice about de-stressing. His acrostic for reducing your stress level was:

S for Sing
T for Think positive
R for Relax
E for Exercise
S for Support others
S for Survive



If you can put all those into practice it will make you a calmer person. I'm not too good on the singing bit, but I'll certainly have a crack at the middle four and hope it results in the last. Roger also had some entertaining anecdotes, such as how Giles Brandreth had advised him not to name drop, then gave as evidence the fact that he had got that from Prince Phillip!



I'm quite into astronomy at the moment. Owing to the long history of the topic, spread amongst many civilisations, it is a rich source for etymology. For example, one of the 88 constellations is called *Camelopardalis*, which is Greek for giraffe (as with most constellations, you have to use a bit of imagination to see the likeness).

The ancient Greeks created this word because they thought giraffes looked like camels (long necks), but with spots (*pardus*). In the same way, they decided *leopards* looked like spotty lions. Incidentally, there is a leopard tortoise, so-called not because it can run like the wind, but because it is spotty!

Joe Colls, Chair West Bridgford u3a

Local History Group

The Museum of Timekeeping: 25th October at 11.00am



This will be a guided tour. The visit will last approximately 2 hours. The cost will be £15 each, to include refreshments. The museum is in Upton, Notts, so car shares will be arranged. If you would like to come, contact **Yvonne** on y.haynes@hotmail.co.uk

Papplewick Pumping Station 8th November



Britain's finest surviving Victorian Pumping Station, Papplewick was built in 1882-1885 and supplying water until 1969 and now is a museum.

The Station is a Scheduled Ancient Monument, the highest preservation order that be bestowed upon a building in England. This means that the majority of the site is accessible to all but due to the historical nature of the Engine House access is via a small flight of steps leading to the porch and main door; there are also internal stairs for reaching the upper floors.

The cost is £5 per person and lifts, if needed, will be available.

Contact **Averil** at averil.hancox@ntlworld.com or on 07802 718639

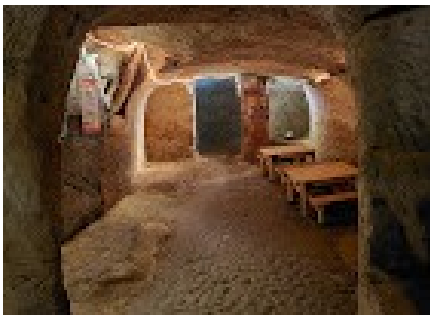
Open Meeting Speakers

We always have good speakers at our Open Meetings. We need help to continue to find these speakers. So, are you able to help us find and book speakers for future Open Meetings?

If so, please contact **Kathryn** at wbu3agroups1@gmail.com

Local History Visit to Nottingham Caves

The Local History group visited the Caves of Nottingham this month. We were made very welcome, and our tour guide was very engaging and knowledgeable.



We explored the winding passageways beneath the old Broadmarsh shopping centre, hearing the trams trundling above our heads. The caves have had a varied past, being homes, industrial workshops, air raid shelters, to name but a few. Did you know there are over 800 caves beneath our city? It is the UK's largest network of caves.



Calke Abbey

West Bridgford u3a Facebook Page

We will shortly be launching a Facebook page to increase the social presence of West Bridgford u3a through updates of the activities we all get involved in. If you have any photos of things your groups are doing or short statements about past or forthcoming activities please email them to **Kathryn** at wbu3agroups1@gmail.com as she will be keeping the page up to date.

If any members are interested in helping to run the Facebook pages please let **Kathryn** know.

It's Nearly Panto Time! Cinderella (In Person) at Nottingham Playhouse



The Social Events Group have organised a visit to the Pantomime to see Cinderella at Nottingham Playhouse on **Saturday 30th December**.

This is for the matinee performance starting at 2.30pm.

The cost is £26.10 per ticket. There are a limited tickets available. So, if you are interested, you should contact **Louise** on 0115 9817589 or email – lcarneyhall@gmail.com



Calke Abbey



Hiking Group

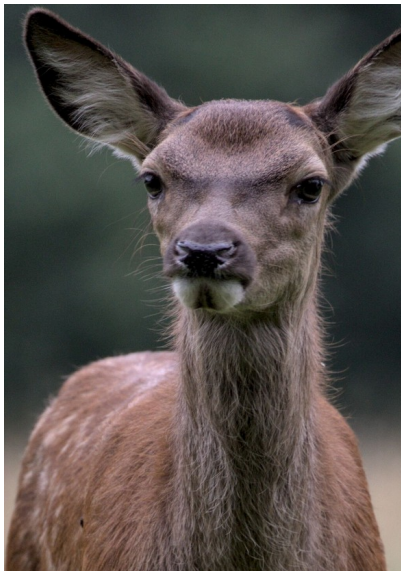
We walk on the 3rd Thursday of each month. If you are interested in joining this group or would like more information please do not hesitate to contact me. New members are always welcome. **Kevin:** ksandrews58@gmail.com or 07981 516719

Date 2023	Leader
19 October 2023	Tony
16 November 2023	Simon
14 December 2023	Kevin

Classical Music

Did you know that Rushcliffe Arena is promoting a series of concerts over the next few months? The Trent Chamber Orchestra is giving concerts there on **5th November, 14th January and 11th February**. Concerts start at 3pm.

The artistic director of the Trent Chamber Orchestra is Derek Williams, the former Music Director of the Nottingham Symphony Orchestra. For more information, contact info@trent-chamber.co.uk.



Calke Abbey

Orienteering Walking

Walk Dates and Locations:

Tuesday 24th October - Allestree Park, Derby "POC/VOC" with lunch at The Shed, Allestree

Tuesday 21st November - Elvaston Castle Country Park, Derbyshire with lunch at Wyatt's, Elvaston Castle

To join the group's email distribution list, contact **John** on **07721 538057** or email jpicklesclifton@aol.com

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VI-SN



(Visually Impaired-South Notts)

- We are a voluntary group that meets on the last Thursday of every month at Lutterell Court in West Bridgford at 7.30pm for any residents of Rushcliffe who are blind or visually impaired.
- We provide a team of volunteer drivers who collect and return members to and from their homes.
- We offer a varied programme of events monthly featuring talks, fun nights, quizzes, musical entertainment, a summer outing and a Christmas lunch.
- Subscription is minimal. Teas, coffees and biscuits are provided.
- Do YOU know anybody who might enjoy meeting other folks and coming along?
- Would YOU have the time to join our team of drivers? (Expenses can be claimed)
- Would YOU be interested in joining our organising team/committee?
- We would love to hear from you!
- Contacts: Richard Brown (chairperson) 07760166944
Janet Talbot (membership) 07834317529
Chris Gardner (events) 07799268768

Remarkable Women

We meet every 3rd Thursday afternoon at 2pm at the West Bridgford Baptist Church. At our next meeting on **Thursday 19th October** we will continue our look at some of the women who challenged society's conventions such as Coco Chanel, Marie Stopes and Germaine Greer.

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

Quiz Group



Do you know that LED stands for Light Emitting Diode? Or that The Starry Night was painted by Vincent van Gogh? If you do, then you should have been at the new Quiz Group, which got off to a great start in September.

We meet in the Tea Room at the Test Match Pub on the 4th Tuesday afternoon of the month. For our first quiz, we had 24 members in 6 teams of 4. Janet had sorted out the questions, giving us 5 rounds of 15 questions each. Always tricky getting the right level of difficulty with quiz questions – not too easy, not too hard – and these were just right. After 3 rounds, we had a short break and an opportunity to get refreshments from the bar.

We will meet again at 2pm on Tuesday 24th October. If you are interested in joining the group, please get in touch with one of us using the contact details below.

Louise: lcarneyhall@gmail.com 07534 442 073

Joe: joe.j.colls@gmail.com 07760 458 791

Film Discussion Group

If you are interested in films, then you might like to consider the Film Discussion Group. We meet on Zoom on the fourth Thursday evening of each month. At every meeting, a different member volunteers to choose that month's film. They then have a couple of weeks to select a film from Netflix, or from a free provider such as



BBC iPlayer.

The group members watch that film in their own time, then meet on Zoom to discuss it. We have watched a wide variety of films, from classics such as Citizen Kane and Casablanca, to sci-fi (The Martian), and dramatisations from real life (Mr Jones).



We have found that being in the group encourages us to watch films that we might otherwise have rejected, and to appreciate aspects of each film that we might otherwise have missed. We also have a WhatsApp group so we can chat about other films we have seen. Although Zoom is not to everyone's taste, it does mean that we can run an evening group through the winter without going out. If you would like to give us a try, please get in touch.

Joe: joe.j.colls@gmail.com 07760 458 791



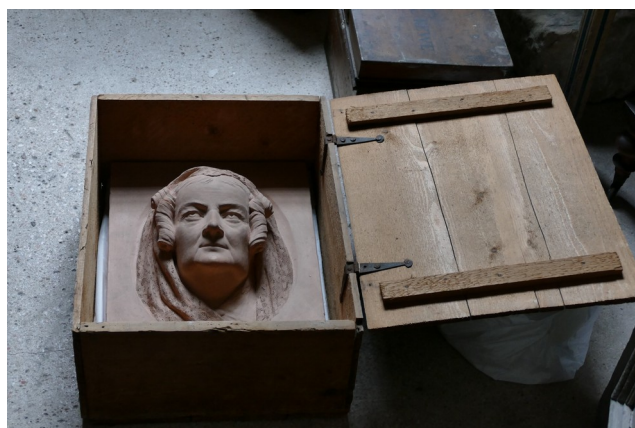
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Peak District Walking Group

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.

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 Area	Leader	Distance (Miles)
2 nd Nov	Ambergate	Crich Chase and Crich	Iris & Bob	5 - 6
7 th Dec	Chatsworth Garden Centre	Chatsworth Estate (South & West)	John	5
Future walks (including January 2024) will be scheduled for the first Thursday of each month				
For more information &/or to join the group's email distribution list, contact John - 07721 538057 or via email jpicklesclifton@aol.com				



Calke Abbey

Art Group

The Tuesday Painting and Drawing group are always up for trying something new. We have been painting in the style of Van Gogh, trying our hand at hedgehogs and dancing figures. This term we will have a go at still life, life drawing and painting trees among other things. There are a few places available at the moment so why not get in touch and have a go. **Janet**



Cycling Group

Ride Programme: October – December 2023

Date	Ride	Miles	Leader	Phone	Start Point
Friday 27 th October	Vale of Belvoir Circular, Screveton, Whatton, Langar, Cropwell Bishop	34	Graham & Christine	07803 123339	Welbeck Road, West Bridgford
Friday 10 th November	Wymondham Windmill and Waltham on the Wolds Circular	23	Graham & Christine	07803 123339	Wymondham Windmill Tea Rooms
Friday 24 th November	Southwell Trail to Sherwood Pines	27	Graham & Christine	07803 123339	Southwell Free car Park
Friday 8 th December	Christmas Ride Wollaton Park	12	Graham & Christine	07803 123339	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 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



Calke Abbey

Bird Watching Group

Programme October 2023 to Mar 2024

For visits with expert there is a charge of £33 for a full day. For all visits we provide our own or share transport. For longer trips with our expert we expect passengers to pay the driver £5 to cover their motoring costs. For some sites there is also an entry charge. Please book in advance. Final details will be emailed a week before each visit. For local trips we will meet at the location at 9:30am, on the longer day trips we will meet at 9:45am at the location.

For more information contact: Lynne 07811 707868, Jim 07891 718692 or Simon 07779 247532

Date	Location	Leader	Charge
Monday 23 rd October	Frampton Marsh	Professional Expert	£33
Monday 13 th November	Rutland Water South Shore Meet 9:30	Led by group members	No Charge
Monday 27 th November	Idle Valley Meet 9:45	Professional Expert	£33
Monday 11 th December	Willington (with Xmas meal at The Dragon) Meet tba	Professional Expert	£16 plus cost of lunch
Monday 8 th January	Attenborough Meet 9:30	Led by group members	No Charge
Monday 22 nd January	Carr Vale nature reserve and Poolsbrook Country Park Meet 9:45	Professional Expert	£33
Monday 5 th February	Langford Lowfields Meet 9:30	Led by group members	No Charge
Monday 19 th February	Carsington Water Meet 9:45	Professional Expert	£33
Monday 4 th Mar	Rother Valley country park Meet 9:45	Professional Expert	£33
Monday 25 th Mar	Elvaston Castle Meet 9:30	Led by group members	No Charge

Groups Timetable

	Day	Venue	When	Leader	Phone	Status
AM	Monday					
	Bird Watching	V	1 st /3 rd Mon	Pete	07828647221	
Circa 8.45	Orienteering Walking	V	3 rd Mon or 3 rd /4 th Tues	John	07721538057	
10	Zumba	BC	Weekly	Joan	07847 209399	
PM	Monday					
2	Discussion Grp 2	MH	2 nd Mon	Pat	01159234285	Full
2	History	BC	4 th Mon	Carol	07419317738	
2	Finding Out About Music	BC	1 st Mon	Diana	07736 943339	
2	Art Appreciation	BC	1 st Mon	Carol	07419317738	
	Cards Games	MH	2 nd Mon	Janet/Paul	01159231352	
	Climate Change	BC	2 nd Mon	Sue	07900886765	
	Family History	Z	2 nd Mon	Paco	01159233109	
	Spanish Conversation	MH/Z	Every Mon	Ewa	07740347756	
	Wine Appreciation	MH		Rod	01159232019	
AM	Tuesday					
10	Art Appreciation	BC		Heather	01159232824	
10	Greeting Cards	BC	2 nd Tues	Joan	01159818477	
10	Painting and Drawing	BC	2 weekly	Pam	01159819238	
10	Spanish Conversation	MH	1 st & 3 rd Tues	Graham	0115923832	Full
10	Yoga Type Exercise	PH		Elizabeth	01159146941	
PM	Tuesday					
2.30	Beginners Bridge	BC	Weekly	Ron	0115 9234176	
2.30	Cryptic Crosswords	TM	1 st Tuesday	Stephen	01159140255	
2.30	Cryptic Crosswords	TM	3 rd Tues	Stephen	01159140255	
	Knit and Natter	SH	1 st & 3 rd Tues	Joan	07847209399	
2	Photography	BC	1 st Tues	Paco	01159233109	

PM	Tuesday					
2	Scrabble	TM	4 th Tues	Ian	01159813110	
12	Tai Chi	SH	Weekly	Lynn	07811 707868	
	Silent Films	MH	1 st & 3 rd Tues	Ed	07890009443	
AM	Wednesday					
10	Critters Workshop			Sylvia	07981655553	
10.30	Short Walks	V	2 nd & 4 th Wed	Christine	07434 614890	
PM	Wednesday					
2.30	Badminton	RA	Wednesdays	Chris Phil	07941509357 07505513556	
	Book Group	MH	3 rd Wed	Liz	0115 914 5642	
1.45	International Folk Dancing	BC	1 st & 3 rd Wed	Joan	07847 209399	
	Lunch Club	V	Alt Wed	Lorna	01159822546	
1	Murder Most Foul	PP	4 th Wed	Laraine	0115 9235361	Wtg list
2	Table Tennis	BC	2 nd & 4 th Wed	Glenys	01158370932	
	Local History	V		Yvonne	07746668469	
Evening	French	Z	2 weekly	Anne	07974706281	
AM	Thursday					
	Beginners' Spanish	MH	Weekly	Graham	01159232832	
	Guitar Group 1	MH	Alt Thurs	David	07990654643	
10-1pm	Guitar Fun Strummers	SW	Alt Thurs	Gordon	0779 693 4365	
	Hiking	V	3 rd Thurs	Kevin	07981 516719	
10	Mah Jong	MC	1 st & 3 rd Thurs	Glynis	07504 246410	
	Painting & Drawing	BC	AltThurs	Ron	01159234176	
	Peak District Walking	V	1 st Thurs	John	07721 538057	
	Poetry	MC	2 nd Thurs	Joan	07881718784	
PM	Thursday					
	Book Group 3	SH	2 nd Thurs	Fran	01158789790	
	Book Group AP	MH	1 st Thurs	Angela	01159986679	Full
	Guitar (beginners)	MH	Alt Thurs	David	07970059525	

PM	Thursday					
2	Remarkable Women	BC	3 rd Thurs	Pat	01159146670	
2	Scrabble	TM	2 nd Thurs	Ian	01159813110	
	Ukelele	BC	2 nd & 3 rd Thurs	David	07771515810	
	Wine Appreciation	MH		Rod	011159232019	Full
7.30	Film Group	Z	4 th Thurs	Joe	07760458791	
AM	Friday					
10	Cycling	V	2 nd & 4 th Frid	Pete	07828647221	
	Longer Walks	V	1 st Frid	Rita	0115 8461516	
	Longer Walks	V	3 rd Frid	Liz	0115 9231605	
10.15	Singing For Fun	BC	2 nd & 4 th Frid	Sue	07900886765	
PM	Friday					
2	Rummikub	BC	1 st & 3 rd Fri	Trish	0796 102 4931	
2	Science For All	BC	Last Fri	Peter	07745995735	
	Saturday					
	Holiday Group		1 st Sat	Penny	01159233384	
	Traditional Games		Ad hoc	Janet/Paul	01159231352	

Key: **BC** – Baptist Church; **MC** – Marlborough Court; **MH** – Member's Home; **PH** – Paxdien Hall; **PP** – Poppy and Pint; **RA** – Rushcliffe Arena; **SH** – Scout Hut; **ST**– Stratford Haven; **SW** – St Wilfrid's Church; **TM** – Test Match; **V** – Various; **Z** – Zoom. **The information above may change. For up to date details about any group phone the contact name.**

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6	8	5	7	4	9	1	3	2
7	3	4	6	1	2	5	9	8
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Your West Bridgford u3a Committee

			
Joe Chair & Groups	Peter Vice Chair & Tech Support	Kathryn Vice Chair & Groups Co-ordinator	Yvonne Secretary
			
Martin Treasurer	John Membership Secretary	Carole Refreshments and Social	Clare Tech Support and Beacon Administrator
		?	?
Rachel Welcome Team	Louise Social Events	Vacant Committee Member	Vacant Committee Member

Email contacts:

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Peter	wbu3atech2@gmail.com	Kathryn	wbu3agroups1@gmail.com
Yvonne	wbu3asec@gmail.com	Rachel	wbu3aexec4@gmail.com
Martin	wbu3atreasurer@gmail.com	Louise	wbu3aexec3@gmail.com
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