

Selby & District

u3a

Newsletter

February 2025



Hello everyone and welcome to Selby & District February Newsletter

I hope everyone had a good Christmas and New Year and that you are all looking forward to 2025. Hopefully the long dark nights and miserable weather will soon be gone and we can start to get used to the lovely Spring sunshine. That's the optimist in me talking obviously 😊

Our Christmas open meeting had a slightly delayed start and this highlighted just how much we rely on Anne and Eric, who had a previous engagement on that day, to set the room up in readiness for the members arrival.

Ideally we need a team of 6 to 8 people who are willing to come early and help with the set up, we can then have a rota and hopefully there will always be someone to cover. If you would like to come a bit early to the meetings to help with this please let me know at pamelaoverson@gmail.com and if you can help with the video and sound equipment that would be even better. **Update** We now have a team of volunteers so thank you everyone that responded to my email. We just need a bit more help with the sound equipment if there is anyone out there.....

Due to various circumstances we find ourselves with a sorely depleted committee and we need to rectify this if our U3a is to continue to grow and thrive. We need some new people with new ideas to achieve this and we still need to fill the role of Secretary as well as welcoming new general committee members.

If you would like to join us or know someone who would like to join the committee please make good use of the proposal form which you can find at the end of this newsletter.

Thorpe Willoughby Village Hall is celebrating 25 years since opening and The Management committee have very kindly invited us to attend the celebration. The notice can be seen at the end of this newsletter.

Individuals can attend to have a look round and if you would like any further information or are available to help out with our table on the day please let me know.. Email contact pamelaoverson@gmail.com

Also at the end of this newsletter is the February activities calendar. We are very lucky to have the use of Selby Bowling Club for a lot of these activities and they look after us very well. However this is a Members Only Club and a charge of £2.00 is levied each time a non member enters the building. This money goes to the bowling club not to the U3a..

Consequently, if you attend regularly for one or more activities you may find it cheaper to join. This will cost you £26.00 per year and for a further one off payment of £5.00 you can get a fob which allows you to enter without having to ring the bell for someone to let you in.

Our Next Monthly Meeting

Our next monthly meeting will be on 5th February. Our talk will be given by Chris Cade and is entitled "Meet the Butler".

Website

The Selby and District U3a website uses Wordpress and we would like to have a website editing team, so if you have any experience editing a Wordpress website we would love to hear from you. Please email Helen.billington@gmail.com if you are interested in helping.

News from the Groups

The Games Group

The games group had a most enjoyable backgammon session on Thursday the 9th of January. We also played Mahjong and I learned how to play cribbage. Maureen Sherry. Contact maureensherry3@gmail.com

The Philosophy Group

The philosophy group had an enjoyable and wide-ranging discussion of free will and then the mind's relation with the body. This month we shall look at utilitarianism and assisted dying – a topical subject. Lindsay Gee. Contact lindsaygee67@cmail.com

Art Group

The Art Group has returned after the festive period recharged and ready to continue on their own art journey in 2025. Over the last few months, a number of new members have joined the art family and overall numbers are now hovering close to the group maximum. New processes have been introduced to monitor numbers and contact those who have not attended for a while to ensure they still wish to continue. By doing this, it ensures that anyone new wishing to join has the best possible chance of having their request actioned quickly without having to resort to a waiting list. Art Group Leaders will continue to monitor numbers going forward.

To ensure that there is good integration across new and older members of the group the Art Group Management Team have put together a factsheet to welcome everyone and covering basic etiquette. This ensures all get maximum enjoyment and support from the group.

In-House Sessions

To start the year off, Eddie Roberts, the art group joint leader has been running an optional 3 week introduction to sketching and drawing. Eddie has taken our new group members (or those wishing to go back to basics) through a sketching exercise, drawing an abandoned hut in week 1 and in week 2 learning about perspective and more technical drawing as they tackle Venice's iconic Bridge of Sighs. Week 3 sees the group drawing a swan in all it's feathery glory.

These sessions have allowed the new group members to come together and get their art journey off to a good start by exploring new art techniques without any nerves or anxiety and with access to robust support and encouragement.

The sessions have been well received so far by those who have taken part. Further sessions across a range of topics are planned going forward and during the Spring and Summer we hope to go 'En Plein Air' for some outdoor painting and drawing sessions (if the weather is kind to us).



Not quite Postcards from the Edge -celebrating 25 years of the Thorpe Willoughby Community Centre

The 25th Anniversary celebration of the opening of Thorpe Willoughby Village Hall takes place in March 2025. The Art Group are thrilled to have been asked to showcase some of our group's artwork as part of the celebration. To maximise the spread of art creations as part of the display, group members have all been given an A6 sized postcard for them to create their own work of art with. There are no restrictions or subjects and we are looking forward to a wide variety of postcards displaying. We will show some of the finished items in a future newsletter.

Member activity

Art Group members work across a large range of media from watercolour, acrylic and oils to sketching and drawing. The Art Group has been able to build up a store of useful equipment such a paintbrushes, paper, paints, plus books and magazines. Often these have been donated. By doing this, it means that members can try new materials and techniques to see if they suit before they commit to buying their own stock.



Ever come across this? Brusho is a new art technique. Small pots of coloured powder are provided, resembling the consistency of fine white pepper across a wide range of colours. Brusho paints can be applied in a number of ways. One technique calls for the artist to drop small amounts of the coloured powder onto the page and then using a spray, wet it.

Alternatively, coloured powder can be dropped direct onto wet paper. The powder once wet, then spreads and separated out to show all the component hues within that colour.

The outcomes are surprising and remarkable, vivid-red powder spreads to show yellows, oranges, greens and browns. The results can be a little irrepressible but overall are great fun to work with and allow creativity to run wild. For a little more control, the artist can use the powders in the same way that they would use paint and apply it with a paintbrush. The really strong colours give their results a real punch. Contact Janet Howley milfordhowley@aol.com

Photography

The group met to listen to a talk by leader, Mike, on how to attain 'movement' within a photograph. Members saw how to achieve movement by panning, freezing action, long exposures and by the fairly new technique of 'Intentional Camera Movement'.

Members have now been set the assignment to produce four photographs of movement by using any method. These photographs will be critiqued at the next meeting before the group then watches a presentation on 'Landscape' photography.

The next meeting is February 18th at 2.00 pm in the Bowling Club.

Military History

U3a member, Ken Lawrence, kept the group enthralled with his presentation about the French involvement in Vietnam post WW2.

He explained how they tried to re-establish their former colony after the war to regain their dominance in Indo-China. Owing to a fierce nationalistic movement the French eventually had to leave the area. Precipitating this withdrawal was their defeat in the battle Dien Bien Phu. Ken's presentation focussed on the battle and the struggles that both sides had in getting the upper hand. Eventually the Viet Minh were successful and after a four month siege in 1954 the French left.

Group members thanked Ken for his talk that shone a spotlight on a comparatively unknown theatre of military history.

Next month's meeting, February 18th at 11.00 in the Bowling Club, sees a talk by group member, Richard Wood, on Operation Market Garden in WW2.

Tai Chi

After a few changes to the time and date of the Tai Chi classes due to the inconsistent numbers attending, it has now been decided that the class will take place once a week on Thursdays at 2pm at Brayton Scout and Guide Hut.

Unfortunately due to personal reasons our tutor Jeanette is not able to re-start the sessions until Thursday 6th February.

For those interested in keeping up in the meantime she has provided a youtube link for you to try. The link is www.youtube.com/@Luna-ic8hi, so please give it a try. Hopefully we will see you on the 6th and apologies for the changes.

Workshops

Share a Skill

The Friday workshops started again on 31st January at Selby Bowling Club, 9.30 am. This workshop was working with vases.

February 28th Decorate a Box with some new techniques for things you love to keep. (February being a month of love/Valentine)



If you would like to join these workshops please contact anneselwyn@hotmail.com

The Garden Visits Group

This is just a brief summary to update everyone on the outcomes from the January meeting.

Many thanks to everyone for suggestions for visits in 2025, we now have a basic programme to work with. Please bear in mind this is not set in stone and we'll need to confirm details, by email, each month.

February 14 th	Snowdrops at Burnby Hall, Pocklington.
March 14 th	Fields Garden Centre, Sherburn-in-Elmet. Peter (ex Selby GC, Osgodby) is giving a talk.
April 11 th	Walkers Garden Centre, Blaxton, Nr Doncaster
May 9 th	Temple Newsam, Leeds
June 13 th	Newby Hall, Ripon
July 11 th	Huby Field of Flowers? To be arranged
August 8 th	Private Garden? To be arranged
September 12 th	Beningbrough Hall, York
October 10 th	York Arboretum, Castle Howard, York. To be arranged
November 14 th	Garden Centre. To be arranged
December	Christmas Lunch, date and venue to be arranged

It was agreed to keep visits to the second Friday in the month wherever possible and to continue to put £1 in the kitty each time to subsidise future coach trips. Currently the group funds stand at £271.10. The next coach trip will be in 2026.

We'll be in touch again in a couple of weeks with details for February 14th.

Looking forward to this year's visits.

Ros and Wendy

Interest Groups Calendar February 2025

For further information on any of these interest groups, or Selby & District u3a in general, please visit our website Selby & District u3a or call us on **07908 572852**.

Drop in for a Cuppa
2nd & 4th Wednesday
10.00 – 12.00
Barco Lounge, Market Cross,
Selby

Monthly General Meeting
1st Wednesday of the month
10.00 – 12.00
Thorpe Willoughby Village Hall

Activity	Day	Time	Venue	Leader
Aerobics/Exercise	Wednesday	2.00 – 3.00	Osgodby Methodist Church Hall	Kay McSherry
Allotments	Any time		Westbourne Road	Peter Robinson
Art	Monday	2.00 – 4.00	Thorpe Willoughby Village Hall	Rita Braithwaite Eddie Roberts
Board Games	Tuesday	2.00 – 4.00	4, South View, Osgodby	Kay McSherry
Board Games Backgammon Mahjong	2 nd Thursday	2.00 – 4.00	Selby Bowling Club	Maureen Sherry
Chess	Thursday	9.30 – 11.30	Selby Bowling Club	Alan Preene
Confab 2	1 st Monday	1.30 – 2.30	ZOOM	Michael Hewan
Dark Skies	1 st Thursday	2.00 – 4.00	Selby Bowling Club	Jo Sharpe
Engineering Past & Present (Formerly Steam & Steel)	2 nd Tuesday	2.00 – 4.00	Selby Bowling Club	Patrick Bennett Julie Wilkinson
Family History	3 rd Thursday	10.30 – 12.00	Selby Bowling Club	Margaret Cromack
Floral Art	1 st Friday	9.30 – 11.30	Selby Bowling Club	Rita Braithwaite

Flyleaf Books	3 rd Friday	3.00	Selby Library	Imelda Dickinson
Friday Crafts Workshop	Last Friday	9.30 – 12.00	Selby Bowling Club	Anne Selwyn
Garden Visits	2nd Friday		Various locations	Ros Low
Guitars+	Every Monday	1.30 – 3.30	Selby Bowling Club	Carol Hewan
Knife & Fork	Varied times		Various locations	Jan Tetley
Knit & Natter	Every Tuesday	10.00 – 12.00	Selby Bowling Club	Annella Law
Local History	1 st Friday	2.00 – 4.00	Temporarily Suspended	Michael Hewan
Longer Walks	4 th Thursday	10.00	Various locations	John Duffy
Military History	3 rd Tuesday	11.00 – 1.00	Selby Bowling Club	Mike Cowling
Monday Crafts	Every Monday	10.00 – 12.00	Selby Bowling Club	Sue Davison
Philosophy	4 th Friday	2.00 – 4.00	Selby Bowling Club	Lindsay Gee
Photography	3 rd Tuesday	2.00 – 4.00	Selby Bowling Club	Mike Cowling Celia Barnes
Tai Chi	Every Thursday Starts Feb.6th	2.00	Brayton Scout Hut	Anne Nelmes
Textile Arts	3 rd Friday	9.30 – 11.30	Selby Bowling Club	Rita Braithwaite
Thursday Crafts	1 st Thursday	10.00 – 12.00	Selby Bowling Club	Helen Billington
Velo u3a	2 nd & 4 th Wednesday	1.00	Various meeting points	Jo Sharpe
Walking	2 nd Thursday	10.00	Various locations	Helen Billington
Wellbeing Walks	3 rd Thursday	10.00	Various locations	John Richardson
Writing	Most Mondays (not 4 th Monday)	10.00 – 12.00	Various locations	Imelda Dickinson
Writing Workshops	4 th Monday	10.00 – 12.00	St. Wilfred's Court	Imelda Dickinson

Could Group Leaders check that the information for their group is correct and if not please let me know asap.

Thanks

2025 Speaker List

February 5 th	Chris Cade	Meet the Butler
March 5 th	AGM	Rita Braithwaite It's a Funny Way to Earn a Living Pt 2
April 2 nd	Leeds Waits	Tales of the Devil in Yorkshire
May 7 th	Patti Gold	An Amusing look back at my life In Showbiz
June 4 th	David Hardcastle	Mobile Police Museum
July 2 nd	Joanne Aston	Mad Women Walking
August 6 th	Jan Tetley	Yorkshire Quiz
September 3 rd	Jeff Jacklin	The Idiots Guide to Yorkshire
October 1 st	Stuart Atkins	My Life in Music
November 5 th	Peter Mathers	Municipal Marvels
December 3 rd	Christmas programme including carols from the children of Thorpe Willoughby Primary School	

NOTICE OF AGM

The Annual General Meeting of Selby & District u3a will be held on Wednesday 5th March 2025 at 10.30 am in Thorpe Willoughby Village Hall.

We are still seeking a Secretary and general committee members. It is important that this u3a continues to thrive, so this is a great opportunity for anyone who may have new ideas or a different perspective on how we achieve that to be part of making this u3a even better.

Nominations should be made on the nomination form which is attached to this newsletter or is available from the Secretary at secretary.selbyanddistrictu3a@gmail.com
Nominations should be returned to the Secretary no later than Wednesday 5th February.

Any resolutions for discussion at the AGM should be submitted in writing to the Secretary no later than Wednesday 5th February 2025.

For further information on any of these Interest Groups, or Selby & District u3a generally, please visit our website Selby & District u3a or call us on 07908

Other U3a Events

Drop In for a Cuppa will take place on Wednesday 12th February.

The Knife and Fork Evening Group will visit the Chequers Pub in Ledsham on Wednesday 12th March at 6.15 pm.

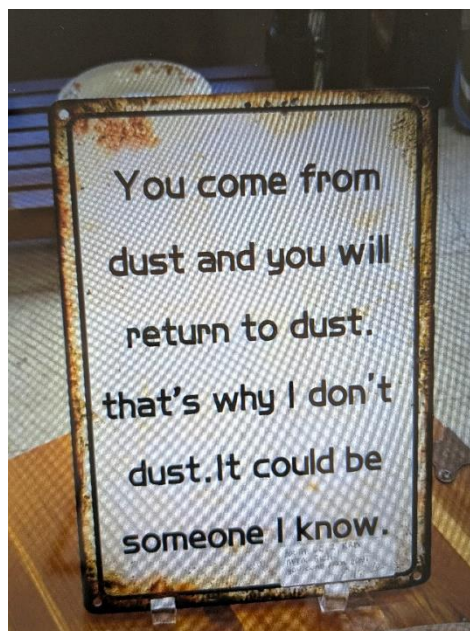
Non U3a events which may be interest

Selby Town Hall is showing a cinema screening of **The Importance of Being Ernest** on 20th February, doors open 6.30.

Queen By Candlelight comes to Selby Abbey!

Friday 21st February 2025 at 6:15pm & 8:30pm

Thought for the week 😊



*Celebrating 25 years of
Thorpe Willoughby Village Hall
22nd March 2025 – 11 am – 4 pm*

The management committee cordially invite you to join us to celebrate the Village Hall's 25th Anniversary.

To celebrate this special milestone we are hosting an open event for the village to show what an amazing space the hall is and how it is used now and over the last 25 years.

Your group is very important to us and has supported the hall for many years now so we would love for you to be there and celebrate with us.

On the day, your group will be allocated a space where you will be able to showcase the activities you do at the hall. We hope to see colourful visual displays, photographs, interactive activities and live demonstrations/performances. This event will also be a great opportunity for you to meet potential new members.

Visitors will be able to enjoy homemade refreshments, play giant Jenga and connect four, free facepainting for the children and have access to our 'pop up photo booth'. Lady Martin Fitzalan Howard who opened the hall originally will also be joining us to toast our success.



NOMINATION FORM for EXECUTIVE COMMITTEE 2025-6

Please use this form to nominate a member(s) to the Executive Committee of Selby & District u3a.

Please ensure all names are printed clearly. Return this form, when completed, to the Selby & District u3a Secretary **no later than 5th February 2025**.

A candidate’s qualification for election is:

- He/she must consent to accept office if elected and agree to abide by the requirements for office as stated by the Third Age Trust.
- All names on this form must be current members of Selby & District u3a.

I hereby propose/second

NAME	POSITION

Proposer’s Name

Seconder’s Name

Please send this form to: Selby & District u3a Secretary, 15A Green Lane, Selby YO8 9AN or email to secretary.selbyanddistrictu3a@gmail.com

Typed names accepted