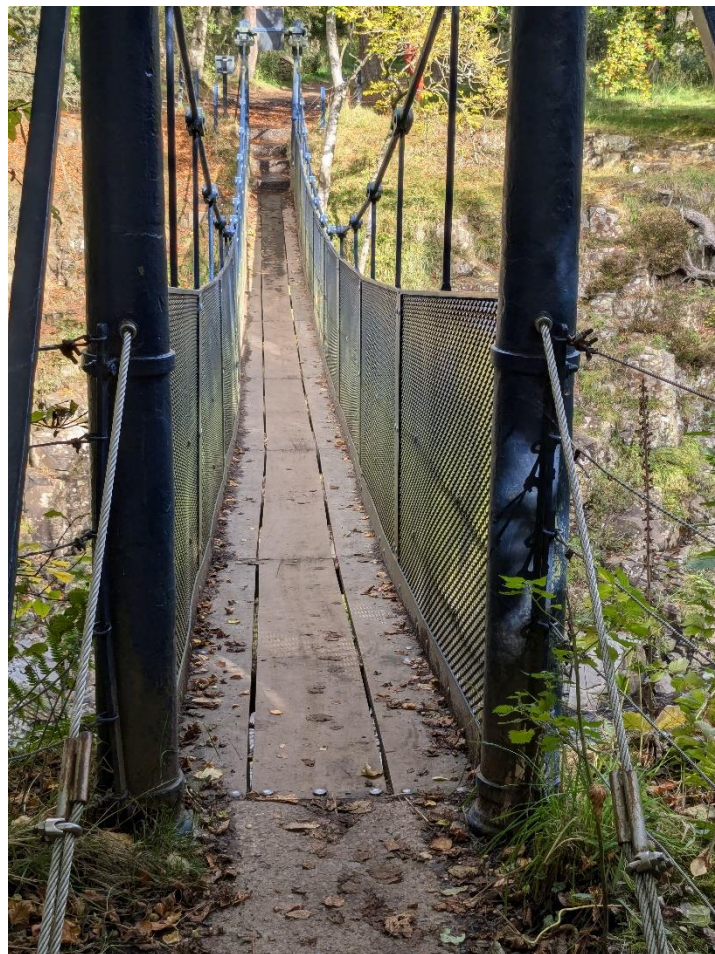


Selby & District

u3a

Newsletter

March 2025



Hello everyone and welcome to Selby & District u3a March Newsletter

The warm Spring weather has still not arrived as I type this but Hope Springs Eternal so they say so maybe by the time you read this the sun may have returned.

Our February meeting was well attended and our volunteers did a sterling job in getting the hall ready in plenty of time and doing battle with the chair racks at the end. So thank you all for your help.

The consensus of opinion on the speaker was that he was brilliant, interesting and amusing, so thanks go to our new Speaker Seeker Maureen for arranging his visit. He apparently has quite a few different talks so hopefully we will be seeing him again at some point.

Our Next Monthly Meeting

Our next monthly meeting is on 5th March and this will be our AGM. All nominations are now in and you should have already received all relevant paperwork from the Secretary.

Any resolutions for discussion at the AGM should already have been submitted to the Secretary.

Our speaker will be Rita Braithwaite who will give us Part 2 of her talk "it's a funny way to make a living". Having laughed all the way through Part 1 I am sure you will all enjoy it.

News from the Groups

Tai Chi Interest Group

Despite the huge interest at the announcement of the Tai Chi Group, attendance at the classes both on the original three days per week and latterly one day per week have been poor and insufficient for going forward.

It is recognised that Thursday is not suitable for some, but that would also apply for other days.

Attendance will be assessed in the forthcoming period but unless there is a significant improvement in numbers, the group will cease to operate. The saying "Use it or Lose it" comes to mind.

Contact John Richardson rich.johnh@hotmail.com

The Games Group

As you can see the games group had another enjoyable meeting in February.



Contact Maureen at maureensherry3@gmail.com

The Philosophy Group

We had a lively and wide-ranging discussion of utilitarianism, looking at three of its proponents, the founders Jeremy Bentham and John Stuart Mill and their contemporary successor Peter Singer: the pros and cons were evaluated, with Singer's earlier endorsement of abortion and 'euthanasia', as part of his ranking of living creatures, heavily criticised. The view was expressed that utilitarianism was now too simplistic.

It led on to a careful review of assisted dying, spurred by the current Bill and enhanced by our own experiences of the treatment of patients facing death. There was broad support for its eventual introduction, alongside more palliative care, in this country.

Contact Lindsay Gee lindsaygee67@gmail.com

Military History

The Military History group met to listen to a presentation by member, Richard Wood, Operation Market Garden, during WW2. Richard's well researched talk, explained that The operation's hasty planning, eventually led to disaster on Arnhem bridge in The Netherlands, made famous by the feature film, A Bridge Too Far. If successful the operation would have shortened the war.

The next group meeting is March 18th in the bowling club at 11:00am.

Contact Mike Cowling mikecowling66@googlemail.com

Photography

Members were given the challenge of achieving movement in their photographs last month by using differing techniques. Results showed good technique and imagination with some examples of thinking 'outside the box'.

Members then discussed shooting landscapes and the best way to create an everlasting image.

Next month photographers will talk about the use of colour within a photograph. The Group meets at 2pm in the Bowling Club on March 18th.

Contact Mike Cowling mikecowling66@gmail.com



Walking Group

The Walking Group tackled a flat 5 miler in and around Cawood. Historical information about the village was shared as the walkers made their way across The Garth, once the farm for the Archbishop's Palace, and out into the countryside.

The next walk will be on the second Thursday of March.



Knife and Fork Lunch Group

We visited Selby College restaurant in February and enjoyed both the company and meal. The event was so popular that we unfortunately couldn't fit everyone in, 22 people in total attended. It is a popular venue and is available to be booked each Thursday in term time

Our tips are used for the students educational visits.
Contact tetleyjan@gmail.com



The Garden Visits Group

On a cold, grey Friday in February, about twenty or so of us met at Burnby Hall Gardens in Pocklington. We went to see the gardens in winter and, especially, the new collection of snowdrops. Nearly one hundred varieties have been planted in the rockery area and throughout the gardens; they are all carefully labelled, though in some cases it was hard to spot the differences! In March we are going to Fields Garden Centre, Sherburn in Elmet, full details will be emailed to the group early in March.



Share A Skill Workshops

Friday March 28th

March workshop at Selby Bowling Club starting at 9.30.
We will be working on owls. You can make a steampunk owl or a forest owl or anything else you fancy. All materials are provided but you can bring along small bits like old keys you might want to include. Once it is fully cured it will live inside or out.
To Book contact anneselwyn@hotmail.com



Friday 25th April

April workshop at Selby Bowling Club starting at 9.30am.
We will be making butterflies
They will be able to go in the garden when they are fully cured.
Lots of different design options it will be up to you to decide.
To book contact
anneselwyn@hotmail.com



Friday 16th May

Selby Bowling Club. Make a Book Vase
Jan Tetley will show you how to make a Book Vase.
You will need to bring your own stapler. Jan will advise on costs of other components.

Book the workshop through the usual channel
(anneselwyn@hotmail.com)
Places are limited to a maximum of 10.



Engineering Group

At February's meeting the group was given an informative and entertaining talk by John Hodge on Nuclear Fusion. Our March outing will be to the Hull Museums.
Contact Patrick Bennet gwrcollet@gmail.com

The Engineering Group are planning a visit to Nissan Car Manufacturing Plant in Sunderland on Thursday 17 April 2025. The cost of the visit is £47 per person this includes a Group Tour of the Nissan Plant featuring escorted visits to many areas of the plant including Assembly lines and Robotic Areas.

Nissan charge £600 for a maximum of 15 people per visit - hence £40 fee plus £7 contribution to cost of driver fuel charges as we will be travelling by private car.

The tour starts at round 1:-1:30 pm and lasts for up to 4 hours. Visitors will be required to wear protective ear defenders and owing to the large site a lot of walking will be undertaken. Consequently it is not considered suitable for members with impaired or reduced mobility.

Currently the Engineering Group have 3 vacancies on this tour so if you are interested please contact our tour organiser - *Ian Eyres on Mob: 07702 9808*

Art Group

Welcoming new members and helping them to start their art journey

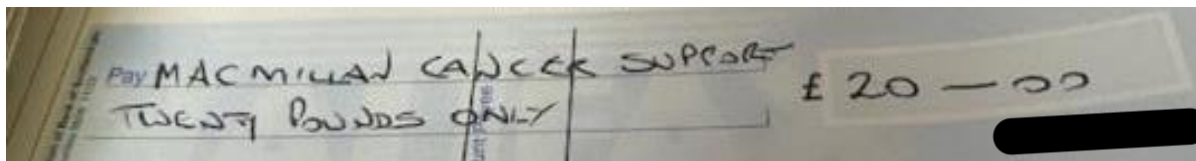
The Group has now embedded some support initiatives to help new members to settle in when they join. Joint Group Leader Eddie Roberts ran a 3 week workshop for new members or those wishing to “go back to basics” with their sketching and drawing. Interest was high but numbers were capped at 8 in order to give those attending the best possible access to Eddie’s expertise. Workshops are run by other members of the Art Group which gives them a less formal approach which also allows the member running it to share their personal experiences along their learning journey as an encouragement to those who are just starting out. The workshop was very well received by those who took part and future workshops are planned.



A helpful worksheet has been put together which outlines how the group operates and the help available. It encourages everyone to get involved and to make new friends along the way. This has been circulated to all existing members of the group as well as new members and feedback received has been positive.

Commemorating an Art Group member - Brian Hill

The Art Group has sadly lost one of its members recently. Brian and his wife Anne were active members of the group until Brian became ill in 2024. Sadly, Brian has now passed away and will be missed by all his friends in the Group. To commemorate his passing, the Art Group has made a donation to MacMillan in his memory and in support of the vital work they undertake. We look forward to welcoming Anne back to the Art Group at some point in the future when she is ready to return.



Contact Janet Howley milfordhowley@aol.com

Yorks & Humber Regional U3A - Central Yorkshire

Group Network (CYGNet) - Selby & District u3A

For the benefit of newer members and a refresher for the more established members that Selby & District u3a are part of the Yorks & Humber Regional u3a. Within that group are several Network groups made up of locally based u3a's who support and liaise with each other in various ways. We are a founder member of CYGNet from nearly two years ago, together with Garforth & Kippax, Leeds, Tadcaster & Sherburn u3a's.

Delegates meet four times per year to exchange views on both local & national u3a matters.

Further and perhaps of more immediate interest to our members is that individual members may visit Interest Groups in partner u3a's at no direct cost. If you see an Interest Group on websites or hear by word of mouth from these member u3a's which you would wish to visit there is a procedure whereby your Liaison Delegate (currently John Richardson) will contact the equivalent member of the other u3a to obtain clearance to attend. This depends solely on the Group Leader for acceptance. The only costs to the member would be travel and to share any cost needed by the rest of the group members.

We currently have members who do visit groups within CYGNet and we welcome their members to several of our Interest Groups.

Further information is available from John rich.johnh@hotmail.com or any Committee member.

Members without on-line access

All our communications with members are ideally on-line via email. For members who do not have email we provide hard copies of such documents including the monthly Newsletter.

Our aim is to always have these hard copies available in addressed envelopes for collection at the monthly meetings at Thorpe Willoughby Village Hall, on the first Wednesday of every month. We welcome members to these meetings and for you to collect the envelopes.

If you are not able to attend and have a friend who can collect for you that is most helpful, otherwise we need to hand deliver or post them which is time consuming and generates added costs.

We do hope you will attend the monthly meetings to assist us with providing you with Selby & District news & information. Thank you.

Thorpe Willoughby Village Hall 25th Anniversary 22nd March – 11.00 – 4.00

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.

Selby u3a will be having a table on the day to display some of our activities and we would be happy to hear from anyone who has a spare hour or two to help out. Contact rich.johnh@hotmail.com

Interest Groups Calendar March 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	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

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	

Other U3a Events

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

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

Other news

We are involved with Up For Yorkshire and they have requested we advise our members of these events



Thought for the week 😊

*Be careful about reading health books.
You may die of a misprint.*

*And the cardiologist's diet: -
If it tastes good spit it out.*