

# Selby & District

u3a

## Newsletter

April 2025



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***Hello everyone and welcome to Selby & District u3a April Newsletter***

The warm Spring weather has finally arrived and hopefully will stay for a while as we seem to have waited a long time to see the spring flowers coming up. The Primrose on the front cover has just forced it's way through the grass again but how long it will be before the mower comes round is anyone's guess 😊

Our March meeting was well attended and once more our volunteers did a sterling job in getting the hall ready in plenty of time so thank you all again for your help.

As the holiday season approaches we will be needing more volunteers to fill in so if you could come a bit early and help out please could you email [maureensherry3@gmail.com](mailto:maureensherry3@gmail.com)  
Thanks.

The AGM business was concluded with the minimum of fuss and our new committee now hope to get on with improving the U3a for all concerned. We are however still in need of a Secretary.....any volunteers?

As expected Rita's talk was hilarious and I am sure was enjoyed by all. Having heard some of it before I still found it very amusing so I hope you have more in the pipeline Rita?

***Our Next Monthly Meeting***

Our next monthly meeting is on 2<sup>nd</sup> of April and as it's close to Easter don't forget to wear your Easter Bonnet/cap/ears/tail or anything else appropriate to the Season. There will be a small prize for the most decorative.

The Leeds Waits will be coming to entertain us and as a courtesy to them and to the members in general could everyone please make sure that their phones are turned off or at least on silent before they start. Thank you.

If anyone has anything that could be used as a raffle prize could you please bring it along as we are running a bit short. Thanks

**Tai Chi**

Due to insufficient members attending the meetings the Tai Chi Group is suspended from today.

Despite the enthusiastic response when announced there have not been sufficient attendances to match, thereby making the exercise untenable.

Members wishing to continue Tai Chi should contact Jeanette, the former Tutor on 01757 713065. Leave a message and Jeanette will respond. She has places available on Tuesdays and may be introducing future options in the near future.

John Richardson

## ***News from the Groups***

### ***Guitar Group***

The guitar group played a 45 minute set from 11.15 - 12.00 at Thorpe Willoughby Hall on Saturday, 22nd March for their 25th anniversary.

We've also had two new members who have joined the group and a member who has stepped back due to health issues so there are now eight of us.

### ***Philosophy Group***

Our February meeting discussed metaphysics - the study of existence and abstract concepts including ultimate reality, time and space - and whether it helped us understand the world better.

Wide-ranging conversation flowed. There was a case for saying that like cosmology metaphysics did have a part to play in our conception of the world. But on balance the 'physicalist' way of thinking prevailed: that the only reality was the material one perceived by our senses, with the aid of science and technology.

It was agreed that perception of time was very flexible and that time gave meaning to our lives.

### ***Photography.***

Members were set an assignment of producing landscape photographs last month and their efforts were very successful.

A variety of views and compositions were group critiqued to much praise.

Next month photographers will be experimenting the use of colour within a photograph.

### ***Military History***

Guest speaker, Dave Barras, travelled from the northeast to talk about the Northumberland Fusiliers' territorial units in WW1. He talked about how units called in men from local areas who knew one another and how they were well trained.

The Territorials were originally only to be used for home duty but soon joined the Western Front effort, receiving a literal 'baptism of fire'.

Dave then talked about their actions in the famous battle of The Somme.

Members enjoyed an informative and entertaining presentation with a lengthy Q&A session to end the meeting.

Next month the group will be hearing an in depth talk on The Battle of Towton.

## **Art Group**

### **Changes to Group Leadership**

The current Joint Leader of the Art Group, Rita Braithwaite, has decided it is now time to step down. She said “I have been an Art Group leader for over five years now and I am really pleased the group has gone from strength to strength.” Rita is also Chair of the NE Area of Flower Arrangers and is generally busy on U3a and other activities. She went on to say “I know that you can manage very well without me! As you have well proved the past few months. I will of course continue to attend Art ... and maintain my full support for the team.”



The whole Leadership Team wishes to pass on its heartfelt thanks for Rita’s brilliant stewardship over the last years. We wish her well for the future and look forward to seeing her continue her art journey.

Joint Art Group leader Eddie Roberts said “Rita has been instrumental in helping the group develop and grow into the extensive Art Family of more than 43 members that it currently is. We look forward to continuing to have her unswerving support and good ideas going forward”. He is now joined by Janet Howley who has taken up the vacant Joint Leader role.

### **Art Group Project as part of the Thorpe Willoughby 25<sup>th</sup> year celebration**

The Art Group were invited to attend the 25<sup>th</sup> year celebration at the community centre in Thorpe Willoughby. To mark this occasion, the entire group have taken part in a postcard project that ran from the beginning of January until the beginning of March. The brief was open to allow everyone to present their own creative ideas across whatever art subject they wished. The intention was to present the final postcards in a large display at the celebration. This allowed everyone to be involved as opposed to trying to choose a sample of artwork to showcase.

The group rose to the challenge and sixty postcards were produced across a range of subjects and styles. These were well received and can be seen in the photograph as they were displayed. Thanks to John Richardson for supplying the board.



### ***Julie makes an impression***



As part of the celebration, Julie Harrand kindly offered to set up her easel and paint so that attendees could see art work “live”.

This resulted in a lot of interest across all ages and gave an opportunity to talk to prospective new art group members about the art group family.

Julie was persuaded by 2 children to donate her 2 postcard images as they liked them so much that they wanted to take them home. Julie kindly obliged.



Lady Gerald Fitzalan-Howard attended the event with Lord Fitzalan-Howard and took time to visit the art group installation. Lady Gerald was very impressed with Julie’s artwork and they spent some time discussing it. Julie has been given a kind invitation to visit Carlton Towers and paint there. Lady Gerald has invited her to drop in for a cup of tea. Well done Julie!

## **Engineering Group**

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](mailto:ian.eyres@selbyu3a.org)

## **Textile Arts**

A bit of variety from our Textiles Group. Two members had their first try at felting, didn't they do well to create these lovely landscapes? Or perhaps a bit of knitting, a hot water bottle cosy ready for next year!



## **Longer Walks Group, Thursday March 27th**

Numbers were a little depleted by holidays and other commitments but a group of seven set out from Market Weighton on a beautiful, warm day for a 9½ mile ramble through typical Wolds countryside. After a steady start along a disused railway line we joined the Wolds Way path and climbed to the top of a ridge with long distance views to the north.



We then descended into Arras Wold, then Sancton Wold where we sat for a while by a vineyard!

Sadly no grapes to be seen yet.



A short visit to Sancton Church with its octagonal tower and the final resting place of several members of the family which owned the impressive Houghton Hall estate, which we strolled through.



Finally returning to Market Weighton and a photo opportunity, where someone had placed a number of stuffed toys (monkeys) in a monkey puzzle tree.

Unfortunately these were all at quite a low level so our group gathering has obscured them.

Many thanks to Richard Wood for the photos.



## Share A Skill Workshops

Great work done at the March Workshop a fantastic box and steam punk owls.



Friday 25<sup>th</sup> 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](mailto:anneselwyn@hotmail.com)



Friday 16<sup>th</sup> 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](mailto:anneselwyn@hotmail.com))  
Places are limited to a maximum of 10.



Friday 27<sup>th</sup> June

Message in a Bottle



### ***Other news which may be of interest***



It's our 5th birthday!! Fall in love with the Heart of Yorkshire and discover what is on your doorstep as the Selby region Residents' Festival returns for one weekend only on Saturday 5th and Sunday 6th April 2025.

### **YOGA CLASSES**

Whilst Networking at the Thorpe Willoughby 25 Year Celebrations last Saturday, a Yoga teacher was displaying and it occurred that some of our members may be interested.

The classes are run by Yoga teacher Helen Howard at Thorpe Willoughby Village Hall every Monday evening at 18:00hrs.

This caters for experts and novices and new members are welcomed. There is no need to book, simply turn up with a mat and blanket and £6:00 for one hours enjoyment.

If you wish to contact Helen, use 0772 038 1124.

This is not a Selby and District U3A activity but you may care to give it a go.

John Richardson Selby and District U3A  
[rich.johnh@hotmail.com](mailto:rich.johnh@hotmail.com) 0780 329 6603

### **2025 Speaker List**

April 2 <sup>nd</sup>	Leeds Waits	Tales of the Devil in Yorkshire
May 7 <sup>th</sup>	Patti Gold	An Amusing look back at my life In Showbiz
June 4 <sup>th</sup>	David Hardcastle	Mobile Police Museum
July 2 <sup>nd</sup>	Joanne Aston	Mad Women Walking
August 6 <sup>th</sup>	Jan Tetley	Yorkshire Quiz
September 3 <sup>rd</sup>	Jeff Jacklin	The Idiots Guide to Yorkshire
October 1 <sup>st</sup>	Stuart Atkins	My Life in Music
November 5 <sup>th</sup>	Peter Mathers	Municipal Marvels
December 3 <sup>rd</sup>	Christmas programme including carols from the children of Thorpe Willoughby Primary School	

Thought for the week 😊

***Recent research has proved beyond doubt  
that women who carry a little extra weight  
live longer than the men who mention it***

## ***Interest Groups Calendar April 2025***

For further information on any of these interest groups, or Selby & District u3a in general, please visit our website [Selby & District u3a](http://Selby & District u3a) or call us on **07908 572852**.

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

**Monthly General Meeting**  
**1<sup>st</sup> Wednesday of the month**  
**10.00 – 12.00**  
**Thorpe Willoughby Village Hall**

<b>Activity</b>	<b>Day</b>	<b>Time</b>	<b>Venue</b>	<b>Leader</b>
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	From 1.30	4, South View, Osgodby	Kay McSherry
Board Games Backgammon Mahjong	2 <sup>nd</sup> Thursday	2.00 – 4.00	Selby Bowling Club	Maureen Sherry
Chess	Thursday	9.30 – 11.30	Selby Bowling Club	Alan Preene
Confab 2	1 <sup>st</sup> Monday	1.30 – 2.30	ZOOM	Michael Hewan
Dark Skies	1 <sup>st</sup> Thursday	2.00 – 4.00	Selby Bowling Club	Michael Hewan
Engineering Past & Present (Formerly Steam & Steel)	2 <sup>nd</sup> Tuesday	2.00 – 4.00	Selby Bowling Club	Patrick Bennett Julie Wilkinson
Family History	3 <sup>rd</sup> Thursday	10.30 – 12.00	Selby Bowling Club	Margaret Cromack
Floral Art	1 <sup>st</sup> Friday	9.30 – 11.30	Selby Bowling Club	Rita Braithwaite
Flyleaf Books	3 <sup>rd</sup> 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	Various		Various	Jan Tetley
Longer Walks	4 <sup>th</sup> Thursday	10.00	Various locations	John Duffy
Military History	3 <sup>rd</sup> 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 <sup>th</sup> Friday	2.00 – 4.00	Selby Bowling Club	Lindsay Gee
Photography	3 <sup>rd</sup> Tuesday	2.00 – 4.00	Selby Bowling Club	Mike Cowling Celia Barnes
Tai Chi	<b>Cancelled</b>			
Textile Arts	3 <sup>rd</sup> Friday	9.30 – 11.30	Selby Bowling Club	Rita Braithwaite
Thursday Crafts	1 <sup>st</sup> Thursday	10.00 – 12.00	Selby Bowling Club	Helen Billington
Velo u3a	2 <sup>nd</sup> & 4 <sup>th</sup> Wednesday	1.00	Various meeting points	Jo Sharpe
Walking	2 <sup>nd</sup> Thursday	10.00	Various locations	Helen Billington
Wellbeing Walks	3 <sup>rd</sup> Thursday	10.00	Various locations	John Richardson
Writing	Most Mondays (not 4 <sup>th</sup> Monday)	10.00 – 12.00	Various locations	Imelda Dickinson
Writing Workshops	4 <sup>th</sup> 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