

# Selby & District

u3a

## Newsletter

May 2025



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

Well the weather has certainly excelled itself for the last couple of weeks, let's hope it continues through Easter which traditionally is quite a cold holiday although it is quite late this year.

The turnout of Easter bonnets was a bit disappointing with only 5 members joining in. Well done Margaret for winning the Easter Egg, although I wasn't there to see it I am sure your bonnet was excellent.

If anyone has any ideas for themes for our open meeting please let me know as your committee would like to make the meetings more interesting if possible.

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

Also thanks to everyone for making sure their phones were turned off so that the Leeds Waites performance was not interrupted by random ring tones.

### ***Our Next Monthly Meeting***

Our next monthly meeting will be on the 7<sup>th</sup> May and the theme will be VE Day, in keeping with the 80<sup>th</sup> anniversary. If you feel like dressing in red, white and blue to go along with the theme then please do. There will be posters round the walls for you to read which may bring back memories for one or two of you. There will also be scones, jam and cream on your table.

Stuart Atkins will lead a sing along of some wartime songs which we can all join in, song sheets will be on your table along with the scones.

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

### ***Something else to think about***

The Third Age Trust runs regular training sessions for committee members and Helen recently attended one of these and reported back. A number of u3a's have closed recently, when this happens their reserves are paid to the nearest u3a. In our case this would be Sherburn and Villages.

U3a's close, not because they have no members, but because they don't have enough people willing to form a committee and specifically take on the officer roles. At the moment Selby and District u3a doesn't have a secretary and other members of the committee are having to cover this role.

It is important that we have new committee members to take over as others have to leave as they have served their maximum time.

**Please give this some thought!**

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

### ***Knife & Fork Group***

The group had a very enjoyable lunch at Selby College on the 24<sup>th</sup>.



### ***Philosophy Group***

Consciousness although mysterious is a fundamental part of our lives, making them worth living, and with information-processing as at least the major element. Discussion ranged widely, from babies' lack of self-awareness, the nature of memories and dreams, and near-death experiences to satnav and self-driving cars.

Epistemology, the theory of knowledge, followed on from that. Another wide-ranging and enjoyable discussion, covering both analysis of knowledge, reality and beliefs (including how to deal with a claim that one was in someone else's dream) and related issues such as the prehistory of language, the merits of AI and the social impact of technology. As Aristotle once commented, humans are curious by nature.

### ***Military History***

For April the group was treated to an in depth presentation on The Battle of Towton. u3a member, Mike Dunne, talked about the history leading up to the battle and the battle itself.

Next month the group meets to hear about bomb disposal during 'The Troubles'.

### ***Garden Group***

Lovely visit to Walkers garden centre and gardens this morning (11<sup>th</sup> April)



## **Share A Skill Workshops**

Today's workshop. 5 fantastic butterflies made. Well done everyone.



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))  
Still some places available,



Friday 27<sup>th</sup> June

June workshop. A message in a bottle workshop. For your garden. Last Friday in the month at SBC



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

Is anyone interested in an archaeology course starting in Riccall? It's being run by Jon Kenny, community archaeologist and apparently his courses are very interesting..

His information and contact details are on the poster.

Riccall Archaeology with Dr Jon Kenny

## ***Anglo Saxon Yorkshire***

Tuesday 29<sup>th</sup> April  
Tuesday 6<sup>th</sup> May  
Tuesday 13<sup>th</sup> May  
Tuesday 20<sup>th</sup> May  
£8 per session  
Or £30 for the 4 sessions.

At the Community Hub, the Old Methodist Chapel in Riccall.  
Meeting from 10 am until Midday.  
Free Tea, Coffee and biscuits.

The 4-week course will be at an introductory level so if you think you would be interested in this fascinating period in our history why not join us.

Contact Jon Kenny on [lkcomarc@gmail.com](mailto:lkcomarc@gmail.com)



### **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**

|                           |   |   |
|---------------------------|---|---|
| May 7 <sup>th</sup>       | Stuart Jenkins  | VE Day sing along.                            |
| 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>   | Patti Gold  | An Amusing look back at my life<br>In Showbiz |
| November 5 <sup>th</sup>  | Peter Mathers   | Municipal Marvels                             |
| December 3 <sup>rd</sup>  | Christmas programme including carols from the children of<br>Thorpe Willoughby Primary School |   |

Thought for the week 🐼

In days gone by the best painkiller was ice.

It wasn't addictive and it was  
 particularly effective if you poured  
 some whiskey over it.

## ***Interest Groups Calendar***

For further information on any of these interest groups, or Selby & District u3a in general, please visit our website [Selby & District u3a](http://www.selbyanddistrictu3a.co.uk)

**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<br>Eddie Roberts  |
| Board Games  | Tuesday                  | From 1.30     | 4, South View, Osgodby         | Kay McSherry                       |
| Board Games<br>Backgammon<br>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<br>(Formerly Steam & Steel) | 2 <sup>nd</sup> Tuesday  | 2.00 – 4.00   | Selby Bowling Club             | Patrick Bennett<br>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<br>Celia Barnes |
| 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 | TBA                          |
| 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