

Selby & District
u3a
Newsletter
SEPTEMBER 2025



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Also attached is the quiz from the last meeting for those of you who couldn't attend but would perhaps like to learn a few new facts.

Hello everyone and welcome to Selby & District u3a September Newsletter

Hopefully you are all enjoying the summer and not getting too sunburned, no doubt we'll have to pay for all this nice weather when the winter comes. If you have already had your holiday I trust it was good and you came back rested. I had mine in May and it is but a distant memory now so I need to plan for next year

Our August meeting seemed to be a great success although not so well attended as usual, hopefully due to holidays. Thanks Jan for the quiz it was very enjoyable and I'm sure we all learned something about the county in which we live. I know I did. Most of you were very helpful in bringing your own pens (I now know who reads the newsletter 🐼) and I think I managed to get back all the ones I loaned out – result!

If anyone has any raffle prizes they can spare these would be very welcome if you could bring them to the meeting. Also if you hear of any local fete's etc where we could possibly have a recruiting table we would be grateful to have the details.

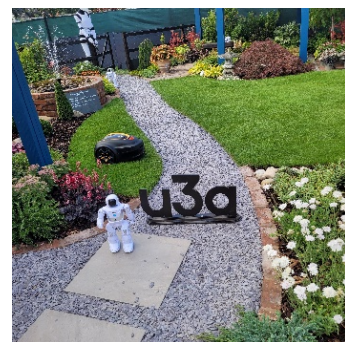
Our September meeting we will be hearing about the “Idiots Guide to Yorkshire” which should be amusing. We will also have the usual raffle, drinks and biscuits.

Our October Meeting will include a produce table where you can bring Jams, Chutneys or fruit and veg from your garden to sell. The money from the sales will be donated to the Yorkshire Air Ambulance.

Our November Meeting will include “Yorkshires Big Brew” as well as our usual speaker and raffle. This is in aid of Cancer Research in case you haven't heard about it. Along with this newsletter I have also emailed a sheet giving more information about this and the recipe for those who would like to participate.

Friday Workshops

Friday Workshops are back this month following a summer break. Some of our members have had hospital stays so hope you are feeling better. September project theme is Halloween. No doubt some projects have grandchildren in mind. A range of projects can be done. There are some places available. One idea is a Halloween lantern. Contact anneselwyn@hotmail.com



For those of you who enjoy a tippie, Rita has a message –

As sloes are plentiful this year how about making some sloe gin?



Recipe

Ingredients

500 grams sloes
250 grams granulated sugar
1 litre of gin.

Method

Freeze sloes for 24 hours, (helps skins to burst)
Mix in sugar and gin in large container then shake until dissolved.
Keep shaking every few days for minimum six weeks.
Then strain sloes out and bottle
I like to add one third cherry brandy for an extra kick, but it is delicious anyway.
Keeping makes it better so if you can manage it leave until next year.
I cannot stand gin but once it has had sloes in it tastes like the nicest cough mixture so I consider it medicinal.

Rita

News from the Groups

The Chess Group

There has been an influx of new players at the Thursday meetings. This has led to the group forming a team "Selby u3a" in order to play formal chess matches in the Yorkshire Chess Association League.

Knife and Fork Group

The evening group visited the Jenny Wren at Beal



Thursday Crafts





Floral Art



Guitars +

Five of us formed the band to play at Gateforth Park a couple of weeks ago and we all had a great time (and were even treated to Greek food)! Our new handheld percussion instruments were a valuable addition!

We've got another gig on the 15 October for Dementia Forward, a support group at Portholme Church who we always enjoy playing for. Most of the guitar group will be involved in this one.



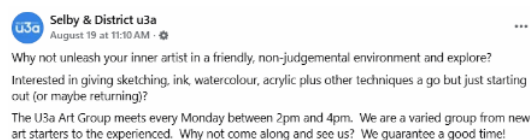
Art Group

The Art Group operates throughout the year and we do not close down for the summer. The group has continued to meet each Monday (with the exception of Bank Holidays). This approach has been endorsed by the current membership who are happy to continue with their weekly art “fix” the whole year round. The Art Group Committee have happily been able to support this with no holiday clashes during the summer period.

Following a review of group numbers, the current art group roll stands at 43, although the age and health of some of our members means that core attendance is generally around 32. For this reason, the Art Group is once again accepting new members wishing to join the art family. To encourage new members who might feel their skills are lacking, and also to begin to dispel some wider views that everyone in the Art family is an expert, a series of Facebook posts will be run over the coming months.

The Art Group Committee are also looking at developing a “waiting room” to hold enquiries if the group becomes full once again. This may also be used where current members are taking a break from their art for a while, in order to give everyone the widest opportunity to access the group.

Monthly inspiration topic for August



Following on from the success of the June “holiday” inspiration topic, the theme for August has been “Floral”. Our art group members told us that sometimes it is quite difficult to get motivated and think of a new subject to try. By offering a monthly topic, which is not mandatory, our members can rise to the challenge if they so wish. We look forward to seeing their floral creations at the next meeting in September, where they will be showcased in a mini exhibition at the community centre. A fuller report will appear in the September newsletter with accompanying images.

Learning about sketching and colour washing – Part 2

The July newsletter showcased the workshop that Julie Harrand ran on sketching and watercolour “washing”. The demand was so great that Julie kindly agreed to run it a 2nd time for a new cohort.



One thing that we all learned was how it is important to put aside all thoughts about “just” drawing a piece of fruit. Julie’s advice was to focus on the light and shade alone in order to give the image a 3D effect and actually avoid trying to draw a shape. This is actually more difficult to do than you would imagine! Once sketching had been tried, the 2nd week had everyone painting their fruit using only a single colour. This was to help us to build up texture, shape and density by applying several layers of paint for the darkest areas and using blending techniques. Again, more complex than we thought but with Julie’s guidance, the results were really amazing.

2025 Speaker List

| | | |
|---------------------------|--|--|
| September 3 rd | Jeff Jacklin | The Idiots Guide to Yorkshire |
| October 1 st | Patti Gold | An Amusing look back at my life in Showbiz |
| November 5 th | Peter Mathers | Municipal Marvels |
| December 3 rd | Christmas programme including carols from the children of Thorpe Willoughby Primary School | |

2026 Speaker List

| | | |
|---------------------------|-------------------------|--------------------------------------|
| January 7 th | Jayne Griffiths | Milford Hedgehogs |
| February 4 th | Mary Smith | The Wartime Schoolgirl |
| March 4 th | AGM Rita Braithwaite | Get Me to the Church on Time |
| April 1 st | Chris Cade | The Railway King |
| May 6 th | Tim Foreman | Amusing Years in Sales and Marketing |
| June 3 rd | Keiron Hardwick | Yorkshire Air Ambulance |
| July 1 st | Joanne Aston | The Mitford Men |
| August 5 th | Sarah Greenhalgh | Dogs Trust |
| September 2 nd | David Hardcastle | Police Horses |

Thought for the week 🐱

Just when you think you've managed
to make ends meet

Somebody moves the ends!

Interest Groups Calendar

For further information on any of these interest groups, or Selby & District u3a in general, please contact our Group Co-ordinator John Richardson by text or phone on 07803 296603 or email rich.johnh@hotmail.com or visit our website <https://selby.u3asite.uk> › groups

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 | Janet Howley Eddie Roberts |
| Board Games | Tuesday | From 1.30 | 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 |
| Dark Skies | 1 st Thursday | 2.00 – 4.00 | Selby Bowling Club | Michael Hewan |
| 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 | 2 nd 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 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 Michael Howley |
| 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 |
| 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