

Selby & District
u3a
Newsletter
January/February 2026



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Hello everyone and welcome to Selby & District u3a January/February Newsletter

I hope everyone had a Merry Christmas and a Happy New Year, it seems ages since I was sitting here writing the Newsletter so I have included things from December and January so you may have a lot to read.

December Open Meeting – I was unable to attend the December meeting but I am assured that it was a success. There were a lot of tables with different things to purchase, the children sang very well as usual and everyone enjoyed the various cake offerings. I also believe there was an extra large amount of raffle prizes to be won.

For the next meeting and throughout the year could you all please remember that it is your responsibility to make sure that you are signed in (whatever time you arrive) as this is also our fire list and we need to comply with the regulations. If you are kind enough to come in early to help with the setting up could you please make sure you sign in before sitting down to listen to the speaker.

This will be much appreciated by the ladies on the desk, thank you.

Could I please ask once again that you all make sure your phones are turned off or in silent mode before the speaker starts. At our January meeting, yet again, the speaker was interrupted by the ringing of a phone. Thank you

If you park in the back car park at the hall and the gate is not open when you arrive, please open it and let yourselves in, it is not locked. If you are the last person to leave the car park if you could shut the gate on the way out that would be much appreciated.

January Meeting

Our January meeting was our 10th Birthday celebration. One of our founder members, Michael Hewan said a few words to start us off and blew the candles out on the cake. Thanks Diane for your baking skills the results of which were much enjoyed by everyone, myself included



We then had a very informative talk given by Jayne who runs Milford Hedgehogs, hopefully now you will all know how to do your small part to help these endangered animals.



Proposed New Group (MOT – Members out Together)

I have now emailed all the interested parties and sent out the invitations to join the whatsapp group so you can all start using it now if you haven't already.

Free Drinks We will continue to offer free coffee and tea at the start of the meeting. However in order to facilitate this we need a few volunteers to serve the drinks, without this we cannot continue. If you would like to help and are able to be at the hall by 9.30 on the meeting day could you please contact Margaret Cromack margaret.cromack@btinternet.com

We are also in need of people to “meet and greet” the members as they arrive so if you would like to help with this please contact Maureen Sherry maureensherry3@gmail.com

News from the Groups

Art Group

1. New Year, New Opportunities, New Members?

The Art Group caters for all levels of art enthusiasts, each on their own individual art journey and at different skill levels. The Group does not run on a rigid taught schedule but allows each member to follow their own preferred route whether that is sketching, watercolour, oils, pastels or Brusho.

Whilst help is always available to anyone who asks for it, the Committee are aware, having canvassed feedback from new members that this can sometimes be a little intimidating, especially for those who are returning to art after a lengthy break or might be taking their first tentative steps into the world of art. To try and assist, work has now concluded on developing a comprehensive support package for new members starting out.



The optional package provides comprehensive notes including what equipment to use and “how to” information across 5 different topics, with each exercise covering a new art technique.

The aim is to build confidence in the first few weeks, giving some quick “wins” and also give insight into developing some basic art skills. It is hoped that this will ease new members in gently and remove any initial anxiety that they may have.

In addition to the starter support pack, workshops are planned throughout the year to highlight new art materials and techniques. It is also hoped (subject to funds) to organise for art speakers to attend and share their knowledge.

1. A Winter Wonderland start to the New Year

The Group has bounded into 2026 with the latest exhibition of monthly topic artwork. The topic across December and January was “Winter”. The Christmas festivities and a 2 week break from art group did not hamper efforts and once again, art group members rose to the challenge using a wide range of techniques and materials.



The monthly topics continue to be very well received as a source of inspiration and ideas for those wishing to take part. Romance is in the air for February with the topic of “Valentine”.

2. Art Exhibition

The Art Group are preparing for their first art exhibition to be held in March. This is an exciting opportunity for the group to display their work to the wider public.

Preparations are now underway and it is hoped to fill the entire Hall with a myriad of art, some of which will be for sale. Entry is free and refreshments will be provided. A series of Facebook posts will be running in the coming weeks to promote the event, which will take place on Saturday 28 March. All are welcome. Photographs of the event will be feature in a future newsletter.

Thursday Craft - December

Thursday craft group made macrame gnome Christmas tree decorations



Philosophy Group

Our meeting began with an interesting talk by one member on physicalism and the concept of mind, which generated lively discussion. We went on to consider political philosophy, with reference to Hobbes and Locke and then to our appraisals of different forms of government and some recent political ideologies. China was singled out as having moved successfully between different political types.

Freedom was identified as an essential element in a good society.

Floral Art - December

Thanks Rita for 2025



January

Thanks again Rita, we learned a lot today.





Military History, December

The group were given a presentation of the Battle of Stalingrad in WW2. The conflict was one of the longest and most brutal battles of the war. Troops suffered tremendous losses on both sides and along with civilian deaths the battle of Stalingrad was a terrible landmark in the global campaign. The Red Army eventually defeated the Axis troops and turned the war away from a German success to an eventual Allied victory.

Our next meeting is about the Battle of the Bulge and we meet on the third Tuesday of the month in the Bowling Club.

Military History, January

One of the group's members, Richard Wood, gave a presentation on The Battle of the Bulge, often seen as Hitler's last throw of the dice to win WW2. Richard's illustrated talk showed how the Germans' initial advance caught the Allies off guard and put them on the back foot. He spoke of brave Americans fighting tooth and nail to stop the German westward advance in the Ardennes area of Belgium. Bad weather, lack of air support, poor fuel supply and maintenance issues, coupled with their inability to replace lost men and machines, eventually led to a German defeat.

The group meets on the third Tuesday of the month at 11am in the Bowling Club. The talk in February is on The Battle of Marston Moor that was fought during the English Civil War.

Photography Group, December

The assignment for December was 'From Dusk till Dawn'. This was a challenge as photographers had to take photographs during hours of twilight and darkness. Despite that challenge good work was produced. Christmas lights, moody sunrises and sunsets were the favourite choices of photographers who put their technique into great practice to create some excellent pictures.

Next month's assignment is 'Midwinter'.

We meet in the bowling club on the third Tuesday of the month at 2pm. New members are always welcome.

Photography January

Members were tasked with photographing 'the Bleak Midwinter'. Pictures submitted for the group critique including sharp frosts, individual images of wildlife, striking and moody skylines and abstract images of frozen objects. Members rose to the challenge for this assignment and were outside very early to catch some rare snowfall. The group has been asked to take photographs of landscapes and cityscapes for next month and will use a software programme to change their images to black and white. If you'd like to join us we meet on the third Tuesday of the month at 2pm in the Bowling Club.



Thursday Walking Group

December

Thursday morning walking group members are pictured halfway around their six miles ramble. Led by Helen Billington the group headed for Barlby from Selby on the river bank, taking a short diversion owing to a flooded path, and returned to enjoy lunch in town.



January

Eight hardy souls turned up for the Thursday walking group's amble through Skipwith Common. The route, that went by parts of WW2 active aerodrome, was about 6 miles. Walk leader, Helen Billington, explained the layout of the RAF airfield's perimeter track and taxiways.



Chess Group

The Chess group have now created 2 teams, Team Preene and Team Sim, with allocated members.

These teams have friendly weekly games against each other with scores recorded.

After a team game, members then play against any other members on an individual basis.

We have room for new members, so why not come along and show us your moves!

NOTICE OF AGM

The Annual General Meeting of Selby & District u3a will be held on Wednesday 4th March 2026 at 10.30 am in Thorpe Willoughby Village Hall.

Nominations are invited for all four Officer posts (Chair, Vice Chair, Treasurer, Secretary) and for General Committee Members. Going forward we will be running without a Groups Co-ordinator. John has done sterling work as co-ordinator over the years but has now completed his allowed time on the committee and we thank him for all his efforts and help.

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 Membership Secretary pamelaoverson@gmail.com . Nominations should be returned to the Membership Secretary no later than Wednesday 4th February.

Any resolutions for discussion at the AGM should be submitted in writing to the Chair anneselwyn@hotmail.com no later than Wednesday 4th February 2026.

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 Fridays	9.30 – 11.30 6.00 pm	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	Home studio Snaith	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 th Thursday	10.00	Various locations	Bob Taylor
Military History	3 rd Tuesday	11.00 – 1.00	Selby Bowling Club	Mike Cowling
Members out Together	Whatsapp group			
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
Traction and Engineering	2 nd Tuesday	2.00 – 4.00	Selby Bowling Club	Eddie Roberts Ian Ayres
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

If you are a new member and would like some more information about our u3a and the groups offered, please come to our drop-in at Barco lounge on the 2nd or 4th Wednesday of the month, 10.00 -12.00 am where there will be existing members you can talk to.



NOMINATION FORM for EXECUTIVE COMMITTEE 2026-7

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 Membership Secretary **no later than 4th February 2026**.

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

Secunder's Name

Please send this form to: Membership Secretary 4, Willow Court, Selby YO8 8RN or email to pamelaoverson@gmail.com

Typed names accepted