

Issue 40

Registered Charity no. 1038457

October 2011

STRAY NEWS

Harrogate U3A

Twentieth Anniversary Issue

www.u3a-harrogate.org.uk

The Naturalists in Norfolk



Seals at Blakeney Point

Chalk and Sandstone cliffs at Hunstanton



Young Bittern



Your New Committee for 2011/12

Chairman

David Davies

Vice Chairman

David Smithson

Secretary

Ruth Townrow

Membership Secretary

Pam Gilling

Membership Enquiries:
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Treasurer

Margaret Marks

Group Coordinator

Barbara Davy

Programme Secretary

Roger Wilkins

Publicity

David Masterman

Committee members

Pauline Nolan, Lee Parkes,

Barbara Peel, and Carolyn Watson

Future Issues of Stray News

I have decided to revert to the old pattern for producing Stray News. In future I will produce an issue at year end that coincides with the AGM documentation circulated in August.

This means that the other issues will be published in December and April. For 2012 however I intend to publish in March and not April.

Please let me have contributions for the next issue in March 2012 not later than **20 FEBRUARY 2012 PLEASE NOTE IN YOUR DIARIES**. You will not be surprised to know that no one checks their Stray News for the deadline date.

There will of course be no December issue in 2011.

Chris Rush, Stray News Editor,

Email: stray_news@yahoo.co.uk

The Annual General Meeting

It was good to see so many Leaders with displays and information about their Group. Thanks are due to Barbara Davy and Angela Sansam for their planning and liaison with the staff at the Cairn.



The AGM began promptly at 2.00pm.

David Davies was elected as Chairman and David Smithson elected as Vice Chairman.

Ruth Townrow is to serve for a further year and Margaret Marks and Pam Gilling continue to serve as Treasurer and Membership Secretary respectively.

Barbara Davy, David Masterman, Pauline Nolan, Lee Parkes, Barbara Peel and Carolyn Watson were elected en bloc to serve on the Committee.

The Mayor, Cllr Ellington shared with us a few encouraging words.

Our MP, Andrew Jones, addressed the meeting and invited us to visit the Houses of Parliament. This had been discussed in Committee and enquiries made as to the cost of hiring a coach. If there would be enough support, I think this could be arranged.

The Chairman thanked Barbara Peel for her service as Membership Secretary and Angela Sansam for her work with the groups.

There was a special "Thank You" to Ruth Townrow, whose service to the U3A far exceeds her job description as Secretary!

NB: The Open Day and AGM in 2012 will be held on the Third Friday, 21st September at the Cairn Hotel.

I am very happy to hand over to David Davies and I wish him, the Officers and Committee an encouraging future.



Tricia Ward

Meet David Smithson the new Vice Chairman

I am a retired teacher. My subjects were English and IT.

I am married, to Carole who is a native of Harrogate. We have two Siamese cats. We have lived in Knaresborough for 14 years.

I do some voluntary work for Orb in Knaresborough where I teach IT both to beginners and to those who want to know more. I have just begun further voluntary work which involves reading the news to the visually handicapped.

Hobbies include reading, theatre, cinema and travel.

U3A National Conference and A.G.M.

East Midlands Conference Centre, Nottingham University

17th -19th September 2011

A Celebration

The Chairman Ian Searle opened the conference and welcomed the delegates.

The plenary session showcased the new DVD "This is U3A" and interesting, amusing and often moving contributions from members were presented in response to the question "What does the U3A mean to you?"

Dr. Eric Midwinter, one of our founders, gave a talk entitled "Look back in wonder." which he delivered with characteristic clarity and humour. Little could he have thought, 29 years ago, that the movement would be catering for more than a quarter of a million members in more than 800 U3As.

Baroness Estelle Morris, a distinguished and thought provoking speaker, whose career has been dedicated to education spoke on "Education for all"; its impact on society and the ability of education to change lives regardless of age.

As patron of a charity in Derbyshire which seeks to provide educational benefits for people in residential homes she emphasised the advantages of educational provision for Fourth Ageds but also for other disadvantaged groups. .

Professor John Benyon, Director of Research, Institute of Lifelong Learning, University of Leicester, presented evidence that demographic change is profound and pervasive. He went on to look at the implications of an ageing population and to conclude that an ageing society brings challenges but also opportunities and that education and learning are the means of meeting these challenges and harnessing the opportunities.

True to the belief that you are never too old to learn we were treated to two stimulating and forward looking lectures.

Professor Peter Kalmus (Emeritus Professor of Physics, Queen Mary College, London) an inspiring publicist of all things scientific spoke on “Particles and The Universe”.

Professor Heinz Wolf, a distinguished scientist well known for his amusing but erudite television programmes asked the question “Anybody want to go to Mars? How, When and Why.

A range of seminars and discussion groups was on offer: Keeping your U3A vibrant, Communication, Finding Group Leaders, Starting New U3As. A question and answer session was arranged for Treasurers.

The AGM followed the usual format of reports and elections.

Ian Searle was elected as Chairman for a third year.

Terry Hardie retired after six years as Treasurer. There were no nominations for Treasurer and contingency plans had been put in place to appoint a financial adviser to work with the Finance Committee. In the event Jo Harrison of Harwich U3A came forward, was co-opted on to the committee and will serve as Treasurer.

Beth Butler was re-elected as a Vice Chairman and Janet Whitehouse took over from Barbara Lewis who had served three years as a Vice Chairman.

David Morton of Ilkley and District U3A was elected as the new Regional Trustee for Yorkshire and the Humber, Anne Firth having served three years.

There were two resolutions. The first was that all U3A Networks should register their name, membership and a nominated contact with National Office on 31st March each year. This information will be circulated to all U3As and put on the web site.

This resolution was passed.

The second resolution that the Trust investigates how and when the initials U3A can be incorporated within, or instead of, the Third Age Trust title. This was discussed but rejected.

Janet Coatman
(Ex Secretary and Chairman, Harrogate U3A)

Errata in Group Activities List

The Italian Conversation group meet on the FIRST Tuesday of each month at the Harrogate Conservative Club from 5pm to 6:30 pm. It is run by Mike Streeton and Rosie Clarke.

The Mah Jong venue is at own house not Hampsthwaite.

Walking Groups include a Striders group with a faster pace.

For clarification Healthy Cooking and Eating alternates monthly with Vegetarian Cooking.

Open Meetings

2011		
28 th October	Role of the Local Newspaper	Jean Macquarrie
25 th November	The Ingilbys of Ripley	Sir Thomas Ingilby
2012		
27 th January	The Harrogate Theatre	Davis Bown
24 th February	Music at Ripon Cathedral (AD 657-2011)	Malcolm Beer
23 rd March	Great Yorkshire Show	Bill Cowling

28th Oct — Jean MacQuarrie is Editor of the Ackrill Group of Newspapers which includes the Harrogate Advertiser. She will cover many areas of interest around the topic of The Role of the Local Newspaper.

25th Nov — Ripley Castle has been the home of the Ingilby family for 700 years. Sir Thomas is the present owner and 6th Baronet and will talk to us on the subject of The Ingilbys of Ripley.

27th Jan 2012 — David Bown is Chief Executive of Harrogate Theatre and formerly Artistic Director at The Castle Arts Centre. Particularly in the present financial climate, I am sure his talk will be very interesting regarding the past, present and future of Harrogate Theatre.

24th Feb 2012 — Together with Howard Crawshaw, Malcolm Beer is joint author of the book of the same title as his talk. He will cover the personalities, conflicts, successes and setbacks at Ripon Cathedral over the years spiced with amusing anecdotes and including musical excerpts.

23rd Mar — Bill Cowling is Great Yorkshire Show Director. The origins of the Show can be traced back to 1837 and we can expect a fascinating account of developments since then.

Web Site and vacancy for Webmaster

Our web site has existed for over 11 years and was one of the earliest U3A sites. At the time, the number of members with Internet access was below 10% and the site was constructed as part of a learning process with the then Computer Group. (Somewhere about that time, the web site designer was given the fashionable name of Web Master; it's not an appointed position, just a label attached to whoever takes it on.)

Originally a proprietary web site building program was used but later it converted to a wholly self designed site. In this form it is very flexible and easy to update but it is becoming somewhat dated and would benefit from an overhaul.

Members with Internet access now exceed 50% and is growing as recent retirees have been exposed to computers while following their occupations. So our web site is increasingly a vehicle for communication.

During the last ten years the web design software available has increased enormously and offers the chance to build a more exciting web site. This is an excellent opportunity for one (or more) of our newer members to take over the activity and carry it forward into our third decade. If you would like to express your creative ideas in web site design, please discuss it with me or a committee member. I am sure that the Committee would cover the cost of any program purchased.

Meanwhile, I will continue to update the site as new U3A information is supplied but will remove outdated and ancillary pages.

Brian Graham.

Harrogate Magistrates Court Open Day

There is no open day on 11 October – it is now on Tuesday 22 November. Anyone who would like to go along needs to register their interest in advance as space in the courtroom is limited.

Contact Gillian Moorhouse on 01423 722008 or email gillian.moorhouse@hmcts.gsi.gov.uk

The Joint Exhibition for Painting, Photography And Textile Crafts

The Photography Group

What a difference a year makes! Once again the members of the Photography Group put their best shutter fingers forward and, during the last 12 months, took some amazing photographs which were recently displayed at our Annual Exhibition at West Park United Reformed Church. The Exhibition, which ran from 29th August to 3rd September, has been declared a great success. This is not just the opinion of our members but also that of the many people who viewed the exhibition during the week.

This year our pictures were based on three themes; 'Water', 'Up-close and personal' and 'Textures Patterns and Shapes'. It was interesting to see how many of the pictures crossed the thematic boundaries linking two or, in some cases, all three themes.

Sharing our work with other U3A groups is an area of co-operation which has given us all much pleasure and is something we hope to be able to repeat in the future. Besides the interchange of ideas that we gain from exhibiting jointly, we also benefit from the sharing of publicity which helps to draw in a wider audience for us all. Members of U3A who missed the exhibition had another chance to see some of the photographs at the U3A AGM.

Though not everyone who came to see the exhibition signed the comments book, of those who did, we are pleased to see that, in addition to members of other U3As and Photographic Societies, we welcomed visitors from Wiltshire, Somerset, Derbyshire, West Midlands and New York State!

Derek Hodson

The Textile Group

We took part, together with the Painting and Photography groups, in the recent exhibition at the United Reformed Church. We were encouraged by the appreciative comments of visitors who were especially interested in the embroidery which we had produced, using photos as sources.

Julie Clark

Peter Kearney & artists



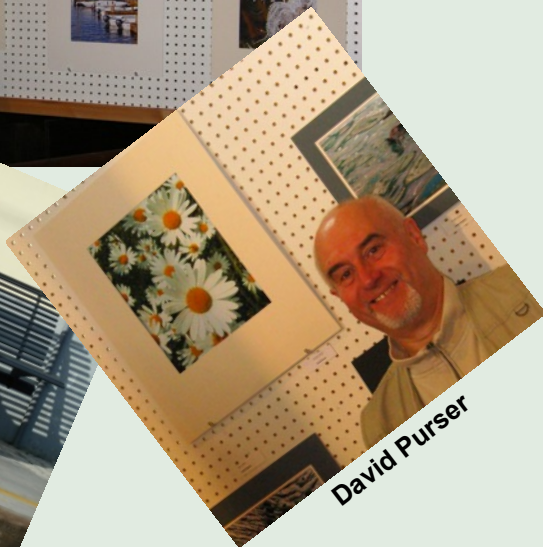
By R Stobbs



By Sally Wootton



David Purser



Group Events and Outings

Armchair Travellers



Members of the Armchair Travellers Group at Milby Lock on our recent outing to Boroughbridge. We spent a pleasant morning following The Town Trail before enjoying splendid sandwiches at the Black Bull.

Barbara Peel

Croquet

Richard Field, Chairman of Bishop Monkton Croquet Club and founder of the U3A Croquet Section, won the Croquet Association's Grassroots Cup in the recent national finals held at Northampton.

Sixteen players from clubs all over England had won their way through club elimination rounds and regional finals to reach this final stage of the competition.

The competition, which lasted almost six hours, involved seven rounds of progressive doubles to identify the top four players to take part in the afternoon semi-finals and final.

Richard led the morning sessions so was one of four to progress to the semi-finals and then the final, both of which he won.

The silver cup was presented to Richard by John Bowcott, who is the Grassroots Tournament Director, and is a member of the Croquet Association's Tournaments Committee.



The winner and his trophy



John Bowcott presents the cup.

The Croquet Association is the national body which controls croquet in England.

In another success, U3A Croquet Leader Dawn Hey won the club ladies championship 2011. She beat Lorna Bray in the final. All four semi-finalists were members of the U3A Section of the club that now has 70 members.

For information about the U3A Croquet Section go to BMCroquet@aol.com

German Groups Visit Munich

Twenty two members of the German Group took part in our ninth annual visit to Germany recently. This year saw us return to the beautiful City of Munich.



Our hotel was conveniently situated for the Hauptbahnhof (the main railway station for the 'uninitiated'!) and also for the trams.

For the most part we each did our own thing during the daytime and met up in the evening at a pre-arranged time to go out together for an evening meal. We had two outings. The first was to King Ludwig's fairytale castle, Neuschwanstein, and the other was to

Garmisch-Partenkirchen and the Zugspitze, Germany's highest peak. Some members of the party met German friends they got to know through our previous visits.

Our thanks go to Pam Gilling who organised the holiday and to Siggie Mattison who organised train tickets and sought out restaurants for our evening meals, making this yet another enjoyable break in Germany.

Gordon Darlington

Looking at Churches Annual Outing

Durham Cathedral and St. Cuthbert's Church Darlington were the destinations for the annual group outing.

Durham Cathedral is seen as the greatest Romanesque building in Europe. We received a very informative tour of the Cathedral including the Shrine of St. Cuthbert, the Galilee Chapel with the Tomb of the Venerable Bede and the Transfiguration Window in memory of Michael Ramsey which was dedicated in 2010.



Next we visited St. Cuthbert's

Church in the centre of Darlington which has been described as a mini Salisbury Cathedral. We had an interesting talk on the history of the Church and its association with St. Cuthbert. The highlight was the wonderful exhibition celebrating the 400th Anniversary of the publication of the Authorised Version of the Bible.

It was good to put into practice all the knowledge that Patrick and Michael had been sharing with us over the past year.

Ruth Townrow

Durham Cathedral by Domstu
St. Cuthbert's by Stanley Howe
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Dales Integrated Transport Alliance (DITA)

DITA, a community-led transport group has been awarded £1.1 million funding from Government to improve transport in the greater Dales area. DITA is the only community-led group from across the whole country to have been successful and this is potentially a huge boost to our area.

Nidderdale has been identified as the first pilot area for DITA, revolving around the established No 24 bus

route, and the pilot should be up and running during autumn.

If you have any ideas or suggestions about public transport in Nidderdale, please get in touch, via the contact function on the web site:

www.dalesconnect.net, or contacting Helen Flynn, Chair, Dales Integrated Transport Alliance at: helenflynn@me.com. We need strong community support and help to make any transport we trial sustainable, so please use this opportunity to show support for local bus services!

Naturalists Norfolk Holiday

Once again our holiday in North Norfolk was a huge success. The weather was extremely kind to us all week, except for a drop of rain on Thursday afternoon.

Day 1 we walked to the end of Blakeney Point and had a lunch stop at the old Lifeboat Station (now a visitor centre). We carried on through the sand dunes learning from Brian Wood how they are formed. There were seals in the sea and a lot more on the spit of sand, which was the very end of the point. After this, we went on a boat trip to see the point from a different perspective. Arctic Terns and Little Terns made a tremendous noise and now we could see the seals lined up on the beach, they were grey seals.



Admiring the View near Blakeney Point

Day 2 saw us at Cley Marshes and a brand new visitor centre. After lunch we went to Holkham Nature Reserve, walked to the beach and studied the shoreline plants.

Day 3 we met at the Post Office in Old Hunstanton and walked down to the beach. There were cliffs here, so unusual, dark brown at the bottom, a band of red in the middle, and then chalk on top. Anne Hopkins gave us an interesting talk on the formation of the cliffs called Carrstone. We then looked for fossils and later retraced our steps back up the beach to join the Norfolk coast path. In the afternoon we all met at the Titchwell Bird Reserve where we were lucky enough to see a very rare bird, a Bittern; it had three chicks.

Day 4 saw us at Dersingham Bog, part of the Sandringham Estate. We had a lovely walk looking for sundew and bog aspidel, and many more. We all met up at the Norfolk Lavender Farm, which marked the end of our lovely holiday. Thanks to everyone who chipped in with his or her expertise. Ian Wallace couldn't be with us due to illness, he was missed and we wish him well.

Diane Simpson

The Walking Holiday 2010

Twenty Seven members attended the group's annual holiday which started this year at Leighton moss R.S.P.B reserve. Most members were not experienced bird watchers so several rare and unusual species were seen, allegedly.

After checking in to the Cumbria Grand Hotel those that wanted to had a walk round Grange-over-Sands. Dinner was followed by quizzes.



Grange Station

Tuesday dawned sunny and warm and we set off on the train from Grange-Over-Sands, some of the Group getting off at Arnside and some at Silverdale. The longer walk started well but once into the woods things got tricky! It was a case of not seeing the wood for the trees so to speak and the leader appeared to be directionally challenged or as some of the group would insist on saying. LOST!



The successful party

We eventually completed the walk and made it back to Arnside with time for refreshments. The group on the shorter walk apparently had no such problems as they were only too keen to point out.

The weather forecast for Wednesday was for rain but nobody could believe it because it was such a lovely evening. It couldn't possibly change that quickly

Wednesday was to be "A once in a lifetime opportunity to walk from Hest Bank across Morcambe Bay to Grange". We should have believed the weather forecast because it poured down and windy with it. The walk, needless to say, was cancelled. For some strange reason no one seemed unduly disappointed. A group of eight did however walk from Cark to Cartmel and got very wet in the process.



Before the rain

On Thursday we drove to Ambleside and walked to Grasmere where some of the group left us to find their way back to Ambleside. The rest walked round Rydal Water where one member took the opportunity to have a paddle (sheer bliss for the poor feet !).

The walk ended in heavy rain but had been most enjoyable with superb views.

Friday began with rain so it was decided not to stop at Ingleton to do the Waterfalls Walk. Instead after saying our farewells we all set off for home after another enjoyable holiday.

Thanks are due to Ivan and Barbara for the time and effort put into organising it and to those members who helped to provide the evenings entertainment.

A Picnic in the Park — Sunday 7th August

Members of Harrogate U3A met in the Valley Gardens for a picnic. The weather had not been too good but it did not rain and was quite warm.

We gathered by the bandstand, some with folding chairs, others with large mats, and the food was laid out. There were some sausages, sausage rolls and some very delicious homemade bhajis. These went down very well.

Brian took some video of the party, that you can see at www.youtube.co.uk by searching for Harrogate U3A

Ivan produced a tape recorder with a quiz that Daphne Fisher had made in 2001 using bird song as the theme, for this Daphne was the quizmaster. Jill was the winner. Note when it was played back at the tenth anniversary in 2001 a different Jill was the winner.

Then Barbara introduced her Gold Quiz, the prize for this a £20 Betty's voucher provided out of U3A funds. At the due date all the quiz papers were checked and the winner was Margaret Douglas, the only entry to get all 30 correct. The clue that stumped everyone was 'Paddington loves this' – all the other entries put Golden Syrup – the answer actually was Golden Shred – Paddington appears on the label!

Val found a small green fruit that had fallen from a tree, it looked like a crab apple but plainly, it was not, she asked, "What kind of tree is that"? Well we did not know but a little research by Jill showed that it was a black walnut, "um" why "black"? We soon learned the answer, we took the fruit home and cut it open it was hard, very hard. Our hands turned black and were not possible to wash clean.!!!

At about three PM the band began to play and we all relaxed before going home having had a splendid time. Thanks to all the members who came to make this splendid day. It was nice to meet several 'old' friends.

Ivan Peel suggested a 'Picnic in the Park' as a way of celebrating that our U3A was formed 20 years ago.

What better way of enjoying a couple of hours on a Sunday, chatting with friends and listening to the band playing catchy tunes? We had thought of enjoying a glass of wine with our picnic but that it is not allowed in the Valley Gardens. Thank goodness we remembered in time to avoid bringing shame on our U3A by being ejected and labelled as Sagalouts.

In the event the weather was not promising but gradually improved and the band played to an audience of about 150.

Our group of U3A members numbered about 25 and it was good to see three or four new faces.

We had a relaxing time as most knew each other. Intellects were tested by a quiz and there was a bird call recognition test recorded by Daphne Fisher. High marks were claimed by many, even those who did not recognise the cuckoo. See us on YouTube.

Thanks to Ivan and Barbara for organising a great idea.

Brian Graham

A New WI Group

WHY NOT COME AND JOIN OUR NEW WI GROUP?

MEETINGS ARE HELD

**EVERY 3RD THURSDAY OF THE MONTH
IN THE VICTORIA ROOM AT HARROGATE LIBRARY**

**COME AND JOIN US FOR EXCITING TALKS,
MAKE NEW FRIENDS AND ENJOY FREE REFRESHMENTS**

ALL LADIES WELCOME

**For further information contact:
MICHELLE AT THE WI OFFICE 01765 606339**

**The WI
INSPIRING WOMEN**

GROUP NEWS

Calligraphy

We have had a successful year and thanks to Diana are making progress. She has spent a year showing us the italic hand and this term hopes to progress to a more ornamental type of italic. Diane is also going to show us how to use gouache to embellish our writing.

We had three new members in September, two of whom are contacts of current members of the group. At last years AGM we swelled our numbers and I hope the same will happen this year as quite a few people showed interest. We welcome anyone who would like to learn the art of calligraphy as it has many uses and enhances cards, jam labels and flyers, to mention a few. If you can find no use, then join us for the company and learning another art!

Our next meeting will be Friday October the 14th We meet once a month at Community House, East Parade, from 2pm - 4pm on the second Friday of the month.

Please note the venue as we no longer meet at my house

Ruth Ogle

Current Affairs Forum

PROGRAMME 2011-2012

4 th November	Strikes and freedom	Derek
2 nd December	What future for young people ?	Ruth
6 th January	Urban Planning - local implications	Marguerite
3 rd February	European funding – inter dependability	Marguerite

Other possible topics for future sessions.
Menwith Hill; Funding for care of the elderly; Public subsidy for the Arts; Probate; Rights and Responsibilities (Big Society); Health and Safety/ Personal Freedom; National Health Service – future funding.

Group News (Cont'd)

French pour s'amuser

You may know that our French conversation group established about 12 years ago, and meeting in each others houses once a week from 10.00 to 12.00, has been a bit overtaken by the numbering of the several new French groups! Consequently, this year, we decided to call ourselves "French pour s'amuser"

Mary Brown

One member's comment

I studied French (alphabet, phonetics etc. in true fifties style) when I was but a schoolgirl and although I have visited France many times since then and can make myself understood in the matter of booking rooms, buying a baguette and the state of the hot/cold/wet weather and will it continue, I wanted to be able to do a bit more.

When out walking in France earlier this year I met a delightful French woman of about my age who was eager to talk and tell me about her life and times but I just could not understand much of it and felt hopeless and inadequate

When I saw this group advertised last year I thought 'Quelle chance!'. I decided to join and have not regretted it. From the start I have been made to feel welcome. Everyone is so helpful and gently puts my faltering efforts right. We meet once a week in each other's houses and have a general conversation for an hour or so where everyone manages to contribute. In proper continental fashion we then stop for coffee and cake. Thus fortified we each take a turn at reading a French novel (a paragraph or so each) and translating it into English, if I am stuck everyone helps; what one doesn't know someone else is likely to and there are always dictionaries!

Christine Turner

The German Groups

We still have three German groups, a beginners, an intermediate and an advanced group.

There might be one or two openings in September in the intermediate group. We like to keep it down to ten for each group in order to give everyone a chance as the groups are mostly conversational.

Groups are weekly on Monday mornings from 10AM to 12PM except for school holidays.

Siggie Mattison

Group News (Cont'd)

History of Art

Art of the C20

Please do not call it "Modern" art, as it is a bit elderly these days.

Brian's first lecture presented the origins of this sometimes blurry, non-representational, expressionistic form that painting took.

Art reflects the society that produces it, and the seeds were sown even in the late 19c with Paul Cézanne asserting that nature could be depicted as cylinders, spheres and cones. As almost everyone knows, this eventually led to paintings consisting of only lines, shapes, colours, whether hard edged, or "fuzzy", copies of cartoons, found objects and sculptures with holes in the middle. Personally, although some are compelling to look at, I find this hard to accept as art, because the meaning is not clear, and is so open to interpretation. I have not expressed this opinion to Brian as yet, but am eager to see if there is any division in the group this term — stand by for some excitement.

Judy Muscarella

History, Modern



The modern history course entitled 'UK History 1945-1997' is due to be launched in January 2012 for its third season.

Based on a now well-established formula we will be revisiting the recent past using a substantial amount of visual material to help stimulate our discussions and bring the events and personalities of the times to recall.

The course will run for seven two hour sessions taking place on alternate Mondays beginning on 9 January 2012 and ending 2 April 2012.

Timings are 1400-1600 hrs each session based at Harrogate Baptist Church conference suite, Victoria Ave.

The topics covered will include:

- | | |
|----------------------------------|--------------------------------|
| UK and the World Scene in 1945 | The Austerity Years 1945-1951 |
| Years of Recovery 1951-1964 | Office but not Power 1964-1979 |
| The Slaying of Dragons 1979-1990 | The Grey Years 1990-1997 |

Group News (Cont'd)

Contact David Davies at e-mail davidwdavies@hotmail.com for further details or to book a place on the course, which usually fills up by mid-November.

Do come along. It's our history and we made it!"

Poster from Flickr Commons The UK National Archive at <http://www.flickr.com/photos/nationalarchives/3047452743/in/photostream/>

Keep Fit

This group is in its 10th year and so is half as old as the Harrogate U3A! When we started we were all strangers and I knew none of those who came to the first class. However we soon got into the swing of things and I am more than happy to say that many of the original members are still coming along and we are all friends.

We meet during the term only as Sandra our professional instructor, has school age children. That gives us a little time to relax, eat a bit more and then come to the following term wishfully thinking of losing a bit of weight and toning up! At the end of the autumn term we have a small pre Christmas celebration of nibbles and drink at the end of the last class with something brought in by everyone. At Easter we have a lunch out, and sometimes in the summer we gather together and have a naughty tea, full of cream cakes.

It is always good to start a term and see the same familiar faces - but we welcome new members at any time. Give us a try!

Contact Val for more information.



Knitting

The knitting group was started last October and during the past year has made numerous articles for various charities.

We will be taking several items for premature babies to Harrogate hospital within the next few weeks. Hats, gloves and scarves, toys and cardigans will go to the Christmas Child appeal at the end of October.

The raffle for the blanket at the AGM raised £19 and a donation will go to St Michael's hospice.

Many of these items were made with yarn donated by U3A members and we are grateful for their generosity.

Thank You.

Group News (Cont'd)

Philosophy Group September 2011

At our first meeting of the new academic year we welcomed four new members. After the usual preliminaries we looked briefly at the life of Thomas Hobbes [1588-1679] who is the first subject of our studies this year.

Thomas Hobbes was very impressed with the method of scientific presentation and considered that his philosophy was a scientific approach to the subject and presented in a similar manner. He was held in high esteem during his lifetime and is considered to be the first modern philosopher, as he was the first major figure not to be influenced by religion.

He lived through very tumultuous times. Born in 1588 during the reign of Elizabeth the First at the time of the defeat of the Spanish Armada, with constant battles in Ireland and strife between the Catholics and Protestants, although Elizabeth tried to reduce that and encourage greater tolerance between them, provided that there were no plots against her or the state.

- 1603 The ascent of James the First of England
- 1604 Britain and Spain make peace.
- 1605 Guy Fawkes and the gunpowder plot.
- 1620 The Pilgrim Fathers set sail for Massachusetts.
- 1625 Charles the First succeeds James the First. Clashes with parliament increase.
- 1640 Charles summons the 'Long Parliament.
- 1642 Civil war breaks out, The royal family flee London.
- 1644 Cromwell defeats Prince Rupert in the battle of Marsden Moor.
- 1645 Civil war ends.
- 1648 The Scots start the 2nd civil war.
- 1649 Charles the First executed.
- 1652 The Act of Settlement for Ireland was passed.
- 1658 Oliver Cromwell dies.
- 1660 Charles the Second becomes King.
- 1665 The Great Plague.
- 1666 The fire of London.
- 1679 The death of Thomas Hobbes

His major work was the Leviathan, first published in 1651 and it is that work which we shall be considering. In it Hobbes lays out his ideas of how a state should be governed. We first looked at his introduction, reading and discussing it a section at a time. The word Leviathan is used in the bible to describe a vast creature and Hobbes uses it to describe a large number of people in a commonwealth or state, He likens the leviathan to a large mechanical man or automata, [an engine that moves itself by springs and wheels].

Group News (Cont'd)

He then sets out to describe this artificial man, firstly by considering how a creature such as man actually works, and secondly; how and by what covenants it is made and what are the rights and just power of a sovereign. Continuing the method of reading and then discussing a section at a time we progressed through chapter one 'Of Sense'. Hobbes view of how our senses are activated. At our next meeting we shall continue in a similar manner.

David Broadley

Reading for Pleasure



We have enjoyed another year – which is our 19th – when once again, we have read a good selection of books, some of which have been enjoyed, while others have received avid criticism, (well is not this what a reading group is all about?)

We have been voting throughout the year and the book which came out top this year is “The Siege of Krishnapur” by J.G.Farrell. It is not a happy tale, although there are some humorous episodes. It is well written and you can almost smell India.

We begin our new year in October with “A month in the Country” by J. L. Carr and in November we are reading “Major Pettigrew’s last stand” by Helen Simonsen. We chose our programme for the year at the September meeting, and try to include a biography, classic, crime novel and a humorous one. The others chosen are ones that have been recommended by various members of the group.

We are looking forward to reading a varied choice of books during the coming year.

Jill Pullman

Sketching on Location

The four remaining members of this group met for our planning meeting in September.

We decided that we would close the group, due to lack of interest and continually being hampered by adverse weather conditions.

I have enjoyed leading this group during the last few years. We have had some happy times, and I would like to thank everyone who has given some support to the group in the past few years.

Jill Pullman

Group News (Cont'd)

Singing for Pleasure

We are going with a swing and are now 40 strong, having had a very good and successful year. Over the next few months we will be concentrating on Christmas music and have concerts already booked. Our membership is closed but if there is a tenor out there he will be very welcome. However, we still have a waiting list.

Elizabeth Turner

Table Tennis

The next quarter of U3A table tennis will start on Tuesday, October 4 at Bishop Monkton Village Hall and will take place each Tuesday afternoon from 2 to 4pm for the succeeding ten weeks.

The resumption follows a break during the summer months when many of the members were taking part in the U3A Croquet, also held at Bishop Monkton.

The table tennis leader, Richard Field, says the Tuesday afternoon session is filling up fast. Once it is full, and if there is sufficient demand, he will try to organise a second U3A table tennis session on Monday mornings from 10am to 12 noon.

If you would like to join either of these sessions please contact Richard Field by e-mailing him at bhtabletennis@aol.com indicating which group you would like to join, assuming vacancies still exist.

There is a £20 subscription for each 10-week quarter, or £35 if you sign up for two consecutive quarters.

Table tennis is enjoyable, fun, and just a bit competitive. It offers a good healthy workout as well as being a way of meeting new friends. Beginners or players with previous experience are both welcome.

Tai Chi

This is the fourth year that Tai Chi has been on the programme - but sadly, although there *appears* to be lots of interest - not many people join this group. However there is a core of folk who keep coming - but we do need more people to ensure continuity. There is no need to be expert and although we all try, perfection is a long time coming - so do not be afraid to join. We meet on Thursday afternoons at 3.30pm for an hour at the Styán Community Centre, Jennyfield. The form is tailored to the older person so there is no need to be athletic. The aim is breathing, posture, balance and controlled movement. Why not come along and give it a try.

Contact Val for more information.

Group News (Cont'd)

Textile Crafts

During the rest of the year, members will be working on their individual projects which include goldwork, stumpwork and crewel embroidery.

BUT – there is also a challenge : to complete a “Fantasy Landscape” of sky and fields. Each section has to be in a different colour(avoiding green) and in a different stitch and it’s hoped that this will stimulate interest in a variety of stitches. When I was looking through my books of stitches in preparation for this project, I was struck by how many stitches are named after the World of Nature. Plants are shown by Tulip, Rose, Daisy, Oak Leaf, Fern, Seed, Moss and Thorn stitches while there are also Herringbone, Beetle, Bee, Bull’s Head, Centipede, Fishbone, Fly, Feather, Mouse, Pekinese and Spider stitches to represent creatures.

Early embroidery usually took sources from the natural world so this is not really surprising. Members of the group can make their own choices so, fortunately, do not have to face the intricacies of Spanish Knotted Feather Stitch!

Julie Clark – Group Leader

Theatre Group

Throughout the year we have visited the theatres in Harrogate, York and Leeds. Performances we have seen include Yes Prime Minister, Coppelia, Hamlet, To Kill a Mocking Bird and Agatha Christie’s Verdict. Our current programme ends in October with visits to King Lear and 40 Years on. These are already booked but if you would like details of the new Spring programme which will be available early in 2012.

Jean Jayne

Writing for Pleasure

The recent AGM/Open day saw the launch of the anthology of the U3A Creative Writing Group. It is a memorial to Robin Coatman, who was a well-known and well respected member of the U3A. Probably best remembered for the unstinting support he gave to his wife Janet, when she was chairperson for so long.

He is sadly missed by all the members of the Creative Writers Group where he was a very popular and talented writer. The anthology incorporates a selection of Robins work, as well as some short stories/poems by other members of the group. It is on sale at £3:50 with all profits going to MacMillan Cancer Support.

Ron Williamson.

The Trials and Tribulations of a Group Leader

Another month another walk, 13 of us this time. “No, 14” says the backmarker, “no 13” says I. After several recounts I realise I had not counted myself!

Oops!

Things can only get better can't they?

Where the heck is that footpath sign it's shown on the map. Ah there it is conveniently hidden behind that thorn bush.

Oops!

Things can only get better can't they?

That definitely is a bull in that field and not only a bull but a bull with horns and a look in his eye that says come in here if you dare. I didn't really want to go that way anyway!

Oops!

Things can only get better can't they?

My that wind's getting up. Aye up, its just blown Fred's glasses off his head and clear across the valley. Good job he had a spare pair.

Oops!

Things can only get better can't they?

Don't you lot go that way the map clearly shows the path going the other way. What do you mean that isn't where we are.

Oops!

Things can only get better can't they?

Back home and feet up with a good cup of tea.

Things have got better haven't they?

(Believe it or not the above is based on true events)

Richard Stobbs

Email Security

Addressing emails to multiple recipients

Whenever you send an email to more than one person., do NOT use the To: or Cc: boxes for adding more email addresses. You may have to put at least one address in the To: box (I usually send it to myself) but wherever possible always use the BCC: (blind carbon copy) box for listing ALL the email addresses. This way the people you send to will only see their own email address.

Forwarding emails

Every time you forward an email there is information left from the people who received the message before you did, namely their email addresses and names. As the messages get forwarded along, the list of addresses builds and all it takes is for one person to get a virus and his computer can then send that virus to every email that has come across his computer. Also someone can use those addresses to send junk mail and spam.

Try the following if you have not done it before.

When you forward an email, click the Forward button first and then you will have full editing facilities. Now highlight and DELETE all of the other addresses that appear in the body of the message (at the top), and any other content you do not need to forward.

Alternatively you can highlight the content you wish to forward and cut and paste this into a New Message.

Either way avoids recipients from having to read through replies to replies to replies etc.

George Tickle

Tracking Your Laptop

BBC Click featured a free open-sourced program called Prey which can be installed on a laptop. Basically you install a tiny agent in your PC which silently waits for a remote signal to wake up the laptop if it is stolen or lost. Click on a link to Prey who will activate the laptop, pinpoint its exact location and monitor any activity if the laptop is used. It's instructive to watch the BBC clip for a full explanation of the process by clicking on the link <http://tinyurl.com/42dy2dg>. The program can be downloaded from <http://preyproject.com/> (Thank you Peter Ridgway, Spelthorne U3A).

Taken from U3A Signpost Number 130

Free to a good home! Micron 780 - Microfiche Reader

- * *Two lenses*
- * *Hi/Lo light levels*
- * *2m Cable*
- * *13a plug*
- * *Working order*

19¾" h x 14¾" w x 19¼"
d

Collect from Ripon

Contact: Derek
Hodson
email: derekhodson166@yahoo.co.uk



North Yorkshire County Council is working on a new Joint Strategic Needs Assessment for 2012. It is important that it includes local people's experiences and opinions about their health and well being needs.

NYCC wants to know what you and your service users think are the three BIG issues that impact on health and well being. Initial thoughts on what are the causes and possible solutions to the issues would also be very useful. At this stage NYCC only wants a brief overview of your BIG issues. Later NYCC will organise events during which representatives of your organisation will be able to take part in more detailed discussions.

Responses are needed by 11 November and should be sent to: JSNA@northyorks.gov.uk

By post to:

JSNA
North Yorkshire County
Council
North Yorkshire House
442-444 Scalby Road
Scarborough
YO12 6EE

If you would like any more information about JSNA, or an easy read version of this information, please contact Nick Kemp, North Yorkshire JSNA Project Lead, at jsna@northyorks.gov.uk

CVS News

William Merritt DLC & Mobility Service provides fitness to drive assessments for any age group and/or disability. They can also assess whether someone is safe to continue to drive and provide advice and information on ways to keep people driving. They cover the whole of the Yorkshire region and have 2 centres based in Leeds and York, giving advice on driving, vehicle adaptations and driver retraining. Please see www.williammerrittleeds.org or contact philip.north@nhs.net, Philip North DipCOT, Mobility Service Team Leader, William Merritt DLC & Mobility Service, St Marys Hospital, Green Hill Road, Leeds LS12 3QE, Tel: 0113 305 5288

What are your three BIG health and well being issues for Harrogate district?

Have your say at
<http://www.northyorks.gov.uk/jsna>