



SCARBOROUGH U3A

Registered Charity No 1101581

The University of the Third Age

Newsletter: **Spring 2017**



Scarborough panorama

Photo by Bernard Wilkins

Note from the Editor

The Scarborough U3A

website is at:

www.scarboroughu3a.co.uk

Thank you to all contributors to this newsletter and hopefully we will continue to attract members to share their news with us

B M Wilkins Newsletter Editor

We would like to hear from you,

Please email articles to:

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HELLO TO ALL GROUP LEADERS AND MEMBERS **WE NEED YOUR NEWS!**

Your newsletter is published twice a year
in Autumn and Spring and we would like
to hear from you.

Your stories or news from the groups are needed
to ensure the newsletter is interesting and enjoyable for
everyone to read and talk about.

This issue is being delivered to all households, so please
read it and pass it on to your friends to raise awareness
of the U3A.

My contact details are on the front cover
I look forward to hearing from you.
B M Wilkins Newsletter editor

MONDAY MORNINGS

Special thanks to members Hazel Kidd, Albert Devitt, Chris Gray, Lee Ure and Jan Watts. They allowed me to 'twist their arms' to entertain us in the coffee room on alternate Monday mornings.

Marion Cooper (Secretary)

CHAIR'S NOTES by Lee Ure

As I write these notes on a bright, crisp, frosty January morning, I ponder whether you will be reading them in the warmth of an early spring sunshine. The U3A 'academic' year is well under way and, thanks once more to our hard-working Committee and dedicated Group Leaders, we continue to have an abundance of diverse and interesting courses from which to take our pick.

There are vacancies on our Committee and, as you will note, an insert into your newsletter this term is the AGM notification with a proforma for new Committee members to be proposed for election. If you are interested in joining the Committee but are unsure about the commitment or what the role might involve, please chat with any one of the current committee members to gain an insight.

Our U3A has, since its inception, operated on the basis of two 12 week terms running in the Autumn and Spring. Courses are built around this format although there is some flexibility as certain activities are more suited to Summer months e.g. Garden Visits, Walking or Cycling. It is worth noting that our Course Leaders were all canvassed on this question last year and the majority wanted to retain the current format. Each Monday we generally have a speaker or some other activity. Other U3As may operate in a different fashion but each U3A is autonomous and there is no prescribed format. Due to a fluctuation in attendance, it has been suggested by some members that our U3A should operate differently and the views of you, our members, are needed to help the Committee reach a decision.

As I wrote in your last Newsletter, we have been exploring the value of printing the Newsletter and delivering it to every member household. This year the cost of printing the newsletters in colour is £621.92 and in b/w would have been £182.51 (as quoted by Basics Plus); colour printing totalling almost three and a half times the cost of b/w. Whether that cost can be justified compared with sending it via email, along with the current regular updates and maybe printing a limited number for those members who do not have easy access to the internet, is a matter for debate. The newsletters will be emailed to members and available on the website in full colour. Again, we need to reflect the wishes of the whole membership in determining how funds are used and your opinions are important.

Therefore, a questionnaire concerning both these issues is also enclosed. Please complete and return the Questionnaire by the 27th March.

It is important to note that the cost of postage for the delivery of the Newsletter is once more saved by our band of willing postmen and ladies, this time co-ordinated by Hazel Kidd. Many thanks to you all.

We are very fortunate that one of our members, Ray Clarke, has offered to take on the role of 'Monday Morning Speaker Organiser'. There are many members who can, and do, make suggestions for Speakers, which are gratefully received and acted upon. If you have a suggestion for him, Ray is happy to be contacted by telephone on 354853 or via email; raymondclarke124@btinternet.com

SCARBOROUGH U3A

MINUTES OF ANNUAL GENERAL MEETING HELD AT FMH AT 10.30 am

ON MONDAY 11th APRIL 2016

1. APOLOGIES were received from Colin and Sue Brooke, Bill and Jenny Lythgoe, Pat Milner, Lis Stenhouse, Chris and Dee Found, Audrey Coleman, Eileen Pidd, Doreen Amos, Val Gorbett, Elaine Bentley, Enid Plevy, Carol Watson, Barbara Gardiner.

Lee Ure (Chairman) welcomed everyone to the meeting and thanked them for coming. There were 50 members present.

2. MINUTES OF THE AGM HELD AT FMH ON MONDAY 13th APRIL 2015 were approved and signed as a true record.

3. MATTERS ARISING: None.

4. CHAIRMAN'S REPORT: Lee Ure opened her report by paying a tribute to two very popular members, who had died during the year. Harold Barker, a founder member of Scarborough U3A and David Smart who had led a highly informative music group. Lee said that both of these members will be greatly missed.

Lee said the membership has reached 500 and that we now offer the record number of 80+ diverse courses. In addition, a number of courses are being continued throughout the summer, as are the monthly coffee mornings, which last summer raised around £400.

She thanked all involved with these popular and enjoyable events.

Lee attributed the success of our U3A to the Committee, which she described as hardworking, conscientious, talented and fun to work with. She thanked each Committee member individually, outlining their role and the contributions they had made to our U3A throughout the year. Dennis Shaw, who was retiring from the Committee after 9 years' service in a variety of roles, was presented with a voucher on behalf of the membership. Lee said that she would miss his cheery wit at Committee meetings and extended thanks from everyone for his service.

Lee reminded members that as from September we shall be having bi-weekly speakers at Monday morning meetings and that we are seeking an organiser to replace Dennis.

Thanks were then extended to Dee Found for organising holidays, Lis Stenhouse for arranging outings, Julie Poole and Sheila Hawkswell for running the monthly book stall, Marion Cooper for the 30th Anniversary Afternoon Tea, and Terry Green and his band of willing postmen for deliveries. Group Leaders were thanked for their enthusiasm, skills and commitment. Without them there would be no U3A.

Lee said that the Social Activities Sub-Committee, had for a variety of reasons, been put on hold for the time being and she remarked on the excellence of the work displayed at the Art and Craft Exhibition on 21st March.

Summing up, Lee expressed thanks to Ann Turner, the FMH warden, who has shown great support to us throughout the year.

5. TREASURER'S REPORT: Steve Cheshire said that this year, being his first as Treasurer, and not being a qualified accountant, had been 'A Baptism of Fire!'

Steve had supplied everyone present with a written statement of Income and Expenditure for the financial year 2015-16. Steve emphasised that these were unaudited accounts. Since there was a surplus of £400 income over expenditure, he saw no need to increase the annual subscription, but he did appeal to members who were taxpayers to ensure that they indicate this on their renewal of membership form. This would enable us to claim Gift Aid.

Steve thanked Malcolm Maloney for his efforts in obtaining value for money regarding room hire since accommodation was our biggest expense. Thanks were also given to the organisers of coffee mornings and numerous groups for their contributions; the total of donations being £1,102.10. When questions were invited from the floor Iain Hale queried the misallocation of a payment in respect of the Flying Club. Steve agreed to amend this. Chris Gray proposed that the accounts be adopted. This was seconded by June Blakemore and carried unanimously.

6. APPOINTMENT OF AUDITORS: Steve proposed that our accounts be audited by Rayner & Co (Chartered Certified Accountants). Dennis Shaw seconded this and it was carried unanimously.

7. ELECTION OF OFFICERS: Lee said that with the resignation of Dennis Shaw from the Committee, there were 8 eight remaining Committee members, all of whom were happy to stand for re-election. Since these positions were not contested and no other proposals had been received, they were re-elected *en bloc*.

8. DISCUSSION OF PROPOSALS SUBMITTED BY MEMBERS: None

9. ANY OTHER BUSINESS:

- a) Dorothy Berry thanked everyone who had helped serve refreshments on Monday Mornings and said how pleasing it was to note there had been several offers from men!
- b) Sue Petyt thanked Lee Ure for her splendid work as Chairman over the past year.
- c) Hazel Kidd thanked everyone on the Committee for their work in what had not been an easy year.

There being no further business the meeting closed at 11.03am.

**PLEASE BRING THESE MINUTES WITH YOU WHEN YOU
COME TO THE AGM ON 8th MAY 2017**

**Annual General Meeting
Monday 8th May 2017**

at the

Friends' Meeting House
commencing at 10.30am.

Free tea/coffee 9.30am to 10.15am



**This is a meeting where important issues regarding your U3A will
be discussed and voted on, so please try to attend.**

U3A at the Art Gallery—an opportunity to see U3A art exhibits

Following the considerable success of our recent exhibition at the Art Gallery, I am delighted to be able to confirm that I have managed to book the Community Space again for a display of U3A members' art, ceramics, stained glass work and photography from 31st October until 26th November 2017.

We will set up the work on Monday 30th October and remove it on Monday 27th November. This year the Group Leaders wish to compile all of the exhibits a week or so before the setting up day. This will enable us to take more time planning space allocation and label production.

Please discuss items you would like to be included in the exhibition with your Group Leader by the beginning of October. The standard of the 2016 exhibition was very impressive and showed the considerable and diverse skills of our Membership.

Malcolm Maloney, Group Liaison Officer

News From the Groups

Cycling Group

The U3A Cycling Group had an enjoyable summer last year benefitting from some very pleasant weather. However, we ride throughout the year providing it is not raining or the wind is not very strong.

The following are comments from members of our U3A Cycling Group:-

David Wild said - what other course on offer can guarantee that it: saves you money, gets you fit, helps the environment

(See NHS choices at <http://www.nhs.uk/Livewell/fitness/Pages/Cycling.aspx>)



Some of the group on a ride this year

So you rode a bike some years ago and although you would like to take it up again, you are reluctant- nonsense! We have all types of bikes (including electric) and different levels of fitness, but we all enjoy outdoor exercise in excellent company.

This is not a race meeting. It is social cycling. An essential part of every run is the stop for refreshments! Whilst we cycle throughout the year, we avoid any days when the weather would make cycling unpleasant. Tempted? Then why not have a word with one of the group, or better still come and try it and join us on a run.

Dr. George McVeigh said - Biologically and physiologically one's muscle mass declines with age particularly over 55yrs. Cycling on a regular basis helps slow this inevitable process and helps with cardiovascular fitness and overall "sharpness". Two sessions minimum per week is desirable and, if you have any health issues, run it by your doctor. Benefits also include a drop in blood pressure, slower pulse and more rapid recovery time, coupled with an overall feeling of being stronger.

Alan Fergusson said - Having experienced asthma since my early 30s, I joined the U3A Cycling Group. The weekly cycling trips (plus others in between) have made me feel altogether better. I am now down to infrequent use of my inhaler - only 5 times this summer. I can only promote cycling and a healthy lifestyle, to be of great benefit to myself.

Iain Hale said - The Cycling Group had an excellent summer last year for riding. Malcolm and I joined the Evans Cycling Sportive at Helmsley in July. This was 35 miles and some 2500ft of climbing. A challenge for both of us, but we made it. Otherwise we have discovered great cafe stops for the obligatory coffee and food. New members come and the group is now a really good social group too.

A recent recruit said - As someone who has always owned a bike and after a particularly demanding and difficult year in my workplace I consciously decided to improve my life/work balance. Once the U3A 2016-2017 programme popped through my letter box and I'd spent a few days flicking through the pages, my decision was made. I joined Malcolm and his merry band at the end of July. My first outing was really an adventure - I fell off, my chain came off and someone spotted my rear tyre was a bit flat! I felt safe and well cared for. It was amusing to see gents put on their marigolds to repair my chain. The whole experience got me hooked. Now three months on I have a new bike; the most expensive toy I have purchased for some time. She is called "Thrive". An excellent "bike to work" scheme enabled me to purchase my bike for 2/3rds of the price. I have made several trips to the local cycle shop for padded shorts (these are a must!), bike lights, puncture tool kit etc, and to a local superstore for the obligatory fluorescent cycle wear. In a few short months, cycling has become my number one hobby, feeling fitter, sleeker and leaner. I now cover the distance and hilly terrain with far more ease than with my aged classic shopper on my first U3A bike ride. Many thanks to everyone who makes regular rides, tea breaks and banter so enjoyable. Do come and join us. There is plenty of help and encouragement. You can soon feel fitter, sleeker and leaner too.

If you feel like trying out a ride with us, contact me Malcolm Maloney on 01723 353584 or malcolm_maloney@msn.com

Scarborough U3A Theatre Group.

Autumn 2016 visits.

When We Are Married, J.B.Priestley's famous comedy of West Riding characters, went down a storm, with Northern BroadSides on top form and Barrie Rutter earning spontaneous applause as the pub-loving local photographer. We all commented on the joy on the faces of the audience; the theatre was packed for every performance, and we all came out smiling.

The Wish House was a marked contrast. North Country Theatre has a knack of choosing the unknown and the unusual for its adaptations for the stage. This tale from Rudyard Kipling was spell-binding; Grace, an old lady, clearly poor and struggling, taking in washing in spite of her painful swollen leg, a district nurse who grows to love her, the vicar calling, trying to resist his secret love for the nurse.... In creep secret wishes, lost loves and magic, sadness, longing and nostalgia.... Can the Wish House bring a happy ending? A real treat of a play and a memorable drama.

Holly at Christmas, a welcome return for the Buddy Holly tribute band and what a delight for the audience, foot-tapping to those memorable tunes and lyrics. After the interval the band played on and soon the floor was full of happy people, dancing, jiving and rocking the night away!

No Knowing was our final 2016 outing. We were in thrall to the master at work, Alan Ayckbourn! He must know more about family life, and middle-aged, middle-class marriage than anyone else. How has he found out what goes on in our kitchen? A couple celebrating their 40th wedding anniversary with family and friends... but in flash-back the true state of the marriage is revealed - a lesbian affair, an internet relationship - and we are challenged to ask "are we prepared to be honest with each other through the years? will honesty wreck the stability of the marriage?" Will a promise and a commitment to spend more time together launch the couple into a happier and more contented future? Beware the mundane, utterly routine, meaningless comments during an otherwise silent meal - find something more interesting to say - start a conversation!

We stayed for a meal together in the Bistro. It was really revealing to discuss the play, discover each others' thoughts on it and to realise that, though a short play, it had great depth and gave us plenty of conversation!

This is my swansong as I will not be leading the theatre group any more. Our last outing will be to York Theatre Royal on 23rd February. I have loved organising theatre visits and supporting our own SJT, and hope someone else will take my place.

Lis Stenhouse.

Arts and Crafts exhibition in 2016

Photos below show U3A members displaying their skills and exhibits in the Friends' Meeting House last year.

We look forward to seeing another wonderful display this year on Monday March 27th at the same place—**so make this a date for your diary** and have a look at the amazing things that the different classes do. You may feel tempted to enquire further and get involved in the artistic side of the U3A programme.



Dates for your diary of events coming soon

**Spring Lunch - Thursday 20th April
At the Downe Arms, Wykeham
See flyer enclosed for full details**



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DON'T LOSE TOUCH THIS SUMMER – COME FOR COFFEE

Again we will be hosting monthly during the summer **Monday Coffee Mornings**. We had a very good response last year and raised over £500 for the U3A. It is amazing what having a bit of a chat, laughter, good fun and keeping in contact with our friends can do for both ourselves and also U3A funds. Come and taste the scrumptious cakes which many bring to these gatherings..

Don't miss out.

Last year there were many generous donations. This year we would appreciate donations of **plants, homemade jams/honey, pickles/preserves, savoury quiches, cakes/buns, together with magazines and cd/dvds.**

Let us in this third year see if we can raise more money.

On entry a donation of £2 is requested to cover tea/coffee and biscuits. These are supplied by the person holding the coffee morning at their own cost. All monies raised from entry fees and sale of goods goes towards the ever increasing cost of room hire for the autumn and winter courses that the U3A has to meet.

2017 dates

24 April Bill and Jenny Lythgoe, Tel 379880, 10-12 noon, 19 High Mill Drive, Scarborough YO12 6RN

22 May Iain Hale and Sue Petyt, Tel 864111, 10-12 noon, 5 Kingfisher Close, Scarborough YO12 4TZ

26 June Doreen Gridley, Tel 365023, 10-12 noon, 21 Hackness Road, Scarborough, YO12 5SD

24 July Sheila Edwards, Tel 375627, 10-12 noon, 10 Park Street, Scarborough YO12 4AQ

4 September Bill and Jenny Lythgoe, Tel 379880, 10-12 noon, 19 High Mill Drive, Scarborough

Please bring friends with you even if they are not U3A members. They will be made very welcome. So that we know how many to cater for, it would be helpful before each event if you could telephone the applicable person at which time if necessary you can enquire as to directions.

Brenda Barnett, Tel 363668, is more than happy to take your call and help with directions should you have difficulty in contacting any of the above.

If you forget to telephone just come anyway you will be made most welcome.

We are looking forward to seeing you all

Jenny Lythgoe