



# SCARBOROUGH U3A

Registered Charity No 1101581

The University of the Third Age

## SPECIAL NEWSLETTER EDITION - OCTOBER 2015

### To all members

*This special edition of our newsletter is asking for your support, consideration of the content and feedback to the committee so that we can improve your organization and hopefully give you more of the courses that you have asked for.*

We have potential new classes/groups and volunteer leaders for the following:

- 1 Photography
- 2 Conversational Spanish
- 3 Medical matters
- 4 Music ensemble
- 5 WW2 on the Home Front
- 6 Museum studies
- 7 Beginners art
- 8 Short walks
- 9 Beginners Bridge
- 10 Badminton
- 11 Health and Wellbeing

Brief details of the above courses are inside the newsletter and we would like your feedback on whether you would want to attend any of these groups.

**Please reply before Monday 2nd November 2015 in order to give the organizers time to start running the classes in the new year term.**

**Reply by e-mail or post with reply slip on page 3 as follows to membership secretary Sue Petyt at:**

**sue@suepetyt.me.uk or at  
5 kingfisher Close, Crossgates  
Scarborough, YO12 4TZ**

The list of suggestions that the committee has received for other new courses is as follows—and **we need course leaders to form and run a class**

- Tai Chi
- Pilates
- Yoga
- Flower arranging
- Beginners and conversational French
- Intermediate Spanish
- Beginners, improvers and conversational German
- Beginners Italian
- Modern Greek
- Croquet
- Short mat bowls
- Tiddlywinks
- Dog training
- Ukulele
- Something frivolous that causes laughter etc.
- Genealogy
- DIY Decorating
- Classical Civilization
- Greek Mythology
- Scarborough History
- History of Second World War
- Architecture
- Church Architecture
- Visits to places of historic interest
- Pharmacology—learn about common drugs
- GARDENING**
- Gardening club
- Gardening in a changing climate
- Container gardening
- Garden flowers
- Growing vegetables
- Basic/intermediate gardening

**Reply details (see page 4) as opposite to membership Secretary Sue Petyt.**

## DIGITAL PHOTOGRAPHY

This will be a practical course to assist those who are new to digital photography, or those with some experience, who wish to improve their skill and to get the most out of their camera. We will look at the history of capturing images from the earliest days to the modern devices. We will also look at areas such as composition, the use of light, and how to make a picture special rather than just ordinary. We shall also cover the linking of cameras to computer software which allows editing and printing.



### **We need your support in raising awareness of the Scarborough U3A!**

**This special newsletter gives brief information about courses that hope to start running in the new year but we want you to pass on the information to your friends and colleagues so that we can attract a new range of people that have perhaps never heard of the U3A.**

**The newly retired are wanted as well as those looking for new challenges and new friends.**

**There is also a great need for you to try to identify whether there are people out there who have the expertise and are willing to be leaders of the suggested courses listed on the front page and on the reply slip on page 4—if we all tell someone our U3A will grow!!**

### **Spanish Conversation Group (to start early 2016)**

*Buenos dias, or is it Buenos tardes as you read this? Did you learn Spanish at school or college; in a U3A or other Further Education classes? Would you like to keep in practice and make sure you don't waste all the effort you put in, so that next time you go on holiday you won't have to struggle to remember? Then why not join a Spanish Conversation Group, where we will talk about holidays and Spanish culture, maybe watch and discuss films in the language, or just talk about things that interest us all.*

*Depending on numbers, the group will be held at my home in Trafalgar Square, or at one of the many other venues available to U3A. I look forward to seeing you in the New Year, and in the meantime Feliz Navidad!*

### **Medical Matters**

I have been in medicine for 40yrs, with 7yrs GP and the rest in Anaesthesia and acute medical care. Hoping to fully retire in Nov 2015.

I am happy to share knowledge based on the above and am open to suggested desires for topics of interest Skills would include airway management, emergency medicine, intensive care, epidurals. Have worked in Canada for 15yrs with experience in remote isolated locations, where fixed wing aircraft and satisfactory weather conditions were needed before tertiary care transfer !

Ideas for discussion might include ?.

Disease. Hypertension, Coronary heart disease, smoking, obesity, diabetes, Cancer.

Pre operative testing, Exercise Tolerance Testing, Intensive Care Issues , Cataract surgery,

Hips and Knee Surgery,

Screening for disease issues.

These can be tailored as per group, wants, needs etc.

### **MUSIC ENSEMBLE**

**Are there members who would be interested in U3A having a recorder group and/or a group to play mixed consort music eg trio sonatas etc.?  
If you are, please let Ruth Harland know at a Monday morning meeting.**



## **WW2 on the home front**

Do you remember rationing? This course will research and discuss all aspects of life on the Home Front in WW2 - the reality and the myths - including the blackout, war work, evacuees, the Blitz, entertainment, changing social attitudes, and, of course, the Yanks!

Feel free to alter it however you think appropriate.

I was thinking that an 8 week course should be able to cover everything at least at a superficial level

### **Discovering Museums**

The course proposal is

**Mystery objects - history detective work;**

**How do people learn and behave in the museum environment?**

**What can exhibits/artefacts tell us about the history of any given time or place?**

**Behind the scenes - a tour of the Woodend stores;**

**Decisions labelling and deciding what to conserve;**

**The Harrison Collection and Ryedale Folk Museum**

### **BEGINNERS ART**

An experienced qualified art teacher is able to offer a class for beginners starting with the basics and developing as skills progress

### **LOVE TO WALK 2-3 MILES?**

**Tuesday 10 am weekly**

Still enjoy walking but cannot walk the distance anymore. Come and join us, and walk, locally, to start with, and then different locations.

Meet at the Nag's Head Scalby, normally

Dates to be arranged **but start end of October.**

Walking boots are essential

Share cars and petrol where and when appropriate.

Maximum no 10

Will include stops and coffee etc if available

### **Course Leader**

Dee Found Tel 882342 for more information

## ***Reply form for new classes/groups as listed below:***

- 1 Photography
- 2 Conversational Spanish
- 3 Medical matters
- 4 Music ensemble
- 5 WW2 on the Home Front
- 6 Museum studies
- 7 Beginners art
- 8 Short walks
- 9 Beginners Bridge
- 10 Badminton
- 11 Health and Wellbeing

**Did you know ?  
To be a  
leader doesn't necessarily  
mean you have to be an  
expert—if you can pass on  
your knowledge to interested  
parties - that's all that's  
needed**

Yes, I would be interested in the following

Name:.....

Address:.....

Contact telephone number:.....

**Send the above details by e-mail or post to Sue Petyt (details on page 1)**

## Bridge for Beginners

If you have played whist then you might be interested in learning to play bridge – a fascinating and intellectually challenging card game that evolved from whist about a century ago. Like whist, it's a partnership game.



### **The Benefits of Badminton** (information taken from [www.badminton-information.com](http://www.badminton-information.com))

Like all aerobic activities, badminton gives multiple health benefits and promotes longevity. The main health benefit is a reduction in 'bad' cholesterol and an increase in 'good' cholesterol. Playing regular badminton conditions the body so that the basal heart rate drops a few beats a minute and blood pressure is reduced, the heart muscle is also strengthened. The aerobic nature of the game also promotes the activity of bone forming cells to help in the assimilation of calcium, helping to ward off osteoporosis.

As with all exercise, if in doubt consult your doctor before you begin.

### **Health & Wellbeing**

**The 6 sessions would cover**

- 1. An introduction to health and wellbeing - what is it?**
- 2. What is happiness?**
- 3. Food and nutrition - eating well in retirement**
- 4. Mindfulness**
- 5. Productive use of time in retirement**
- 6. Living our best life**



**Other relevant topics can be incorporated in accordance with the wishes of the group.**

***Reply form for leaders of classes/groups as listed below:***

Tai Chi  
Pilates  
Yoga  
Flower arranging  
Beginners and conversational French  
Intermediate Spanish  
Beginners, improvers and conversational German  
Beginners Italian  
Modern Greek  
Croquet  
Short mat bowls  
Tiddlywinks  
Dog training  
Ukulele  
Something frivolous that causes laughter etc.  
Genealogy

Classical Civilization  
Greek Mythology  
Scarborough History  
History of Second World War  
Architecture  
Church Architecture  
Visits to places of historic interest  
Pharmacology—learn about common drugs  
**GARDENING**  
Gardening club  
Gardening in a changing climate  
Container gardening  
Garden flowers  
Growing vegetables  
Basic/intermediate gardening

Yes, I would be interested in being a leader of the following:

.....

Name:.....

Address:.....

Contact telephone number:.....

**Send the above details by e-mail or post to Sue Petyt (details on page 1)**

**Did you know ?**  
**To be a leader doesn't necessarily mean you have to be an expert—if you can pass on your knowledge to interested parties -**