



**The Friendship & Support Group**  
enjoying a get together  
see page 9

Don't miss the **Membership Renewal letter(s)**  
enclosed in the same envelope as this **Newsletter**.

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You will find a tear-out booking form for the  
**Anniversary Lunch** in the centre of this  
Newsletter.

**Contents include**

<b>Groups news &amp; reports</b>	<b>pp 7 - 9, 17 - 11</b>
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## Our U3A Ethos



- Wetherby & District U3A is a self-help organisation run entirely by volunteers, relying on everyone making a contribution of some kind.
- We look to members to give time and effort as well as receiving the informal learning, enjoyment and friendship that the various activities provide. Our U3A can only thrive if all members accept this principle.
- A new group only comes about when a member expresses an interest in a particular area and others join to form the group and run it themselves with support from the committee.
- Everyone can play some part in our U3A, whether it be leading or taking an active part in a group, serving on the committee or volunteering to help in some other capacity.

## Courtesy & Common Sense Reminders for U3A Group Members

The U3A is run by volunteers who give their own time freely for the benefit of our groups so:

### **Please**

- take note of the organiser's phone number and/or email address in order to:
  - a. let the leader know if you are unable to attend a meeting
  - b. let the leader know if you wish to leave the group, as there may be a waiting list.If you miss **three sessions in a row** without contacting the leader, it will be assumed that you no longer wish to be a member of that group.
- arrive at the group meetings in good time.
- make a note of meeting dates and times.
- remember that individual groups are self-funding, so contributions may be requested when there are expenses to be covered.

**Thank You**

## DATES FOR YOUR DIARY

- Wed 28 Feb **Open Meeting** Methodist Church 2.30 pm  
David Calverley "Curious Cathedrals"
- Wed 8 Mar **Current Affairs Open Meeting** St James Church Rooms 2.30 pm  
Jean Harrod "Life as a woman in the Diplomatic Service"  
Everyone welcome. Cost £1
- Wed 28 Mar **Open Meeting** Methodist Church 2.30 pm  
Roger Bartlett "The Chelsea Flower Show"
- Wed 11 April **Anniversary Lunch** The Bridge  
*See details below*
- Wed 25 April **Open Meeting** Methodist Church 2.30 pm  
Sue Woodcock "From copper to shepherd"

## MORE DATES FOR YOUR DIARY

- Wed 11 April **Anniversary Lunch** with guest speaker Dale Gibson,  
Executive Director (Racing) of the Professional Jockeys Association  
**The Bridge, Walshford at 12.30 for 1 pm**  
**Ticket price £18**

**Booking forms and tickets** will be available at the February and March Open Meetings or by post from: Mrs L Titchmarsh, 19 Oakwood Road, Wetherby, West Yorkshire, LS22 7QY.

**You will find a tear-out booking form in the centre of this Newsletter.**  
If you are requesting tickets by post please remember to enclose a STAMPED ADDRESSED ENVELOPE.

Failing that you can obtain a form by email from Lesley at the address below.

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- 10 - 16 June **Ireland Holiday** - one twin/double room still available  
*contact Lesley ASAP*
- Tues 3 July **Volunteers Lunch** at Kirk Deighton Village Hall  
*- details to follow*

Lesley Titchmarsh 581802 ltitchma@gmail.com

## *Recent Local Events*

### **Wetherby & District U3A Christmas Showcase**

Wednesday 13 December at the Engine Shed, Wetherby

Over 221 members and guests assembled at the Engine Shed for a seasonal afternoon's entertainment.

Helpers and of course members of our tireless committee, had worked hard to prepare the premises and the Engine Shed's own Christmas décor completed the scene.

The programme opened with displays on stage from some of our groups: the Folk Dancing Group who opened the proceedings clearly enjoyed themselves.

They were followed by the two Play Reading Groups whose presentation of Cinderella was hilarious. Can you spot the two Ugly Sisters in the photograph below? After this the Singing for Fun Group entertained us with a selection of well loved tunes tempting us all to sing along.

After an interval for scene changing the Ukelele groups performed for us. Every year they offer us something different and this year it was a skiffle band complete with tea chest bass. We all joined in with Lonnie Donegan's 1957 hit "Puttin' on the style".



While we enjoyed the excellent refreshments we were able to visit displays in the gallery by the Bowls Tasters, Crafts Group, Digital Photography Group, Exploring World Religions, our 3 Painting Groups and the Racketball Group.

Here's to the next time.

Joyce

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## **U3A Yorkshire & the Humber Region**

Wetherby & District U3A are members of this Region which includes about 50 other U3As and is usually referred to as YAHR. The YAHR publishes a news sheet entitled Bulletin five times a year. This gives details of future events and can be viewed or downloaded from their website [yahru3a.co.uk](http://yahru3a.co.uk).

The latest Bulletin no.2 for January 2018 includes details of an all-day creative writing study day to be held in York on Thursday 22 March price £25. The presentors will be Maricia Humphries, the National Subject Advisor, and Jo Brooks, the convenor of the successful U3A Writing Group.

## Wetherby U3A needs you!

The U3A in Wetherby and District provides a superb range of activities for the membership, which currently numbers at just under 1,200.

Thanks to work of the group leaders, committee members and other volunteers who carry out the many and varied support activities, we have a successful organisation.

We all benefit from membership. Groups range across a wide spectrum of subjects and activities to provide enjoyment, social interaction and friendship. Although we can be pleased with progress since our formation less than a decade ago, as with any organisation, we cannot afford to rest on our laurels.

We have to continue to develop and progress. We need to be creative, searching for new ideas and ways to improve. For that, we need the support of our membership. The Committee wish to encourage more members to volunteer and become involved in the running of the organisation.

Two important roles will soon become vacant. Both Events Coordinator Lesley Titchmarsh and our Newsletter Editor Joyce Bale are standing down in June 2018 after several years in those posts. We need to find members who are prepared to continue the excellent work of Lesley and Joyce. Please consider whether you would like to take on one of these roles.

There are also many other opportunities to assist the organisation, such as volunteering in the distribution of the newsletter, tea/coffee making, setting-up and clearing-up after the Open Meeting etc.



To borrow a phrase from the famous Lord Kitchener poster,

**YOUR U3A NEEDS YOU!**

Please help ensure that Wetherby U3A continues to thrive.

Brian Taylor, Chair 586694 [btu3awetherby@gmail.com](mailto:btu3awetherby@gmail.com)

Lesley Newnham, Member Liaison 845773 [l.newnham45@gmail.com](mailto:l.newnham45@gmail.com)

## Charities and your generosity

Since our Open Meetings started in 2010 we have had presentations from seven charities - The RNLI, the Samaritans, Help for Heroes, Mountain Rescue, St. Gemma's Hospice, Guide Dogs for the Blind and The Yorkshire Air Ambulance.

The speakers often donate their speaker's fee to their charity and the "bucket" collection and sales items produce more revenue. In total we have raised some £1,530 for these seven charities plus another £700 if the speakers have added their fees, making a total of £2,230. So, a big thank you on their behalf.

Ian Wells, Speaker Finder

## Are there any publishers amongst you?

Our publications - the Monthly Memo, published eight times a year, and the Newsletter, published three times a year - play a major role in the enormous task of keeping you, the U3A members, well informed and in touch. They also provide useful external publicity.

I took over as Editor in 2013, since when the job has grown along with the growth of our U3A. I have loved the role. I have got to know so many of you, even if only as email correspondents, and being a people person, I have enjoyed being involved in the U3A at all levels. However, after five years I feel it is time for me to retire and let someone else take over.

At present there are two of us in the editorial team. I collect all the copy and am responsible for the content and layout, and sending the final version off to the printer. I am assisted by Kathy who has worked as a sub-editor and provides invaluable advice regarding style and wording and also proofreads. However, we are open to suggestions and would be happy to consider reorganising the workload to suit. For instance, if more than one person is interested, there is always the possibility of splitting the editorial role. Aspiring editors will need to be computer-literate and have a working knowledge of desktop publishing. Hopefully there will be an overlap so that adequate training can be given.

Do please get in touch if you would like more detailed information about the job.

Joyce Bale 520180 joyce.bale@outlook.com

### **VERONICA'S BIRD**

**by Richard Newman and Veronica Bird**

Following the great success of *A Nun's Story* in 2017, which became a Sunday Times best seller. Richard has found another fascinating, true if harsh, story to set down on paper. It concerns a girl born into Barnsley's poorest streets who was so abused by two men that she ran away to the only place she felt safe - behind the locked doors of a prison. There she rose to become a Governor of Armley prison, was honoured by the Queen and ended her working life trying to bring reform and help to prisons in Russia. Today, in retirement her story is one of triumph over extraordinary odds.



There can be no better review than by Bob Duncan, now retired Prison Governor of Pentonville Prison who, in evaluating the book, wrote: "... this book is about how the Service operates from someone who knows every facet of the real issues of *life behind bars*. ... It is probably the most moving, accurate, balanced and honest account of prison life I have read. From a one pound a week skivvy to an audience with the Queen, her life's journey is almost too much to comprehend – but that is Veronica."

The book is available from book stores price £8.99 and from Amazon and Kindle.

## NEWS OF NEW GROUPS AND COURSES

### Groups in the pipeline

**Spanish for complete beginners** This is a new group we are hoping to start soon for complete beginners. Fortunately there is an enthusiastic, experienced group leader ready and waiting to start things off.

**Exploring World Religions 2** I hope to have a meeting in the near future to start this second group.

**Astronomy** It looks as if we may be able to start an Astronomy Group in the near future. Please get in touch if you are interested.

**Tennis** Tennis courses for beginners and improvers will start again on Thursday 16 April at 12 noon for 6 weeks. The courses are held at Wetherby Tennis club and are run by a professional tennis coach. Racquets and balls are provided and there is a charge for this course. If you are interested please contact Connie Appelbe 585350 cappelbe274@btinternet.com

**Wetherby Bowls Club** Taster sessions will be available for U3A members when the season starts. if you would like to know more please contact Iain Rowe 583292.

For further information on any of the above, unless a specific contact is given, please contact me.

Delia Wells 541517 dewells24@gmail.com

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## Memory Course in May 2018

Expressions of interest invited

Wetherby U3A's popular Memory course will return for its twelfth run in May this year. So if you are interested in joining a small group of 12 with three facilitators please email me your contact details ASAP as places are likely to go quickly.

The ageing memory is a subject of much public/media interest and research at the moment. We are all interested in keeping our memory as active as possible for as long as possible. This course aims to explain something of how memory works in our "third age" and to offer discussion, advice and strategies to help maintain our existing memory.

The May course is offered on four consecutive Tuesday mornings and runs from Tuesday 1 May through to 22 May at Kirk Deighton Village Hall. Sessions are planned with an awareness of the sensitivity around memory issues and no-one's memory weaknesses (or strengths) are ever exposed. The main thrust is to learn about aspects of memory in our third age and to help reduce related anxieties in a fun and relaxed atmosphere. The cost of the course is £12 payable at session one. This covers the hire of the venue, refreshments and your very own course booklet to take away and keep. We have these printed to order.

If you can't make Tuesday mornings but are interested in attending this course, please put your name forward for the following one which will be on a Wednesday morning (date TBC). If you are interested please email me.

Jen Scott 01423 339504 jenscott.pps@gmail.com

## *Notable Changes*

### **Days of Special Interest 3**

Leader Jennifer Douglas's new email address: [jmdu3ads3@gmail.com](mailto:jmdu3ads3@gmail.com)

### **Weekenders**

Leader Glenis Kemishall's name is now Glenis Shaw.

Other contact details remain the same. Congratulations to Glenis!

## *News of the Established Groups*

### **Current Affairs**

Colin Burgon, the former, much respected MP for Elmet, visited us in January. I think I can say that the turnout for his talk was the largest Current Affairs has had (and that's not fake news!)

His topic was contemporary American politics with particular reference to Donald Trump and the 2016 election. Colin said that he greatly enjoys the subject as he visited the USA during that year. This was clear from his witty, erudite and fluent discourse delivered without notes but with reference to maps, charts and statistics on the big screen. It could be said, without fear of contradiction, that US politics is something of a mystery to the British - caucuses, the electoral college, primaries, GOP, conventions. Colin did his considerable best to enlighten us but some of us are still somewhat bemused.

As to the mystery of how Trump got elected Colin's view was that Hillary Clinton was seen as too much of an establishment figure whereas Donald Trump gained a lot of support from his core voters precisely because he was an outsider and considered to be a successful businessman and deal maker. Colin did state, to the surprise of some, that Bernie Sanders might have been a better bet to take on Trump and could, quite possibly, have won.

Thank you, Colin for the clarity and insight of your presentation. Now come back and work the same magic on the theme of Brexit. Perhaps not!

See page 3 for details of our March meeting when Jean Harrod will talk about her life as a diplomat behind the Iron Curtain. She is now living the life of a Yorkshire novelist. All welcome.



Sandra Ellen 585036 [srmesh@aol.com](mailto:srmesh@aol.com)



## **Cycling**

Last November several of the group of which Sue Oliver was a member cycled to Knaresborough in her memory. She had been present on this ride in 2015 and we wanted to remember her by doing the same ride. I took our photo along Abbey Road in Knaresborough beside one of the tree sculptures. She will be remembered by many people in the U3A as she belonged to several other groups.



During the winter months we're running a cycle ride each week for the members of our three groups, Everyone is welcome.

Caroline Green 582810 [carolinegreen54@hotmail.com](mailto:carolinegreen54@hotmail.com)

## **Days of Special Interest 3**

We got the season off to a great start with a behind-the-scenes visit to Leeds Central Library and archives. The fascinating tour took us over all three floors of the impressive building, taking in the architecture, the many organisations which have used the building over the years, the mystery surrounding the bust of Goethe and why there are three doors numbered 96.

Trips planned for this year include the Assay Office in Sheffield, the Sikh temple in Chapeltown and the horticultural research facility in Cawood.

The group is currently full but please contact me to be put on the waiting list.

Jennifer Douglas [jmdu3adsi3@gmail.com](mailto:jmdu3adsi3@gmail.com)

## **Historic Houses 2**

The last of the winter talks will take place on Wednesday 14 March in the St James Church Scout Hall at 2 pm. The speaker will be the ever popular Pat Osborne on "Lady Randy, Winston Churchill's mother". All U3A members and guests will be welcome. The cost including refreshments will be £3.

Connie Fox 587176 [bev.con@talktalk.net](mailto:bev.con@talktalk.net)

## **Friendship & Support**

This group was founded four years ago and is primarily for those who are on their own and want to meet people for a chat and coffee, and to make friends. The group has been so successful that we now meet twice a week with the suggestion that members do not attend more than one session in any week. There are regular lunches and occasional outings. As both sessions are very well attended we may soon be considering starting a third.

Neal Priestland 579045 or 0780 726 3301 [neal@ashbracken.com](mailto:neal@ashbracken.com)

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**Group Reports are continued on page 17**

The up to date  
**Wetherby and District U3A Groups**  
**Information Timetable**  
can be viewed  
on our website  
via the Printed List icon  
on the Activities page

### **Knitting**

We are a small group looking for new members. We meet in Kirk Deighton Village Hall on the third Friday of the month from 2 till 4 pm. We have both experienced and novice knitters and knit for charity when we have a project.

Come along and join us, we are a friendly group and always have tea and cake! The cost per meeting is £2.

Janet Burton 833360 or 07763774367 jan.wighillpark@gmail.com



**Memory Course** - see page 7 for details of course in May

### **Music Appreciation 2**

Music Appreciation Group 2 continues to flourish. We now comprise nine members but we could accommodate one more.

We alternate two types of session, At the first, one or two members make presentations and then play a recording of either a specific piece of music or related pieces. The second type of meeting is "Bring Your Own" where members bring anything at all that they would like others to hear. We find this very beneficial as it broadens everyone's listening experience.

We listen to every conceivable kind of music. It's no holds barred!

David Jenkins 574473 d\_jenkins14@hotmail.com

**Play Reading 1** We rounded off 2017 in a joint production with Play Reading 2 of a 15-minute version of Cinderella at the U3A Christmas Showcase. Dressing up for the event caused much hilarity, in particular Barry and Bill's portrayal of the two ugly sisters in their skirts, colourful socks, boots and wigs. The rest of the cast also played their roles in true pantomime tradition.

At our first meeting in 2018 we read an exciting radio play set in the Yukon during the Gold Rush - baddies with guns, a police sergeant with dog (barking performed enthusiastically by Maureen) and chases across ice floes but good prevailed in the end!

A condensed version of Pride and Prejudice ended an enjoyable afternoon.

Norma Chubb 586079 norma.chubb10@gmail.com

### **Psychology** - a new group?

Psychology is the study of our minds, including our thoughts, emotions and behaviour - what we do and why we do it. The Psychology Groups are for those who are curious about human behaviour, enjoy lively discussions, and want to learn more in a friendly environment. We currently have a waiting list of eight members, and with a few more, and a willing leader, we could look at starting a new group. If you are interested please contact:

Peter Wilson wilsonpc@btopenworld.com 584597 or 07798848738

(This report was omitted from some versions of the January Monthly Memo - my apologies. Joyce)

## Racketball

To start off the Christmas celebrations some of the ladies from our Monday group invited ladies from Bradford U3A Racketball (Heaton Lawn Tennis & Squash Club) and ladies from Leeds U3A Racketball (Chapel Allerton Lawn Tennis & Squash Club) to join them at Collingham & Linton Squash & Racketball Club for a morning of friendly games followed by a festive buffet. Everyone enjoyed having fun and meeting new friends whilst keeping fit, active and healthy.



Wetherby U3A has three racketball groups, one meeting on a Monday morning and two groups meeting on Tuesday morning. No experience is necessary and equipment is provided.

Please contact me if you wish to join any of these groups.

Stephen Widdison 07802 370995 [swiddison892@btinternet.com](mailto:swiddison892@btinternet.com)

## Walkers Ultra

The Ultra Walking Group (10 to 15 miles), will resume its programme on Monday 5 March. We walk on the first Monday of each month unless it is a Bank Holiday when an alternative date is chosen.

New members are always welcome. Follow the links on the website to see this year's dates and some of the walks that have already been done. You can also see where we went to in previous years.

Sue Howard 07808 584432 [sehowarduk@gmail.com](mailto:sehowarduk@gmail.com)

(This report was omitted from some versions of the January Monthly Memo - my apologies. Joyce)

## Walking with Lunch 3

We had a very successful year which ended on 19 December with 22 of us enjoying a Christmas walk around Roundhay Park, followed by lunch in the Red Lion at Shadwell.

Our 2018 programme starts with a walk around Eccup Reservoir from the New Inn at Eccup. Further walks planned include a local walk from the Fox and Hounds at Walton and further afield along the Ouse in York.

We have recently welcomed three new members.



Philip Aindow 0113 805 8860 [philipaindow@hotmail.co.uk](mailto:philipaindow@hotmail.co.uk)

**Your committee and others for 2017 - 2018**  
**See the website Contacts page for some further details**

Chair	Brian Taylor	Not on Committee	
Vice Chair	John Pentith		
General Sec	Sue Jakeman	Speaker Finder	Ian Wells
Membership Sec	Sue Addinall	Website Manager	Roger Hocking
Treasurer	Pat Harrigan	Refreshments Coord	Barbara McLean
Assistant Treasurer	Clive Springle	Yvonne Connell	
Open Meetings Coord	Christine Naylor	Sue Grafton	
Groups Coordinator	Delia Wells	Groups Treasurer	Neal Priestland
Membership Liaison	Lesley Newnham	Gift Aid	Malcolm Brook
Events Coordinator	Lesley Titchmarsh	NL & MM Editors	Joyce Bale &
Communications	Alan Pengilly	Kathy Twedde	

**FORTHCOMING OPEN MEETINGS**

Wetherby Methodist Church at 2.30 pm unless otherwise stated  
 £2 entry for non members  
 Wed 28 Feb, Wed 28 Mar and Wed 25 April  
 Normally the last Wednesday in each month except for December.

This **MONTHLY MEMO** is a U3A news update for immediate ready reference.  
 The **NEWSLETTER** is usually published in February, July and November and the  
**MONTHLY MEMO** in the remaining months except December.  
 See our website **www.wetherbyU3A.org.uk** for further information such as  
 Group Leaders details and membership application forms.

>> Closing date for final copy for the March Monthly Memo will be Sat 17 Mar <<

**U3A Wetherby contacts:**

**Website: [www.wetherbyU3A.org.uk](http://www.wetherbyU3A.org.uk)**

Chair	Brian Taylor	586694	btu3awetherby@gmail.com
Membership Secretary	Sue Addinall	572823	memsecu3awetherby@gmail.com
Groups Coordinator	Delia Wells	541517	dewells24@gmail.com
Editor Newsletters & Monthly Memos	520180		joyce.bale@outlook.com

*Wetherby & District U3A. Registered Charity Number 1143289*

Wetherby & District



THE UNIVERSITY OF THE THIRD AGE

[www.wetherbyu3a.org.uk](http://www.wetherbyu3a.org.uk)