



DATES FOR YOUR DIARY

- Wed 26 Sept **Open Meeting** Methodist Church 2.30 pm
"Fool's Gold" with live songs, stories and visuals
- Thurs 11 Oct **Current Affairs Open Meeting** St James Church Rooms 2.30 pm
Cindy Bentley "Wetherby High School"
For further details see page 2.
- Wed 31 Oct **Open Meeting** Methodist Church 2.30 pm
Denise Adlard "Bedpans and false teeth"
- Wed 28 Nov **Open Meeting** Methodist Church 2.30 pm
Trevor Higginbottom "China - all our futures"
- Wed 19 Dec **Christmas Special** Methodist Church 2.30 pm
"Sounds like Christmas"

We are staying at the Methodists for our Christmas Special this year. It will be a festive programme with a Christmas Quiz entitled "Sounds like Christmas" followed by seasonal refreshments with a piano entertainment.

Memory Course *Forward planning for February 2019*

I know it might seem a long way ahead but we are happy to take names for our February 2019 Memory Course. This will be the 14th time this course will have run with course number 13 already booked up and starting in October.

Course sessions take place once a week for four weeks and the February course will be on Tuesday mornings. If you are able to commit to all four sessions, then please get in touch with your contact details.

All sessions take place in the meeting room at Kirk Deighton Village Hall. 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 total cost of the course is £12 per person and is payable at session one. This covers the hire of the venue, refreshments for all sessions 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 a course, please put your name forward for the following one which will be on a Wednesday morning (date TBA). If you are interested please email me.

Jen Scott 01423 339504 jenscott.pps@gmail.com

NEWS OF NEW GROUPS AND COURSES
from the Groups Coordinator

Groups

The following groups are full:

Historic Houses 2 Wine Appreciation French Conversation 2

Each has several names on a waiting list but not yet enough to start a new group. If you are interested in joining any of them please let me know.

Book Group 3

There will be a meeting for anyone who is interested in starting a third group, the other two being full, on Thursday 27 September at 2 pm. Get in touch and I will give you further details.

Delia Wells, Groups Co Ordinator 541517 dewells24@gmail.com

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NOTABLE CHANGES & CORRECTIONS

Mindfulness

New leader: Maureen Kidson 588745 j.kidson826@btinternet.com

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NEWS FROM THE ESTABLISHED GROUPS

Reports from the Group Leaders

Current Affairs

At our next meeting, on Thursday 11 October, Cindy Bentley will talk about her responsibilities and events at Wetherby High School where she is Chairman of the Board of Governors. Just turn up at St James' Church Rooms at 2.30 pm. All welcome.

Sandra Ellen 585036 srmesh@aol.com

Mindfulness

We are a new group exploring Mindfulness and the concept of learning to "live in the moment and achieve a fuller appreciation of the world around us". The practice is said to reduce stress and increase feelings of well being. We are hoping that there is someone in the Wetherby U3A who has experience of this and would be willing to share it with our group in a taster session.

If you think you could help please contact me.

Maureen Kidson 588745 j.kidson826@btinternet.com

Painting Groups

All three painting groups will be displaying their work at the Boston Spa Arts Festival at Boston Spa Village Hall on Friday October 12th from 10 am - 5 pm and Saturday October 13th from 10 am - 4 pm. Info on <http://www.bostonspaartsfestival.co.uk/>.

If you are free please do come along and support us and other local artists and crafters.

Barbara McLean and Barbara Duncan 584318 barbmicbed@btinternet.com

Spanish for Complete Beginners 2

We are only three meetings into our Spanish life but are progressing well using the tried and tested BBC Spanish for beginners. Although we are full to new members do let me know if you want to join and I will see what we can do.

Clive Thorn 07821 570238 clive@twh.eclipse.co.uk

Our Roving Reporter Caroline Green reports on a visit to our Spanish Improvers group

Submitted to the Wetherby News September 2018

(Extract only)

One afternoon Philip Norris called to ask me if I would like to visit the Spanish Improvers Group in my role as Roving Reporter. I asked Philip what made him take up a more serious approach to learning the language. He explained that it was a combination of frustration and irritation at his own limitations while on holiday in Spain a few years ago. He returned to England determined to improve his skills using the library as his resource with CD's and books.

Philip and his group have now got to know a Spanish national, Eduardo, who lives in Yorkshire with his Spanish partner, Cristina. This is a very symbiotic relationship as not only do Philip and his group work hard at improving their skills, but Eduardo is busy working on his English skills at the same time, and values visiting the Group from time to time. It's almost as if they're all aiming to arrive at the same point developing an easy exchange of both languages. Eduardo explained that listening and copying are the best way to learn any language, with writing and reading to build up the arrangement of words which is more difficult.

On my visits to other language groups in the U3A, it has often been stressed by members, that to have someone in the group who speaks the native language, enables the non-native speakers to achieve a higher standard, more quickly.

The Spanish Group meets once a week, in each other's houses, with the host choosing the content of the lesson. The subjects cover music, artists, travelling and families with each member talking about their activities since they last met. This led to a particularly interesting discussion about Hen and Stag parties, and I discovered that the word 'Espoused' is Spanish in origin and means 'handcuffed'!

Of all the languages I've had the pleasure of listening to, Spanish, like Italian is 'warm' and welcoming to my ear.

In Spain the same organisation as the U3A is known as the 'Universitas dos Jubilados' and should you be visiting the country on holiday, you may like to join. Two of our Spanish Group do when they go to Spain for a few weeks every year.

To read more of Caroline's past articles click on the blue Wetherby News banner on our website.

Your committee and others for 2018/9
See the website Contacts page for some further details

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|---------------------|------------------|--------------------|-----------------|
| 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 | Clive Springle | Refreshments Coord | Barbara McLean |
| Assistant Treasurer | Pat Harrigan | | Sue Grafton |
| Open Meetings Coord | Christine Naylor | Groups Treasurer | Neal Priestland |
| Groups Coordinator | Delia Wells | Gift Aid | Malcolm Brook |
| Membership Liaison | Lesley Newnham | NL & MM Editors | Joyce Bale & |
| Events Coordinator | <i>vacancy</i> | | Kathy Twedde |
| Communications | Alan Pengilley | | |

FORTHCOMING OPEN MEETINGS

Wetherby Methodist Church at 2.30 pm unless otherwise stated
 £2 entry for non members

26 Sept, 31 Oct, 28 Nov and Christmas Special 19 Dec
 and the last Wednesday in the month thereafter
 unless otherwise stated.

This **MONTHLY MEMO** is a U3A news update for immediate ready reference.
 The **NEWSLETTER** is usually published in February, July & November and the
MONTHLY MEMO on the remaining months except December.

See our website www.wetherbyU3A.org.uk for further information such as details
 of the group leaders and membership application forms.

>> Closing date for final copy for Oct Newsletter will be Thurs 18 Oct <<

U3A Wetherby contacts:
Website: www.wetherbyu3a.org.uk

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| 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 |