## Craven u3a:

## **Something for Everyone**

# Open Event 2022

**Tuesday 9 August, Skipton Town Hall 2.00 – 4.00** 

Help desks available Monday 8<sup>th</sup> August 10am - 12am St Stephen's Church Hall for help to renew membership

Help desks available for help to renew membership and enrol into groups at the Open Event 9<sup>th</sup> August.

Enrolment begins 9<sup>th</sup> August, so if you want to ensure you get your first choices come along to the Open Event!

**Please note** that having paid your £33 membership fee some activities will charge a nominal £5 per season. Specifically:

For each activity using a venue paid for by the Committee there is a £5 charge to be paid to the leader, or nominated person, at your first meeting in Sept/Oct and £5 to be paid at your first meeting in January.

For activities outdoors or those held in members' homes, there is no further charge unless it is published in the programme.

Membership, like enrolment is online. This helps the planet and our costs.

## Craven u3a

Registered Charity No. 1038617

## Programme and Timetable Sept 2022 – Sept 2023

### **Current Members can renew using this Beacon link**

https://www.u3abeacon.org.uk/u3aportal.php?u3a=108&sc=RVSW

You can pay by debit card, credit card or PayPal
You do not have to have a PayPal account to pay by card. The above
link uses PayPal to allow you to pay by card even if you don't have a
PayPal account.

### New Members can join Craven u3a via our website

https://cravenu3a.org/members-help/prospective-membership

If you want to print off a hard copy of this programme, Craven Stationery have it electronically and will print it for you, at your cost. You may prefer to refer to the flyers, clarifying the range of courses alongside some hard copies for reference at the Town Hall, Tourist Information and Library from next week. Next week's Craven Herald will also have an article with full details of our programme.

#### **AD HOC WALKING**

#### - Mike Valiant - 07974 630253, mike valiant@hotmail.com

There is no programme; walks are proposed by group members at short notice taking advantage of good weather. Any group member can propose a walk anytime, anywhere, any length. The proposer can set the maximum group size. Groups are usually small (historical maximum: 15, average: 6). On joining the group, you will be sent the latest guidelines.

#### **AEROBICS HIGH INTENSITY**

- John Dixon 01756 461494, cawderghyll@gmail.com
- Sandylands Gym Wednesday 2.00 3.00, 5 Oct 14 Dec and 4 Jan 15 Mar. Max 20 Numbers are limited so members must be able to do press ups, squats, lunges and be able to sustain some high intensity aerobic exercise (HIIT). Suitable clothing essential, weights, mats, towels required for cool down. Please bring water. CHECK WITH YOUR DOCTOR THAT HIIT IS SUITABLE FOR YOU AS HEART RATES WILL BE ELEVATED.

#### **ALLOTMENT GROUP**

- Helena Tudhope helenatudhope@hotmail.co.uk
- Sunday morning 9.30. Other times by arrangement within the group.
- Plots 39 and 93, Broughton Rd. All year from 4 Sept.

Let's grow! We meet up on Sunday mornings at 9.30 to work together and plan for the following week. It is expected that in the growing season all members take a turn in the weekly watering rota and spend another session working on the plots. No previous knowledge necessary, just lots of energy and enthusiasm. Additional costs shared between the group: seeds, plants & other consumables necessary for growing crops.

#### **ARTS FORUM - ZOOM**

- Margaret Goode goode.margaret.66@outlook.com, 07847 820854
- Ginny Wilkinson anneginny@gmail.com, 07954 408275
- Zoom Monday, 2.00 3.15. 3 Oct 27 Mar.
- A weekly 1-hour Zoom meeting at which each member will be expected to give a brief illustrated talk either on an individual artwork or on any aspect of the Arts in general which interests them. This will be followed by group discussion.

#### A SHORT HISTORY OF THE USA - Group 1

- Syd Matthews gnsmatthews@outlook.com, 01756 794946,
- Swadford Centre Library Monday, 2.00 4.00. 3 Oct 19 Dec. Max 25

The object of this course is to examine notable events in the history of the USA from its formation so that we may begin to understand how they have a bearing on contemporary events.

#### A SHORT HISTORY OF THE USA – Group 2 This is a repeat of the Group 1 Course.

- Syd Matthews gnsmatthews@outlook.com, 01756 794946,
- Swadford Centre Library Monday, 2.00 4.00. 9 Jan 20 Mar. Max 25

The object of this course is to examine notable events in the history of the USA from its formation so that we may begin to understand how they have a bearing on contemporary events.

#### **ASPECTS OF ART AND ARCHITECTURE**

- Ian Adams 01756 700902, iansydneyadams@gmail.com
- Embsay Village Hall Wed 10.00 12.00, 5 Oct 14 Dec, ex 9 Nov. Max 22.

This course is designed to follow on from the History of Art course (though it is not essential). The course looks at art, architecture and design, mainly in Britain in the 19<sup>th</sup> Century and then in Europe and America in the 20<sup>th</sup> Century. There will be a trip to Leeds. Extra cost of £3 for photocopying & 50p refreshments.

#### **ASTRONOMY**

- Keith Berrington (walkwalk.keith@gmail.com)
- St Stephen's Church Hall, Skipton Wednesday 12.15 1:15, 5 Oct 14 Dec. Not 26 Oct. Max 40
- Weekly lunchtime talks on new discoveries, from planetary missions to observations of the distant universe. A different topic will be presented each week. We may also meet outside to look at the night sky on a good evening.

#### **BIRDWATCHING**

- Sheila Hodgson 07716112126, sheila.hodgson@mypostoffice.co.uk
- Bolton Abbey Village Hall Monday, 10.00 12.00, 10 Oct 5 Dec & 9 Jan 20 Mar. Max 90 A group for those interested in birdwatching with talks by members and external speakers, also DVDs. Free parking at the venue. Bring binoculars. RSPB membership is recommended as we visit some RSPB Reserves. Car sharing costs and coach fares on outdoor field trips.

#### **BRIDGE BEGINNERS**

- Douglas Goode 01756 229188, 07398 117527, cdgoode@mypostoffice.co.uk
- 16, Mallory Court, Brewery Lane, Skipton. BD23 1DF. Friday 10.00 11.45. 30 Sep 2 Dec, plus six sessions between 13 Jan and 24 Mar. Max 9

An introduction for beginners who are interested in learning to play Bridge. I will hand out detailed notes on the 'Benjamin Acol' system of bidding and how to play the cards; you will then play set hands which illustrate the bidding and play. There will be a cost of £6 for the handout notes, (reduced to £2 if you download and print them yourself).

#### **BRIDGE PLAY**

- Douglas Goode 01756 229188, 07398 117527, cdgoode@mypostoffice.co.uk
- Draughton Village Hall. Thurs 2.00-4.00,  $29 \, \text{Sept} 1 \, \text{Dec} \, \& \, 12 \, \text{Jan} 30 \, \text{Mar}$ . Max  $40 \, \text{Friendly duplicate Bridge for those who have played Bridge and want to improve their duplicate game. There may be a 'tip' on bidding or play at some meetings with a look at any interesting hands. Additional cost of £1 to cover cards and travellers.$

#### **CALLIGRAPHY**

- Pam Greenwood 07725 832928, gwdstic2@btinternet.com
- Lesley Perkins 07761 147917, lesleymperkins@btinternet.com
- Three Links Club Thurs 10.00 12.00 6 Oct 15 Dec & 12 Jan 23 Mar. Ex 10 Nov & 16 Feb, Max 12 This is a self-help group and is therefore not suitable for complete beginners. Photocopy costs extra.

#### **CLIMATE FORUM**

- Keith Berrington walkwalk.keith@gmail.com
- St Stephen's Church Hall, Wednesday, 12.15 1.00. 11 Jan 22 Mar. Ex 15 Feb. Max 40

A lunchtime forum on the science of climate change, past and present. A different topic will be presented every week so members can join in at any time. The format would be a presentation of up to half an hour on an aspect of climate change, followed by discussion.

#### **COASTAL NAVIGATION**

- Douglas Goode 01756 229188, 07398 117527, cdgoode@mypostoffice.co.uk
- Apt 16, Mallory Court, Brewery Lane, Skipton. BD23 1DF. Thursday 10.00 11.45, 29 Sept 1 Dec. Max 7 The aim of this course is to introduce you to coastal navigation, which has some similarities to map reading and finding your way on land, but with the added interest of how to chart your position at sea including the effects of tides and wind. The course will cover Admiralty and Imray charts and their symbols, Fixing your position at sea, Effect of Tides and Wind on your course, Plotting your course, Planning a Passage, Electronic Plotters. You will learn navigation by doing 'exercises' using the Imray Firth of Clyde chart. Some charts will be available to borrow (about £20 if you buy your own). There will be a cost of £6 for the handout notes, (reduced to £2 if you download and print them yourself).

#### **COFFEE AND CHAT**

- Helena Tudhope helenatudhope@hotmail.co.uk,
- Café behind Holy Trinity Church (Top of High St) Wed 10.00, 21 Sept. Max 12

A friendly group meeting to discuss any items of interest from a paper or magazine in the last week over a cup of tea or coffee.

#### **CRAVEN u3a NEWSLETTER**

- Keith Berrington (walkwalk.keith@gmail.com)
- Fancy being part of the Newsletter Team? Want to try your hand as a 'roving reporter' or a budding photographer? Craven u3a newsletter is produced by and for Craven u3a members. It is distributed by email fortnightly from October to March, and monthly during the summer. The focus is on Craven u3a's group activities, at a half or one A4 page per group. We try to get as many groups as possible to contribute to each issue. You could be a reporter in a group you participate in. Each written report would be accompanied by picture(s), so if you want to develop your skills in photography or desktop publishing, do join us. This is a team effort, we largely communicate by email, with occasional face-to-face meetings.

#### **CRAVEN u3a ORCHESTRA**

- Wilbur Paley 01756 798429, wilburpaley1@btinternet.com
- Sue Stidworthy 01943 601723, sue@stidworthy.plus.com
- Embsay Village Hall Wed 2.00-4.00.  $28 \, \text{Sep} 14 \, \text{Dec} \& 11 \, \text{Jan} 29 \, \text{Mar}$ . Ex  $26 \, \text{Oct} \& 15 \, \text{Feb}$ . Max  $60 \, \text{If}$  you play, or have ever played, an instrument think about joining the orchestra. String, woodwind and brass players are all welcome. Our members have varying levels of skill, from beginners to highly proficient, but all share an enthusiasm for making music together. Our repertoire ranges widely over the musical landscape from classical symphonies to music from films and musicals. The rehearsals are always an enjoyable and rewarding way of spending an afternoon. There may be a small charge for music or additional rehearsals.

#### **CREATIVE WRITING**

- Laurie Prowse 07876 160821, laurieprowse@hotmail.com
- This group operates using email. 15 Sept 30 June 2023. Max 12

This no ordinary group! We do not teach but we do learn, from each other, in a relaxed and informal way. Last year, we worked successfully by email, with a new theme each fortnight. There is no obligation to contribute, it's up to you. Contributors send their efforts to the rest of the group at any time during the fortnight and any individual can, if they wish, make private comments back to the contributor. We will start this way in September but we may try Zoom or even meeting face-to-face. Only time and the feelings of the group will decide. No additional costs.

#### **CROQUET**

- Graham Read 07771855238, greadyme@gmail.com
- Pendle & Craven Croquet Club, Cemetery Rd, Earby, BB18 6QX

Wednesday 1.30 – 3.30, 3 May 2023 – 27 Sept 23. Max 32

Instruction and guidance on how to play croquet will be given with the kind assistance of P&C.C.C. members. Croquet is equally suitable for men and women. Although the game is competitive 'Golf Croquet' players are on the lawn together so you will find it a friendly and sociable sport. All equipment will be provided, flat soled footwear is essential. Weekly charge of £3.50

#### **CROWN GREEN BOWLS 1**

- Keith Waddington 01756 794125, keithwaddington@btinternet.com
- Rosemary Bootland 01274 583665, rib@rosemarylorna.plus.com

Whinfield Bowling Club - Friday, 11.30 - 2.00 - 5 May 2023 - 15 Sept - Max no 24.

Instruction and guidance on how to play Crown Green Bowls. £1 every time you play. Flat soled shoes or trainers must be worn.

#### **CROWN GREEN BOWLS 2**

- Keith Waddington - 01756 794125, keithwaddington@btinternet.com

Whinfield Bowling Club - Friday, 2.00 - 4.30 - 5 May 2023 - 15 Sept - Max no 24.

Instruction and guidance on how to play Crown Green Bowls. £1 every time you play. Flat soled shoes or trainers must be worn.

#### **EXPLORING MYTHOLOGY**

- Denise Jones denisemjones@btinternet.com, 07962322106
- Denise's House, Skipton Wednesday 10.30 12.00, 5 Oct 14 Dec. Not *either* 19 or 26 Oct TBC, Max 6 Members will be invited to explore the origins and functions of mythology in cultures around the world. We will look at similarities and differences, sources of possible historical verification, the social and religious significance of myths and any effects these have had on art and literature.

#### **EXPLORING POETRY**

- Denise Jones denisemjones@btinternet.com, 07962322106
- Denise's House, Skipton Monday 10.30 12.00, 3 Oct 12 Dec. Not *either* 17/24 Oct TBC, Max 6 Members will be invited to discuss poems each week, selected by Denise, on one of the following themes Poems remembered from childhood, Friendship, Loss, The Senses, Journeys, Conflict, The Natural World, Family Life, Women, Schooldays. Other suggestions gratefully received!

#### FILM - FRENCH

- Wendy Berrington wendystevenson49@gmail.com
- Jakes Makin 07792465658, jakesmakin@hotmail.com
- Champion's Church Hall, Wednesday 1.30-4.00, 5 Oct -14 Dec, Not 26 Oct. Max No max. Join us for an autumn of French films, old and new, with English sub-titles. Tea, coffee and biscuits will be available for £1.50

#### **FILM - INTERNATIONAL**

- Wendy Berrington wendystevenson49@gmail.com
- Jakes Makin 07792465658, jakesmakin@hotmail.com
- Champion's Church Hall, Wednesday 1.30-4.00,  $11 \, \mathrm{Jan} 22 \, \mathrm{Mar}$ , Not 15 Feb. Max No max. All films have sub-titles in English and are sourced from around the world. Tea, coffee and biscuits will be available for £1.50.

#### **FILM - INTERNATIONAL EXTRA**

- Vee Eastham 01282 421423, vee.eastham@gmail.com
- Jakes Makin 07792465658, jakesmakin@hotmail.com
- Champion's Church, Tuesday 1.30 4.00, 4 Oct 13 Dec & 10 Jan 14 Mar. Max 75

A selection of films – some old, some new - from around Europe and elsewhere including Japan, Korea, Australia, UK and the USA to warm our spirits during the cold winter months and as we journey into springtime. All films will be subtitled. The majority of films will be certificated 12 or PG (by the British Board of Film Censors, or European equivalent) but one or two may be certificated 15. Please note – (1) Films may change due to licensing restrictions. (2) Do please check the running time of each film to ensure you are able to catch buses/trains etc and not miss the end of the film! Tea, coffee and biscuits will be available for £1.50.

#### **FLOWER ARRANGING**

- Jesca de Rijk 07813 003635, jescaderijk@gmail.com
- St Stephen's Church Hall Thursday 2.00 4.00. 8 Sept to 13 July. Max 12
- Every second and fourth Thursday each month. Except 22 Dec.

This is a hands-on, have-a-go practical course, suitable for all skill levels from complete novice to experienced arranger. The session format consists of each member doing their own arrangement, a break for refreshments, each member explaining the ideas and process that informed their arrangement, a discussion about the next technical aspect. My principal aim is to provide a supportive environment in which we can develop skills and creativity together. Members source their own materials, from their garden, foraging or shop.

#### **FRENCH – ADVANCED**

- Kevin Franks 07841 028371, kevinfranks@outlook.com
- St Stephen's Church Hall Friday 10.00 12.00, 7 Oct 9 Dec & 13 Jan 17 Mar. Max 16 An opportunity to improve your knowledge and ability in French in a convivial atmosphere using contemporary sources. A reasonable existing level of spoken French is assumed, and needed, as authentic French texts and videos will be used.

#### FRENCH CONVERSATION

- Pauline Kennedy 07436 113748, paulinekennedy60@hotmail.com
- Laura Taylor 07967 202341, andylaura@taylorfamilymail.co.uk
- Christ Church Hall Tuesday 10.00 12.00, 4 Oct 13 Dec & 10 Jan 28 Mar, Max 15 Informal conversation combined with some necessary grammar. Some knowledge of French is essential. We use the BBC book: The French Experience 2. I will administer the group and the teacher will be Jen Rowlands. Extra costs are likely to be around £2 for photocopying per term and 50p weekly for tea/coffee.

#### **GARDENING GROUP**

- Anne MacDonald – 07152704219,

A friendly social gardening group, for those who enjoy gardening, to share their gardening experiences with others and to share plants, seeds and ideas with the group. No gardening experience needed, anyone who enjoys their garden and loves plants and wildlife are very welcome to join the group. We will meet up as a group every couple of months when we can organise visits to members gardens and to more formal gardens. The group will run across the spring, summer and autumn seasons.

#### **GEOGRAPHY FORUM**

- James Enever 07503 164939, u3ajames@gmail.com
- St Stephen's, Wednesday 10.00 12.00, 28 Sept 14 Dec Ex 26 Oct. Max 70

The Geography Forum runs a series of talks by members of the Forum and some outside speakers with a Geographical connection. This can include geography, geology, climate, history, physical activities, social and cultural experiences, in any part of the world.

#### **GEOLOGY WALKS**

- Keith Berrington walkwalk.keith@gmail.com
- Outdoor Various Monday fortnightly, 10.00 on site to 12.00, 3 Oct 27 Mar. No dates in December.
- Occasional dates during the summer.

Outdoor trips take place on alternate Mondays (weather permitting) to a local feature. This could be a rock, landscape, hill, river, quarry or mine. Some information of each site is given beforehand, and then we discuss the geology on site. The trips require walking a mile or so from the nearest car park and may involve some scrambling. New members are welcome to join at any time.

#### **GERMAN CONTINUING**

- Sheila Clark 01756 700370, sheilaclark744@btinternet.com
- St Andrew's Library, Tuesday 10.00 1200, 4 Oct 6 Dec & 10 Jan 14 Mar. Max 15

A course for revising and using already known German, through speaking and reading a variety of German texts from or about Germany, Austria & Switzerland. Additional costs to members - £4 photocopying.

#### HEY, NONNY NO! AN INTRODUCTION TO MADRIGALS

- Chris Skidmore chrisskidmore@waitrose.com, 01756 790056
- Champions Church, Thursday 2.00 4.00, 12 Jan 9 Feb. Max 30

The English madrigal, which flourished briefly in the latter part of the reign of Elizabeth I, is arguably our first indigenous contribution to European secular music. These part-songs with their witty lyrics and ingenious word painting are still sung today and can be listened to with enjoyment. Yet their origins lie in Italy and with the beginnings of the baroque. We shall look at the history and development of the madrigal and at the composers who wrote them, listen to recorded musical illustrations and, if the group wishes, attempt to sing them as well. Photocopies of the notes and music will be available at cost.

#### **HISTORY OF ART**

- Ian Adams 01756 700902, iansydneyadams@gmail.com
- Embsay Village Hall Tuesday 10.00 12.00, 4 Oct 13 Dec, ex 8 Nov, 3 Jan 13 Mar, ex 7 Feb. Max 22 This course looks at the history of art in its wider context from the Ancient Greeks to the end of the  $19^{\text{th}}$  Century. Additional £3 per term for photocopying. Refreshments 50p.

#### **HOMES FIT FOR HEROES – The Rise and Fall of Council Housing**

- Vera Brearey vera.brearey@btinternet.com
- St Stephen's Tuesday, 2.00 4.00, 17 Jan 21 Mar, ex 14 Feb. Max 25

Looking at 19th century housing conditions and social reformers, the first council housing, slum clearance, the post-war race to build, tower blocks, Ronan Point, Cathy Come Home, the Right to Buy, housing associations and much more. Additional £1 for photocopied handouts.

#### **INDOOR GAMES**

- Alan J Newall newallaandj@gmail.com
- Three Links Club, Monday 2.00 4.00, 3 Oct 12 Dec, Max 36
- The Group will provide an opportunity for members to meet socially during the winter months and to enjoy some friendly competition. The Club will provide full facilities for darts, dominoes and pool and members will also be able to access card & board games. The Group will meet once per week over a 10 week session. Refreshments will be available for purchase from the Lounge bar during the afternoon. Additional costs to group members £10 payable at the first group meeting.

#### IRON CURTAIN: THE TRAUMA OF EASTERN EUROPE 1944 – 1989 (revised version)

- Nigel Holden 01756 793593, nigelholden123@aol.co.uk
- St Stephen's Church Hall Wednesday 2.00 4.00, 5 Oct 14 Dec. Not 26 October. Max 60
- The heart of the course will be the paranoiac experience of raw socialism at all levels of society in the six Iron Curtain countries from 1944 to 1989. Due attention will be paid to the wider pre-war European background as well as to Russia's invasion of Ukraine in February 2022 with its perturbing parallels with the Soviet take-over of Eastern Europe some 75 years ago.

#### **ITALIAN - BEGINNERS**

- Sylva Vorstman 01282 867481, sylvamvorstman@fastmail.fm
- Friends Meeting House, Wednesday 2.00-4.00,  $5 \, \text{Oct} 14 \, \text{Dec} \& 11 \, \text{Jan} 22 \, \text{Mar}$ . Max 15 This is a complete beginners' class for people with NO knowledge of Italian or the bare minimum. We practise conversing with, and understanding, basic vocabulary and phrases so that learners should have acquired a basic 'get by' fluency, i.e. they can order coffee, ask the way, understand menus, etc. by the end of the year. In this first year, we barely touch on grammar we leave that for Year  $2! \, \text{£1/£2}$  a week for photocopying and coffee.

#### **ITALIAN - CONTINUING**

- Sylva Vorstman 01282 867481, sylvamvorstman@fastmail.fm
- Friends Meeting House, Skipton, Mon 2.00-4.00, 3 Oct -12 Dec & 9 Jan -20 Mar. Max 15 A mixed ability class. Everyone has a basic knowledge of Italian and some are very fluent. We practise conversation, listening and written comprehension, individual research, and this year, perhaps, we'd better revise some grammar! Photocopying and coffee about £1/£2 per session.

#### **MAJ JONG**

- Margaret Rosser 01535 636500, jimrosser@f2s.com
- Princes Drive Centre, Thursday 2.00 4.00,  $6 \text{ Oct} 8 \text{ Dec } \& 12 \text{ Jan} 16 \text{ Mar. Max } 16 \text{ Mah Jong is an old Chinese game based on three suites, winds and dragons. It stretches the mind, is competitive and satisfying, but needs concentration!!$

#### **METAL DETECTING**

- Andrew Fletcher 07725340758, acf352@gmail.com
- The group operates throughout the year holding digs around the Craven area on various days of the week depending on weather and the availability of land. Some equipment is available to borrow and training is given where appropriate. Communication is via a private Facebook group and access to Facebook is therefore essential. Digs usually last from 09.30 until mid afternoon and are held in places not accessible by public transport and the use of a car is therefore necessary. Compliance with the Treasure Act and Portable Antiquities Scheme.

#### **MOTORCYCLE GROUP**

#### David Fox – 07930 484956, davidfox@aol.com

This is a group of motorcycle and scooter riders who meet up a couple of times a month for a ride. We meet from March to October, no fixed dates, members suggest rides according to the weather. Our rides range from a couple of hours to a full day. People with all levels of experience and all types of bike are most welcome. We usually meet at Morrison's Petrol Station in Skipton and end up in a cafe somewhere for a chat. All are welcome.

#### **MULTI MEDIA**

- Hazel Chatwin 01756 793308, hmchatwin79@hotmail.co.uk 07870804985
- Sue Fletcher 07725404515, suefletcher14@gmail.com
- Three Links Centre, Wednesday, 10.00 12.00, 5 Oct 7 Dec & 4 Jan 15 Mar. Max 20. Multi Media class is fun with many disciplines covered. Help and encouragement is always available. Watercolours, felting, mosaic, embroidery, knitting or crochet: the choice is yours.

#### **MUSIC FOR FUN**

- Graham Read 01756794477 or 07771855238, greadyme@gmail.com
- Lesley Widdop 01756794976 or 07982446707, lellyelli1953@gmail.com
- Trinity Methodist Church Tuesday 10.30-12.30,  $11 \, \text{Oct} 13 \, \text{Dec} \& \, 10 \, \text{Jan} 21 \, \text{Mar}$ . Max 35 The course is for the enjoyment of singing and playing music. Singers and/or musicians welcome. We do not provide music, but words and chords are projected on to the wall. We sing and accompany a variety of songs including folk, classic pop, American song book, jazz etc. Members are invited to request songs and/or to lead them if they feel able. The course leaders will lead songs but we would like it to be a proactive group where members feel they can contribute and make requests and suggestions.

#### **ORIENTEERING**

- Keith Berrington, (walkwalk.keith@gmail.com)
- Sunday, 2.00 4.00/5.00. Monthly from 2 Oct.

A set of clues, a map, buried treasure. A Sunday afternoon hike with a difference. We meet at the start point and arrange ourselves into small groups of about 4. The terrain may be tricky, so a trail assessment is sent out a few days before each monthly event. Please no runners or dogs. You will need appropriate clothing, boots, equipment and drink for a three hour hike.

#### PEOPLE "A STORY TO TELL"

- James Enever 07503 164939, u3ajames@gmail.com
- Nigel Holden nigelholden123@aol.co.uk
- St Stephen's, Wednesday 2.00 4.00, 11 Jan 22 Mar. Not 15 Feb. Max 70

A series of short and long talks on "People" by Craven u3a members. The talks may be about their mothers or grandfather's, artists or authors, scientists or historians, politicians or sportsmen. Everybody has a story to tell on someone they know or knew, studied or read about, admired or disliked, followed in the news, remembered, or someone who is little known about.

#### **PLAY READING**

- Keith Berrington, walkwalk.keith@gmail.com
- Private houses Monday 3.00 4.00, (to be decided by members) 3 Oct 27 Mar. Max 10. Something for everyone: we choose a play suitable for reading aloud as a group. Each person takes a character in the play. We do the reading from script, no memorizing required! We use some plays which are out of copyright and therefore free, and some modern plays where we pay a small fee. New members can join in at any time. Additional costs £3.75 occasionally for a play script.

#### **POLITICS DISCUSSION GROUP**

- Syd Matthews gnsmatthews@outlook.com, 01756 794946.
- Dick Newson dicknewson@aol.com
- Swadford Centre Library Thursday, 1.00 3.00. 6 Oct 15 Dec & 5 Jan 16 Mar. Max 25 The Discussion Group interests range over a varied list of topics, from topical issues of the day, right through to more detailed talks about constitutional issues psephology, economics and business. It is useful if members have an understanding of government and politics.

#### **POPULAR MUSIC 1920 – 1970**

- David Wiseman, 01756 797443, davidwiseman1@sky.com
- Three Links Tuesday 2.00 4.00, 4 Oct 13 Dec & 10 Jan 21 Mar, Max 50

We trace the story of popular music from 1920 until 1970. Our music starts with Ragtime and Charleston in the 20's, the beginnings of film music, British dance bands in the 1930's, Film music (Astaire & Rogers, Eddy & McDonald, etc), American big bands, wartime music, post-war popular music in England and America, 1950's theatre and film music, rock 'n roll, 1960's (Beatles, etc). Literally, everything our parents (and ourselves!) have enjoyed over 50 years 1920-1970. We manage to hear 25 different tracks each week, everything from Bing to the Beatles, via Benny and Barbra! Add a break for tea and biscuits (chocolate!) and we enjoy a delightfully nostalgic two hours every Tuesday afternoon. In good company! I promise you a really enjoyable time.

#### **QUILTING AND SEWING**

- Anne Reay, 07745 861504, annereaymaths@btinternet.com
- Christ Church Hall Wednesday 10.00 12.00, 28 Sept 7 Dec & 11 Jan 15 Mar. Max 15Sewing is a wonderfully extensive skill that can be applied to small and large, simple and complicated projects. Items to use daily or pieces to give as presents. Everyone can sew, you just require a vision of the finished project and the determination to complete it.

If you enjoy sewing or want to learn to sew then come along and join our group. We are interested in making all things patchwork from placemats to sophisticated quilts and all the other ways of using this versatile skill. Bring your own work, or a basic sewing kit and some fabric if you want to learn something new. I have ideas for simple starter projects.

Everyone welcome, from experienced Quilters/ dressmakers to complete novices. We can all teach each other what we know and ask for help with what we don't know.

We meet in Christ Church Hall, it is large room with plenty of ventilation. Tea, coffee and biscuits available. There will be the possibility of self funding sessions from March to May.

Additional costs - Donations towards cost of refreshments.

#### **RACKETBALL**

- Jon Tomlinson 07412 036738, jontom1960@protonmail.com
- Sandylands Monday 8.50 and 9.50, from 5 Sept every week except public Holidays. Max 26 Played on a squash court with similar rules but with a larger ball and racket. Clothing as for squash/tennis with non-marking shoes. A reasonable level of fitness is required. Two groups. The first plays from 0850 to 0950. The second from 9.50 to 10.50. Court fees £2 per session payable in cash or by bank transfer arranged with the Group Leader.

#### **RAILWAY STUDIES**

- Ian Appleyard 01756 735002
- Swadford Centre Friday 10.00 12.00, 7 Oct 16 Dec & 13 Jan 31 Mar. Max 90

A varied programme of illustrated talks, some given by guest speakers and others by group members. A very wide range of subjects will be presented both modern and historical, with a bias towards Britain's railways, but with some coverage of overseas railways. Tramways will also figure in the programme. Any additional costs to members - £1 per week to cover coffee etc and guest speaker expenses.

#### **RECORDER CONTINUERS**

- Jenny Crook, 01756 709483, jenandmaurice@hotmail.co.uk
- Champion's Church, Mon 3.00 5.00, 26 Sept 12 Dec & 9 Jan 27 Mar. Not 25 Oct, 13 Feb. Max 20 We are an informal, supportive, self-help group (no tutor) and members have a varied amount of musical knowledge. We play all sorts of 2, 3 and 4 part music. Ideally you should have some previous basic experience, but if in doubt please contact me to check standard needed. Requirements: Recorder and portable music stand. Any additional costs to members Allow £10 for music.

#### **RECORDER ENSEMBLE**

- Jean Kendrew, 01535 632447
- Champion's Church, Monday 1.30 2.30, 3 Oct 12 Dec & 9 Jan 20 Mar. Max 20 Four or five part music will be played on Descant, Treble, Tenor and Bass recorders from different genres. It is an asset if members can play more than one instrument. The group is sometimes invited to take part in public performances.

#### **RENAISSANCE GARDENS AND OVID**

- Jane Houlton 07856 874477, jane.houlton@btopenworld.com
- St Stephen's Church Hall Alternate Mondays 2.00 3.30, 5 Sept 6 March. Max 25
- A journey through gardens, poetry and myth. Many of the famous gardens of the Italian Renaissance draw their design and imagery from the work of the lively Classical Roman poet Ovid. We will look at these fine gardens, and others round Europe; exploring the ideas, poetry and myths behind their creation; learning about Ovid, and Renaissance culture, along the way. No prior knowledge of Latin required. Bring bring your interest and curiosity, as we explore many corners of literature, hidden history and lost gardens.

#### SACRED MUSIC FROM THE MEDIAEVAL TO THE BAROQUE

- Vic Edy 07707 066700, vic.edy@hotmail.co.uk
- Soroptimists' Friday 10.00 12.00, 13 Jan 24 Mar. Not 17 Feb. Max 30

We will follow the development of religious music from early plainchant through Renaissance polyphonic masses to the splendours of the Baroque oratorio and cantata, from Hildegard of Bingen to J.S. Bach, and learn a little about the life story of each of the composers.

#### **SAFETY ON THE WEB**

#### - George Mackley - 01756 700594, georgejtmackley@gmail.com

Zoom - Friday - I will offer 2 slots of 2 hours on 2 Fridays in November. Max 12 per session (24 in total)

Session 1. 11 Nov - 10.00 - 12.00

Session 2. 18 Nov - 2.00 - 4.00

I will offer more sessions if there is sufficient demand.

As pensioners we are major targets for spam and fraudsters. The web is the first global marketplace without borders, so it really is the World Wild West www. You can only register for one of the sessions. I will email you the Zoom details when you register for the course. I will use a PowerPoint presentation. Safety on the Web is for all those who want to be more confident using the web and, as knowledge is power, to be able to use the web more safely than now. It is the World Wild West (www.) out there.

#### SCIENCE AND TECHNOLOGY DISCUSSION GROUP

- Ian Blomfield 07831243719, devilsbit18@gmail.com
- St Stephen's, Tues 10.30 12.30, 27 Sept 13 Dec & 10 Jan 21 Mar, Ex 25 Oct. Max 20 Discussion of current scientific topics that are of special interest to group members. If members have expertise in a particular area the group would welcome a presentation. The group distributes discussion documents via their website: https://cravenst971700904.wordpress.com so familiarity with internet technology would be an advantage. We hope to have internet access at the venue but as back-up we also have a 4G Router, so a laptop/ smartphone /tablet would also be useful. Nominal charge, 25p weekly, for refreshments.

#### **SHORTY WALKS**

- Sally Crowley sallydc@hotmail.co.uk
- Various start points Monday, other days at short notice.

Walks under 5 miles for those who prefer gentler exercise in a social context. Walks are offered and led by group members. These are compiled into a programme emailed to all members every couple of months. We will also use a WhatsApp or email group to arrange extra walks at short notice for any interested members. All walks are at members' own risk.

#### **SPANISH INTERMEDIATE**

- Carol Wilkinson carolthewilko@gmail.com
- Members' Houses Wednesday, 10.00 11.30, 14 Sep 7 Dec ex 26 Oct, 11 Jan 29 Mar ex 15 Feb, 19 Apr 28 Jun ex 31 May. Dates subject to change.

Somos un pequeño grupo de personas interesadas por el español que ahora ha logrado un nivel intermedio. Nos juntamos cada semana para compartir noticias y conversaciones. Leemos y traducir textos y a menudo repasamos puntos de gramática. Nos vamos turnando para coordinar cada clase semanal.

#### STORIES OF SCIENTISTS

- Mick Richings mick.richings@btinternet.com
- Carleton Village Hall Wednesday 10.00 12.00,  $11 \, \text{Jan} 22 \, \text{Mar}$ . Ex 15 Feb. Max 70 A series of talks presenting the life and work of scientists and engineers, some of whom deserve better recognition.

#### STRETCHING/MOVEMENT

- Sandra Dixon 01756 461494, cawderghyll@gmail.com
- St Andrew's Church Hall Monday 11.15 12.15 3 Oct 12 Dec & 9 Jan 20 Mar. Max 25 Gentle exercise to improve balance and posture. Some chair exercise and relaxation positions on floor. Please wear comfortable clothing and soft shoes. Bring a mat and a bottle of water.

#### STRETCHING/YOGA

- Sandra Dixon 01756 461494, cawderghyll@gmail.com
- St Andrew's Church Hall Monday 9.45 10.45 3 Oct 12 Dec & 9 Jan 20 Mar. Max 25 Exercise for flexibility and muscle toning. Ability to do shoulder stands and sit down on your heels is necessary to do the exercises correctly. Please wear comfortable clothing and soft shoes. Bring a mat and a bottle of water.

#### **TABLE TENNIS**

- Jenny Crook, 01756 709483, jenandmaurice@hotmail.co.uk
- Margaret Benson, 07505477405, mgtbenson22@gmail.com
- Sandylands, Friday, 2.00 4.00, 30 Sept 9 Dec, 6 Jan 17 March.

Have fun and improve your fitness and coordination at the same time. Beginners welcome. Additional costs - £3 per term for balls & extra table etc.

#### **TEN-PIN BOWLING**

- Gail Matthews 07443 228706, gnsmatthews@gmail.com
- Patricia Fawcett 07880996873, bobbie.pf48@gmail.com
- Matrix Superbowl, Sandylands, Monday, 2.00 4.00 12 Sept 14 Nov & 9 Jan 13 Mar. Max 24 We play two games each week at a cost of £4. The session lasts 1.5 2.0 hours. This is 'friendly bowling' no experience required.

#### WALKING GROUP - Friendship, Fun and Fitness

- George Mackley 07706 369253, georgejtmackley@gmail.com
- Philip Sugden 01756 229651,
- Tuesday & Thursday all year.

We offer a sequence of short (5-7 miles), medium (8-9 miles) and long (10+ miles) with various degrees of difficulty. We plan to meet at a prearranged walk start point 10 minutes before the time stated in the Walks Programme to get your boots and gaiters on. Suitable clothing, footwear and packed lunches are essential. Join us to meet new friends, walk in the glorious setting of the Yorkshire Dales and Moors together with walks in the Lake District National Park. All walks are at the members' own risk. Sorry no dogs. Walk Programmes are distributed by email. If you do not have email, please phone George Mackley to get a hard copy of the programme.

#### **WALKING NETBALL**

- Helen White hwilkwhite@googlemail.com
- Sheila Gregory sheilamgregory@googlemail.com
- Sandylands Tues 10.00-11.00, 26 Sept 20 Mar, Except 24 Oct, 26 Dec, 2 Jan, 13 Feb. Max 25 To reintroduce ex-players to a sport they have always loved or to engage adults in a sport they didn't realise they could enjoy. We will develop netball skills at a slower pace for everyone to increase physical and social health. Open to everyone, health assessment will be discussed.

#### **WALK TO LUNCH**

- Jenny Robinson 01756 797205, stuart.jennyrobinson@gmail.com
- Brigida Martino 01756 796498, b.martino@hotmail.co.uk
- Alternate Thursdays, from 29 Sept. All year, meet 9.45 10.15. Meeting points vary. Max 32. We offer morning walks of around 5 miles followed by lunch in a pub or tearoom some summer walks are

on a 'bring a picnic' basis. Members must be fit to walk at a good pace and able to manage hills and stiles. Meeting points and pub menus are circulated by email – members must commit to walks in advance as we

need to pre-book meals. Email access is <u>essential</u> for this group. Additional costs: Lunches. Soup or sandwich from £5, main meals from £10. Transport to walks - we encourage car sharing where practical.

#### WATERCOLOUR (LEISURE)

- Barry Norton 01756 797470
- Michael Leake michael.leake99@gmail.com
- Trinity Methodist Church, Tuesday 2.00 4.00, 11 Oct 20 Dec & 10 Jan 21 Mar. Max 16
   A group for leisure painters in watercolour, to help each other with advice and tips. Not for beginners.

#### WHARFEDALE WALKING

- Nick Jarvis u3anick@gmail.com
- Maggie Jarvis, Keith & Wendy Berrington
- Saturday 10.00. 1 Oct 25 Mar, Meet at start point of walk at 10.00. Max 40.

A friendly way to walk, for reasonably good walkers, at an easy pace up and down the dales. Walks are on Saturdays, weather permitting. We like to stop from time to time to take in the scenery and anything else of interest during the walk. You should have appropriate clothing, boots, equipment, drink and a picnic lunch: walks may last up to five hours (sorry, but no dogs). A walks programme is provided. A more detailed description is sent by e-mail a few days before each Saturday walk, and you reply if you can come. New walkers are welcome to join at any time. Occasional walks during the summer.

#### **WOODTURNING 1 (Monday afternoon)**

- Doug Hirst 07917 028156, doug.hirst@btinternet.com
- Leader's Home Monday 2.00 4.00. 3 Oct 12 Dec & 9 Jan 27 Mar, Max 4

A mixed ability class. Beginners will be taught basic techniques. Returners will undertake more ambitious projects. N.B. This course involves moving machinery and sharp tools, so there are health and safety issues, which will be taught. There will be some exposure to dust, so it may not be advisable for those with breathing difficulties. Physical strength is not required, so it is suitable for both sexes. Persons with health problems such as postural hypotension MUST inform the Group Leader. Additional cost <£5 for cost of materials, wood.

#### **WOODTURNING 2 (Monday evening)**

- Doug Hirst 07917 028156, doug.hirst@btinternet.com
- Leader's Home Monday 5.00 7.00. 3 Oct 12 Dec & 9 Jan 27 Mar, Max 4

A mixed ability class. Beginners will be taught basic techniques. Returners will undertake more ambitious projects. N.B. This course involves moving machinery and sharp tools, so there are health and safety issues, which will be taught. There will be some exposure to dust, so it may not be advisable for those with breathing difficulties. Physical strength is not required, so it is suitable for both sexes. Persons with health problems such as postural hypotension MUST inform the Group Leader. Additional cost <£5 for cost of materials, wood.

#### **WORLD OF ART**

- Jacqui Eames 01756 720149, eamesjacqui@gmail.com
- St Stephen's Friday, 1.30 3.30, 30 Sept 2 Dec. Max 20

A guide to art galleries of the world and their collections and the best places to see specific artists and movements. Some photocopying costs <£5.

Monday	Time	Meeting Place	Starts	Leader
Racketball 1	8.50 – 9.45	Sandylands	5 Sept	Jon Tomlinson
Stretching/Yoga	9.45 – 10.45	St Andrew's Church Hall	3	Sandra Dixon
Stretching/Movement	11.15 – 12.15	St Andrew's Church Hall	11 Jan	Sandra Dixon
Racketball 2	09.50 – 10.50	Sandylands	5 Sept	Jon Tomlinson
Birdwatching	10.00 - 12.00	Bolton Abbey	10 Oct	Sheila Hodgson
Geology Walks	10.00 – 12.00	Various	3 Oct	Keith Berrington
Exploring Poetry	10.30 – 12.00	Denise's House, Skipton	3 Oct	Denise Jones
Recorder Ensemble	1.30 – 2.30	Champion's Church	3 Oct	Jean Kendrew
Arts Forum	2.00 – 3.15	Zoom	3 Oct	Margaret Goode
Renaissance Gardens & Ovid	2.00 – 3.30	St Stephen's Church Hall	3 Oct	Jane Houlton
History of the USA (Gp1)	2.00 - 4.00	Swadford Centre Library	3 Oct	Syd Matthews
History of the USA (Gp2)	2.00 – 4.00	Swadford Centre Library	9 Jan	Syd Matthews
Indoor Games	2.00 – 4.00	Three Links Centre	3 Oct	Alan Newall
Woodturning 1	2.00 - 4.00	Doug's House	3 Oct	Doug Hirst
Italian Continuing	2.00 - 4.00	Friends Meeting House	5 Oct	Sylve Vorstman
Ten Pin Bowling	2.00 - 4.00	Matrix Bowl, Sandylands	12 Sept	Gail Matthews
Play Reading	3.00 – 4.00	Private Houses	3 Oct	Keith Berrington
Recorder Continuers	3.00 - 5.00	Champion's Church	26 Sept	Jenny Crook
Woodturning 2	5.00 - 7.00	Doug's House	3 Oct	Doug Hirst
Shorty Walks	Various	Various	All year	Sally Crowley
Tuesday	Time	Meeting Place	Start	Leader
Walking Group	Various	Various	All Year	George Mackley
History of Art	10.00 – 12.00	Embsay Village Hall	4 Oct	Ian Adams
French Conversation	10.00 – 12.00	Christ Church Hall	4 Oct	Pauline Taylor
German Continuing	10.00 - 12.00	St Andrew's Library	4 Oct	Sheila Clark
Music For Fun	10.30 – 12.00	Trinity Methodist Church	11 Oct	Graham Read
Science and Technology	10.30 – 12.30	St Stephen's Church Hall	27 Sept	Ian Blomfield
Walking Netball	10.00 - 11.00	Sandylands	26 Sept	Helen White
Film – International Extra	1.30 – 4.00	Champion's Church	4 Oct	Vee Eastham
Homes Fit for Heroes	2.00 – 4.00	St Stephen's Church Hall	17 Jan	Vera Brearey
Popular Music	2.00 – 4.00	Three Links Centre	4 Oct	David Wiseman
Watercolour	2.00 – 4.00	Trinity Methodist Church	11 Oct	Barry Norton
Wednesday	Time	Meeting Place	Start	Leader
Aspects of Art & Architecture	10.00 – 12.00	Embsay Village Hall	5 Oct	Ian Adams
Multi Media	10.00 – 12.00	Three Links Centre	5 Oct	Hazel Chatwin
Quilting and Sewing	10.00 – 12.00	Christ Church Hall	28 Sept	Anne Reay
Spanish Intermediate	10.00 – 11.30	Members' houses	14 Sept	Carol Wilkinson
Geography Forum	10.00 – 12.00	St Stephen's Church Hall	28 Sept	James Enever
Stories of Scientists	10.00 – 12.00	Carleton Village Hall	11 Jan	Mick Richings
Coffee and Chat	10.00 – 12.00	Café behind Holy Trinity	21 Sept	Helena Tudhope
Exploring Mythology	10.30 – 12.00	Denise's House	5 Oct	Denise Jones
Film - French	1.30 – 4.00	Champion's Church	5 Oct	Wendy Berrington
Film - International	1.30 – 4.00	Champion's Church	11 Jan	Wendy Berrington
Astronomy	12.15 – 1.15	St Stephen's Church Hall	5 Oct	Keith Berrington
Climate Forum	12.15 – 1.15	St Stephen's Church Hall	11 Jan	Keith Berrington
Croquet	1.30 - 3.30	Pendle & Craven Croquet	3 May	Graham Read
Aerobics (High Intensity)	2.00 - 3.00	Sandylands	5 Oct	John Dixon
Craven u3a Orchestra	2.00 - 4.00	Embsay Village Hall	28 Sept	Wilbur Paley

Iron Curtain: The Trauma	2.00 – 4.00	St Stephen's Church Hall	5 Oct	Nigel Holden
Italian Beginners	2.00 – 4.00	Friends' Meeting House	5 Oct	Sylva Vorstman
People "A Story to Tell"	2.00 - 4.00	St Stephen's Church Hall	11 Jan	James Enever
Thursday	Time	Meeting Place	Starts	Leader
Walking Group	Various	Various	All Year	George Mackley
Walk to Lunch	9.45	Various	All year	Jenny Robinson
Coastal Navigation	10.00 - 11.45	Douglas's House, Skipton	29 Sept	Douglas Goode
Calligraphy	10.00 - 12.00	Three Links Centre	6 Oct	Pam Greenwood
Hey, Nonny no! Madrigals	2.00 – 4.00	Champion's Church	12 Jan	Chris Skidmore
Politics Discussion Group	1.00 - 3.00	Swadford Centre	6 Oct	Syd Matthews
Mah Jong	2.00 – 4.00	Princes Drive Centre	6 Oct	Margaret Rosser
Flower Arranging	2.00 – 4.00	St. Stephen's Church Hall	8 Sept	Jesca de Rijk
Bridge Play	2.00 – 4.00	Draughton Village Hall	29 Sept	Douglas Goode
Friday	Time	Meeting Place	Start	Leader
Railway Studies	10.00 - 12.00	Swadford Centre	7 Oct	Ian Appleyard
French Advanced	10.00 - 12.00	St. Stephen's Church Hall	7 Oct	Kevin Franks
Bridge Beginners	10.00 - 11.45	Douglas's House, Skipton	30 Sept	Douglas Goode
Safety on the Web 1	10.00 - 12.00	Zoom	18 Nov	George Mackley
Sacred Music	10.00 - 12.00	Soroptomist's Rooms	13 Jan	Vic Edy
Crown Green Bowls 1	11.30 - 2.00	Whinfield Bowling Club	5 May	Keith Waddington
World of Art	1.30 – 3.30	St Stephen's Church Hall	30 Sept	Jacqui Eames
Crown Green Bowls 2	2.00 – 4.30	Whinfield Bowling Club	5 May	Keith Waddington
Table Tennis	2.00 – 4.00	Sandylands	30 Sept	Jenny Crook
Safety on the Web 2	2.00 – 4.00	Zoom	18 Nov	George Mackley
Saturday	Time	Meeting Place	Start	Leader
Wharfedale Walking	10.00	Various	1 Oct	Nick Jarvis
Sunday	Time	Meeting Place	Start	Leader
Allotment Group	9.30	Plots 39, Broughton Rd	4 Sept	Helena Tudhope
Orienteering	2.00 - 4.00	Various	2 Oct	Keith Berrington
Any Day	Time	Meeting Place	Start	Leader
Ad Hoc Walking	Various	Various	All year	Mike Valiant
Craven u3a Newsletter	Any	Email + various	All year	Keith Berrington
Creative Writing	Any	Email	15 Sept	Laurie Prowse
Gardening Group	Any	Members' Gardens	4 Sept	Anne MacDonald
Metal Detecting	Any	Various	All year	Andrew Fletcher
Motorcycle Group	Any	Various	March	David Fox

### **Current Members can renew using this Beacon link**

https://www.u3abeacon.org.uk/u3aportal.php?u3a=108&sc=RVSW

### New members can join Craven u3a through our website

https://cravenu3a.org/members-help/prospective-membership

You can pay by debit card, credit card or PayPal

You do not have to have a PayPal account to pay by card. The above link uses PayPal to allow you to pay by card even if you don't have a PayPal account.