



March 2024

CRAVEN U3A NEWSLETTER

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Dates for your Diary:

*13 April - Coffee morning
with speaker at Champions,
10 for 10.30 am*

*11 May - Coffee morning
with speaker at Champions,
10 for 10.30 am*

*25 & 26 July – Summer
Programme at Ermysted's
Grammar School*

What a load of rubbish!

Each year, in the UK, we throw away £12.5bn-worth of food - costing the average family almost £60 a month. Shocking headline figures that are backed up by other waste-related statistics, including: around 2.5bn disposable coffee cups are thrown away each year; and three million potatoes every day.

In March a group of u3a members visited Allerton Waste Recovery Park, near Knaresborough, for a presentation and conducted tour during which we learned a lot about rubbish.



Obviously, it would be far better if much less waste were generated, but our visiting group did hear that the Allerton plant generates sufficient electricity to power 40,000 homes - much of it from waste that

would otherwise be sent to landfill. The challenge is relentless though; we watched vast conveyor belts transporting piles of waste towards incinerators that would burn it at over 850 degrees centigrade. The process sorts 70 tonnes of waste an hour.

One key message that Allerton staff were keen to share is that people should take greater care over what they put in their bins. For example, plastic placed correctly in the recycling bin has a seven times greater value than an item extracted from the waste conveyor belt. As for discarded rubbish, the picture is truly depressing: litter kills three million animals a year, a plastic bottle can take 450 years to degrade and small particles may last forever.



We were also given some helpful tips:

- * Recycled plastic can't be recycled again
- * Most aerosols can be recycled
- * Bottles should be recycled with their tops/caps on
- * Most till receipts can't be recycled
- * Batteries should be taken to large stores, eg supermarkets, while vapes must be returned to vendors because of fire risk
- * Dog poo isn't organic waste, so should be bagged and put in special bins, or with household waste if necessary
- * Choose food without packaging whenever possible
- * Supermarket bags can be returned to stores and replaced by new ones.

Mike Eaton

U3a Orchestra

The u3a Orchestra would like to thank all those who came along to our concert in Skipton Baptist Church on 20 March. We hope you all enjoyed it. Thanks to your generosity we were able to send £183.00 to Skipton Food Bank.

Sue Stidworthy

Gardening Group

Our gardening group started this year with a visit to a lovely snowdrop garden in Linton. A treat of homemade cakes and hot drinks made the afternoon even more enjoyable!

New members are very welcome.



Anne MacDonald

E-biking Group

I am very pleased to announce that we now have an E-biking group in the Craven u3a portfolio. Our first trip is scheduled for Monday, 15 April, meeting in the village car park in Gargrave at 10.00 to 10.30 am. We plan to do a ride of about 20 miles (at a pace which suits all). Unfortunately the cafés in Gargrave, Airton and Hellifield are all shut on Mondays so if you would like to join us, think about bringing a flask.

Other dates are: Thursday 25 April (from Gargrave) and Friday 10 May (ride to be decided). We hope to organise at least two rides a month, distances to be negotiated, and on days when the cafés are open and the weather is fine!

If you are interested in joining us, do have a look at the website for the link to join a group (you will need your Beacon login) and sign up. At the moment, there are 8 of us in the group with a range of experience and fitness, including two tandem riders. We have plenty of enthusiasm and are very open to ideas for rides. If you don't have an E-bike, you are very welcome to join us.

Linda Hoole

HANDEL'S HEROINES

Attendees of Handel's Heroines Group have been treated to a series of talks on some of Handel's operas and oratorios given by Vic Edy. The talks have been held on Friday mornings in Skipton Little Theatre, Clifford Street. Each week one of Handel's works has been selected by Vic and looked at in depth. (Handel composed 42 operas, 29 oratorios plus many cantatas, arias, odes and serenatas).

The two-hour sessions were divided into two halves. In the first-half the history, background and narrative were explained and interspersed with Vic's notes, we listened to arias sung by the leading heroines of the particular opera selected. The second-half included listening to more arias and explanations regarding how the various operatic stories were unfolding.



Vic explained that opera is part of theatre. Its dialogue, narrative and drama are brought to life by music, stage and orchestra. Opera links the story of the character with the story of the music. We heard how Handel and the librettist combined music and words. Vic's research was very thorough and his explanations were clear, informative and often delivered with humour. Many of the plots are quite complex and we were obliged to pay a lot of attention. The threat of being quizzed on the libretto at the end of the session kept us focused and prevented any likelihood of us nodding off!

All Handel's operas are based on history, legend, myth and sorcery. We heard a range of music from the well known Rinaldo, Julius Caesar in Egypt and Agrippina to lesser-known performances of Partenope, Ottone and Alcina.

We were given a window into early 18th century London opera. Theatre venues, leading singers, patrons and funding, ticket prices and how seating was arranged for aristocrats, nobility, intellectuals, tradesmen, coachmen and servants. Putting on and attending an opera at the King's Theatre 300 years ago was a complex and expensive matter just as Glyndebourne is today.

Our thanks go to Vic (and Judy) for delivering a comprehensive, enriching and thoroughly enjoyable series of talks. Many of us were at times totally absorbed listening to the sublime music of Handel and his heroines.

Roland Styles

Summer Groups

We are at that time of year when many of our u3a classes and groups have ended, but some continue and others organise themselves to continue outside the formal u3a umbrella. Here are some of the activities which have space for people to join over the summer. Contact the person stated if you have any questions.

Walking Netball clarissajarvis@hotmail.co.uk	Gardening anne.f.macdonald@btinternet.com
Flower Arranging jescaderijk@gmail.com	Racketball jontom1960@protonmail.com
E-Biking lindahoole@yahoo.co.uk	Allotment helenatudhope@hotmail.co.uk
Exploring the Countryside walkwalk.keith@gmail.com	Nature Rambles mauricewhite01@tiscali.co.uk
Walking mike_valiant@hotmail.com	Woodturning (experience required!) doug.hirst@btinternet.com
Ad Hoc Walking mike_valiant@hotmail.com	Shorty Walks sallydc@hotmail.co.uk
Culture Vultures wendy.woo22@hotmail.co.uk	Stretching/Yoga – outside Sandra Dixon: 01756 461494
Geology walks walkwalk.keith@gmail.com	Wharfedale walking walkwalk.keith@gmail.com
Aerobic/Strength/Fitness John Dixon: 01756 461494	Bus Pass group anne.f.macdonald@btinternet.com
Croquet greadyme@gmail.com	Badminton? See Stop Press here

Croquet

Would you like to try something different this Summer? If so, then maybe you should consider the Croquet Group. We run on Wednesday afternoons from 1.30 to 3.30 from the beginning of May to the end of September, so we'll be starting on 1 May and running through to 25 September (weather permitting!), assuming we miss a couple of weeks along the way because of club events or bad weather. We play at Pendle and Craven Croquet Club, which is on Cemetery Road in Earby, and has a number of full-sized croquet lawns. There is no need for previous experience, and club members will



be available to provide coaching for new players. We play Golf Croquet, which has very straightforward rules and is easy to pick up, so there is no problem in starting to play quickly.

I will have to collect a venue fee of £10.00 per term at the beginning of the season and again half way through as we run for 20 weeks. You will also need to pay an additional charge of £2.00 per person per session to cover additional green fees not covered by U3A (this also includes the tea/coffee and a biscuit).

This is a fun way of spending an afternoon outdoors, enjoying some friendly competition. You can sign up through the Beacon system if you'd like to join us and then just turn up. Please contact me if you have any questions or are finding it difficult to sign up.

If you'd like to try Croquet but the Wednesday sessions don't suit you then you could come to the taster session that the club is running on Sunday 21st April from 10.30 to 12.30. Please contact Cathy on 07388 898827 or email chairmanpandccc@gmail.com for more details.

Graham Read greadyme@gmail.com

Coffee Mornings - Message from Helena

I have been the monthly meeting coordinator for the last year and I couldn't have done it without the generous assistance of the cake bakers, refreshment servers, table and chair monitors, plus the support of committee members.

I have speakers booked up until December 2024 and I plan to hand over the role at that point.

If anyone is interested in taking over from January 2025 please get in touch with me. It would be much easier to be involved prior to January in order to arrange speakers for the following year and experience how it all works.

It would work well with two people taking on the responsibility jointly. So find a friend and get the conversation going.

Helena Tudhope

Coffee mornings – speakers

On 9 March Robin Taylor from Clitheroe u3a talked about his career in shoe design, which turned out to be surprisingly interesting. We certainly learned about the difference in workmanship between a cheap and an expensive pair of shoes!



Don't miss **13 April** when our own Frank Waller will speak about his internment in a WW2 Japanese camp, and on **11 May** we will have a speaker from the charity Homeless not Helpless.

Art Forum – Widen Your Gaze!

In our Autumn and Spring terms members have chosen artists from the 19th into the 21st centuries. Chantal Joffe was born in Vermont but settled in Whitechapel where she completed her amazing aluminium cut-outs for the new Elizabeth Line on the London Underground. Gill B brought us the entrancing watercolours by English artist Eric Ravilious whose last commissions for the War Office were made whilst travelling with the Fleet Air Arm over Scapa Flow and into the Arctic where he disappeared into the icy waters, aged 39.

Alfred East was born in Kettering and travelled widely: Karen helped us see the influence of Japanese art on his work. She was a distant relative of his and was born in Kettering, as was Val, both born into the Boots and Shoes industry there.

Val took us from Boots to the book 'Bring No Clothes' and the art of the bohemian Bloomsbury set and what one did and didn't wear for dinner. Our discussion ended on the sort of corsets our mothers wore! Dagmar was on Zoom with us from Sweden; immediately after the session she found the book centre stage in a famous Stockholm bookshop window.

Dagmar's choice of art and design explored the work of the marriage of two artists Karin and Carl Larsson who became cultural influencers throughout Sweden. Carl initially travelled for his fine art and Karin focused on making their home an ongoing work of art of bright colours and fabulous textiles so that her husband ended up making iconic popular paintings of their lives within it.

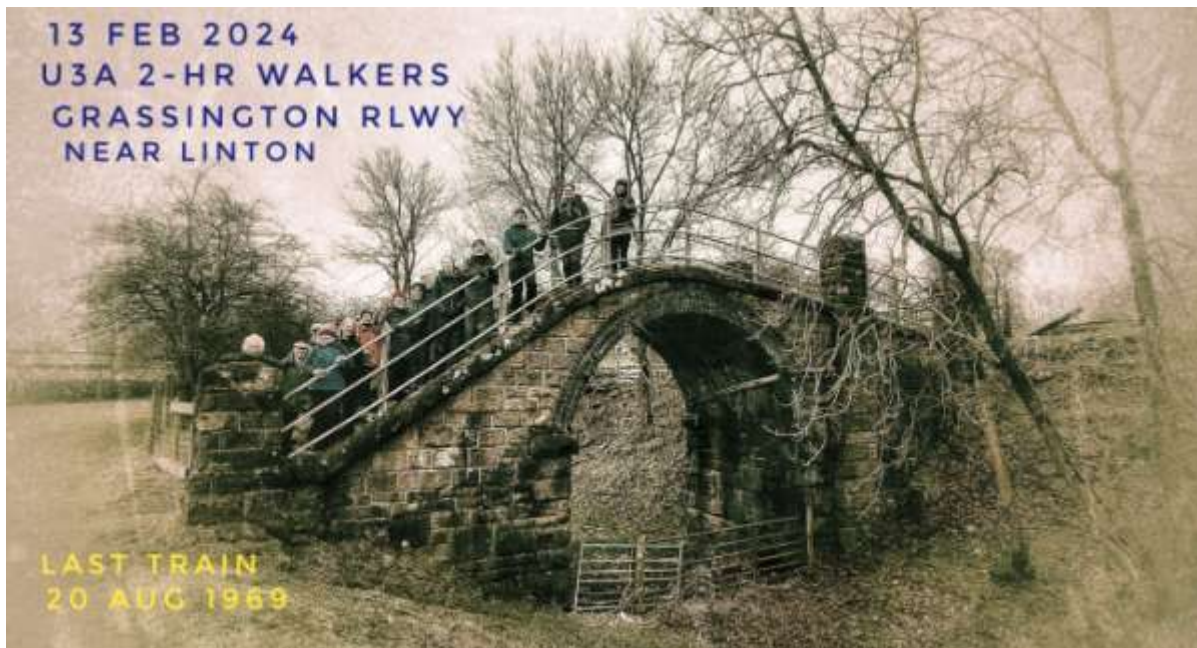
We were back in Wakefield with Chris to marvel at Barbara Hepworth and how she was inspired by her car journeys with her father as county surveyor through our wonderful Yorkshire landscape.

Then off we went again to France with Gill R to another way of seeing the paintings of Pierre Bonnard, through his paintings of Marthe, the woman he spent most of his life with. She was advised to bathe often as a palliative for TB: he pictured her during these bathings. It raised different feelings amongst us. Unbeknown to Pierre, Marthe had previously changed her name from Maria Boursin. An English female artist had done the same after she settled in France and became known as Paule Vezelay. She was a pioneer of modern abstract art and in the year she died, aged 92, she was interviewed by Germaine Greer for the BBC. It's on YouTube.

So, you see what happens to you when you join our group. You widen your gaze.

Ginny Wilkinson

2-HOUR HIKING



This new hiking group for Craven u3a started in late January and has been a delightful success. We walk on Tuesday mornings for around two hours in the local area. Bus connections are used where necessary. The numbers on each hike are generally in the mid-teens, making for a companionable outing. The photographs show us at Linton in a rather mystical picture by Roger French, and at Norton Tower near Rylstone.

Keith & Wendy Berrington



National u3a online Events – Expand Horizons

<https://www.u3a.org.uk/events/educational-events>

An Introduction to AI Chatbots – Within an hour you will be chatting with the AI Chatbots known as Copilot and Gemini!!!

Thursday 4 April at 3.30 pm

Electing the President in 2024 – an Update.

Tuesday 9 April at 2 pm

Live Cookery Demonstration – Vegetarian spring recipes

Thursday 11 April at 10.30 am

A Remarkable Woman: The Arts and Crafts Designs of May Morris

Thursday 11 April at 2pm

The Road to Clean Water: Beginnings of a sewerage system in Victorian London

Wednesday 17 April at 10 am



This monthly radio series is on Youtube.

https://www.youtube.com/results?search_query=u3a+radio+podcast

New episodes on the 17th of each month.

STOP PRESS – Just received

Would you like to play Badminton?

If so read on.

We are considering establishing a new group to play social badminton.

This will be open to all u3a members regardless of experience or fitness. All that will be needed is sportswear and a pair of non-marking training shoes.

If there is sufficient interest we plan to hold a weekly session from **12-1 at Sandylands Sports Centre in Skipton.**

The session will place on **Thursdays** and we hope to offer this session all year round apart from public holidays. This will be 50 sessions in a typical year. A court fee of £3 per session, on a pay as you go basis, will be payable. This will cover weeks not subsidised by the u3a, plus shuttlecocks, rackets and other such items.

The matches will be played on courts in the main sports hall. Doubles will be played to maximise the number of people able to play and overall court time per person.

If you are interested in joining this activity or want to know more please contact Jon Tomlinson on 07142 036738 or via email at jontom1960@protonmail.com"