



CRAVEN U3A NEWSLETTER

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Dates for your diary:

*28 November – Film Night, Gargrave
Village Hall 5-9pm*

*10 December – Carol Service at
Christ Church, 2pm*

*8 November/ 13 December - Coffee
morning with speaker at Champions-
10 for 10.30*

40th Anniversary – 40 word Poetry Challenge

Channel your inner John Betjeman, William Wordsworth or Pam Ayres by challenging those little grey cells to compose a 40 word poem to celebrate forty years of the Craven u3a. We would love to publish a series of short poems that refer to any aspect of the u3a that you enjoy, whether it's about forging friendships, brushing up your French, keeping fit or learning something completely new.

Does poetry have to rhyme? It doesn't, but it often does! Contributions should be sent to the editor at elizam2207@gmail.com and will be published in the Newsletters up to the end of May next year when we will turn 41.

Craven u3a committee

The Goode Life

On 22 October, many walking friends of Douglas Goode gathered, at his invitation, to follow his lead on a 6 mile walk from Draughton, in celebration of his recent **95th** birthday. It was a classic Yorkshire day – as we set out Beamsley Beacon was lost in cloud and waterproofs were de rigeur to fend off the rain, but as we walked the weather brightened up. By the time we returned to Draughton, to join even more walking veterans in the Village Hall, we were more than ready to enjoy the sumptuous Turkish meze lunch provided by Douglas and his wife Margaret.



!



For those (perhaps few) who don't know him, Douglas is a living legend! At 95 years young he is tirelessly active, filling his days with all sorts of interests from playing bridge to coastal navigation, and keeping the airlines in business. Kind, enthusiastic and always full of suggestions.



Douglas was presented with some gifts to mark his amazing 35 years of walking with Craven u3a walking group, including a mounted compass, and a selection of wine and gin.

Here's to many more years enjoying his company!

The Walking Group

The climate crisis and domestic heat pumps, solar panels and electric cars, and how they can help to “decarbonise” our energy consumption – Part 2

In the August newsletter I explained all the changes made at my home: an air source heat pump, solar panels with battery storage, and a charger for an electric car.

What difference have these changes made? Our gas consumption fell from 15,350 kWh to zero. Our solar panels generated over 3,550 kWh. We have decreased our carbon footprint from 3,766 kgCO₂ to around 290 kgCO₂ for home heating and cooking - a reduction of 92%. At the same time, we have decreased our car's carbon emissions by around 2/3 from 1140 kgCO₂ to 360 kgCO₂, giving us an estimated overall household reduction of 86%. So, as our experience demonstrates, a switch from gas for household heating to a heat pump, and gas cooker to an induction hob and air fryer, and from a conventional ICE (internal combustion engine) car to an electric vehicle (EV), are steps that can substantially lower household carbon emissions.

Although the uptake of these technologies has been slow, this is now changing rapidly. For example, EV sales have increased to over 20% of new cars this year and is now nearing a critical “tipping point” which studies suggest will lead to their very rapid uptake in the near future. And, subject to some straightforward requirements, the government is generously subsidising people to make the switch from gas or oil boilers to heat pumps with BUS grants of up to £7,500.

We had expected that the changes that we have made would involve some compromises, but I'm happy to report that we much prefer our new heating and cooking arrangements and are absolutely delighted with our EV. While we had some significant costs upfront, our household bills have come down substantially. Our solar panels and battery, along with our smart meter, have played a key role in this. With our home car charger, our EV is six times cheaper to run than the ICE Ford focus that it replaced. A day trip of around 90 miles to York and back, for example, costs us under £3. And with a range of up to 250 miles, this uses only a little over a third of our battery. There are several factors to consider carefully when choosing an EV, but it is now possible for many people to buy one that will meet their needs at a comparable price to an ICE car.



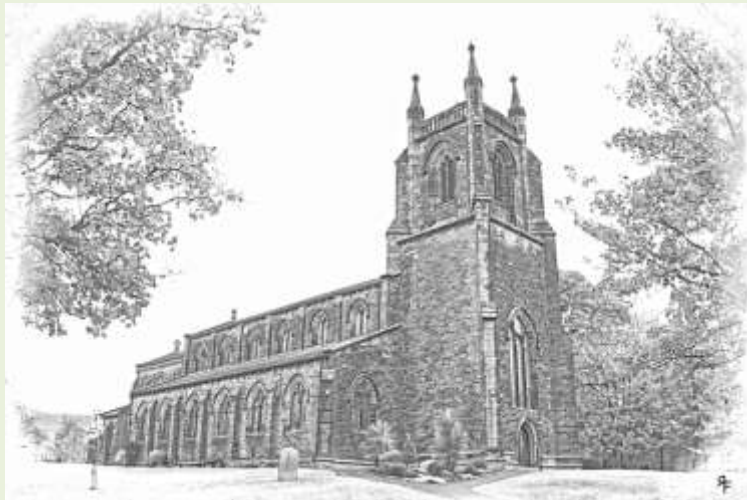
Cleaner, faster, cheaper to run, and, we think, much more enjoyable to drive, our only regret is that we didn't make the switch sooner.

If you would like some preliminary advice about adopting low-carbon technologies, or would just like to see a heat pump, EV or charger, I'm happy to help. In the first instance, contact me by email at devilsbit18@gmail.com or on 07831 243 719

Ian Blomfield

An Energy quiz will appear in next month's issue –Ed.

The Craven u3a 2025 Carol Service will be held at Christ Church, Skipton on Wednesday 10 December at 2pm. This will be our 27th carol service and it is a great way to feel a bit festive, even if you are not that way inclined! Community singing, readings from various texts, and accompanying music make for a really enjoyable afternoon, washed down with refreshments afterwards (offers of mince pies gratefully received).



Massive thanks to the organisers, Albert Bonham and Kenneth Jackson.

The collection will be split 50:50 between the church and Sue Ryder Manorlands Hospice.

Crown Green Bowling

My husband and I joined the Crown Green Bowling group that ran from May through to September. Neither of us had played before, luckily there were plenty of willing members to show us the ropes.

The rules are straightforward enough but of course the conditions keep changing. The game is played in any weather so the ground can range from bone dry to wet and this needs to be taken into account as this affects the speed of the bowl. Also do you bowl 'thumb' or 'finger'? - this changes the bias of the bowl, the tendency to curve to the left or the right. You also have to take into account the lumps and bumps on the green. All this adds to the fun of the play.



The end of the season is marked by a friendly competition. You don't have to own a set of bowls as we were able to use the club's, this helps you to experiment with the different weights and density on offer. We have really enjoyed playing and have signed up for it again. A big thanks to Keith and to a very friendly, helpful and relaxed group.

Shona Wademan

Ode from a stopped train

Written at Horton Station - morning

A complimentary ticket cheap day made,
From a previous journey long delayed.
We embarked at Skipton, Appleby bound
To walk, have lunch and hang around.

We'd got just short of Ribbleshead
When all of a sudden the train stopped dead.
A signal failure up the line
Meant our train would never be on time.

We sipped a coffee, read a book,
Relaxed about how long it took
Eventually the engine started - but...
Reversed down the line to where it last started!

At Horton we waited, time slipped by,
Hopes of Appleby began to die,
Looks like we'll soon be heading for home
So I've got out my pen and written this poem.

The Sequel

Written at Appleby Station – late afternoon

But wait - the trip was not lost after all
The driver imparted he'd got a phone call
Traversing the Viaduct allowed if done slowly
It seemed like a message from one High and Holy.

Arriving at Appleby late for lunch,
From Trip Advisor we had a hunch
That a decent meal, and a chair to sit on
Could be found for us at the Crown and Cushion.

We hurried straight there and once we had eaten
We set off to walk 'long the banks of the Eden.
It was such a glorious autumn day
We returned to the station, all woes fled away.

And now homeward bound with our 'open return'
"Never give up" is the lesson we learn.
But for us there remains just one question elementary,
Can we get two more tickets - of course complimentary?

24 October 2025

Walking in the Lakes

What a glorious week for the u3a Walking Group's return visit to Glaramara with its commanding views of the Borrowdale fells. Who could credit it, five dry days with virtually wall to wall sunshine; wish I had taken my shorts! Unfortunately, a number of members who had booked onto the holiday had to cancel for various reasons, leaving 16 intrepid walkers to enjoy themselves. The excellent hospitality from Glaramara Hotel with its comfortable rooms and meals, certainly not for the faint-hearted, were appreciated by all.

The following day's walks were discussed and planned whilst relaxing over after-dinner coffee and homemade chocolates! The walks catered for all abilities, and where possible local buses were used to get to the starting points. The more adventurous tackled Robinson, Green Gable and Great Gable and were rewarded with panoramic views, even Scotland being visible. Others tackled Castle Crag, Rannerdale Knotts and Watendlath.



Climbing Great Gable



Castle Crag



Buttermere in the morning light

A small group incorporated into one of their walks a visit to Theatre by the Lake in Keswick, having booked the matinee performance of Di and Viv and Rose, a play following three women through the messy complexity of adulthood.

Thanks go to Geoff Wilkinson who organised the trip, and to Wendy Carr who drove up with her husband in their camper van to lead several of the more strenuous walks.

Lynne and Bernard Ashton

Monthly Meetings

8 Nov: [Bethan Gray](#) from Complementary Therapies - [Looking at the Human Being Holistically](#)

13 Dec: [Jon Tomlinson](#), whose previous talk on the NHS was very well received - The Settle Carlisle Railway

Would you be prepared to bake a cake for these meetings? If so, please contact Anne Macdonald on anne.f.macdonald@btinternet.com

Film Groups at Champions

The Films on Tuesday/Thursday groups have got off to a very good start and the autumn programme is underway. All films will be shown with English subtitles regardless of the language(s) spoken. Films showing in November and December are as follows:

Tuesday Films

4 November: 'At the Height of Summer' (2000, French/Vietnamese) 112 mins

11 November: 'Herself' (2020, Irish) 97 mins

18 November: 'A Touch of Class' (1973, UK/USA co-production) 106 mins.

25 November: 'Ladies in Black' (2018, Australian) 109 mins

2 December: Either 'The Crime is Mine' (2023) or 'Le Jouet Nouveau' (2022). Both are French films, depending upon availability. 102 mins / 112 mins

9 December: 'Under the Greenwood Tree' (2006, British) 93 mins

Thursday Films

30 October: 'The Light between Oceans' (2016)

6 November: 'The Zone of Interest' (2023)

13 November: 'Like father, like son' (2013)

20 November: TBC

27 November: 'The Tasting' (2023)

4 December: 'Typist, Artist, Pirate, King' (2022)

11 December: 'The Great Escaper' (2023).

It's not too late to join. Films start at 1.30 pm.

Vee Eastham and Jean Crampton

Quilting Group

Wednesday mornings are one of the highlights of my week! No matter how fraught the drive to Skipton from Silsden is, after a few minutes with the Quilting Group I feel much calmer.

There is an atmosphere of friendship and cohesion. If a member has a problem or difficulty with their work there is always someone to help. And help often extends to topics beyond the sewing to matters such as where to take your car for repairs or how to get to London by train. The members are a source of useful information!



I started the Quilting Group at the end of Covid with gentle persuasion from friends and committee members. I thought we would last a year, maybe two, and that there would be a handful of interested members. But here we are 4 years later with 28 members and now in a new larger room at the Skipton Community Centre. No one is more surprised than me at the success of the group.

Although quilts are made, members have also made Christmas table decorations, items of clothing, items for charity and knitted a wealth of beautiful scarves and jumpers. You will find some examples on the next page.

Anne Reay



A small quilt made from scraps of fabric

A decorative table mat for Christmas



Work in progress, some patterns require a joint approach!

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