



Registered Charity No 1095635

## Letter from the chair

Dear Members,

One minute we are looking way ahead to Christmas and the next it is almost upon us. Whatever this time of year means to you, I hope you will add the Christmas Social to your list of 'must do's'. Many in our Groups are putting much thought into how to entertain (you may be one of them!) so anticipation mounts.

Leading and joining groups is what helps make U3A unique. Is there a subject you would like to share or know more about? Others may be similarly inclined. We do not have to be experts, just have plenty of curiosity and willingness to keep learning. There would be support for beginning a 2018 venture.

Sue and I were impressed by the YAHR day - more details shortly on YAHR and our website. Much of the thrust was about interest groups with plentiful ideas. Many of which we are already successfully enjoying here. Some were variants on the common theme of exercise, creativity, dexterity, language and thoughts, interaction and socialising. It may be fun to come up with new ideas - we would like to hear them.

This time of year and in particular Christmas and New Year, is often something we relish or just want to hide from. Sad or difficult times and feelings are all the greater and more isolating during the depth of winter when others seem focused on celebrations. Nevertheless we can be drawn in by the cheer of others. We instinctively know that laughter is good for us, defusing stress, strengthening relationships and our immune system. Similarly many things give the 'feel good factor' e.g. exercise and socialising. Apparently it does not always have to be real laughter. If you can't find anything to laugh at then simulated laughter can be just as good for mental and physical health. One suggestion is that we bring humour into conversations (and others presumably have a responsibility to laugh - remember it can be simulated). Perhaps we could add a humour/comedy group to our local repertoire of interests.

I wish us all good health and kindly humour throughout the festivities and beyond.

Jackie

**January Meeting: Thursday 11<sup>th</sup> January in the Victoria Hall**  
**'The Geology of Yorkshire Dales Waterfalls' with Bill Fraser**  
*Coffee from 10am*



**Friday 15<sup>th</sup> December at 7.30 pm**  
**Ingleton Community Hall THE ZOOKEEPER'S WIFE**

**PLEASE NOTE EARLY DATE FOR SUBMISSIONS NEXT MONTH:**

*Please keep copy to approx 150 words and submit for the next newsletter by*  
**TUESDAY 2ND JANUARY 2018 to: Chris Taylor [christine@castlebergh.plus.com](mailto:christine@castlebergh.plus.com)**  
*Tel: 01729 823975. Submissions will be acknowledged by email. Wherever possible, the full account is used but occasionally it is necessary to edit the piece for the printed copy.*  
**The full submissions will be used on the website version.**

# NEWS FROM AND FOR THE GROUPS

## LOOKING AT OLD BUILDINGS

Thanks are due to Gill Rawlings for orchestrating the very successful visit to Lancaster Castle last month. The weather was appalling but once again Bibby's triumphed and we were given a more scenic journey than usual. Mike Rawlings' write-up will be on the Group Web Page with another excellent photo from John Bentley.

*Elizabeth Evans*

The January meeting will be on Thursday 25th at 2pm at Victoria Hall. The speaker, Michael Clark, will be giving an illustrated talk on his former home, Rochford Hall, Essex, which was the original home of Sir Thomas Boleyn, father of Anne!! This promises to be a wonderful chance to see and hear about a historic house and its restoration and refurbishment.

All welcome.

*Michael Cullingworth*

## GREAT LIVES

At our November meeting Frank Rhodes talked of the enigma that was T.E. Lawrence- "Lawrence of Arabia". A noted linguist who had mastered many Arab languages, Lawrence had a career as a spy based in Egypt, encouraging Arab resistance to their Turkish overlords prior to World War One. He led many of the Arab forces in guerilla hit and run raids on Turkish forces and supply lines during the war in conjunction with Allenby's regular army and was an adviser on Arab affairs at the Versailles peace conference of 1919. His fame as a national hero was anathema to him and he resigned his commission, re-enlisting first in the RAF, then the Army Tank Corps as a private under the names of Ross, then Shaw. His major contribution to English Literature was "The Seven Pillars of Wisdom" and he was killed in a motor-bike crash in 1935.

Our next meeting will be on Wednesday 20th December (Victoria Hall 11.00am) when John Platten will talk on the life and times of Bessie Smith, the great American blues singer.

We would welcome any non-Great Lives Member willing to give a presentation on a subject of their choice-living or dead-who has made a notable contribution in their chosen field. Please contact me on 01729 825786 if you feel able to help.

*John Jebson*

Recently I stayed in Settle for about six weeks so I joined the U3A to get a feel for local life. What a great experience. I joined several groups (some out of my comfort zone!) and everyone was so friendly and welcoming. So much so that now I've returned to Shipley I will still make the journey over a couple of times a month to continue with some of the groups. A big thank you to everyone.

*Val Turner*

## THEATRE TRIPS

Here is the 2018 Theatre Visits programme so far. Hope to hear from you.

Best Wishes, Michael

show:- THE SECRET GARDEN  
when:- Wednesday 3rd January 2018  
where:- Theatre by the lake, Keswick  
price:- £30.00

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show:- SUNSET BOULEVARD  
when:- February 7th 2018  
where:- Alhambra, Bradford  
price:- £42.00

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show:- Matthew Bourne's Ballet Cinderella  
when:- Wednesday 9th May  
where:- Alhambra, Bradford  
price:- £43.00

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show:- CALENDAR GIRLS  
when:- Wednesday 29th August  
where:- Grand theatre, Leeds  
price:- £54.00

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show:- MISS SAIGON  
when:- Wednesday 10th October  
Where:- Alhambra, Bradford  
price:- £68.00

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Bookings can be made on 01729823978 or email:- [michaelcullingworth@gmail.com](mailto:michaelcullingworth@gmail.com) payment must be made 5 weeks prior to performance. Cheques to be made payable to settle rotary club. Sent to 7 Townhead Croft, Settle BD249LG