

## AUGUST MONTHLY MEETING COFFEE & CHAT

Come along, renew your membership and see what interest groups are on offer!  
**Thursday 13th August**

### FROM THE GROUPS CO-ORDINATOR

The draft list of groups for 2009/2010 is taking shape (see the top RH of the web-site), and should be finalised in a couple of weeks. If you want to start up a new group or lead one of those which lacks a volunteer, **p-l-e-a-s-e** get in touch - 01729 822903. The August meeting will provide a chance to browse the groups on offer and you can register by e-mail to me at any time after you have paid your subscription to Pat Smith. The main registration event will still be the September meeting.

*David Holdsworth*

### Enrolment for 2009-2010

Thanks to Frank Woodhams there is now an enrolment form on-line at [www.settledistrictu3a.org.uk](http://www.settledistrictu3a.org.uk). Click on 'How to Join' which you will find in the left hand column. Print off the form and complete it. It will print off two copies on an A4 sheet which will be convenient for husbands and wives, or you could give one to a friend!

The fee for 2009 - 2010 will be £12 and cheques should be made payable to 'Settle District U3A'. If you pay the **full** subscription to any other U3A then you should make the cheque to Settle District U3A £8.50.

Completed forms & cheques may be sent to me at the address on the form or brought to the August or September meeting. Enrolment forms will also be available at these meetings.

*Pat Smith, Membership Secretary*

There are still places available for the **Falcon Manor** evening get-together on Friday 4th September. This is a £10 two-course meal with coffee, mints & after-dinner entertainment by John Wallis. Will those people who have already put their names down please see me to get a form to order their choice for dinner. I will be collecting the money at the meetings or you can send me a cheque (payable by 21st August to Settle District U3A Social Account) to Smithy Croft, Rathmell, Settle BD24 0LA.

Thank you.

*Shirley Wolfenden*

All copy for publication in the next issue needs to reach the editor  
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THE  
UNIVERSITY  
OF THE  
THIRD AGE

SETTLE  
DISTRICT

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Newsletter

### FROM THE CHAIRMAN

Dear Friends



My visit this month was to the Exercise Group, most skilfully and enthusiastically led by Gillian Walton. The group meets each Tuesday morning in the cricket clubhouse - thanks to Tim and all at Settle CC for their hospitality. Gillian's routines manage to exercise (almost!) every muscle between fingertips and toes, generally from a sedentary position. From simply wiggling fingers and toes to wide sweeps of outstretched arms and body twists, the exercises are not too testing and didn't seem to cause any problem to anyone. Throughout proceedings there is a range of appropriate mood music for each stretch and sway, ranging from for example "Singing the Blues" through "Moon River" to Abba's "Money, money, money" so everyone can sing along as they move. The only props in use on my visit were solid rubber rings to provide a testing squeeze as required! Movements in the step forward and back routines were again gentle and soothing - a world away from the frenetic aerobic workouts so beloved of some fitness gurus. It's easy to see why this group is such a hit with its members - 15 of whom were present on my visit - and Gillian says she can manage a few more.

Our August meeting is one of the landmark gatherings of our year - our shop window and showcase to inform members of the activities in all our groups and invite the renewal of their annual subscriptions. It is also our best chance to attract new members. With a range of eye-catching display material on group activities and the presence of group leaders to answer queries from potential new recruits, we can ensure a most successful event. It was very noticeable that last year's corresponding meeting attracted one of our biggest audiences.

All this will be supported by increased levels of publicity material around the town and neighbouring villages, not to mention the most effective recruiting device - the enthusiastic word-of-mouth recommendations of existing members. If you enjoy your U3A activities please **spread the word!**

With best wishes  
John Jebson

## NEWS FROM THE GROUPS

### ART APPRECIATION

This is a reminder of the two related exhibitions which we are planning to visit on Tuesday 4th August:

Abbot Hall, Kendall (6th July - 10th October) *David Nash - Drawings and Sculpture*.

Blackwell Arts and Crafts House, Windermere (June - September) *David Nash - Sculpture Installations*.

Please note that the Blackwell dates have been re-scheduled. More details on the Blackwell website [www.blackwell.org.uk](http://www.blackwell.org.uk) If you prefer to visit another time, Abbot Hall is open Monday-Saturday 10.30 to 5.00. Admission £6.35 (Gift Aid) or £5.75. Blackwell is open every day 10.30 to 5.00. Admission £6.95 (Gift Aid) or £6.30. We can meet at Abbot Hall at about 11.00 and move on to Blackwell after that. We can have lunch at either venue. We don't need to do any of this *en masse* and can make the final decisions on the day as necessary. Contact me on 01729 824638 or [artsandflowers@hotmail.com](mailto:artsandflowers@hotmail.com) if you need more information.

**Frank Gordon**

### FAMILY HISTORY

It is hoped that the group can keep going in the next session and to this end a meeting is being arranged for Friday 23 October (see Website for details). We desperately need a co-ordinator. We would be grateful if any of the group could let us know if they have anything of interest which could be displayed at the 13 August monthly meeting (something which you don't mind being handled!).

**Margaret & Michael Cullingworth**

### GREAT LIVES

Following the postponement of last month's lecture, the talk on "Eglantine Jebb & the NSPCC" will take place on Wednesday 15th July at 10.30 in the Lecture Room at Quaker Garth.

**Jean Imrie**

### HERALDRY

The next heraldry outing will be to York on Thursday 16th July. We will catch the 7.45am train from Giggleswick (8.02 Long Preston) returning on the 16.39pm train from Leeds. Please ring me on 01729 840609 if you have any problems. There will be no meetings in August or September.

**Hilary Baker**

### LISTENING TO MUSIC

Listening to music is finished now until 21st September when it will be at Janet Stafford's house - 1 Birchwood Close, Settle, BD24 9JR

**Shirley Wolfenden**

### LOOKING AT OLD BUILDINGS

Just four of the group set off from Settle on a perfect day to visit the Puritan Chapel at Bramhope, Adel Church and York Gate Gardens. Two more members of the group were waiting for us when we arrived. It was wonderful to go inside the Chapel and see the simple but fascinating interior. We were given a brief history (unfortunately our guide had only been in the post a short time and was not able to answer some of our

questions). Adel Church was next and the curate there was very enthusiastic and knew a lot about the history, not only of the Norman church but also of the surrounding buildings and area. Interestingly the church has a lepers window which enabled the lepers to share the church service. Then it was on to York Gate Garden which is open as part of the National Gardens Scheme and was certainly worth visiting, with its varied layout and planting. All in all a most enjoyable day.

The trip to Appletreewick will now take place a week later than planned - on Thursday 1 October in the afternoon. The group will be given a guided tour of the village by Mrs Sandy Whitehead who will show us inside her own home, Mock Beggars Hall, and hopefully arrange for us to go inside a couple of other properties in the village. She will charge us a fee of £25, so the more who attend the cheaper it will be.

If you have any photographs which are relevant to any of our visits, please could you let us have copies (with names of places) for display at the August U3A monthly meeting. Many thanks in anticipation.

**Margaret Cullingworth**

Don't forget the visit to Wray on Thursday 30th July. Full details in last month's newsletter!

**Debi Burridge**

### SCRABBLE

The next meeting will be on 13th July at 2.00pm in the Victoria Hall.

**Pat Lodge**

### TUESDAY WALKING GROUP

23rd June - 7 of us enjoyed a 6 mile walk in lovely weather around Silverdale, through Eaves Wood and down to the shore. As the tide was in we kept to field paths and road down to Jenny Brown's Point where we had lunch with a wonderful view across Morecambe Bay as far as Blackpool and round to the Lakeland hills. A steep pull up Heald Brow in the heat of the afternoon - it was a very hot day - proved testing but we were soon in the cool woods and examining the old wells/tanks that used to supply the village drinking water as well as a super meadow full of wild flowers - orchids and ragged robin amongst them.

**Debi Burridge**

### GEOLOGY & LANDSCAPE GROUP

We are planning a walk on Tuesday 14th July - again we'll meet at 14.00 in the Cricket Club car park. There will be much less walking involved this month as we are just going to explore a few fields on the Stainforth, Littondale road with good parking right by them.

**Paul Cochrane**

Most seats have now been sold for the **THEATRE TRIP TO KESWICK** but we do have a waiting list. The cost including the driver's tip is £21.50 and this will be collected by Janet Stafford at the August meeting or may be sent to her by cheque (payable by 30th September to Settle District U3A Social Account) to 1 Birchwood Close, Settle BD24 9JR

**"A Chorus of Disapproval"** by Alan Ayckbourn. Wednesday 14th October.

**Shirley Wolfenden**