



PENDLE HILL

Twelve walkers arrived at Barley car park in glorious sunshine. Some, who had arrived early, were sampling coffee from the refreshment bar. We attacked Pendle from Barley, climbing the endless steps up towards Big End. Various scantily clad persons overtook us on their way up or ran past us on their way down, but we ignored them! All twelve made it to the top,

eventually, and were rewarded with marvellous 360 degree panoramic views of the 3 Peaks to the North, a hazy glimpse of the Lakeland fells to the North West, Longridge and Beacon Fell in the West, (no Blackpool Tower though - too hazy), the Pennines to the south and Buckden Pike and Gt Whernside to the North East. Lunch was enjoyed around the trig point before we began our descent towards the Ogden reservoirs, negotiating the remains of the snow above 1600 feet and eventually back to Barley, refreshed and enriched with the wonderful walk in welcome sunshine. A 13th member was briefly seen at lunch, we arranged to meet up later, but no sign. He resembled our Chairman, so we dearly hope he avoided the witches and made it down and home safely!

John Flitcroft

Lots more walking Group pictures on the website – do take a look!

MONTHLY SPEAKER MEETING

Thursday 8th April 2010

10.30 am

(Coffee from 10.0am)

"VICTORIAN SHOPPING"

Mr Maurice Baren

(Author of 'How it all began' series)

SETTLE ORCHESTRA SPRING CONCERT

Saturday 20th March 7.30
PARISH CHURCH

(contributed by a member)



Sat 13th March 7.30
VICTORIA HALL SETTLE
IN TRANSITION (U)

Fri 26th March 7.30
AUSTWICK VILLAGE HALL
JULIE AND JULIA (12A)

Sat 10th April 7.30
VICTORIA HALL LOW BENTHAM
ANGELS AND DEMONS (12)

www.tramps.org.uk

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THE UNIVERSITY OF THE THIRD AGE SETTLE DISTRICT

Registered Charity No 1095635
www.settledistrictu3a.org

Newsletter

Dear Friends

Our constitution includes “the provision of facilities for leisure time and recreational activities”. Dance is a fun way to exercise, yet requires mental agility to follow what can seem a bewildering sequence of steps. Our two dance groups, although different, illustrate this perfectly. No partners are necessary!

Forget any image you may have of line dancing consisting solely of stetson-hatted, cowboy-booted figures strutting their stuff with thumbs hooked in the pockets of their Levi jeans! Our group, led by Eileen Bamford and tutored by Joan Lord, has none of that. Though a popular group, each dancer has ample room in the Victoria Hall to display their prowess, through a series of spins, slides, step-touches and kicks. Each dance seems to move through all points of the compass in box patterns and at some speed. As a

number of members told me, the dance requires total concentration and judging by the happy (if rather puffed) participants, it's a great way to exercise and nobody gets upset if you put a foot wrong. It's not even necessary to have country and western musical accompaniment. On my visit a Cliff Richard number and a medley of Irish folk songs featured!

The circle dancing group, led by Gillian Walton and Pat Smith, draws on traditional dances from countries as diverse as Ireland and Russia, the Balkans, Greece and the African continent. This is one of our most popular groups and is currently based at Langcliffe Institute. The circle of dancers rotates in each direction, hand in hand, sometimes with an inner circle to be integrated as the dance progresses. Dance steps featured include the slip step, the grapevine, the pas de basque, the Yemenite and the cherkassie. To see these dances performed in unison by upwards of 20 members is superb. Musical accompaniment mirrored the country of origin of each dance, though there was a Bob Marley number in the mix! It's great fun, so come and see for yourself! Details of both groups are on the website as always.

March is 'U3A National Awareness Month'.. Your Committee is working to increase our profile in the town. Word of mouth is as good a method as most of spreading the word regarding U3A, something any member can do. How about it?!

Best wishes
John Jebson



All copy for publication in the next issue needs to reach the editor
Sue Simpson e-mail susanmsimpson@btinternet.com (Tel: 01524241271)

by Thursday 1st April 2010

Copy received by e-mail will be acknowledged.

NEWS FROM THE GROUPS

ART APPRECIATION: We have now had our final meeting for this year and this was, as many will already know, my swansong as leader of the group. After eight years I think the time has now come to give this up, mainly due to time pressures of various kinds. It's been a very difficult decision to make as I have made many friends through the group and I would like to thank them for their support and encouragement. As I have often said, I have enjoyed it just as much as they have - perhaps more! Now the ball is in their court and I look forward to seeing if a new Art Appreciation Group will arise from the ashes of the old one. I hope so.

As a final flourish, however, I am proposing one more gallery visit - to Abbot Hall, Kendal (where else?) on Tuesday, August 10th (2.00) to see 'The Loneliness of Lowry'. 'Better known for his northern industrial landscapes the exhibition will examine a different side of L.S.Lowry, looking beneath these scenes at an artist who cites his inherent loneliness as one of the main influences on his work. He is quoted as saying "Had I not been lonely none of my works would have happened". The exhibition will feature some of Lowry's most powerful yet lesser known works depicting his mysterious bleak landscapes, desolate seascapes and deserted buildings. Works will be drawn from both private and public collections and include oils and works on paper.' It should make a fitting conclusion!

Frank Gordon

GEOLOGY & LANDSCAPE: The next meeting will take the form of a discussion on "The Moving Earth and Earth Physics". A couple of months ago we looked at this on the global scale as "Plate Tectonics". March's talk is about the smaller scale stresses and strains within the Earth which cause folds, faults and joints plus earthquakes, the structure of our planet and its magnetic field. I would also like to cover the two very much linked topics of "The Formation of the Earth" and the "Surface Processes", ie how the oceans and climate sculpt the surface. Meet in the Castleberg Room, Victoria Hall at 14:00 on Tuesday 16th March.

Paul Cochrane

GREAT LIVES: Oliver Cromwell is the subject of our March meeting which will be held in the Quaker Meeting House Lecture Room at 10.30am on Wednesday 17th March.

Jean Imrie

LISTENING TO MUSIC: This will be the last session for this U3A year. We will meet on the 15th March at Janet Stafford's house at 2pm. I think most of the people who attend know where Janet lives.

Shirley Wolfenden

LINE DANCING: (see the chairman's letter). This photograph of 'The Line-up' with a bemused chairman was contributed by Eileen Bamford.



LOOKING AT OLD BUILDINGS: Reminder: All those who have signed up for the trip to Morecambe on 25th March, please meet at Giggleswick station in plenty of time for the 09.24 train. A reduced group booking rate of £8.95 per person has been negotiated for the train by Ruth Evans. However, she has to purchase the tickets in advance and, therefore, if anyone is unable to come on the day the train fare will still have to be paid. It would be helpful if people are able to pay her in advance of the day and she will be at the monthly meeting on 11th March for those able to meet her then.

Kate Helm

LAOB - APRIL MEETING: The intended outing to Lancaster Town Hall on 22nd April has had to be postponed. In its place I have arranged a visit to Walter Morrison's House (now better known as Malham Tarn Field Centre) for a conducted tour commencing at 2.00pm. The cost of this will be £2.50 per head and will include light refreshments. Car parking is available at the house. All enquiries to Alan Hemsworth 01729 823902

SCRABBLE GROUP: The next meeting will be held at the Victoria Hall on Monday 12th April at 2pm.

Pat Lodge

STROLLERS: After careful consideration I have decided to no longer lead a U3A strollers group. I have taken this decision because there is now a group in this area called North Craven Strollers which is run by 'The Walking to Health Scheme'. These 'strolls' take place on Wednesday afternoons from Settle and appear to be once a fortnight. Age Concern has lists of the dates and I believe is involved in organising them in some way, maybe the transport. For further information, phone 01729824537 or call in at Age Concern. May I thank you for your company and support over the last three years.

Janet Stafford

WALKING: On 9th February, an extremely cold morning with snow threatening, sixteen walkers ventured into Wharfedale to walk from Barden Bridge to Appletreewick on a path by the side of the river. On arrival the sun was shining and it was very pleasant. The path left the river at Appletreewick and the walk continued uphill through the village, where one member was able to tell us about some of the houses, having recently been there with the Looking at Old Buildings Group! At the top of the hill, the path branched uphill on an enclosed path to emerge into open countryside, with wonderful views down Wharfedale. There was some snow on the tops and snowdrops out in the woods. As we ate our lunch, the snow swirled down the valley but fortunately the shower was shortlived and after climbing a little higher and a view to Parceval Hall, the path was downhill back to the river and the return leg to Barden Bridge.

M & M Cullingworth

On a very cold grey day Tues 23rd Feb slightly fewer people (11) braved the bitterly cold wind on a walk from Hawes to Hardraw. But we did manage a picnic lunch by the waterfall as it was slightly sheltered. There was lots of snow and ice there. Do take a look at the pictures which are on the website.

Debi Burridge