

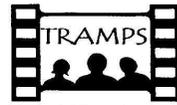
**APRIL  
SPEAKER MEETING**  
**"ASPECTS OF  
THE LEEDS/LIVERPOOL CANAL"**  
**MIKE CLARKE**  
**Victoria Hall 10.30am**  
**Thursday 14th April 2011**  
 (Coffee from 10.00am)

**HAMLET AT LEEDS PLAYHOUSE**  
 Thursday April 28th  
 Please note that this visit has been cancelled due to lack of support. Shirley Wolfenden

**A reminder** that you've got just 6 weeks to buy stamps before the prices soar on 4th April. The price of First and Second class stamps for standard items weighing up to 100g will rise by 5p to 46p (a 12.2% increase) and 4p to 36p (12.5%) respectively, whereas the cost of a Large Letter stamp will rise by 9p to 75p (13.6%) for First Class items and 7p to 58p (13.7%) for Second Class mail. These are enormous percentage increases when you consider how low interest rates are - so if you are planning to send Christmas cards this year it makes sense to buy the stamps now. **Pat Smith**

**Settle Orchestra Presents:**  
**DINOSAURS & OTHER INCREDIBLE CREATURES**  
 at  
**THE RICHARD WHITELEY THEATRE GIGGLESWICK SCHOOL**  
**Saturday 19<sup>th</sup> March 7.30pm**  
**SKIPTON GIRLS' HIGH SCHOOL**  
**Saturday 26<sup>th</sup> March 7.30pm**  
**Programme includes:** Jurassic Park, The Three Little Pigs, The Three Bears Suite, The Carnival of the Animals, The Flight of the Bumble Bee and other popular favourites  
**Tickets for the Family Evening Concerts are: £9, £7.50 (concessions)**  
**Family ticket (Two adults and any number of children) £15**  
*(contributed by a member)*

All copy for publication in the next issue needs to reach the editor Sue Simpson e-mail [susanmsimpson@btinternet.com](mailto:susanmsimpson@btinternet.com) (Tel: 015242 41271) by Fri 8th April 2011  
 Copy received by e-mail will be acknowledged.



The Ribblesdale Area  
Moving Picture Show

'WHITE MATERIAL'(15)  
*(French with Eng sub-titles)*  
 Wed 16th March 7.30pm  
 Victoria Hall Settle

'THE SOCIAL NETWORK'(12A)  
 Fri 18th March 7.30pm  
 Austwick Village Hall

'MID AUGUST LUNCH'(U)  
*(Italian with Eng sub-titles)*  
 Wed 6th April 7.30pm  
 Victoria Hall Settle

'THE BECKONING SILENCE'(PG)  
 Fri 15th April 7.30pm  
 Austwick Village Hall

[www.tramps.org.uk](http://www.tramps.org.uk)

**Wanted:** any interesting items or features for next month's newsletter!  
*Editor*

Issue No 9/6  
 March 2011



**THE UNIVERSITY  
OF THE  
THIRD AGE  
SETTLE  
DISTRICT**

Registered Charity No  
1095635  
[www.settledistrictu3a.org.uk](http://www.settledistrictu3a.org.uk)

**FROM THE CHAIRMAN**

Dear Friends,

March already! The days are getting noticeably longer, aren't they? What do you think about double Summer Time and the effect it would have on our days?



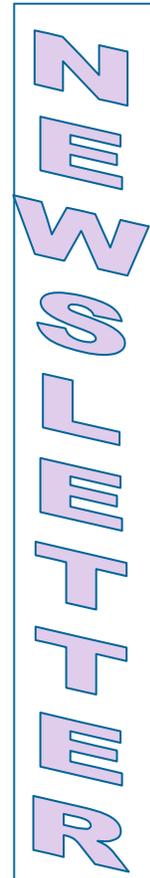
Remember last month I mentioned more information about future funding for the Victoria Hall? Well, this is now available both in paper form – on the seats at the monthly meeting - and in electronic form on the website. Please do read this and let people know what **YOU** think by **Friday 1<sup>st</sup> April**.

This can be done by letter to me or any member of the committee, or to a group leader, or electronically via the website (anonymously if you wish) at <http://settledistrictu3a.org.uk/subs> or just verbally! We need to know how everyone feels about how our way forward is going to be. We have to be realistic about what costs are going to be and how we are going to find this extra money. The Gift Aid application is proceeding but will not be sufficient on its own to fill the gap.

Once again there are lots of events to catch your attention – the U3A National Summer Schools in Shropshire (July) and Cirencester (August) still have places available on both weeks and there are several interesting courses from Cinema History to Philosophy to Storytelling. Contact the National Office 020 8466 6139 or [www.u3a.org.uk](http://www.u3a.org.uk). There are also places available at the NW Regional Residential School at Myerscough College 26<sup>th</sup> to 28<sup>th</sup> April 2011. Details from the regional website or Kathleen Mercier 0151 6520808. Nearer home, Skipton U3A is holding an event to celebrate its 25<sup>th</sup> Anniversary at Skipton Town Hall on Tuesday, 12th April 2011 from 2.00pm to 4.30pm. There will be.....wine to welcome you.....talks to stimulate you.....afternoon tea to sustain you..... sounds good if you can make it!

Settle District U3A is part of the Yorkshire and Humber Region which has an excellent newsletter. Gillian Walton and I have a copy if anyone would like to read it. Perhaps you'd could write an article for it and put your U3A on their map!

Best wishes, Debi Burrige



## ART APPRECIATION:

A reminder that our next gallery visit is on Tuesday 15th March to Leeds Art Gallery to see a major exhibition of the work of Henry Moore, including sculptures, wood carvings, bronzes and drawings. We will be taking the 10.32 train from Settle station if anyone would like to join us.

*Kate Helm*

## CIRCLE DANCING:

On April 1st circle dancers from Ilkley U3A will be joining us in Langcliffe Institute for a slightly longer session, starting at the usual time of 10 o'clock. The following week, April 8th will be our regular Friday session but in the Victoria Hall.

*Pat and Gillian*

## GREAT LIVES:

Our group will meet on Wed. March 16th at 10.30 when the subject for this month's talk will be Lewis and Clark.

*Jean Imrie*

### Great Lives Group - February Meeting

Benjamin Waugh was the subject of Barbara Middleton's interesting talk. We learnt that he was born in Settle in 1839 (the site of his birthplace now being occupied by Lloyds Bank), became a Congregational Minister - firstly in Newbury and then in Greenwich, where he was appalled at the level of child cruelty and poverty. He organised a London Society to combat these abuses with Lord Shaftesbury as President and by 1889 there were 32 branches in various parts of Britain. This culminated in the setting up of the National Society - the NSPCC as it is today - with Queen Victoria as the Patron. The heavy work load took its toll, Waugh's health suffered and he travelled abroad to aid his recovery. He died in 1908 and is buried in Westcliff-on-Sea in Essex.

*Alan Hemsworth*

## LINE DANCING:

Popular member of the line dancing group, Ruth Bryson, is celebrating her Diamond Wedding Anniversary (60 years!) this week. Other members of the group were pleased to offer congratulations and present her with a bouquet of flowers and a lovely card made specially for Ruth and her husband by Joan Lord, our tutor. The photography shows Ruth, together with Joan and our group organiser, Eileen Bamford.



*Dorothy Hemsworth*

## LOOKING AT OLD BUILDINGS:

**24th March** - Please meet outside the Police Station in Settle at 2pm for a look around this building before it closes. We hope to make a visit to another local venue afterwards but this is in the process of being arranged!

Thanks,

*Debi Burridge*

## NEEDLEWORK AND NATTER:

The Needlework and Natter group have found something that none of us can do. Is there anyone who could teach a few of us to do tatting? We have shuttles, cotton and written instructions but need help. We meet on Mondays at 2.00pm either in the Victoria Hall or the Friends Meeting House. Please contact Alison on 822313 even if you can't manage a Monday.

*Alison Tyas*

## WALKING GROUP:

On Tuesday 29 March there will be an extra walk led by Rodney Hooper. It will be a circular walk from Hornby along the River Lune, where it is hoped there will be sightings of some interesting birds. Meet at the Cricket Club as usual at 9.30 a.m.

*Margaret Cullingworth*

## 'ICE'

Sometime ago I remember the acronym ICE was mentioned. This is 'In case of emergency (ICE)', a programme that enables first responders such as paramedics, fire-fighters, and police officers, to identify victims and contact their next of kin to obtain important medical information. The programme was conceived in the mid-2000s and promoted by British paramedic Bob Brotchie in May 2005. It encourages people to enter emergency contacts in their mobile phone contact list under the name "ICE". Alternatively, a person can list multiple emergency contacts as "ICE1", "ICE2", etc. The U3A National Office has also produced small cards for next of kin and personal medical details to be carried when one is out and about. Both are something to think about perhaps as we get a little older with more ailments!

Debi Burridge (more news from the Chairman)

## EARL GREY STEAMED CHICKEN WITH HERBS AND SPICES

### Ingredients

1-2 boneless chicken thighs  
2-4 spring onions, finely sliced and chopped  
1-2 thin slices of fresh or frozen ginger root (if more, it adds more fire to the chilli)  
1-2 pinches of salt and white pepper  
450 mls (¾ pt) freshly brewed Earl Grey tea with 3 teabags & 1 slice of lemon (have more hot water available to top up)  
2 squeezes of lemon juice  
115-225g (¼-½lb) broccoli with a few baby corn cobs, /pak choi /mange tout peas  
1-2 tbsps light soy sauce  
Boiled rice to serve

### Method

Mix together spring onion, ginger, salt and ground white pepper. Lay the chicken pieces flat and coat with the mixture. Roll up and seal with a cocktail stick, or simply tie with fine cord. Place the stuffed chicken pieces in the colander/steamer. Make the tea and pour it with the lemon slice into the saucepan. Bring to the boil and fit the colander in place above the tea. Cover with the lid and steam for 10 minutes. Top up with more tea as necessary. After 10 minutes, place the vegetables around the chicken pieces and replace the lid. Steam for 5 minutes. Remove the vegetables and steam for a further 5 minutes.

In a small bowl, whisk together sesame oil, sesame seeds, chopped coriander, soy sauce, lemon juice and chillies (if this is your first encounter with red chillies, try no more than half, and freeze the rest). Toss the cooked chicken pieces in this sesame oil dressing, then place in a serving dish. Serve with boiled rice and vegetables.

This is one of Kathleen Kinder's recipes which I chose for its elegant simplicity as well as its health benefits. Check out further recipes on [www.settledistrictu3a.org.uk](http://www.settledistrictu3a.org.uk) (editor)