



Issue 24.01 1st January 2024

A New Year Message from our Chair, Jacqui Wellbrook

[Select here](#) to read about why we continue to recruit new members and how we propose to meet the need for more groups in the year ahead.

A Christmas Cracker to remember

To see pictures taken on Saturday 16th December, [select here](#). Over 100 members attended and £350 raised for Martin House Children's Hospice. For the video of the Daytones Barbershop Harmony Chorus, [select here](#). (Opens a link to YouTube). Many have requested to be reminded of the wonderful poems shared during the event. They can be read [on this link](#). To find out more about our poetry writing group, [select this link](#).

A huge vote of thanks to all who put so much effort into organising this final event of 2023.

Dodgy email alert

Several members have received suspicious looking emails that appear to be from folk they know both within u3a and elsewhere. The first email might look innocent, just asking a question or requesting you make contact. The follow up lulls you into a false sense of security because you think you are helping someone who you know.

Examples we have had reported ask you to buy Amazon Gift Vouchers on behalf of your "friend" with what looks to be a genuine excuse for them not making their own purchase.

So ask yourself, does this feel right? Have they used your name in the text of the email? Are there grammar, punctuation and spelling mistakes? Phone your genuine contact and check. Look carefully at the email address that is being used to contact you. It may look genuine but it probably differs by just a letter or two.

If in doubt, chuck it out! Mark it as spam and delete. It is also good practice to change your email password regularly in case your own email program becomes compromised.

Social media updates

Many thanks to those who sent photos of your group's Christmas party since the last News Flash. The way in which we engage with the public on Facebook and Twitter (aka X) is increasingly being recognised throughout the u3a family. Other u3a groups often turn to us for advice. Here are some posts from the lead up to Christmas. The links open on our Facebook page where anyone can view. Just ignore any message that asks you to join FB unless you want to!

Voyagers Christmas Party ([Select here](#))

Badminton groups combined Christmas lunch ([Select here](#))

Inter u3a Railway Group Quiz ([Select here](#))

Probing the News Christmas Party ([Select here](#))

Social media helps gain attention of those recently retired. This supports the desire to get younger members to join us as set out in the New Year message from Chair Jacqui. So if you have any group activity pictures to share (with permission), send them to Helen Stevens (helen@saltedit.co.uk) along with a two or three-line report that includes the name of the venue and other key data. We will then use these on our social media postings and feature in News Flash.

Short Courses

Share your passion for a topic. But without the commitment of running a full time group. [Select here](#) for more information including advice and how to turn ideas for a course into reality.

Existing Group News

Quiz Online. Following the last News Flash, we have two members interested in forming a second team. We need just two more. It is really good fun and doesn't expose any lack of knowledge because answers are a collective effort. To recap, this group has been running for a few months and competes in an online pub style quiz once per month with other u3a teams and we are now able to enter a second team to the quiz. [More details on this link.](#) NB Quiz night is 7 pm on the last Wednesday of each month.

Book Review Group. Welcome new members. Unlike most book review groups they do not read a set book, but members read what they want, fact or fiction, and review at the next meeting. An excellent way to find new authors to appreciate. The group meets every 4 to 6 weeks at the Red Lion, Burley in Wharfedale on a Monday from 2pm. [Contact details on this link.](#)

Disco Dancing. Fond memories of disco dancing in times gone by but now only at the occasional wedding or party? Want some enjoyable light exercise to some great music? The Disco 1960s-80s group will be back on the floor **2pm on Monday Jan 15th**. New members welcome for a trial session. [More details here.](#)

Singing for Pleasure. The first meeting of 2024 is **Tuesday morning 9th January** in Ben Rhydding. [Details of the group on this link.](#) All welcome, especially a few more male voices. So to come along and join this fun group who in 2023 had great fun at the u3a York music festival and the annual Christmas concert. [Pictures on this link.](#)

New content on our website

The Ilkley Gazette scrap book reaches 1995. Always an interesting read. [Select this link to read the whole collection.](#) Note the latest edition is out of sequence.

Members' Market Place [select here to visit the Market Place](#) then log in to see the latest postings. These include:

- 2 for 1 tickets at Kings Hall for tribute acts this coming spring
- 5 litre screw top water containers, useful for camping etc.

Diary Dates

Drop-in 10:30am Friday 5th January at Clarke Foley and also **Friday 19th January** when there is also an opportunity to meet with Sheila Brett to discuss how you can support those in the Bradford district who are lonely, isolated or lacking opportunities or confidence. [Details of the scheme on this link.](#) Or contact Sheila Brett on 01274 391190.

Saturday Talk 10 am Saturday 20th January. My Life in Aviation. [More details on this link.](#)

Meet for coffee in Otley 10 am Monday 22nd January. [More information here.](#)

u3a festival at York 18th to 20th July. [Latest newsletter can be read here.](#)

YAHR Summer School 22nd to 25th July. [Details here](#)

Misplaced u3a equipment

The portable stand for use by our digital projectors is missing from the store cupboard at Clarke Foley. It folds down into a compact cardboard box so is easily overlooked. Please email equipment@ilkleyu3a.org if you know where it might be hiding. Many thanks.

Christmas Party cracker jokes

Thanks to everyone who sent in their selection of jokes. A huge response. These are from Voyagers, Karen Bearder and Denise Marsden

How do you unlock a Christmas Door? **With a tur-key**

What do ducks enjoy at Christmas? **Pulling quackers**

How much did Santa pay to park his sleigh? **Nothing, it was on the house**

Which side of a turkey has the most feathers? **The outside**

What did Santa do when he went speed dating? **He pulled a cracker**

Who hides in the bakery at Christmas? **A Mince-Spy**

Why did Santa's helper see the doctor? **Because he had low "elf" esteem!**

What do you call a Christmas tree that knows Kung Fu? **Spruce Lee**

Happy New Year

John & Christine

Email: Newsflash@ilkleyu3a.org

u3a Podcast for December features our own member (Lee Wellbrook) introducing a feature on the Sheffield Carols. [Listen and subscribe on this link.](#)

Mental health workshops The Cella Trust recently ran some wellbeing workshops for the Bradford u3a and got some great feedback. If you think you might benefit you will find [further details on this link.](#)

Why do people wait until January to keep fit? An interesting article on the BBC News website. [Select here to read.](#) If you are one of those who wait until January to think about fitness, now is a good time to look at what our u3a offers. [Select here to visit our Fitness Hub.](#)

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