

News Flash

Your regular newsletter from Ilkley & District u3a

Issue 24.03 2nd February 2024

The latest short courses

The novels of Lawrence Durrell Think of this as a book club dedicated to the four novels of the Alexandria Quartet and the five novels of the Avignon Quintet. So, a book a month for nine months starting **Tuesday 19th March** in The Flying Duck pub on Church Street in Ilkley.

Meetings start at 2pm and are expected to last until 3:30pm. No charge but members are expected to buy a drink or two in the pub! If you're interested, [select here to book.](#)

Indoor bowling taster session in Otley 1:30 pm **Wednesday 20th March** will soon be available for booking. Check the website early next week.

Introduction to Croquet this annual four-week course costs £30 and is led by qualified croquet coaches. The course will take place on consecutive **Thursday afternoons 2pm to 4pm, 18th April to 9th May** at the Ben Rhydding Sports Club, Coutances Way, LS29 8AW

You will need to walk unaided around the croquet lawn (28 x 35 yards) two or three times over the two-hour period, with rests and a tea break mid-session. You will also need flat closed-toe shoes and a waterproof hip length jacket (we do play in the rain when required).

All other equipment is provided and participants are well supported throughout these sociable sessions. **The course is always oversubscribed so early booking is advised.** If you are interested, please contact Penny Clark by email at penclark45@gmail.com or phone 01943 468584.

Art of the Album Cover and **Story of Motown Records**. Both courses will be accompanied by appropriate musical choices. There will be a small charge to cover room hire (depending on number of attendees) and it is likely to be held at a venue in Ilkley.

If you are interested in either (or both) of these, please drop a note to Lee Wellbrook at lee.wellbrook@gmail.com stating which course you would like to attend. Once a viable number is reached for either course, more details will be sent out regarding times, dates etc.

The Art of The Album Cover - a (slightly irreverent) history of the development of the rock album cover, focusing on the peak years of the 12 inch LP (mid-60's to mid-80's). The course covers the introduction of pictorial covers, controversial covers, ground-breaking covers and the demise (and rise again) of the vinyl LP format.

The Story of Motown Records - a look at the history of the world's most successful independent record label, its key artists, songwriters and musicians, focussing on the label's golden era from the early 60's to mid 70's.

Support required for our summer programme

Angie Grain is organising the summer programme for 2024, running from mid-June through to the end of August. This is an opportunity to organise an event that will showcase your group. Or maybe you have a passion for a topic that you would like to share with others just for a few hours.

[Select here for more information](#). To get all this organised, Angie needs to receive offers to run events as soon as possible, but by no later than the end of March.

Existing group news

Jazz Appreciation has just updated their information page on the website. They meet at 2pm on the 2nd Monday of each month and welcome new members. [More information on this link](#).

Tai Chi Group is still looking for an experienced leader. Others will take care of the admin. If you know of anyone within or outside of u3a who might fit the bill, contact Liz whose details can be found on the group information page. ([Select this link](#)).

Book Review Group unlike most book review groups 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](#). New members welcome.

Fitness Hub The pilot scheme that has provided reduced price off peak membership of the gym at the tennis club has now become a permanent feature. Over 120 members of u3a now take part in regular exercise classes ranging from Pilates to Yoga. [Details on this link](#).

Travel Group do visit places but also enjoy a speaker programme. Earlier in January, the group had an inspirational talk as Mary Wood, ably assisted by husband John, held her audience spellbound, telling the story of their link with the Dogon region of Mali and how this has evolved over 23 years. [Select here to read more and view images](#).

Social Bridge in Otley Another post-Christmas party to report. Pictures at Otley Golf Club on this [link to our Facebook page](#). If you would like to know more about the group, [select here](#).

Did you know? Our combined social media accounts reach over 1,000 people with each post, many of whom are not members of our local u3a. So this is an ideal way to promote what we do and link with other local organisations. Send a few pictures of a group activity and a couple of sentences to Helen (helen@saltedit.co.uk) who will arrange everything. Thank you.

Mindfulness and Meditation

Sheffield u3a are repeating this online course starting 10am Wednesday 7th February for six weekly sessions. This is likely to appeal to many of our members as reports say this course is excellent. Contact chair@ilkleyu3a.org if you want more information. [More details and booking arrangements on this link](#).

More on line events

[Select here](#) for many more topics in February. Of particular interest might be this discussion on the [role of retirement housing](#).

Computer help for older people

We have been in touch with an organisation called AbilityNet. They describe themselves as a pioneering UK charity and believe digital technology should be available to everyone, regardless of ability or age. Seems ideal for those who struggle with computers and making the most of a connection to the internet. [See this link for further information](#). Even home visits are possible.

Remember how you felt at your first u3a meeting?

We need help to welcome strangers, new members and others at events like the Saturday talks, Christmas Cracker, AGM etc. Generally these are held on the 3rd Saturday each month.

Whenever you are available, arrive a little early and greet our members, looking out especially for new members or those arriving alone. Chat to them, give directions and most of all give a welcoming smile! Email membership@ilkleyu3a.org and Jean Smith will be pleased to hear from you and answer any questions.

New content on our website

Study Days and Short Courses These provide an ideal alternative to running a full-time group. The advice page has recently been updated. So if you have a passion for a topic you would like to share with other members, [select here to find out how we can help to get you started](#).

The local paper archive this month covers various articles from 1987 to 1989. A really interesting read covering demolition of Essoldo cinema and Spa Building, changes at Ilkley railway station and elephants in Brook Street. [Select here to read all the details](#).

The Market Place. New additions this week. Login to the website and then [select this link](#) to read the following entries. Click on the name of the poster to reveal their details and make contact. This is a member only facility.

[A proof reader required for an 80,000 word story](#)

[Look behind the scenes at the Playhouse Theatre](#)

[Two for price of one tickets to see the Manfreds](#)

Diary Dates

Drop-in 10:30am Friday 2nd and 16th February (Clarke Foley) and 9th February (the Core in Otley).

Saturday Talk 10 am Saturday 17th February. All about Singapore. [Select here for details](#).

u3a festival at York 18th to 20th July. [Latest update here](#)

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

Do you have password trouble trying to access our website?

You are not alone. We use a software package provided by a firm called Wild Apricot that demands the following when choosing your own password.

- Must be a minimum of 12 characters, containing at least one capital letter and one lower case letter. In addition there must be at least one digit and at least one special character.
- The special character list is quite restrictive. They only recognise #?!@\$%^&*-

Last issue we suggested using a favourite address from your past that no one else is likely to guess. Pam Harris suggests taking the first line of a favourite poem and using the first letter of each word. Any other ideas?

Thanks to Ginny Antonie for these.

What do you get if you cross a vampire with a snowman? **Frostbite.**

What do snowmen wear on their heads? **Ice caps.**

Where do snowmen go to dance? **A snowball.**

What do you call a snowman who takes tropical holidays? **A puddle.**

Best wishes

John & Christine

Email: Newsflash@ilkleyu3a.org

Organ recitals at St. Margaret's Church Ilkley Members might like to know these free concerts are held at 12:30pm on the first Friday of each month. **[More information on this link.](#)**

The u3a latest podcast [can be found here.](#) The latest edition of the podcast from our national body is out now. Once again, Ilkley & District u3a member Lee Wellbrook has contributed a feature, this time on **[Talent Is Timeless](#)**, a global community for songwriters who are aged over 50. Lee finds out about the idea behind the community and the resources it offers, and hears some great advice from its founder.

The latest u3a newsletter [can be found here.](#)

Finally We all need reminding from time to time that u3a is a self-help organisation. It is not a place for sitting back and letting others do all the organising and other stuff that makes our u3a such a vibrant and interesting group. **[Read about the ethos and principles of u3a on this link to our website.](#)**