



Registered Charity Number 1116786

Newsletter

November 2023

For the latest news browse the [Caves u3a website](#)

NOTES FROM THE CHAIR

Dear Members

I'm greatly encouraged that you, our members, responded so well when we wanted to increase the number of Interest groups. Six new groups have been started this year. They are Patchwork, French Conversation, Quizzers, Bridge for beginners, Discussion and Join us for Coffee. I'd like to express my personal thanks to our new Group Leaders. This is your u3a and we couldn't run it without you. It is by increasing our range of interest groups that we are likely to attract new members.

Our Board Games group is very popular but is at full capacity. If anyone would like to start a further group we can supply them with any necessary equipment.

Although our monthly meetings are well attended there is limited opportunity there for our newer members to get to know each other. It is by joining an Interest group that members have the chance to make friends. That's why we're encouraging people to volunteer to run a small group in their own home, or at a local café. How about forming a Film group or a Wine appreciation group?

Our two longest serving committee members have stepped down this year, leaving only six of us in post. We would really welcome some new committee members. We meet monthly on a Tuesday morning for an hour or two. If we ask you to join us please do consider it carefully.

We'll invite you to come and join us at our next meeting as a guest. You'll find that we're not at all scary and what's more we can't run a successful u3a unless people, especially our newer members, are willing to help us.

Cave Castle has increased their charges for 2024, this time by 5%. Subject to confirmation by our committee I recommend that we will maintain our monthly meeting charge at £3 and absorb the 2024 increase from our existing funds.

On **November 6th Chris Cade, The Railway King** will tell us about this interesting topic. Those who've heard him speak say that he is very knowledgeable and are keen to hear from him again.

I'd like to extend a warm welcome to our latest members, Deborah Darnes and former member Margaret Brent who has recently rejoined.

– Heather Turner, telephone: 01430 424835 email: u3aHeatherTurner@gmail.com

INTEREST GROUPS

Art

In November our meetings are **Wednesday the 8th and 22nd** at the WI Hall in Church Street. 10am to noon. We do our own thing in various mediums and help each other with advice & comments. New members are welcome, please contact me: Malcolm Tather on 01430 421983 or email malcolmtather@yahoo.co.uk

A Goat Herder's Son by Tony Noble – Courtesy of Caves u3a Art Group



Board Games

The next meeting will be on **Thursday, 2nd November from 2pm to 4pm** at 26, The Parklands. Contact Joan Robertson on 01430 423816 or joanrobertson@hotmail.co.uk **Bookworms**

Bookworms

We will meet at **2.30 pm on Monday, 20th November** at the Library. The book we are reading is **"Exiles" by Jane Harper.**

– Jean Bibby on 01430 423882.

Bridge for Beginners

We have now set up a small but friendly group, meeting on **Tuesday afternoons at 2pm**. The emphasis is very much on helping each other to progress. My thoughts are that it is a social group, based on learning to play bridge. If this could be of interest to you please contact me by email on jd.bm.bannister@btinternet.com – David Bannister

Craft

The November meeting is on **Thursday the 23rd at 2pm** in Ellerker Village Hall. Contact Jean Butler on 07504 693623 or email: jeanbutler46@hotmail.co.uk

Creative Writing.

The next meeting will be on **Thursday, 9th November at 2pm** at 50 Castle Rise, South Cave. The subject we are writing about for our next meeting is "**Arrivals**". Why not have a go? Bring along your short story, maybe a poem, serious or funny. Come and join us, not for critique, but for a light-hearted friendly and inspiring afternoon. New members are very welcome. Contact Mike Pinfold on 01430 422059 or Lesley Atkinson on 01430 421174.

Discussion group

Paul Chambers leads this fresh group and welcomes new members. The group meets monthly on the third Monday from 2pm, with the next meeting on **Monday, 20th November** at 12B, Pinfold, South Cave. You can contact Paul on 01430 471566.

French Conversation

We have moved our meeting to the first Tuesday of the month. Our next meeting is at **10.30am on Tuesday, 7th November**. Odile will be able to Zoom with us. We have chosen a topical text which will be emailed to you soon. If you would prefer to join us via Zoom just let me know when I send you the text

You can contact me on 01430 424835 or u3aHeatherTurner@gmail.com.

Genetic Genealogy

Interested in family history and venturing into what DNA testing can tell us? Through this group we try to help each other to get a better understanding of how we can use this information. Meetings are arranged on an ad hoc basis and have mostly been by Zoom. To join the group contact me, Chris Edwards at chris.edwards20@gmail.com or 07876 575764.

Join us for Coffee

This recently formed group is aimed at members, both new and old, to get to know one another. The group meets on Thursday mornings from 10.30am until noon in the Cave Castle Golf Club room. Several members stay on for lunch afterwards. The next meeting is on **Thursday, 23rd November**. If you can't make the meeting but want to add your name to the group's mailing list please send me an e-mail it's u3aHeatherTurner@gmail.com.

Local History Group

On **Thursday, 16th November** Paul Chambers will be giving a talk on "**Changes in Social Housing; a personal perspective**". We meet at the ASCC at 2pm.

Contact Joan Robertson on 01430 423816 or joanrobertson@hotmail.co.uk

Magic Group

Due to diminishing numbers, meetings of the Group are suspended for the time being. This is a shame as it is a fun group and we get a lot of laughs from it. However the numbers are such that it is not viable at the moment. Anybody wishing to join the group please contact David Newton on 01430 422392 or e-mail david@raymeadow.net.

Patchwork

The Patchwork Group will meet on **Tuesday, 7th November at 10am or 2pm** at 53 Wesley Close, South Cave. Contact Barbara on 01430 471164 or email nanbee4@icloud.com

Quiz

We will next meet at **2pm on Tuesday, 21st November** at 26 The Parklands, South Cave. You are welcome to come and join in the fun. There will be a mix of easy and difficult questions and we will divide into teams to find the answers.. Please let us know if you are coming

Contact Penny Bell on 07905 525597 or penny.bell45@btinternet.com

Scrabble 1

The next meeting is on **Monday, 13th November at 2pm**, at 15, Castle Drive, South Cave. Contact Margaret Tinker on 01430 423330.

Scrabble 2

The next meeting will be on **Monday, 13th November at 2pm**, at 26, The Parklands, South Cave. Contact Joan Robertson on 01430 423816 or joanrobertson@hotmail.co.uk

Walking Group

In **November** our walks will be on **Fridays 10th and 24th**

Full details will be emailed to group members a few days before each walk. If you would like to be on the mailing list or just find out more, please contact me at chris.edwards20@gmail.com.

Christmas Lunch 2023

The Caves u3a Christmas Lunch menu is attached to the end of this newsletter. I shall be at the October & November monthly meetings to collect the completed menus together with payment of either cash or cheques. For members who are not able to print off the menu or do not have online access I will have some available at those meetings.

– David Jones on 01482 667066

Groups Co-Ordinator

After many years in this role Penny Bell has decided it's time to hand over the reins to someone new. If you would like to find out more about the role please call Penny on 07905 525 597.

Newsletter Editor

Tim, our newsletter editor is looking to hand over to someone new. This role does require certain skills, such as the ability to copy and paste in a Word Processor, to switch on Spellcheck etc. You don't need to write the content. It is sent to you by other people. You just need to assemble it. The job can be done at home so poor mobility isn't an issue. Any takers? If so please give me a call on 01430 424835 – Heather Turner

u3a East Riding ACCORD

Open door arrangements for u3a members

Caves u3a is a member of a network of local u3as called East Riding ACCORD. The network allows Caves u3a members to visit other u3a groups in the East Riding of Yorkshire and join their interest group activities. Have a look at [this document](#) for an explanation of how you can partake of this facility

Refer to the websites of other u3a ACCORD members to see what they offer:

Cottingham
Anlaby, Willerby, Kirk Ella [AWAKE]
Howden
Hornsea
Driffield and Wolds
Pocklington
Beverley
Swanland

Caves u3a Facebook

If you haven't already done so, have a look at the [Facebook page](#) and join the community.

u3a Radio

The u3a radio podcast has now launched on podcast platforms, including Apple, [Spotify](#) and [Google](#) Podcasts. The episode can also still be listened to on our [u3a YouTube](#) channel, with captions.

u3a Newsletters – National and Local

Should you wish to keep up to date with what is happening with the u3a nationally and locally (Yorkshire & Humber) here's where you can read them for yourself:

[National u3a](#)
[Yorkshire & Humber](#)

u3a JIGSAW LIBRARY

I have a selection of jigsaws in my porch for anyone to borrow. The porch is unlocked during daylight hours so please just go in and help yourself.

Jennifer Murray at 59 Wesley Close. Tel. 01430 423519 or by email: jigsawjennifer@gmail.com

BROUGH & SOUTH CAVE SURGERIES

For news of Brough and South Cave Surgeries look at the [The Ridings Medical Group News](#)

- ◆ Appointments must be booked in advance:
Brough: 01482 668668 South Cave: 01430 424764
- ◆ Prescriptions can be requested through the online system or by email – phone lines are often busy: broughdispensary@nhs.net southcavedispensary@nhs.net

Anyone wishing to include items in the Newsletter should send them to the editor, email:

cavesu3a@gmail.com

Items should be received by **20th of the month** at the latest.

Chairman	Heather Turner	01430 424835
Vice Chairman	Chris Edwards	07876 575764
Treasurer	Eileen Fearon	01482 668662
Secretary	David Newton	01430 421545
Minutes	Lesley Atkinson	01430 421174
Membership	Chris Edwards	07876 575764
Speaker Finder	Jeny Clarkson	01430 422419



Christmas Lunch Menu for CAVES u3a
Monday December 4th 2023, 12 for 12.30 pm

Name(s) 1)..... (2).....

Guest 1. Guest 2

Prawn & Galia Melon
 With brandy & tomato mayonnaise

Chicken Liver & Mushroom Pate
 With crutes & red onion marmalade

Tomato & Roast Red Pepper soup
 V / V e

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Traditional Roast Turkey
 With all the Trimmings

Baked Salmon
 With fennel & lemon cream

Wild Mushroom & Spinach Wellington (V / Ve)
 With spicy Provencale sauce

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Traditional Christmas Pudding (ve alternate available)
 With a Brandy Sauce

Strawberry & Champagne Cheesecake
 With fruit coulis

Chocolate Salted Caramel Tart
 With Chocolate Sauce

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Tea/Coffee with Mince Pies

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2 courses £26.00, 3 courses £ 33.00, this includes raffle and gratuities.

*Complete with your name(s) and choices and send a cheque payable 'CAVES u3a' to
 David Jones, 9, Vicarage Gdns, Elloughton HU15 1JB, Tel: 01482 667066
 or hand in at monthly meeting,*

Amount of cheque / cash enclosed £.....

*Keep this bottom strip to remind you of date and choice.
 CAVE CASTLE, 4th DEC 2023, 12 for 12.30pm.*

StarterMain.....Sweet.....