

RIPON AND DISTRICT NEWSLETTER

FEBRUARY 2019

This is your monthly newsletter: an indispensable and unmissable guide to what's going on in Ripon and District U3A. Eight, yes EIGHT pages of news and views from groups, details and booking forms for up and coming events, pictures and **don't forget to read to the last page!**

CHAIRMAN'S FOREWORD

Happy New Year to everyone, I'm so glad to see the snowdrops and cyclamen are coming up, the nights are getting lighter and life has returned to normal after the festive events. Now that we are in 2019 your membership renewal will be due by 1 April, however it is very helpful to the membership secretary if we don't all renew at once. You can renew anytime from now and your membership still counts up to 1 April 2020. If you pay by cheque please make it payable to Ripon & District U3A and send it to Sue Griggs with a Self-Addressed Envelope so you can receive your membership card. However it is very easy to pay on line so if you have access to the internet please look at this way to renew.

Kate Swann kateswann47@me.com



Little drops of snow, or Candlemas bells or Fair maids of February (aaah!) or technically *Galanthus Nivalis* – unless you know better!

Have you an urge to purge??

Well lucky for you, the good old Romans were considerate enough to promote their **February** purification ritual Februa, so now's your chance to get rid of all that Christmas excess and purge, or purify as its Latin root *februum* (purification) exhorts you to do. Historically, mid-February was the time for the ritual very similar to today's practice of spring cleaning. What joy!

The Performing Arts Showcase will take place in the Spa Hotel from 2pm on Monday 28th January.

As always there will be performances from lots of groups including the both guitar groups, ukuleles, piano, poetry reading, and singing. We hope you will come along to see and hear all the very talented people perform for your enjoyment or maybe encourage you to join if it is something you would like to do. There will also be displays from many other groups, and other group members to ask questions of and find out all about the subject in which you might be interested. Tea and coffee will be available from 1.30pm for a small charge, but admission is free.

Monthly Speakers at the Spa Hotel Monday 25th February, 2pm

Former Yeoman Warder, (usually known as a Beefeater) Richard Sands will tell us all about his time at Her Majesty's Royal Palace and Fortress the Tower of London. *(you have to be a raven lunatic to work there)*



Richard became a yeoman warder after 22 years of military service, including time as a royal trombone player and a bandmaster of the 14th/20th King's Hussars. He received the Royal Victorian Medal in 2009 after working at the Tower for 20 years.

Musical "Fusion"

Please note a change of venue for the next musical "Fusion" event on Sunday 3rd February – it will take place at the South Lodge pub on Harrogate Rd and not at the Golden Lion. Time as usual 7.30pm

Study Day

Dorothy Taylor 01765 604778

The Study Day “The Thirties - the Threshold of Change” is now fully booked and we look forward to seeing you all on February 2nd. Ring Dorothy if you have any questions.

Group news and events

Hello, all members – please remember that any item for the newsletter should be with the editors (either one will do) by the 15th of the month preceding publication e.g. items for the March newsletter should be submitted by 15th February. Thank you.

Paul Finch 07901 863046 or pagfinch@hotmail.com

Caroline Marston 01765 698549 or carolinedmarston@gmail.com

Family History Group

Anne Reid 01765 650077 or annereid220@hotmail.com

Our year begins on 29th January at 2pm at the Old Deanery with a presentation by one of our own members, and again at 2pm on February 26th, when another of our members has offered to talk to us about an aspect of her family history.

The Midweek Lunch Group

Barbara Robertson 01765 604318

The February meeting of the midweek lunch group will be at the Turf Tavern on Wednesday 20th February. If you would like to join us, please let Barbara know by Monday 18th February.

Sunday Lunch Group. (from Sue Eddleston, who is running the Sunday Lunch Group whilst Mo Fay is recuperating)

There are a lot of people on their own and sometimes Sunday can be a long, lonely day. Sharing Sunday lunch is a great way to meet people, enjoy good company, experience the joy of someone else preparing a meal - just being out and about, and best of all no washing up at the end.

Whilst Mo Fay is out of action, I am happy to run the group until such time as she can take back the reins. I want to keep the group running rather than see it fold.

On January 27th we are going to be at the Royal Oak on Kirkgate. There are 8 of us going so far. In February we are returning to the Turf Tavern at the Spa, Ripon. The dates will be the 10th and 24th at 12.30pm. New Members welcome.

Contact Sue Eddleston at sue_eddleston@hotmail.com

(pic shows a happy band of Sunday lunchers waiting to get stuck in!)



Local History Group

Maurice Taylor at maurice.taylor@ripcoms.net

This group meets at Thorpe Prebend House from 10 – 12 noon.

On Thursday 24th January Joyce Walmsley will present her on-going project Coach Building in Ripon, in which she is exploring an industry that is no longer found in the city and discovering where it all happened, who carried it out, and how the industry might have worked.

Plus Les Barclay will do a short session on something that has always intrigued him - and which might be unknown to many Ripon residents, entitled "21 Water Skellgate, Ripon. Where is it?"

On Thursday 28th February Maurice Taylor will do a presentation on Ripon in the First World War starting with a summary of the military presence in Ripon before the 20th century, followed by the arrival of the Territorials at Hell Wath which led to the establishment of Ripon Camp in 1915, and the effect this had on the city during the war and afterwards.

Additionally, Dorothy Taylor will extract part of her presentation from the U3A study day on 12th November – which focussed on some of the women directly involved in WW1 and included a reading of some WW1 poems written in Ripon at the time.

Walking Group

Christine Bennett 01423 324011 or dromomania2@outlook.com

February can be a cold depressing month, so how about digging out your walking boots, wrapping up warm, filling a flask and joining us on a walk, as walking has been shown to lighten the spirits and help get over the winter blues!

This month we have the following walks offered:

Tuesday 5th February

John B is leading a 6 mile walk across fields and along country lanes, from Markington to Markenfield Hall and back. Meet at High Cleugh Ripon at 9.30am to share transport, or at Markenfield to start the walk at 10.15am. There is a lunch option afterwards but taking a hot drink would be beneficial. Contact John on 07763 391843 for any further information.

Wednesday 13th February

Chris B is leading a 6 mile circular walk from Spofforth along tracks and over fields. Meet at High Cleugh Ripon at 9.15am to share transport, or at Spofforth village hall at 10am. There is a lunch option afterwards and it's suggested that you take a hot drink. Contact Chris on 01423 324011 for any further information.

Tuesday 19th February

Chris S is leading the 5 mile Dog Kennel Lane walk from Langthorpe along tracks and over fields.

Meet at High Cleugh at 9.30am to share transport, or using roadside parking meet under the bypass bridge in Langthorpe. There is a lunch option afterwards but taking a hot drink is advisable. Contact Chris on 07981 163884 for further information.

On Monday 1st April, the group is having a coffee morning at the Old Deanery at 10am, to discuss any issues and new ideas, and to put together the walks programme for the following 6 months, if possible. Please make a note in your diary of this date.

Thursday 4th April is the date when we take a trip to the coast for a slightly different walk. David Swann has offered to lead the 8.5 mile walk from Staithes to Sandsend and we have arranged a minibus to take us there. The bus will leave Ripon bus station at 9.00am and should return by 6.00pm, although this will be dependent on various factors. The bus takes a maximum of 16 passengers and the cost has been estimated at £10 per person. It will be a case of first come, first served and places will have to be booked and paid for by Friday 22nd March. I will be sending full booking details out shortly by email and prior to that, you can contact me if interested.

Science for All

Keith Surman 01765 605055 Email - kjsurman@outlook.com

On Monday 14 January, fifteen members had a tour of the Allerton Waste Recovery Park. Because of the limited number of places and the interest shown by members, a second visit has been arranged for the 18th February. If you have not already done so, please confirm if you wish to go on the 18th February visit. The usual monthly meeting is in The Old Deanery at 2.00pm on Monday 11th February when Maureen Simon will be talking about Glass Blowing. This will be followed by a visit and demonstration in Masham on the 4th April.

For the latest information check our Ripon U3A Science for All webpage.

Singing Group

David Swann 01765 600068

The singing group will meet on Monday afternoons in February on 4th, 11th and 18th at Allhallowgate Church.

Have your say

Dorothy Taylor 01765 604778

This discussion group meets on Friday February 8th at 2pm at the Old Deanery when the topic for discussion will be "Freedom of Speech". On March 8th the subject for discussion will be "Immigration".

If you enjoy lively debate this is the group for you! Come along and see.

Poetry for Pleasure

Dorothy Taylor 01765 604778

We meet at the Old Deanery on Monday January 21st when we are reading poems about "Winter". A reminder that we are gathering for lunch at 12 before the meeting begins. The February meeting is on the 18th and the subject is "Love and Friendship".

Aqua fit

Caroline Marston 01765 698549 or
carolinedmarston@gmail.com

Following the success of last year's 'taster', I have arranged another session on Tuesday, 12th of February at Ripon Spa pool, 2.30-3.30. The cost will be £3. Please contact me before February 5th to book your place.



Bowling group event

Joan Hainsworth 01765 605856 or joanhain11@tiscali.co.uk

West Tanfield Bowling Club invites you to afternoon tea, scones and chat at Sunnyfield Lodge, Fennel Grove, Ripon (turn off College Road then along Darnborough Gate) on Wednesday, February 13th from 2.00pm. The Ripon U3A bowling group meet at the green in West Tanfield every Wednesday morning

during the summer season. Please join us at Sunnyfield Lodge just for a chat or if you would like to know more about our group. Admission is free, tea and scones will be available for a small charge.

Craft Group

Gill McArdle 07454 720979 or gillmacardle.gm@gmail.com

We are a small but enthusiastic group which meets on the first and third Thursday of the month from 2pm at the South Lodge on Harrogate Road, although this venue may change. We do a variety of crafts and would love to have more members to bring their ideas and skills. (Picture shows Gill on the Craft group stall at the last Showcase).



Yorkshire and Humber Regional Meeting – some “notes”.

You will all receive a magazine, Third Age Matters, which comes from the National organisation. However we also have links with our regional organisation, Yorkshire and Humber Region (YAHR) and a Local Network Group, (DalesNet). Members of the committee attend meetings and training days at all these levels and gain a great deal of support and ideas from each of them. I went to a YAHR meeting in Leeds in November and here are notes from that meeting which was entitled ‘Sharing Good Practice’.

Networks:

U3A Networks exist in the same or different areas, e.g. Subject Networks, Role Based Networks or Geographical Networks. These groups give support and share ideas.

WestNet in the Skipton/Settle area have an open door policy where a paid up member from any of the U3As in the Network can attend groups in other U3As in the same Network. This helps smaller groups to get a bigger attendance and if groups get ‘full’ there are a larger number of people to draw from to start another group.

Shared Learning Projects:

Shared Learning Projects are short term projects with a distinct goal which are undertaken by two or more organisations.

U3As can join with other organisations to develop shared learning projects such as Bedale have undertaken. Bedale have worked with Thope Underwood Arboretum to record all the ancient species of trees in the Arboretum. Other possibilities are working with museums, libraries, churches, wildlife trusts or research groups. Chrissie Hines from Harrogate U3A is the regional lead on shared Learning.

Sharing Good Ideas:

Holding a group leaders’ meeting with lunch once a year provided to thank them for their work.

Printed programme of the years speakers and events.

Group list (regularly updated) available to all members.

Booklets on Trustee roles and Committee responsibilities.

Kate Swann

A new 'Pay as You Feel' cafe is being launched in Ripon!

A new 'pay as you feel' café (The Wholemeal Café) is being launched in Ripon to provide a practical solution to food waste and address hidden poverty in the city. Its founders, Ripon residents Janet Slater and Alison Scott, hope it will become a community hub that also tackles issues such as loneliness and social isolation. It will open at Ripon Community House on Allhallowgate on February 21, and then continue



to welcome residents every Thursday during the same hours thereafter, 11am to 2pm.
(Finola Fitzpatrick – Harrogate Advertiser 14th January 2019)

"I think it is a good idea for everywhere to have a "pay as you feel" cafe - we know how much food is going to waste, and we know how much hunger there is in our country. The main thing to emphasise is that it is pay as you feel - if somebody has got no money at all, they don't have to put anything in. The cafe is like an umbrella that can take all in, it's simply pay as you feel. I hope that anybody who is feeling lonely can pop in for a cup of coffee and have some lunch. It's a way of bringing people together."

(The words of Janet Slater, co-organiser, and coincidentally, a U3A member) quoted by Finola Fitzpatrick in the Harrogate advertiser 14th January 2019.

Read more at: https://www.harrogateadvertiser.co.uk/news/launch-of-new-pay-as-you-feel-cafe-in-ripon-everything-you-need-to-know-1-9535813?fbclid=IwAR2Kro3He2gPjvoI2VyINT_eLuCk1INcF05kDeYru_V66O9TLJ4_-MSAL7E

PUZZLE CORNER



1. There is a common word pattern in the following words. Can you spot it?

CHARM, DYNAMO, YAM, REAY, EAR, ONE, TOADY

2. Can you complete this sentence by filling up the blanks using one 7 letter word in three different ways?

A-----surgeon was-----to perform surgery on a lady as there was -----



First correct answer out of the hat wins a fiver. Entries to Caroline Marston, 24 Glovers Crescent Ripon HG4 2TB or carolinedmarston@gmail.com Closing date: 5th March 2019.

Giving and Getting – by our own intrepid correspondent

In the two months since what now seems a long-ago Christmas, one fifth of things bought on line have been sent back. But at the same time people of all ages are now changing their way of present giving to spending money on experiences rather than on things - often on unwanted things with "Which?" recently reporting socks as the most unwanted present. Casual conversations with our U3A members suggest that they too are getting and giving things to do and to enjoy – hopefully - in the case of one member who received a voucher for a future load of farmyard manure and another who got a part share in an alpaca for charity. Subscriptions to organisations both ways are popular with National Trust and English Heritage, being got as well as given, or more distant membership of the RHS or Victoria or British Museums. Traditional book tokens have widened out into a vast range of vouchers for both things and experiences – like a trip in a hot air balloon, or the lama trek in Pateley Bridge that one member got from her family, but the caution here is to check the expiry of the date stamp as some can be inconveniently short. Other ideas known to be appreciated have been a trip with two friends to a well-chosen film at the Curzon (with a Booth's afternoon tea booked to follow), another a visit to Harlow Carr to see the winter display of cornus, or an invitation to a home-cooked brunch of smoked salmon and scrambled eggs before going off on the

chilly Boxing Day pilgrimage to Fountains Abbey. Experiences generate activities – and memories to be stored up. Can there be a better retirement present for anyone embarking on retirement than a subscription to the opportunities offered by U3A?

STROKING OUT

Feeling like a roundabout, I spun as I stood there,
I can't recall what made me fall, it isn't all that clear,
Voices in the distance, that were whispering and hushed,
No one seemed to hear me, though I tried to make a fuss,



Here inside my head, it seems, I'm living as before,
But outside now, there's nothing I connect with anymore.
See them move around, I watch the screen lines as they trace,
I'm still running, can't they see, they're staring at my face?

Not so long ago, my life passed smoothly, not a hitch,
Busy days were happening, before that little glitch,
Something flicked a switch, now all I sense and feel is fear,
And now I'm here, wherever this is, have I disappeared?

I'm moving toes and fingers, in my brain I know it's true,
The white coat frowns, I'm so frustrated, Christ, what can I do?
There's tubes and wires everywhere, but where's a decent steak?
I need a beer, but no one seems to notice I'm awake,

Now someone's making noises, people crowding round to see,
What's the sudden interest? Then I realise it's me.
I move my eyes from side to side, they take it as a sign,
The white coat says, "Hi, welcome back, you're gonna be just fine,
You're gonna be just fine".

Peter Manser

