

Ukulele Group

Post Covid restrictions, ukulele gigs have picked up well in the past few months. Last week we played a great charity gig in the Atrium of James Cook Hospital to raise funds for heart related problems. It really cheered up the patients, visiting relatives and staff.

Our next public appearance will be on Saturday 17th December, here in Saltburn. A day long Christmas event has been organised by Hello Saltburn and the local Council. The SDu3a ukulele group will play outside the railway station portico at some point between 3 and 5pm. Other things to look forward to at the event are carols, beer stalls, choir, stilt walkers and jugglers, craft stalls, sea shanties and more.

.Please come and support us.



u3a Wind Band

About 4 years ago I was asked to form an instrumental group for Saltburn District u3a. I decided on a wind band hoping to attract more amateur musicians. At present we consist of a recorder player, a flautist, 2 clarinets, 1 saxophone, an alto sax, 2 trumpet/cornets, a baritone and an E flat Bass.

We play a variety of music from marches and music from the film world to popular songs. We

play for our combined love of making music but are always happy to perform for an audience.

We meet at Milton Street Methodist church in Saltburn at 2 pm, playing for 2 hours with a refreshment break in the middle. Anyone who plays an instrument of any standard is very welcome.

We very much enjoyed playing for the 40th Anniversary Event.

Pat Ryan MD



Save Energy and Stay Warm

With energy prices rocketing, Louise Moore gave us a very timely and entertaining talk/demonstration at the November Update meeting on ways to stay warm and save energy. With her willing(?) helper, Ken Johnson, she showed how layering clothes at home can help to keep us warm without having to turn up the heating. Perhaps we don't need all the layers Ken gamely modelled but it's certainly true that keeping your extremities (feet/ankles and wrists/hands) warm, as well as your lower legs, does help to maintain your body heat.



Louise had also been doing some research on ways to save energy and money. According to the Energy Saving Trust UK:

- *Washing clothes at 30°C and doing one less wash per week could save you £34 per annum;*
- *If you switch off any unnecessary standby items, this may save you £65 per annum;*
- *Taking only 4 minute showers (Louise had timed herself and was shocked to find her showers usually last as long as 11 minutes) could save up to £95 a year.*

None of these are a vast amount of money but, as they say, every little helps!

As well as extra clothing she suggested:

- *Avoid sitting still for long periods; you can generate extra body heat by moving around more when you are reading or watching TV.*

- *Drinking warm beverages and switching to a higher carbohydrate diet can also help your body retain its heat. If nothing else you can warm your hands round a hot cup of tea!*

Many of these tips and others you can find on line and in magazines are fairly obvious and basic common sense but there may be some nuggets there for you. Louise's leaflet, will be put onto the SDu3a website in the near future.

I have already turned down the temperature on my washing machine; not so sure about a higher carbohydrate diet though; a bit concerned about all those extra calories!

Tricia Salt

SEW & So

Members of the group do their own sewing project but twice a term I suggest a project to introduce new skills.

One of our members was sewing a nativity scene for a friend which gave us the idea of doing one as a joint project - our first. Members each chose a figure to make. (see photo).



We then decided to have a raffle and donate the proceeds to SDu3a. The raffle was held at the December Christmas Extravaganza morning and was won by Karin Slade, our groups co-ordinator. We raised a total of £80, so thank you to everyone who supported us.

Ena Phillips, Group Leader

The Christmas workshops

With the organising skill of the committee and a huge amount of energy and creative inspiration by our crafty members, there were several successful Christmas workshops this year.

BEADED CHRISTMAS BAUBLES

CHRISTMAS ANGELS

PAPER ANGELS

MARZIPAN FRUITS

FABRIC COASTERS

Here are photos of some of the activities.

A big thanks to the members who ran the groups and to Karin for putting them together.

CHRISTMAS ANGELS

CHRISTMAS ANGELS



MADE USING GLITTER FOAM

The Christmas workshops

BEADED CHRISTMAS BAUBLES



BEADED CHRISTMAS BAUBLES