



Welcome to this special edition of Saltburn District u3a Newsletter. From the images inside you will be in no doubt about the reason it is different. On September 17th we held a celebration of National u3as' 40 years of existence. The 'bumper bundle' size of this Newsletter reflects that.

Before saying more however, it is appropriate to recognise the passing of Her Majesty Queen Elizabeth II which happened as this edition was being prepared. In every sense this was an historic event marking the end of an astonishing reign. Tributes have been made in abundance and I think we will use King Charles' simple words..... thank you Your Majesty.

Inside these pages you will find three main sections. The first is a shortened version of our 'normal' u3a Newsletter; the second is a picture portrait of the events of the celebration and the third is a delightful and well researched piece by Louise Moore on '40 things you didn't know about u3a'.

The picture portrait reflects only in part the huge amount of effort put in by so many SDu3a-ers to make the event special. The Committee have 'worked their socks off' to plan and prepare but it is the Group Leaders and the 'ordinary' members who make it all work.

The Newsletter team hope you enjoy this edition and while we breath a sigh of relief, the folders are opening for the Christmas edition.

Hugh Melvin and the Newsletter Team.

Website address: u3asites.org.uk/saltburn



Part 1

u3a News

Letter from the Chair – September 2022

WOW 16 months as Chair but who's counting? I've been on a learning curve for most of this time as I knew nothing about u3a when I joined in Feb 2020. I volunteered to help because during my time in the US, I was heavily involved with the committee of a Nature Centre in Pasadena, Texas. I got so much pleasure out of this and felt I could use my prior knowledge to the good of u3a. Little did I know that 3 months later I would be Chair.

I've always been wary of working with teams following my experiences from college and university. Team exercises usually meant one or two doing all the work and the rest freeoading. During my working life my preference was to work alone. Being part of Saltburn District u3a committee requires teamwork and believe me, what a team of great players. Everyone steps up to help regardless of what is being asked and without the great people on our committee, we would be in trouble. I've really discovered how good it is to be part of an effective team since joining, and in the past 6 months, working together to plan our 40th anniversary activity.

As you all know I have made requests for members to join the committee and, again, say that we are in immediate need of a secretary and someone to start training as Treasurer in order to take on the role from next May.

If you think you could help, please contact any member of the committee either through the website or in person at our monthly update. Full support and training will be given.

Thank you.

Gaye Batiz – Chair, Saltburn District u3a

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ADVANCE NOTICE – TO ALL SALT BURN U3A MEMBERS

Recently, your Committee took the decision to cease the use of individual membership cards.



As we now utilise the Beacon electronic membership system, we are able to monitor at all times the existing membership list and this information is readily available to Group Leaders.

Therefore from 2023, members will NOT be issued with a SDu3a membership card.

Any member wishing to prove membership of SDu3a, e.g. when applying for membership of another u3a, will be able to use the email confirmation as proof. Non-email members may request written proof.

We are confident that our members will accept this decision and appreciate the savings in terms of cost, time and effort that this will bring about for committee members, together with a huge consideration in terms of our environment, by reducing our use of consumable paper resources.

Louise Moore

“MONTHLY UPDATE ”

THE NOVEMBER UPDATE WILL BE ON FRIDAY NOVEMBER 4TH

At

SCAA (Saltburn Community Centre) & will also be available on Zoom
on Friday **NOVEMBER 4TH** at 09.45 am.

The order of the morning will be:

- 9.45am – doors open
- Coffee/tea to be served until approx 10.15am
- 10.15am - Business, updates and notices



After the notices there will still be the opportunity to speak to committee members, sign up for groups, continue conversations etc, so don't feel you have to rush away!

Entrance fee remains £1.

THEATRE COFFEE MORNINGS EVERY 2ND SAT. 10 AM - ECHO CENTRE

UPDATE MEETING

NOVEMBER 4TH A Speaker will be decided nearer the date

Article deadline for next newsletter is Friday November 5th

By email to: h.leake@ntlworld.com

Or

By hand to any of the newsletter team.

Northumbria Messenger is available on the Newsletter web site page.

Gaye Batiz – Chair

Groups News

Hello everyone; I hope you have had an enjoyable summer with a chance to catch up with family and friends.

Even now, in my sixties, I still get the bubbly feeling of new beginnings when September arrives and in SDu3a September sees groups returning from their summer break, brand new groups starting up and the preparations by groups and the committee for our celebration of the 40th anniversary of the national u3a movement.

By the time you are reading this the day of celebration will have been and gone but I hope you enjoyed yourself seeing what Saltburn District u3a has to offer. Particular thanks go to Judith Brun and Tricia Salt who have provided a huge amount of help to the committee. Thanks also to the Art Group for the posters and all those individuals who made bunting or cakes.

We have five new groups on offer for September:

- Bereavement Awareness;
- Play Reading 2;
- Meditation and Chakra Balancing;
- The Silva Method (how to extend the capacity and function of your brain)
- Short Walk and Litter Pick.

Spaces are available in most of the SDu3a groups and what better time to try something new? Please contact the relevant Group Leader via the website, using the contact buttons on each group's information page.

Please note that the Novel Writing Group has been renamed as the WRITERS GROUP.

Finally, four Christmas workshops have already been promised; these are;

- Marzipan fruits and vegetables
- Pebble painting
- Fabric drinks coasters
- Beaded baubles

These are popular making and socialising occasions so additional Christmas workshops are wanted. Contact myself or any committee member if you are willing to lead a one-off Christmas workshop. Interest sheets will be available at the October update meeting.

Remember we have a reciprocal arrangement with Guisborough u3a whereby members of each u3a branch can, if space permits, attend one group within the other u3a without having to take out additional membership.

Karin Groups Coordinator

Kirkleatham Walled Garden Event

As part of the Northumbria Region programme for the u3a 40th anniversary over 50 members from North-Eastern u3as gathered at Kirkleatham Walled Garden. Members arrived from Guisborough, Cestria, South Durham and Northumberland and joined Denice Partington and Louise Moore from SDu3a. The two regional representatives, Kelvin Rushworth and Mo Brown, greeted visitors on arrival.

Badged up and corralled into small groups, members were then given guided tours of the garden by Yvonne, the Head Gardener.

Pruning as she walked, Yvonne provided members with reams of information about the history of the Walled Garden, its links to the William Turner family, the symbolism of some of the plants, and fascinating insights into their traditional and medicinal uses.



Apricot-hued roses



Graduated pink rose – this had a wonderful fragrance too.

By the end of the tour, each visitor was clutching a small bouquet of cuttings and blooms to take home. The photographs here show only a small variety of the beautiful plants that were on show at the end of June.

If you haven't yet managed to visit Kirkleatham Walled Garden, we recommend it to you. Visiting it again recently over its 1st Anniversary weekend, the garden had already changed since this u3a visit and it will be interesting to watch it develop over the next few years as its plants mature over time.

Louise Moore

Pebble Painting Interactive Display

While many u3a groups took a break during Summer, the Pebble Painting group produced the pebble design feature displayed at the 40th u3a Anniversary event. It has been a privilege to create a permanent display for the u3a's annual anniversary.

We began by creating 60 pebbles using air-dried clay instead of beach pebbles. The reason for this was to lessen our impact on the environment, leaving the natural breakwater of the coast untouched.

The clay was rolled, cut and each pebble was sealed with Gesso to provide a base for the paint. We had both sides to paint which added up to 120 pebbles!

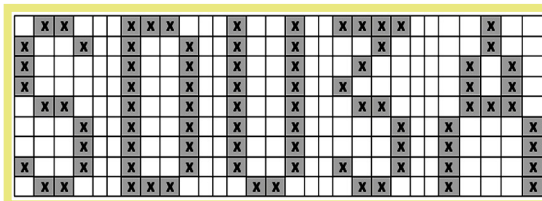
What is special about our display? It is interactive. You can move the pebbles around and turn them over to create a unique design of your own – as many visitors did on the 17th. Many more tried their hand at pebble painting on the day to find that this increasingly popular artform is both relaxing and mindful.

If you would like to join our friendly group, make contact through the Saltburn District u3a website and send me a message. You may even want to visit us just to see what it's all about.

Sarah Telfer (Pebble Painting Group Leader)

Pebble Design Feature Displayed At the u3a 40th Anniversary Event





What Is The Link Between Cross Stitch And Drone Photography?

Because of all things Covid-related, plans for the SD3Aa drone shot were put on hold, but finally our idea came to fruition after 2 years' wait. In June over 60 SDu3a members assembled on Saltburn beach.

David Creek of Delta Charlie Drones provided the technology while we made sure everything would be OK on the day.

Preparation was key to this event as we had to decide how to arrange our members to spell out SDU3A – so that it would be clearly visible from the air. The idea of adapting cross-stitch alphabet patterns suddenly hit me. I found an alphabet set that was simple in design and I made several sketches before finalising the layout.

The week before our planned date, I set off with Mike for the beach at Redcar, laden with measuring tapes, set-square, rake and hoe. We spent an hour that evening scratching away at the sand until we were satisfied that the sketch was practical. Evening dog-walkers were puzzled by our antics as were the seagulls gathered at the water's edge!

As much as could be prepared in advance was now done and we had checked the tide! The weather could not be planned however. David Creek had detailed the weather conditions necessary for drone flight – fine weather with good light and winds no stronger than 15mph.

On the day itself, while members gathered and David made sweeping passes overhead, we raked out the required letters. Members were then asked to arrange themselves within the letter outlines scratched in the sand and David's amazing drone again took to the air to record our combined efforts in both video and still photographs.

It was a lot of fun and we hope you will agree, once you have watched the footage and seen some of the still pictures that were produced, that SDu3a will have some memorable images to use now and in the future.



The finished 'product' – well done everyone!

Louise Moore

40 Years of the UK University of the Third Age

The idea of the u3a originated in France in 1972 and was taken up in the UK in 1982. By the 1990s a u3a was opening in the UK every fortnight. There are now over 1000 separate u3as across the UK with over 388,000 members.

And so to your SDu3a (and its founder members)

which has now been in existence for 18 years.

As part of the 40th Anniversary of the UK u3a, we thought it would be a good time to catch up with some of our own founder members to see what they remembered about the early days.

Diana and Derrick Stevenson, Judith Brun, Sally Melvin, Alan Cotterill and Barbara Spight kindly agreed to talk to us. Ken Bladen took videos of our conversations while I asked the questions: not that there was much need for the latter as once we started down memory lane, conversation flowed without a problem!

Saltburn District u3a started out as part of Whitby Whalers but, with the help of a Lottery



Saltburn & District u3a members playing Scrabble

grant, soon became a u3a in its own right. At its beginning in Summer 2004, just 9 courses were on offer, the very first group suggested being Scrabble.

Annual membership then was £6 with each class costing just 50p.

A committed band of enthusiastic volunteers ensured that we continued to blossom over the ensuing years. By January 2005 we had 200 members and the the number of groups had increased to 16. In its first year, SDu3a was the fastest growing u3a in the country.

Just before the pandemic we had reached 877 members (and over 60 groups). Understandably this has decreased a little over the last two years but at the latest count we can still boast over 680 members.

If you would like to hear more of our founder members' memories, we are hoping to show parts of our video conversations at a future Update meeting.

Tricia Salt