

# Skiddaw News: Issue 29 October/November 2018

Website: [www.skiddawu3a.co.uk](http://www.skiddawu3a.co.uk)

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## Chairs letter No 29: October 2018

Dear Member

Once again our Open Morning on 19th September was a great success. We greeted around 200 visitors to the Rawnsley Centre, recruited 31 new members, including 2 associate members and 155 current members renewed their membership. Once again our thanks are due to all the Group Conveners and their representatives who gave their time on the morning to talk to current and prospective members about their groups. Also to members of the Executive Committee who planned and organised the event and spent the previous morning setting up tables. Thanks to Ted and Enid for making teas and coffees and to members who helped on the day, greeting visitors and taking membership fees. The Rawnsley Centre don't provide crockery so once again we had to use compostable cups but at least that reduces the amount of washing up.

As we move into Autumn and groups that took a summer recess are restarting, I'd like to take this opportunity to talk about our Group Conveners. Without them we would have no U3A. They give up their time freely to lead their group or groups, sharing their skills and knowledge with other members. Group members see this at every meeting but so much more work is done behind the scenes. Creating lesson plans, researching new material, selecting reading material, CDs, videos, firing kilns, checking out walking and cycling routes, emailing group members, booking rooms, buying refreshments, writing reports for the newsletter, keeping accounts and producing bi-annual financial reports. Plus many more things I'm sure I've forgotten to mention. I know some groups involve much more work than others but every single Group Convener does more than just turn up to the meeting. We have so much to be grateful for as they help us learn new things, keep our minds and bodies active and make new friends. So please always give them the respect they deserve and, if you are able, offer to help with some of these extra tasks.

Don't worry if you couldn't make it to the Open Morning, you have until 30th November to renew your membership. There will be a membership desk at the October and November monthly meetings or you can renew by post. To comply with the new GDPR rules we need every member to complete an application form. It is also important that you read and complete the reverse of the form. If you do not tick the box to allow us to share your name and address with the Third Age Trust you will no longer receive the Third Age Matters and Sources magazines. We do ask that if you want your membership card sent to you by post that you do include a stamped addressed envelope. Otherwise your card will be available for collection at any monthly meeting.

Best wishes

*Debbie Morgan*

Debbie Morgan

Chair, Executive Committee

### **Monthly General Meetings**

Meetings 10:30 to 12:00 (refreshments from 10:00) unless otherwise stated

**Wednesday, 17<sup>th</sup> October – Crosthwaite Parish Rooms**

Guest Speaker – Mark Richards "The World's First Peace Trail"

**Wednesday, 21<sup>st</sup> November - Crosthwaite Parish Rooms**

Guest speaker – Mike Green (Ambleside and District U3A)

Human Evolution – recent discoveries and developments in our understanding

## *From your Committee*

***Fifth Anniversary Christmas Lunch Tuesday 4th December**  
Skiddaw Hotel at 12.30 pm for 1.00 pm.*

*There will be a 3 course meal with 3 choices for each course. The cost is £17.50 per person. Further details to follow*

*For more information, contact Gaynor Williams, email: [dngc@hotmail.co.uk](mailto:dngc@hotmail.co.uk)  
Names and monies to Gaynor in person or via home address 8 Penrith Road,  
Keswick before 27<sup>th</sup> November.*

### **GROUP SUPPORT FUND**

The aim of the Group Support Fund is to support group activities by purchasing on behalf of groups items which are used in common by all members of the group eg textbooks, CDs, subscriptions to magazines, web sites etc. Further information about the Fund and how it operates can be found on our website.

**Applications are invited from Group Convenors.** There is no deadline for applying: a copy of the application form can be found on our website or supplied via a committee member.

### **INCLUSIVITY – U3A Plus**

**U3APlus** aims to help, support and advise U3As to ensure that all their members can access the informal learning and the many activities in their U3As, regardless of impairment or disability. The direct link to the website is <https://plus.u3a.org.uk>

Skiddaw U3A has made a start: we have an audio system and will endeavour to use it at all monthly meetings. We have also set up the Accessibility scheme whereby those in need of transport are put in touch with a volunteer willing to offer transport. The take up of this has been limited so far. The success of such schemes depends, of course, on the participation of all members, not just the committee. If you would like to volunteer to be a driver or would like to take advantage of the scheme, you will find more details below:

Wbsite: [transport@skiddawu3a.co.uk](mailto:transport@skiddawu3a.co.uk) or phone 017687 76347 or mobile 07803 714081

## *Reviews of National U3A activities:*

Member, Sylvia Pilling, attended a national U3A Jazz Study Day in Westminster Hall in London on 19<sup>th</sup> September. Here are her impressions:

*"It was wonderful! The Course Director was Michael Rance who is the U3A subject adviser for jazz. He had chosen the well-known jazz musician Alan*

Barnes and his octet of the best of British jazz musicians to present the course. With Alan's off the cuff wit and in depth knowledge of the subject, the day passed too quickly and was most informative as well as highly entertaining.

The morning session concentrated on a brief history of jazz. The octet went through the eras and for example played music of Louis Armstrong, Duke Ellington,

Charlie Parker, Miles Davis then the afternoon was a concert of Alan Barnes's own up to the minute compositions. What an inspiration!

The Hall was packed with U3A members from all over the country, some people even travelling from Glasgow. Another course is planned for next year and can be fully recommended."

**Opinion Piece:** Do you have a Bee in your Bonnet about an issue? If so, please contact the Editor, Maggie Potts – phone 017687 73582 or email: [randmpotts@gmail.com](mailto:randmpotts@gmail.com)

### **\*\*\*NEW GROUPS and GROUP NEWS\*\*\***

#### **PUB GAMES**

The idea for this group arose from a discussion in a café after table tennis. The sort of games involved are open to suggestions and are likely to include dominoes, darts, shove h'penny, bagatelle and card games, such as gin rummy. This is an evening activity at the Farmers at Portinscale. We will meet fortnightly on a Wednesday, starting at 8.30pm on the 10<sup>th</sup> October. Convenor Maggie Potts tel. 017687 73582 or email [randmpotts@gmail.com](mailto:randmpotts@gmail.com)

#### **COMPUTERS AND CONTROL**

This is a new group, taking forward ideas and suggestions offered by members of the 2017/18 group **Logic, mathematical reasoning and programming in Haskell** (that group will not continue into the 2018/19 year although it is hoped that some aspects can be incorporated into the **Maths for Fun** group).

The aim is to explore topics in computing and electronics, based largely on the Raspberry Pi, a single-board computer, and the Arduino, a programmable microcontroller. Members of the group will learn about basic electronic components; HTML and the webserver; and programming in languages including C and Python. We will use the hardware and software to sense, control and display. It will be a hands-on approach: members will require access to a computer for their own use for the programming and it is expected that most will wish to acquire their own Raspberry Pi and Arduino hardware at some stage.

#### **FILM DISCUSSION GROUP**

Often after seeing a film you'll have lots of thoughts, questions and criticisms – this new discussion group is the place to sit down and talk about these. Most people find this rewarding as you'll find out more about the film, get different points of view, fill in some of the plot holes and often the film is made more enriching.

Don't worry if you think you don't know much about films generally – the discussions will be down to earth and everyone's opinion will be welcome. We are certainly not a bunch of cine-nerds!

This group will be run in conjunction with Keswick Film Club and a film will be selected each month from the weekly programme. The group will meet a few days after to

discuss the film. The day and venue have not yet been fixed – this will depend on discussion with those interested.

Each discussion will be introduced and informally led by a member of the group and it is hoped everyone will take a turn at this. I'm happy to lead the first few. The range of topics covered can be as wide or restricted as the group wants. The discussion could look at various aspects of the film – narrative / plot / characterisation / techniques / comparable films / director's other work.

Some of the films this autumn that could be discussed include:

**Cold War** – Love, music and politics in 1950s Poland

**Marlina the Murderer** – Feminist Indonesian western

**Wajib** – a road trip around Nazareth and idealism

**American Animals** – Students plan the perfect heist – what could go wrong?

For more information please contact Roger Gook E: info@rogergook.com T: 01768 484840

## GROUP REPORTS

### DINING OUT

Dining Club always have a reasonable turnout, usually about 12 people and sometimes we have a good meal and sometimes not. However, we always enjoy ourselves and with a big proportion of single people it is interesting to hear what they have been doing during the month. We are dining next on 2nd October at the Kings Arms Stainton which has been recommended to us. We haven't been there before so it will be a new experience for us.

*David Lowe*

### ENERGY and CLIMATE CHANGE

We meet together on the third Tuesday of the month at 7.30pm in members' houses. Members take turns researching an issue which we then discuss over coffee and cake. At our first meeting, we looked at a wide range of relevant issues before deciding that we would start with the topic of recycling. Individual members decide which aspects they are interested in and want to research: this has resulted in a wide-ranging and eclectic series of talks and discussions including how well Allerdale is doing against Cumbrian and national statistics, single use coffee cups, glass recycling, household waste, the role of charity shops, the circular economy, water pollution and the uses and abuses of plastics. The highlight was the visit to Hespian Wood Recycling Centre near Carlisle which give us an insight into the complexity and sophistication of recycling on an industrial scale – we came away feeling optimistic and even more determined to improve our recycling – as an added bonus we were introduced to the falcons and hawks who keep seagulls and vermin at bay.

Starting this September, we are moving on to look at transport's contribution to global warming and ways of reducing it.

*Maggie Potts*

### COMPUTER SKILLS

The purpose of the Computer Skills Group is to help people gain a better understanding of how to get the best use out of their Windows laptops and PCs, and Android tablets and Smartphones. There are two principle areas. Firstly it is about ensuring your computers (including tablets and Smartphones) are working correctly, are secure, are up to date and are well managed to protect you and your data, be that documents, photographs, videos, music etc.

The second area is looking at what we use our computers for. Primarily this is for browsing the internet, emails and office programs such as Word and Excel. But there are other interesting opportunities such as further education, e.g. futurelearn .com, photo and video editing, music creation and listening, auction sites, e.g. Ebay.co.uk,

health monitoring, podcasts and YouTube, and games. And of course there is social media, e.g. Facebook, Twitter, Whats App, Instagram etc., although many of our generation do not seem too keen on being "always on"!

New technologies are also becoming more prevalent such as Artificial Intelligence (AI) and the Internet of Things (IOT), so occasional updates are provided when relevant. We look at all these subjects together with helping with problems and issues people may have. We meet every other Thursday from 2:00 till 4:00 at Greta Gardens in what we hope is a relaxed and friendly environment, and U3A members are welcome to drop in at any time.

*Chris Knowles*

### **EASY WHEELERS**

The Easy wheelers cycling group meet on a Tuesday morning every fortnight at 10.00am. (The opposite week to the Social Cycling group.) We sometimes meet at the old station in Keswick behind the Keswick Hotel or we transport the bikes to the start of our ride. Our rides are usually 10-20 miles long and we try to ride on gently undulating roads. If the road is too steep we walk up it pushing our bikes! We try to ride on quieter lanes avoiding the busy roads wherever possible.

At the beginning of the year we had some quite interesting rides. We road along the Borrowdale road in the pouring rain as far as Longthwaite (near Rosthwaite) Only 3 people ventured on that ride! I was so wet that I decided to buy a new waterproof jacket.

Another ride in February was from Threlkeld to Mungrisdale. Some brave souls decided to ride from Keswick to the start of the ride at Threlkeld. We rode in very icy conditions and one lady found that her brakes were not working but decided to carry on anyway! At Threlkeld we decided jointly to cancel the official ride as there was a lake of ice on the road to Mungrisdale! We all retired to Threlkeld instead for coffee.

On our next ride to the Distillery near Armathwaite Hall in March. On our return we found that the Scarness road had been closed by the Pipeline engineers. We decided to cut across to the A591 via a public footpath, walking with our bikes. Little did we know that we would be wallowing in mud and climbing across fallen trees! We did however make it safe and sound!

Don't be put off, most rides are perfectly "normal" and great fun. We have cycled in the Penrith, the Solway coast and West Cumbria areas.

I would like to take this opportunity to thank Linda for her help and all the other people who have organised rides for our group this year.

*Pam Cooke*

### **WATERSPORTS**

Another season is coming to an end for the watersports group. The long dry spell in June and July was perfect for learning how to use a stand-up paddle board although I personally seemed to spend more time in the water than standing on the board. It was also very good for any of the paddling sports like rowing, kayaking and canoeing. On several occasions a group of us paddled out to St Herbert's Island for a swim. We then headed over to Lingholm where we can beach the boats and head up to the cafe for coffee and cake. Although there were many weeks when there was too little or too much wind for sailing, our sailors still managed to get out on both the single handed dinghies and the larger 4 person craft. Our last session is on 18th October so there is still time if you want to join us this year. We usually restart towards the end of March but I'll let you know the exact date when it is confirmed by Derwentwater Marina.

*Debs Morgan*

<b>NOTICEBOARD</b>
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### **MILLBECK STRINGS:**

Millbeck Strings is a small classical strings ensemble that meets in Keswick during term-time on Monday evenings, once a fortnight or three weeks, to play together guided by a

professional teacher. New players are very welcome at any time to join our friendly and sociable group, regardless of musical ability or how 'rusty' you think you are. We don't perform. We start again mid-September. For more information phone Heleen on 017687 75420 or send an email to [heleenskiddawu3a@icloud.com](mailto:heleenskiddawu3a@icloud.com).

### **KESWICK JAZZ CLUB:**

Meets monthly at 8pm on a Sunday at 25 High Hill, Keswick to listen, discuss, view and learn about mainly modern jazz. We take it in turns to present an evening, but no-one is expected to do this.

The next meeting is on October 28 when Geoff Hayes will be presenting his choice.

It is a friendly, informal group and everyone is most welcome.

Tel. Sylvia Pilling 017687 73814

### **PORTINSCALE HALL for ALL:**

We are launching our project to improve wheelchair access to hall on **Saturday 6<sup>th</sup> October** with a Launch Lunch (soup and sandwiches) from mid-day. Come and see what we are planning, enjoy a bowl of soup. Locally-grown fruit and veg. and home-made bread and cakes for sale.

### **OPEN UNIVERSITY COURSE BOOKS**

I have some Open University course books which I would be pleased to give to anyone who is interested. They date from the 1980s and 90s and are mainly printed material. (I kept them because I'd enjoyed the courses and still use them occasionally for reference purposes). They are:

AT 272 Ancient and Medieval Cities: A Technological History. 2003.

AS 283 The Rise of Scientific Europe 1500 to 1800. 1996

D 301 Historical Sources and the Social Scientist. 1983

A 324 Liberation and Reconstruction: Politics, Culture and Society in France and Italy 1943 to 1954. 1984

A 220 Princes and Peoples: France and the British Isles 1620 to 1714. 1994.

If you are interested, please get in touch. Dorothy Hind. Tel: Keswick 72771.

### **REQUEST for VOLUNTEERS**

I am a Geography student at University College London, and I am doing my dissertation on different perspectives on the local environment held by residents and tourists. I have been talking to many residents over the past year about their experiences of the Lake district, discussing how they like to spend their time in the area (walking, cycling, swimming, etc.), what they like about their local area, and some of their concerns for the future.

I was wondering if any of your colleagues at Skiddaw U3A, or anyone else you know of, would be interested in talking with me about my research. My research is not at all invasive, I am simply discussing people's interests, opinions and such. I appreciate any help you are able to offer, and look forward to hearing from you. My contact details are: email address [i.duxfield@btinternet.com](mailto:i.duxfield@btinternet.com) or 'phone 07856 076478

Many thanks,  
Isobel Duxfield