

Skiddaw News: Issue 31 February/March 2019

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Chairs letter No 31: February 2019

Dear Member

I hope you all had an enjoyable Christmas and New Year and are now feeling refreshed and ready to get back to your groups and perhaps think about joining a new group. Or maybe you have been considering starting a group of your own. If so our Groups Co-ordinator, Barbara Newton, would love to hear from you.

It seems a very long time since our Christmas lunch back in December. This was again well attended and we are very grateful to Gaynor Williams for organising it.

Our Speaker Secretary, Alyson Lehninger has organised a very exciting year of talks for our monthly meetings. The next meeting is on Wednesday 20th February at Crosthwaite Parish Rooms when Dr Kate Keohane will present a talk entitled 'The Himalayan Trust'. Our March meeting on Wednesday 17th will be in Portinscale Village Hall. Professor Anne McArdle will be giving a talk entitled 'The Science of Ageing – do we want to live forever'. I hope you will be able to join us.

Our Membership Secretary, Sylvia Pilling, has been very busy over the last few months processing renewals. The task was made more difficult this year following the introduction of new data protection laws. We must now ask all members to complete an application form each year which allows us to hold your personal information. In addition we need each member to give us express permission to share their name and address with the Third Age Trust for the purpose of distributing the magazines 'Third Age Matters' and 'Sources'. Permission is given by ticking the 'opt in' box on side 2 of the membership application form. If you don't receive your magazines in February this is likely to be because you have not ticked the box and we are therefore not allowed to share your details. If you do wish to continue to receive these magazines please email Sylvia (sylvia.pilling@btinternet.com).

If you haven't yet renewed your membership then please will you let Sylvia know if you don't intend to do so or if you do plan to renew please do so as soon as possible. Details of any member who hasn't renewed by 31st January will be removed from our database and you will receive no further communication from Skiddaw U3A. Please remember that you may not attend any group meetings unless you are a current member as you will no longer be covered by our insurance.

Monthly General Meetings

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

Wednesday 20th February – Crosthwaite Parish Rooms

Guest speaker - Kate Keohane "The Himalayan Trust"

Wednesday 20th March – Portinscale Village Hall

Guest speaker - Professor Anne McArdle "The Science of Ageing – do we want to live forever?"

We always welcome feedback from our members, so if you would like to email or talk to any member of the Executive Committee, you can find their contact details on your yellow membership card.

Best wishes

Debbie Morgan

Debbie Morgan

Chair, Executive Committee

From your Committee

Your committee needs you



Our AGM is in April. As you will have seen from the Christmas Newsletter, a number of committee members will have to retire within the next year as they will have completed their maximum term of office. To ensure Skiddaw U3A continues to run smoothly, we need to elect some new committee members at this year's AGM.

If you are the sort of person who likes working with others, making arrangements and helping within the community, then please put your name forward. For more information and to find out what it involves, have a chat with any of the committee members.

ANNUAL CONVENORS MEETING

**Tuesday, 26th March at Portinscale Village Hall
followed by lunch at the Farmers Arms**

This annual meeting is a great opportunity for all convenors to get together and, as quite a few new groups have started since the sign up day in September, it's also an opportunity for new convenors to meet up with others.

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.

GSF purchases made from July 2018 to January 2019

Social Cycling	£23.00	First Aid Kit
Spanish (Intermediate)	£50.00	The News in Slow Spanish
Enameling	£102.00	Equipment
Computers & Control	£62.10	Connection hardware
Mah-jong	£18.14	Tile racks

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.

SKIDDAW U3A ARTS FESTIVAL

“A Showcase for our Skills and Talents”

Music, dance, art, photography, creative writing, poetry, pottery are just some of huge variety of the skills and talents of our members. The committee is considering a social event in late summer/early autumn with wine and cheese and with entertainment, displays and exhibitions.

Do you think this is a good idea – would you support such an event? If so, get in touch with any committee member – contact details are on your membership card.



DAYS OUT: An Opportunity to Join Keswick Society of Art trips to

Kirkcudbright “Artists Town of Scotland” on April 30th Cost £20

“Patchings Arts Festival” near Nottingham. Overnight trip. Cost approx. £80

For full details contact Ted McArdle:
mcardle1@talktalk.net or visit KSA website

INCLUSIVITY – U3A Plus

Skiddaw U3A has 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 continues to be limited. The success of such schemes depends on the participation of all members, not just the committee.

If you need help getting to monthly meetings or you would like to volunteer to be a driver you will find more details below:

Wbsite: transport@skiddawu3a.co.uk or phone 017687 76347 or mobile 07803 714081

***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*

*****NEW GROUPS and GROUP NEWS*****

DO IT YOURSELF GROUP

It has been suggested that a Do It Yourself Group, to advise on Basic DIY, would be helpful to some members.

In order for this to happen, we need someone willing to take on the role of group convenor. There must be many members who have the knowledge and ability to do DIY, so please consider helping others who find themselves in need.

If you are interested in being the convenor for or would like to join this group should it start, then please contact Barbara Newton either by email groups@skiddawu3a.co.uk or phone 07803 714081.

GOLF CROQUET

Golf Croquet is played on a normal Croquet Lawn with 6 hoops and a Peg. It is the simplest form of Croquet. It is normally played by 2 teams of 2 players who are all on the court all the time.

The Lawn in Fitz Park would be available each Monday from Easter to September 5pm to 7 pm. If you would like to have a go please contact Elizabeth Barraclough: elizabeth.barraclough@ncl.ac.uk or phone 017687 72771

BALLROOM and LATIN AMERICAN DANCE

A member who is a qualified teacher of Ballroom/Latin American Dance would like to start a ballroom dance group. If you interested or want to know more, please contact Barbara Newton at groups@skiddawu3a.co.uk

GROUP REPORTS

FILM DISCUSSION

The Film Discussion group meet monthly on a Wednesday to talk about a film selected from the programme of Sunday screenings of the Keswick Film Club. There's usually a range of opinions, from some thinking the film was terrible to others who give it five stars. We will often agree on some aspects of the film, but there's usually disagreement about other aspects. The areas we usually look at are the plot, the narrative, the characters and the visual qualities.

It's surprising how different people will see different things in a film, so it's rewarding for everyone to share these ideas, often ending with no great agreement but a greater appreciation of the film. The meetings are always enjoyable with interesting and thoughtful opinions, all discussed in a friendly and relaxed atmosphere.

Roger Gook

ITALIAN CONTINUATION

The Italian (continuation) group, convened by Gillian Ania, is now in its fifth year. I recently asked the group what they most enjoyed about learning Italian, and comments included the following: the pace of learning; meeting others with similar interests; the opportunity to learn a new language, "and such a beautiful one"; the fun but challenging classes; being taken out of my comfort zone, "in a positive way"; the real sense of camaraderie that has developed since the group began; "having a go" and laughing together; the grammatical explanations; the structured lessons; the mix of fun and discipline; and hearing the sound of Italian, so "lyrical and lilting".

Aims for 2019, as stated by members, include practising different conversation skills, gaining more confidence in speaking, consolidating knowledge of the grammar, learning more about the food, regions, traditions and cultures of Italy and "visiting Italy for the first time - meraviglioso!" – yes, a group trip is planned for the autumn, to Viterbo, near Rome.

Gillian Ania

LOCAL HISTORY

The Local History group has just recently been formed and have had four meetings so far. At the first meeting 21 members got together and after introducing themselves had a discussion as to what everyone wanted from the group. Whilst some wanted to have speakers on local subjects others were keen to do research on local matters. It was thought sub groups for research would be the way forward and thus several groups will be working on subjects such as Plaques, Inscriptions and Monuments, Gravestone Inscriptions, House Histories and Old Maps.

For our second meeting members brought along a variety of local material for others to browse and they thoroughly enjoyed looking at old documents, maps, books and photographs.

Our two speakers so far have been Pat Appleton who gave an illustrated talk on the Congregational Church and the various Meeting houses in and around Keswick and Jane Grave, Editor of the Keswick Reminder. Jane told members of the history of the Reminder and we will be looking forward to a tour around the Printworks sometime.

Our next two speakers are Stuart Cresswell who will give a talk on "The Schoolmaster's House - History and How" and local writer Keith Richardson who will talk about the River Greta. New members are more than welcome and details are on the Skiddaw U3A website or contact me by email elizbnewton@gmail.com

Barbara Newton

MAH-JONG

Last year we had joined the Cockermouth U3A group, as we only had four members, but although they made us very welcome, they played quite a different game to the one we had learnt with Susan Lilley – our patient former convenor, who sadly died last year, after moving to Scotland.

Having been offered the facility to play on Tuesday mornings in the "Activity Room " of Greta Gardens, we have decided to play every Tuesday morning from 10am until 12 noon. We now have seven playing members, with two more potential recruits "waiting in the wings" We would welcome more new members. Do feel free to come along and observe the game before committing to join us.

Sally Bohling

MEDITATION

The two meditation groups are going strong as ever. Recently I have introduced different ways of visualising light as an integrated part of our half hour sit. For the last couple of years or more, we have also done special peace meditations if a group session happens during the full moon.

The last session before the Christmas break, some from the Monday group joined the Friday session. With 15 of us, we had a very tightly packed attic room. We celebrated afterwards with spicy apple juice and a sweet bite.

Heleen Franken-Gill

NOTICEBOARD

BOOKS for HOSPICE at HOME: member Doreen Polson is collecting and supplying books to be sold at various local outlets in aid of Hospice at Home. If you have any books you are finished with, you can leave them in the carport at her home, Grange Lea, Manor Brow. Alternatively you can leave them at Sylvia Pilling's, 25 High Hill. If Sylvia is not in, leave them in the front porch.

KESWICK FILM FESTIVAL 28th February to 3rd March

For the Festival this year, we are working with students from the University of Cumbria and Carlisle College, who are making a series of short films and other cinema related projects.

The University is aiming to make a number of films over a 48 hour period and I have been asked whether I could find any actors who would be willing to be directed by students across 2 days in February (week commencing 18th Feb). We would be looking at locations in and around Keswick.