

Whitby Whalers
July 2023

u3a
learn, laugh, live



Message from the Chair

Hi all! I hope you are well and enjoying this lovely weather. On Sunday, Sandra and I were at the community day representing the u3a. Thank you to all those who turned up to support us. The coffee morning is now at the Rifle Club on the third Saturday in the month. We are still looking for new committee members. Please contact me if you would like to sit in at the next committee meeting to see how we work. See you then. Anne

From Mo Metcalfe (Membership Secretary)

Good News!

On registration day on 1st September 2023 from 1000 to 1300, you will not have to queue to pay your annual membership.

If you are already a member, you can pay from 1st August by bank transfer:

Whitby Whalers U3A

Sort code: 40-46-24

Account number: 61389912. **Please do not pay by bank transfer before 1st August.**

Or, if you don't want to pay by bank transfer then just bring your cheque in an envelope with your:

Name

Address

Telephone number on the back of the cheque, and your membership number too, if you know it. (Don't worry if you don't know it).

We would prefer you not to bring cash as we are really trying to cut down on the amount of cash we have to handle and our bank in Whitby has closed! However, if you have no other way to pay then please do put cash for the right amount into the envelope and write your details on the envelope.

There will be a box for you to place the envelope into and then you can get on with enrolling for the classes you want to attend.

'In order to fulfil our data protection obligations, this year we are asking members to complete a fresh membership form as part of the renewal process so that we can ensure all our membership information is up to date. Paper forms will be available to complete at enrolment day, or alternatively you can download and print them from our website and complete them in advance. A box for your completed forms will be available on enrolment day. Please indicate on the form the method of payment used to renew your membership.'

New members will be able to enrol but our existing members can avoid the queue! You will be able to leisurely enrol for all your favourite groups and more. If you have any queries, then just give me a call on 07966 005797.

From Wendy Price (Curriculum)

I have been asked throughout the year for u3a to include yoga, Pilates and meditation in the curriculum next year. Well, it's something we would love to do, but we can't do this without a leader! Is there anyone out there who has the necessary skills/experience to lead a group for perhaps 1 or 2 hours per week? Please contact me, Wendy Price, via u3a.

Wine with Friends (unfortunately omitted from June newsletter – my apologies!)

Our May meeting attracted a capacity crowd and we explored wines of Iberia. These included an Alvarinho, a pair of Riojas, a Muscat de Valencia and a PX sherry. We had a lot of fun and we are very grateful to Clair and Mike Stones for offering the use of their house (although Toby the dog doesn't appreciate being kept out of the proceedings!). The wines were, as always, presented by Liz and David Farmilo who managed to source some good value wines from Sainsburys' recent wine offer.



Line Dancing

There isn't usually anything to report about the three u3a line dancing classes, except that they remain popular with regular attendees and Jean keeps us, literally and metaphorically, on our toes, with new dances every week. Jean and the class are keen to carry on through the summer, so there will be classes as usual at The Met, through July and August, except for 25th July and 22nd August when the Met Ballroom is unavailable. We look forward to welcoming new beginners in September.

Recorder group

The recorder group definitely finished on a high note! After a term of enjoyable ensemble playing, we were fortunate to have enough members to represent our group at the Yorkshire and Humber u3a Musicfest at St John's University, York. It was a splendid opportunity to share a wide variety of music with U3A groups from across the region, meet new people and share our collective love of making music together. The chapel was a wonderful venue for performing and we were able to give a flavour of the wide recorder repertoire. Definitely a day to remember! Thanks to Trevor and staff for organising the day and Anne for organising the coach.

The recorder group meets every Tuesday at 11.45 at the Rifle Club. The new term begins on 13th September. If you are a good sight reader and would like to try us out, please come along.

Contact Heather 07507894216

Tai Chi & Qigong

The Tai Chi group has been practising over the last 10 months, with everyone progressing well.

We practise a style of Tai Chi which involves learning 16 standing (or seated) simple exercises, which are then combined into a moving form. The exercises are designed to maintain wellness and stimulate self-healing. These are founded on Chinese health principles and martial arts.

Some comments from participants:



Why I like doing Tai Chi

"The exercises are a good physical work out. The Tai Chi Form is good for concentration and balance, but mostly just feels good. The Group is lovely and the relaxation meditation wonderful".

"Tai Chi improves mind and body. It improves balance and posture in a tranquil atmosphere".

"Good for Mind, Body & Soul. A great Teacher".

"I find it relaxing, soothing and I get very excited when I find my chi."

"It's relaxing, good for health and wellbeing; for coordination and for balance. The company is nice. Most importantly I enjoy it, thank you."



"It's a sociable, relaxed atmosphere. Gentle exercise which improves flexibility and suppleness."

"A thoroughly relaxing experience which puts me in a soothing frame of mind. I also enjoy the company."

"It keeps me balanced and has health benefits."

Would you be interested in trying Tai Chi?

Look out for Tai Chi in September to book your place during Enrolment Day, Friday 1st September 10.00 - 13.00 in the Spa Pavilion.

Thanks. Marianne & Dave

u3a Singers

As we are now on our summer holidays, may I take this opportunity to sincerely thank all those u3a members of the Singers Group for their loyalty and dedication throughout the past year? The last twelve months have seen us working through our course of learning and getting to love a new selection of songs and ending in style at the YAHR Festival where we, along with our accompanist Trevor, charmed everyone with our

well-prepared performance in the Chapel of the York St. John University. We are already looking forward to next term and would be delighted to welcome past and new members.

u3a Theatre Visits Group

SISTER ACT (22nd June) was a brilliant show, enjoyed by all. I loved the highly amusing scene with Lesley Joseph in her night attire! The full cast in the finale was spectacular!

All places on our next shows are fully booked and paid up now.

We often have last minute cancellations through unforeseen circumstances. You are welcome to join the reserve list for any show.

SIX Wednesday 5th July Newcastle. Later departure from 11am please note.

BODYGUARD Thursday 17th August Newcastle

42nd STREET Thursday 12th October Newcastle. Tickets shortly

PRETTY WOMAN Wednesday 5th June 2024 Sunderland. Deposits have been paid.

I am looking out for new shows for next year. Any ideas would be very welcome.

Thank you for your continued support

Rose Corner 07790896062

Musicfest, York, June 13th 2023



Recorder Group



The Ukelele Orchestra



u3a Singers



The Whaler Band

MusicFest was a one-day event organised by the Yorkshire and Humber Region, in which Music Groups from around the region performed at York St John University. There were 12 groups taking part altogether and Whitby's Music Groups did us proud, with all four groups participating (Choir, Recorders, Ukulele Orchestra and Whaler band) - in fact Whitby U3A was the largest delegation, with over 50 members attending.

It was a lovely sunny day and very enjoyable to hear live music from all the different groups. There were several choirs and ukulele groups, a flute group as well as our recorders, but surprisingly only one acoustic band - Ian and his band were unique on the day!

Lunch was provided and a good day out was enjoyed by all.

Gardening Group

The final trips for this year are as follows:

Mon. 3rd July - Kiplin Hall & Gardens Near Scorton, Richmond, £19.00, includes coach, admission and tour. There is a small café so members may wish to take a picnic.

Collection times/points are: 8.50am - Eskdale Road End, 9.00am - Harrison's Garage, 9.05am - Castle Park & 9.10am - Salmon Leap. TBC

Mon 7th/Tues 8th (STBC) August: Tour of Whitby's Walled Garden & Cream Tea £10.00. Check with Joyce either on the Kiplin Hall trip or at July's Coffee Mornings.

Any queries please contact Joyce Stangoe.

Family History Group

The Family History Groups have now closed down for the summer break but will be back in September.

History Group

St. John Ambulance Hall Thursdays (weekly). 2 – 4 pm

Proposed Hartlepool Tall Ships visit (July):

This visit has had to be cancelled as we have heard from the organisers that the ships will be sailing from Hartlepool at 7.00am and so the suggestion to view their departure from the Headland is not really viable.

Frances H. will contact all those who expressed an interest in this trip – and many thanks to her for exploring this possibility.

Programme for Autumn term:

Sept. 28 th	Mysteries and miracles	Dave Bradley
Oct. 5 th	A history of Westerdale	Carol Wilson
Oct. 12 th	Ghost Towns	Rick Harwood
Oct. 19 th	1066: What if?	Richard Appleton
Oct. 26 th	More Whitby Yards	Joyce Stangoe
Nov. 2 nd	HALF TERM	
Nov. 9 th	The Walmsleys of Robin Hood's Bay	Jane Ellis
Nov. 16 th	A history of Yorkshire Cricket	Mike Stones
Nov. 23 rd	Rhodes: history of an island	Lynn Walker
Nov. 30 th	2 sides of a coin	Marian Brockway
Dec. 7 th	A history of Sandsend	Neil Williamson
Dec. 14 th	Christmas smorgasbord	Various

Thank you to everyone who has supported us thus far this year – do come along and sign up at the start-up session at the beginning of September. New members are also encouraged to join us.

Lecture Group

St. John Ambulance Hall Tuesdays (3rd monthly). 10 – 12 noon

Our session in June saw an excellent and interesting presentation on the Yorkshire Air Ambulance. The session emphasised the scale of the investment (both financial

and personal) in the enterprise and the importance of the medical interventions that the charity makes on a daily basis.

As for the History group, a big thank you to everyone who has supported us thus far this year – do come along and sign up at the start-up session at the beginning of September. New members are also encouraged to join us.

Programme for Autumn term:

Tuesday, September 19th

‘A Pocketful of Tickets’

Marjorie Kirke

A solo five-week journey around Britain by bus and other public transport – the subject written about in her book of the same title.

Tuesday, October 17th

‘The Maverick Amundsen Discovered both Poles’ Dag Kjeldahl

Discussion of Amundsen’s expeditions and his place as one of the greatest adventurers

Tuesday, November 21st

‘The Return Overland Expedition – Singapore to UK’

Graeme Aldous

Follow-up to the memorable presentation ‘Forgotten film of Forgotten Roads’ given in March

*Tuesday, December 12th (*one week early because of Christmas)

‘Is there life out there? – the search for extra-terrestrial life in the Solar System and Beyond’

Rick Harwood

Evidence for the molecules of life within the solar system and the search for ‘Earth-like planets’ beyond

Philosophy Group

We meet at 2:30pm on the 1st and 3rd (but *not* the 5th) Monday of each month. Our group is now in summer recess until September. The venue is to be confirmed.

Over the year we have looked a wide range of topics which, I hope, have been handled in an accessible and engaging manner. Many thanks for all the interesting contributions made to the group.

Our recent topics have been: Just War Theory. Human value and equality. Criminal justice policy. The rights and wrongs of "designer babies". Free will and determinism. The problem of evil/suffering. AI and ChatGPT. Mind and consciousness. Thought experiments. The "bundle theory" of mind. Cartesian dualism. Cartesian skepticism. Peter Singer. Consequentialism. Ethics of reproductive technologies.

Anyone who is curious about the group can contact me at:

graham.c.robinson@gmail.com 07 974 145779

TOAST

We had 3 very different events during June, although not surprisingly all included food!

Our first outing was to partake of Sunday Lunch at the Wilson’s Arms in Sneaton, on the outskirts of Whitby. This had been recommended several times, so we were keen to try it out. It was very busy on the day we went (quite normal though as very popular, I understand) and we were perhaps a little cramped. However, the staff there were very considerate and were very good at helping us all get seated. The meals were very good, some of us having the smaller portion option. There were huge dishes of various mixed veg served too so we were all well fed – and some people still finding room for dessert. One dessert was ice cream from the nearby Beacon Farm and that was declared one of the best they’d had in a while.



Jen's



Three Jolly Sailors

Our second visit was to Jen's in Runswick Bay. Jen is a member of our Group and very kindly offered to host a coffee and scones morning at her home in Runswick Bay. It is in a beautiful location, overlooking straight out onto the Bay. A total of 17 people attended, several taking the opportunity to have a walk on the sands whilst there. I'm not sure what magic stick Jen waves but for the second year running we had absolutely glorious weather. It was a blissful day, the gorgeous weather, delicious scones and other snacks and Jen's calm manner in dealing with regular requests for drinks. This included a very nice 'frothy coffee' that she dispensed seemingly continuously to one or the other of us. Thank you, Jen.

Our final visit of June was a return to The Three Jolly Sailors in Burniston. This meal had been requested but the chosen date seemed to conflict with quite a number of holidays and also another U3A event. Five of us enjoyed a very relaxing and quality lunch there once again.

For July we are hoping to attend a 'Carl and Curry night' at Shepherds Hall in Lealholm on Friday 14 July and in August we will be off to see the summer theatre presentation at Esk Vally Theatre in Glaisdale in 10 August. This will be a matinee performance and will be preceded by afternoon tea in Lealholm.

Hopefully see many of you again in the new U3A year starting in September. Don't forget registration day is on Friday 1st September 10-12noon at the Whitby Spa Pavilion.

Maureen Osborne mandgosb@gmail.com 07368534403

Play Reading

Our group finished rather abruptly on the 8th June, when we realised we had too many holidays amongst us to be able to continue to the end of the month (as had been intended). We finished the play we had been reading over the previous couple of weeks - Hand Over Fist by Richard Everett. We really enjoyed this one even though it had not previously been known to us. It was about a man who was supposedly recovering at home from a recent heart attack, but life was anything but calm and restful. We didn't have time for any poetry that session, but it will definitely be part of the proceedings when we hopefully resume again from September.

The plays we have in the pipeline to start reading from September are: The Crucible by Arthur Miller; The Real Inspector Hound by Tom Stoppard; Present Laughter by Noel Coward. The poetry will be the personal choices of our Group members.

Please note, from September the Group will meet on **TUESDAYS** (instead of Thursday as presently), still at the Cricket Club and still from 2pm to 4pm. The only change is the change of DAY.

If you would like to join, or rejoin, the Group please remember that Registration Day is on Friday 1st September 10-12noon at the Whitby Spa Pavilion.

George Osborne mandgosb@gmail.com 07753609166

Dates for your Diary

8th July at 10am TOAST coffee morning at the Penny Hedge

Committee Meeting Thursday 13th July TBC 14.00 - 16.00

Coffee morning Saturday 15th July Rifle Club 10.00 - 11.30

Leader's Meeting 20th July Mission to Seamen 11.00 - 14.00

Enrolment Day (previously Registration) Friday 1st September 10.00 - 13.00 Spa

Saturday 14th October 2023 AGM Rifle Club. 10.00 - 13.00

The next newsletter will be produced on 1st August 2023.

Deadline for copy (which should be sent to: sheilasloan@btinternet.com) is 28th July 2023.