

WHITLEY BAY u3a NEWSLETTER

August - September 2023

Reminder: Entries for the next newsletter (17th Sep-21st Oct) should be sent to Ann at wbu3anews@gmail.com by midday on **Friday 15th September**. Group leaders can send in entries at any time during the month, as long as they arrive before the deadline.

You can also access the newsletter on our website at <http://u3asites.org.uk/whitley-bay>

Monthly General Meeting – everyone welcome Linskill Centre, North Shields, 2pm
Wednesday 16th August Speaker: Ed Waugh – *The Cramlington Railway Disaster*
Wednesday 20th September Speaker: Pat Stevens – *Emily, Death and Dastardly Deeds*

CHAIRMAN'S NEWS

It's been a busy time for the committee members who have been working hard on processing our annual subs and issuing Yellow books and membership cards – keeping track of payments from almost 400 members and issuing the new membership cards can be quite daunting, especially when there are so many different ways of paying, but with more members using on-line banking this is becoming easier, providing members say who they are when making on-line payments.

As is usual at membership renewal time, some members have decided not to renew, however we do have ten membership enquiries and eight new members. They are: Stuart Ashton, Helena Bishop, Shirley and Graham Duckitt, Sandra Fail, Gill Frost, Judith King and Marilyn Smith. We warmly welcome these new members to our u3a and wish them an enjoyable and interesting time with us. Currently membership stands at 356.

Sadly, we advise the passing of Norma Mackintosh and Dorothy Nicholls. Dorothy resigned from u3a a few years ago due to ill health. When a member she served on the committee and founded the Canasta group. Marion Johns, the current Canasta group leader has written an appreciation of her contribution to our u3a in this month's newsletter.

Val McGrath, group leader for Sunday Lunches, Tuesday Lunches and coffee mornings is stepping down from this position. We would like to sincerely thank her for her work in organising these events. If anyone is interested in taking over this position Dot or Kath would be very pleased to hear from you.

Lastly, the Third Age Trust, the u3a national representative body in the UK, is looking for Board Trustee nominations for a position covering both regional (in our case the Northeast of England) and national remits. The closing date for nominations is 22nd August. If anyone is interested, I can provide further information.

Ian Bedwell, Chair

Defibrillator and CPR awareness session, Tuesday 12th September

Following last year's interest for holding a CPR and defibrillator session we are very pleased to advise that we have arranged for Alex Mason of NE Ambulance Service NHS Foundation Trust to visit here on Tuesday 12th September.

The session will be held here in the Linskill Centre in the Mitford Room starting at 2pm and lasting about 2 hours. Numbers are limited to 25 and priority has been given to committee members and group leaders. Those interested can register on a form held by our treasurer Yvonne Bedwell at the back of the hall at our monthly meeting, or by emailing Yvonne at yvonnebedwell@outlook.com with your name and contact details.

To cover room hire and a donation to the Ambulance Service there will be a £5 charge payable at registration or when your place has been confirmed if applying by email. If there is a strong demand for the session we will talk to Alex to arrange another session.

Northumbria Regional / National u3a

A reminder that WBU3a is also a part of Northumbria Regional u3a – follow the link from our website, or go to www.u3asites.org.uk/northumbria/home for information on events and groups, and the regional newsletter, *The Messenger*.

GROUP NEWS

Please note - if you would like to join a group, you must contact the group leader before attending for the first time. Members may visit any group they wish for a one-off trial with the prior consent of the group leader, but please tell the group leader if you don't want to attend any further meetings. It is after all only good manners. A full list of groups and contact details for all group leaders are on your membership programme.

Coffee Morning, Sunday and Tuesday Lunch Groups

Val McGrath, who has been running these groups, has decided to step down as group leader. As a result of this, these three groups are suspended until further notice. However, we would like to keep these groups running so are now appealing to any member who might be interested in taking over as group leader for any of these groups (or all three). If you are willing to help, will you please get in touch with either Dorothy Garman or Kath MacEachen, our group coordinators, to discuss?

Some groups have been having a Summer recess but normal service should resume in September.

We are sorry to see that Val McGrath will no longer be leading her groups and we thank her for her many years of service to u3a. If anyone is interested in filling the gap we have lots of helpful information re venues etc.

Thank you and enjoy the rest of your Summer

Kath and Dot

Bridge Group

Contact Ron and Trish

Every Wednesday at 3pm, except u3a meeting days, in the Kittiwake Pub, Claremont Road Whitley Lodge. There is ample parking and refreshments are available. I look forward to seeing present members and would welcome new Bridge players to the group.

Canasta

Contact Marion

We were very sad to learn of the death of Dorothy Nicholls, who started the Canasta group in 2010 and ran our group efficiently and successfully until the advent of COVID, despite her own health difficulties. She was unable to continue, but very helpful in handing over to me when we recommenced. We miss her guiding presence in the group.

Marion

Meetings are held on the 1st and 3rd Friday of the month at 2pm at Whitley Bay Library. Please contact Marion for further information.

Carpet Bowls

Contact Pat

We are currently on a summer break but hoping to open again on Tuesday 5th September. We have reached full capacity at the moment, but the list is always changing. It is appreciated if any attendees let me know when they are going to be absent. I can then invite any new members for a trial and consider starting a second session. For more information call Pat for details.

Craft Group

Contact Peggy, Maureen

Fourth Tuesday of the month, 9.30-12 noon at the fire station, Preston North Road, NE29 9PY (opposite Morrison's). New members welcome.

Discussion Group

Contact Jean

No meeting in August – next will be on 27th September.

Jigsaw Corner Piece

Contact Jean, Vicky

It's getting more popular – come and choose!

Photography Group

Contact Brian

No meetings in July and August. Resumes in September.

Play Reading

Contact Desmond

Meeting fortnightly Friday afternoons 1pm-4pm at Newcastle Building Society, Whitley Bay. Group selects from English / American / European plays. Contact Desmond for details.

Sports group

Contact Dorothy G, Derek W

Meeting on Monday 14th August cancelled for our summer break. Next meeting 11th September.

Table Tennis**Contact Vicky**

Please note change of venue. Every Thursday, 11am-1pm, at Waves Leisure Centre, Whitley Bay.

Tai Chi Group 1**Contact Dorothy C**

Mondays weekly 10-11am, held at St. Aidan's Community Centre. If you would like to arrange a trial, the cost is £2.50.

Tai Chi Group 2**Contact Dave**

Every Wednesday 9:30-10:30am at St Mary the Virgin, Claremont Gardens, Whitley Bay.

Tai Chi Group 3

Every Wednesday 10:45-11:45am at St Mary the Virgin, Claremont Gardens, Whitley Bay.

Tai Chi Group 4

Every Friday 2:00-3:00pm at St Mary the Virgin, Claremont Gardens, Whitley Bay. Tai Chi Fridays have space for two more members, please contact Dave.

Tai Chi Simplified 24**Contact Barbara**

Currently finished for the year (academic year). Starts again September 27th (week after Monthly Meeting), at Linskill every Wednesday 12.00-13.00. Tai Chi Simplified 24 is based on Martial Art – but slower and gentle flowing movements. There are 24 'bits' joined by moving gently and walking, exercises the body and relaxes and quietens the mind, often called 'meditation in movement', one new movement added a week so about 26-30 weeks - not Half Terms or Christmas or Easter. Currently £4.00 per week but can be less with more people.

Wine Tasting Group 1**Contact Julie**

The well-established Wine Tasting Group meets on the first Wednesday of every month from 7.00 pm to 9.00 pm, at St. Andrew's Church Hall. We are a friendly and sociable group who take it in turns to provide 7 different bottles of wine and some nibbles each month, and lead a discussion on what we think of them. We share the costs through an attendance fee of £7 per person. This group is currently at maximum capacity due to bottle size limitations, but please see the separate listing for Wine Tasting Group 2 which does have space for new members.

Wine Tasting Group 2**Contact Derek R**

7.30 at St. Andrews United Reform Church, Eastfield Avenue, Whitley Bay NE25 8LU. This is intended to be a light-hearted fun social event with some learning of the age-old history of wine making. Bring two glasses, and a water glass if required. Wines will be supplied and will cost £7-00 per session. So put the fourth Wednesday of the month in your diary and come and join us. A telephone call first would be appreciated though.

DIARY DATES

Wednesday 16th August**Monthly Meeting – everyone welcome**

Linskill Centre, 2pm. Speaker: Ed Waugh – *The Cramlington Railway Disaster*

Thursday 17th August**Scrabble****Contact Janet, Liz**

2.30 at Park Lodge. Please let Liz know if you cannot come to the meeting.

Monday 21st August**Quiz Group****Contact Jennifer, Jean**

2pm at St Andrews Church. A week early because of the Bank Holiday – hope you can all make it! Next quiz 25th September. We may have to slightly increase payment in September to cover the cost of the hall.

Friday 25th August**Mah jong****Contact Pat**

If anyone is wishing to join us, please call Pat for details.

Saturday 26th August Art Appreciation Contact David & Jan

The Art Appreciation Group will be meeting at 10:30 at the Kings Head Café in Blyth before going through to the RePUBLIC Gallery. You'll find it at 85 Bridge Street, Blyth, NE24 3AE. As you might guess, the Kings Head used to be a pub but it is now a good café with an associated gallery. We'll be seeing Louise Bradley's exhibition *Living Still*. We are promised "a visual celebration of overlooked flowers, from the hedgerow and building site bloom, to the kerbside weed and the verge. Still slow studies of beauty and perfection on a small scale are shown alongside larger linear abstract works and rich jewel-like paintings, drawings and prints of flowers and plants growing locally through the year."

Tuesday 5th September Scrabble Contact Janet, Liz

2.30 at Park Lodge. Please let Liz know if you cannot come to the meeting.

Wednesday 6th September Wine Tasting Group 1 Contact Julie

7.00 pm at St Andrew's Church Hall – Vicky will be providing the wines and nibbles this month.

Thursday 7th September Short Walks Contact Ann N

Derwent Walk. Meeting Central Station 10.30 am beside Costa Coffee, to catch the bus to Swalwell. Hopefully we may spot the Red Kites.

Please note numbers will be limited - if you are interested, please contact Ann as there may be a waiting list to join this group.

Friday 8th September Theatre Group Contact Kath R

The next meeting of the Theatre group is at 12.30pm in Whitley Bay Library. All are welcome.

Friday 8th September Mah jong Contact Pat

If anyone is wishing to join us, please call Pat for details.

Monday 11th September Sports group Contact Dorothy G, Derek W

1pm St Andrews Church West Monkseaton. If any members are interested doing a session of Archery in the middle of September, can you bring a £10 deposit to the meeting.

Wednesday 20th September Monthly Meeting – everyone welcome

Linskill Centre, 2pm. Speaker: Pat Stevens – *Emily, Death and Dastardly Deeds*

Thursday 21st September Scrabble Contact Janet , Liz

2.30 at Park Lodge. Please let Liz know if you cannot come to the meeting.

And finally . . .

Agonizing anagrams for you to solve

1. Confirmation – or if inactive, confusion (12)
2. Snack making seagull soar off (7,4)
3. Lion's fame spread to part of Britain (4,2,3)

Answers next month.

Last month: 1. Boa constrictor
2. Foreigner
3. Aristocratic

Jean