



CHAIRMAN'S CHAT *Kathleen Smith*

Welcome to the first Newsletter of 2023. There are quite a few things which are going to need sorting over the next few months in order to get back on track. I will try to list them in alphabetical order.

Assets:

What does your group have in use? A request was made some time back but, unfortunately, the reports have not, as yet, been received from all the holders. Please make an updated list and hand over to any committee member so we can make an updated list. Thanks.

Charges at meetings:

When meetings are held in members' homes, it is expected to make sure the host is not left out of pocket when providing refreshments. Please discuss with your members to decide a donation amount.

If you meet regularly in a hall, it is acceptable to collect a petty cash amount to purchase tea, coffee, sugar, milk and biscuits. The kitty can be updated when it has been used up. Any excess kitty should be paid into the Account.

Committee:

As you all know, the last year has seen quite a few hiccoughs which have left the committee struggling to keep things in order. Wyre u3a need more members to step

forward and take a role if we want to keep going. As it stands there are members who do many things to keep us rolling, such as all the Group Leaders and those who help to do the meetings, the Newsletter Team, the Web site manager, the Social Organisers, the sign in and meet and greet etc.

At the next AGM there will be the following positions needed. Secretary – Speaker Secretary – Minute Secretary – Treasurer – Assets Handler – Groups Organiser – Membership Secretary – Chair – Vice Chair. Now, there are already some posts occupied by those still in their role, some co-opted members but, some will be needed filling and all will need voted in at the AGM. The best situation would be some members assisting in any role in order to make changeovers easier.

Just remember, no committee, no Wyre u3a. There will be some slight changes suggested at the Committee meeting, in order to make life easier for everyone, so please make sure you take note of the announcements at the February monthly meeting. If you cannot attend, please ask for information from your group leader.

GROUPS' CO-ORDINATOR -

Diane M. Whitworth
groups.wyreu3a@gmail.com

May I begin by wishing you all a Happy and Healthy New Year.

Thanks as always to all the Group Leaders for their continual hard work and dedication with their respective groups.

The Amblers Group still requires a willing volunteer to assume the role of Group Leader. I would really appreciate it if a member would take on this responsibility. Please contact Diane for further detailed information at:

groups.wyreu3a@gmail.com.

oooOOOooo

The Wyre u3a Facebook Page is a Private Group for Wyre u3a members only. It provides a forum, where our members are invited to express their views, share information, photographs and funny stories.

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MEMBERSHIP SECRETARY -
Susan Cox

Would group leaders note that any new members joining between now and the AGM will pay a reduced fee of £9.

DATES FOR YOUR DIARY



Monthly Meetings are held at 2.00 p.m. on the second Thursday of every month at Thornton Little Theatre.

Thursday, 9th February
Brian Yates with another music genre.

Thursday, 9th March
Roger Browne with golden years of radio.

Thursday, 13th April
The barn owl man.

Thursday, 11th May
World Health.

RNIB STAMP APPEAL

There will be a RNIB collection box inside the foyer at Thornton Little Theatre at the Monthly Meetings. Please leave a one centimetre of envelope packaging around each stamp.

Please send contributions to u3aNewsletterWyre@gmail.com
When finished with this issue, please forward it to a friend.

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SOCIAL EVENTS

Diane M. Whitworth, Helen Kehoe
and Norma Culshaw

social.wyreu3a@gmail.com

Wine Tasting



We are holding a Wine Tasting Evening at 7.00 p.m. on Saturday, 25th February at St Hilda's Church Hall, Fleetwood Road South, Carleton, (next to the Castle Gardens). Jordan Kehoe will once again be hosting the event and offering his expert opinion on a selection of wines. Please bring your own wine glasses. Reservations and payment can be made at the Monthly Meeting on 9th February 2023.

We are planning a lunch at *The Level 6 Restaurant, Blackpool and The Fylde College*, Ashfield Road, Bispham at 12 noon on Thursday, 23rd March. Names will be taken at the Monthly Meeting on Thursday, 9th February and names, payment and menu choices at the Monthly Meeting on Thursday, 9th March at Thornton Little Theatre.

The Coronation of King Charles III
We are planning a celebratory three course Evening Meal at The Park Club, West Drive, Cleveleys on Friday, 12th May to mark The Coronation of King Charles III. Names will be taken at the Monthly Meeting on Thursday, 9th February and names, payment and menu choices at the subsequent Monthly Meetings at Thornton Little Theatre.

Deadline for the next issue is Thursday, 23rd February 2023
BH 27/01/2023

NEWS FROM THE GROUPS

A reminder from the Committee
Please note that, unfortunately, dogs are not allowed on any walks.

The Amblers

The next amble will be held on Thursday, 16th February and will be led by Diane M. Whitworth.

We will meet at the car park at Wyresdale Park, Snowhill Lane, Scorton, Preston, PR31BA at 10.30 a.m.

The walk, which is not arduous, is approximately five miles long and will be mainly over country lanes, tracks and fields. On our return we will be having lunch at The Applestore Cafe and there will also be ample time to look round the growing community of independent businesses, skilled makers and renowned artists which are based within the Grounds of the estate.

If you wish to join us please email Diane at groupswyreu3a@gmail.com.

Creative Writing - Ann Fewson

Two good sessions were enjoyed in December and January. The former saw us writing on the subject of Neighbours, some fiction and some factual, some considering the real benefits of good neighbours and some the difficulties that can happen. In January the topic was appropriately A New Leaf. This subject certainly stimulated some of the best writing we have shared, with one member finding his poetic talent with two impressive pieces which we all agreed were worthy of publication, if only in the Newsletter, but he unfortunately resisted the temptation to flaunt his ability more widely!

Next meeting: 13th February at 10.30 a.m.
Subject: The Little Red Box

Dining Group - Irene Evans

Our next meal is booked for 22nd February at Mimmo's Restaurant, 7 Victoria Rd East, Thornton, opposite the Clay Oven - 6.00 p.m. for 6.30 pm. There is parking in the Co-op car park behind the Clay Oven.

They need us to pre order our choices so I will attempt to send you a copy.

I have been online and seen the prices are different from the menu they gave to me so please order from my copy.
Hope to see you there.

Eat and Heat Group - Tony Ward

The Eat and Heat group has met three times and presented the results of its research and discussions to the Monthly meeting in January.

The cost increases of most concern to members were:- petrol, domestic energy and groceries.

The group would like to suggest the following simple changes that could help mitigate the increases:-

Car Fuel

You can access a list of garages offering the cheapest petrol prices across Blackpool, Fylde and Wyre simply by registering with petrolprices.com. Prices can vary by up to 6p per litre so, depending on mileage, members could save up to £100 per year.

Food and Groceries

Which regularly update their survey of national supermarkets and consistently find ALDI and LIDL to be the cheapest. The differences are significant, ALDI is around 25% cheaper than Morrisons for example.

Based on a national average of £34.4 spent on groceries per week per person this could generate annual savings of around £400. If you rely on home delivery (Which ALDI and LIDL don't offer) then Asda will give you the best deal.

Domestic Energy

Annual energy bills are expected to reach an average of £4000 by April 2024. Over half of our energy bill pays for heating our homes during winter. Turning the room thermostat down by one degree will reduce your overall bill by 10%, or £400. According to Martin Lewis at MoneySavingExpert.com it is unlikely that there will be any meaningful price competition between suppliers in the near future as prices will be dictated by the wholesale market, the regulator and government intervention. So don't bother switching. If there is nothing we can do at the point of purchase then we have to resort to better home insulation and smarter consumption. We suggest the most effective steps we can take to reduce cost, based on

research conducted by Which and the Energy Saving Trust are as follows:-

Make your home draught proof

Stopping heat from escaping through unwanted gaps around doors and windows could help you save around £60 a year in a typical home and, if you have an open chimney, draught-proofing it when not in use could save a further £90 a year. These savings are based on a typical, gas-fuelled, semi-detached home.

Fit Loft insulation

Insulating your loft can save you as much as £590 a year in a detached house. Laying loft insulation from zero to a thickness of 270mm in a typical semi-detached home could trim £355 a year from energy bills, as less heat will be lost through the roof. In a mid-terraced house £330 a year. With costs around £480 for a semi-detached home, you would see the savings back in under two years.

Insulating cavity walls is more expensive but can save on average £395 a year in a semi-detached house. In a detached home you would save an average £690 a year, and in a mid-terrace you would save £235 a year.

If you have the money to do it, insulation is a great long-term investment. As energy bills go up, the time it takes to see a return on your investment becomes shorter. The Energy Saving Trust estimates that having a professional install loft insulation in a typical semi-detached home would cost around £480 in October 2022, but once it was done you would save £355 a year on your energy bills. So, in less than 18 months you would be making a saving. Professional installation in a detached home would cost more - around £630 - but the savings are as much as £590 a year.

The Group have also instigated a monthly collection point in order to supply the Fleetwood Food Bank.

The Group has concluded that further meetings be put on hold until we repeat the survey in March/April in order to assess the growing impact of price rises.

Family History - Shaun O'Hara and Joanne Mathews

At this meeting, we discussed whether or not the members were prepared to put £2.00 per month, into the coffee and biscuit fund, which could be used to contributing towards the costs incurred by visiting speakers.

Everyone agreed that wasn't unreasonable and the idea was agreed by everyone.

We had one member turned up with a brick wall on her family genealogy - she couldn't get through the brick wall and had been struggling with it for a while.

We were happy to help her and she is now much further along with her genealogy!

The next meeting will be yet again 2.00 p.m. at Carlton Memorial Hall on the first Monday in February as January is a Bank Holiday.

French for Improvers - Christine Holt

We started our first meeting of the New Year by talking about what we had done in the weeks since we had last met. The talks centred on Christmas celebrations. Most of us had spent some time with family. Like many people at the moment, for some of us, our Christmas celebrations had been cut short because we were ill. However generally People had enjoyed themselves.

For our second meeting, we read and translated some texts. We listened to a recording of the texts which helps with pronunciation and provides new vocabulary. They were quite challenging but everyone did very well.

French Conversation - Clive Jones

Two meetings were held at the Thornton Library on 9th and 23rd January. The membership number is still as strong as ever and new members are always most welcome. The next two meetings will be on 6th and 20th February. We continue to focus on spontaneous French Conversation rather than by individual work or presentations, by encouraging free-flowing discussion and subsequent questions without the fear of making mistakes or drying up in the conversation. There were some excellent conversations on a range of topics including a crime drama series starring British actor

Alfred Molina (as police Inspector Armand Gamache of Sûreté du Québec) called Three Pines (Trois Pins) which is set in the Eastern Townships (Cantons de l'Est) region of the French-speaking province of Québec, Canada. Although an English-language production, it frequently goes into French dialogue with subtitles. At the last meeting we introduced an audio input from a French-language podcast on this occasion centred on the debate about the traditions of, and how Christmas (Noël) is celebrated in France. The audio input theme will continue at the next meeting. We also discussed the celebration of the Chinese New Year Festival which took place recently, and some French-language and English-language films and television series including *Le Père Noël* (a French comedy film), 1917 (directed by Sam Mendes) and *Les Combattantes* (a women at war series).

Gardening - Kathleen Smith

The next group meeting will be on Wednesday, 15th February for a snowdrop walk in Scorton.

For further details please contact the group leader.

History - Susan Cox

At our meeting in January, member Mike Coyle gave us an illustrated talk of Courtfield, a legend in its own time. From 1949 Blackpool boasted one of the two finest Hotel & Catering schools in the UK. The talk dealt with the history of the school from humble beginnings until its closure in 1995. At its height 1000 students studied there and many went on to be leading lights in the hospitality industry, worldwide.

At our next meeting on 13th February, Geoffrey Cowell will talk about the Poor Laws from the 14th Century through to the first world war.

History of Art - Martin Johnson

A cold and damp January morning was perhaps the best time to study those Victorian Classicists who portrayed a largely fantasy life of Ancient Rome, Greece, and

Egypt. Whilst admiring their technical skills and research into historical accuracy, it was agreed that the two most accomplished painters, Lord Leighton and Sir Alma-Tadema, provided the public and their rich patrons with views of an idealised and leisurely lifestyle bathed in Mediterranean sunshine. Only the beautiful and handsome peopled their canvases.

As a complete contrast, we will look at two American artists of the same period, who did not court public approval, and can be described as Realists, Winslow Homer and Thomas Eakins. The comparisons should make for an interesting session!

Italian Group - Clive Jones

Two meetings were held at the Poulton Library on 10th and 24th January. The membership number is still strong and increasingly so as a result of recent interest shown in offering beginners' level Italian learning. Consequently, from our last meeting onwards we are running a 30-minute beginners' session from 10.30 a.m. at the Poulton Library before the main group session starts at 11.00 a.m. This facility was advertised at the U3A monthly meeting on 12th January. Members wishing to take up this facility should contact the group leader without delay and are also most welcome to attend the main session as well. Our next two meetings will be on 7th and 21st February. We continue to study articles on various aspects of Italian life and culture and for learning exercises we have completed the section on pronouns before moving onto prepositions next time out. Recent articles included the Italian brick oven used for cooking pizza, the history of the city of Venice and two articles on the celebration of the Chinese New Year Festival which took place recently, one of which also included details on Feng Shui. From our next meeting onwards, we will be moving onto new sources of cultural and literary (story book) articles. There was also plenty of very good general conversation in Italian on a variety of topics.

Live Music - *Pauline Powell*



Thank you to all fellow members for supporting the Live Music Group Christmas Concert. We are now settling into our new home at Tee Time Golf Centre, Fleetwood Road, FY5 1RN and would love to see more of you on the first and third Thursdays each month at 2.00 p.m. All u3a members welcome, even if you don't play an instrument you will be very welcome to come along and listen to our talented musicians and singers.

Philosophy - *Linda Parkins*

Currently we are working through topics suggested by members. This had led to some fruitful discussions.

Here are the questions we used this month:-

The Challenge AI Poses

Can or should we trust in computers to make decisions or at what point is it considered sensible to have a human in the loop?

Computers use data and knowledge to learn but would never be able to use experience or belief or understanding. Can we consider this restriction to be safe?

Briefly explain what philosophers mean by the mind body problem. Is there a philosophical view on consciousness (which is obviously related to free will) that you find convincing?

Lots of discussion ensued.

Play Reading - *Graham Bannister*

As previously reported the Group did not meet as usual in December but instead visited the LCC Library at Lostock Hall. While acting to provide a library service for the local community it is also the store and distribution centre for play sets and librettos. We were warmly welcomed and spent an interesting hour selecting play sets for future reading, in all over twenty plays were selected. On the way home we called at Barton Grange for an enjoyable lunch.

The November meeting saw the end of the reading of "The Five Wives of Maurice Pinder".

Our next meeting will be on Tuesday, 21st February when we will start to read *Habeas Corpus* by Alan Bennett.

Poetry for Pleasure - *Ann Fewson*

Winter and Christmas poems for December enabled us to revisit some old favourites for this time of year but also to be introduced to poetry we didn't know previously. This session with its wide variety of seasonal poetry was enjoyed by us all.

Our January meeting was especially good with our focus on some of the characters from *The Canterbury Tales* as depicted by Chaucer in *The Prologue*. What is very obvious is that, although written more than 600 years ago there is so much relevance even now in Chaucer's portrayal of the strict divisions in society between the clergy, the nobles and the common peasant class. "Plus ça change, plus ces't la meme chose" Chaucer's satirical writing reveals so much hypocrisy in those who should know better. The 21st century behaviour we despair of is nothing new.

Next meeting: Thursday, 2nd February at 10.30 a.m.

Subject: Food and drink

Science and Technology - *Graham Topping*

We had a record turnout for the first meeting of the group in 2023. Forty-five members attended a talk by David Grimes on "The great importance of dangerous UV solar radiation". David's presentation was in two parts.

The first dealt with the role of sunlight, specifically part of the UV radiation, in the production of the various forms of glucose by plants from water and carbon dioxide with the aid of chlorophyll as a catalyst. In addition to the production of oxygen, an important by product of photosynthesis was Vitamin D. David took us through the chemical process of how Vitamin D was formed.

The second part dealt with the important role Vitamin D played in activating our immunity which protects us from viruses and bacteria. It was essential for us to have a good blood level of Vitamin D and how the lack of it may have played a part in the deaths of some Covid patients. No one with a blood level of greater than 40 ng/ml had died from Covid 19. He stressed that as we got older our ability to produce this vitamin by exposure to sunlight decreased significantly and that to maintain our blood level we should be taking daily doses of this vitamin in tablet form. When questioned as to the daily amount of Vitamin D to be taken by the elderly he considered 1000 to 3000 units (equivalent to 25 to 75 ug) was an appropriate level. It was clear from the Q&A session that David's talk had gone down very well with his audience.

Our next meeting at Carleton Memorial Hall will be on 20th February at 2.00 p.m. when Howard Robinson will give a presentation entitled "Elf and Safety".

Singing for Fun - Arthur Jones

As always in January our theme was Time. We sang about clocks, calendars, days, weeks, months and years - and we didn't feel a single day older at the end of the show despite the less-than-inspiring line "... shorter of breath and one day closer to death" from Pink Floyd's "Time". Normally in February we think about Valentine's Day and our theme is Love. This year however I've had to cancel our February meeting because Sue and I will be away at the time of our scheduled meeting, so our next meeting will be on Wednesday, 8th March at 2.30 p.m. at Carleton Memorial Hall.

Spain Beyond the Costas - Sue Clark

Over the last two sessions we have watched the film 'Parallel Mothers', by the director Pedro Almodóvar which came out in 2021. As with most of his films women are the main characters and this film deals with two single mothers who meet while giving birth. They are different in age and attitude towards the future, the older one excited and optimistic, the younger one much more apprehensive. The plot deals with the growing relationship

between them as well as the more historical and political theme of excavating the mass graves of those murdered in the civil war in order to identify the victims and allow their family members to give them a dignified burial. After the film we had a group discussion about these themes, particularly about truth and secrecy and whether it is always good to uncover the truth.

There will not be a meeting in February so the next meeting is on Wednesday, 1st March.



Travel - Mick Carey

At the meeting on 18th January Mick Carey gave a presentation on two recent visits to Greece's Peloponnese region.

At the meeting on 15th February Clive Jones will talk about Morocco and give his long awaited "Hats" session.

In March we can look forward to Julie Kay's talk about Scandinavia. Despite it being very close to our shores, this is a region we do not hear too much about.

Walking - Graham and Susan Essex-Crosby

It is some time since we put pen to paper, or rather fingers to keyboard, with news about the walking group. Unfortunately, our 'last Wednesday in the month' schedule often conflicts with the newsletter deadline but such is life.

The November walk around Scorton, Nicky Nook and Grize Dale was led by April and Bob Wilby and finished at the Apple Store. The area is popular with the group and offers a local walk when daylight hours are at a premium. In December we gathered for our traditional walk on the promenade at Cleveleys. Falling between Christmas and

New Year it provided an opportunity to blow away a few cobwebs after the excesses of Christmas and in preparation for welcoming in 2023. This year the group walked northwards but poor weather meant an early return for lunch at The Venue - not much of a hardship!

The first walk of 2023 was led by the stalwart of our group, Geoffrey Cowell. Meeting at Thornton Little Theatre and after a short ride on the No 14 bus - some of the more youthful members even had to pay their fare and it is not often one can say that about the u3a!

Through Burglar's Alley and then along the banks of the River Wyre before crossing the A585 at the River Wyre Hotel, we made our way across part of Poulton Golf Course and onto the Bay Horse at Thornton for lunch. Geoffrey presented a keen insight into the early history of the area, and with Ken Sykes adding a few anecdotes we were well-informed and entertained. Seven miles in total although sadly the weather might have been somewhat drier.

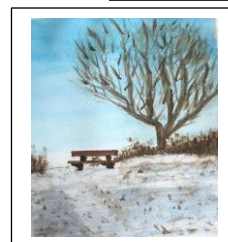
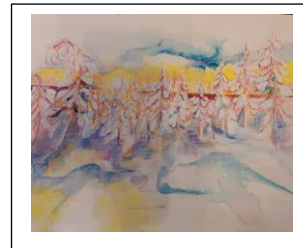
Details of the February walk will be circulated around the group in due course. There is no regular monthly walk in March as many of the group will be enjoying our annual walking holiday, this time based in Skipton.

Watercolours - Christine Cutts

"Happy New Year to you all from the Watercolour Painting Group.

We had a new member join us just before Christmas and have another coming to our next meeting, both complete beginners, so if you feel like joining us, you'll be made very welcome.

We've been getting back into the swing of things by producing, what I think are some lovely paintings on the theme of 'The Wonder of Winter'."



Risk Assessment Advice

Members are reminded that, when participating in Wyre u3a activities, they do so at their own risk.

This is particularly relevant when undertaking any physical activity.

**Carleton Memorial Hall
Bookings should be addressed to
Peter Farrell.**

**Peter must be notified, in advance if the
hall is not going to be used otherwise a
charge will be made for the room**

Wyre u3a Newsletter

This newsletter is published for members of Wyre u3a. Any opinions expressed in the newsletter are not necessarily those of the newsletter team, or of the Wyre u3a committee, or of the u3a Trust.

Wyre u3a

learn laugh live

Committee Contact Details

Chairman:	Kathleen Smith
Secretary:	Kathleen Smith
Treasurer:	Ted Armitage
Membership Secretary:	Susan Cox
Groups' Co-ordinator:	Diane M. Whitworth: groups.wyreu3a@gmail.com
Speakers' Secretary:	Kathleen Smith
Minute Secretary:	James Morgan
Social Committee:	Diane M. Whitworth, Norma Culshaw and Helen Kehoe: social.wyreu3a@gmail.com
Property Co-ordinator:	Jennifer Machell

Other Contact Information

Newsletter Team:

Webmaster:

Wyre u3a Website:

u3a National Newsletter:

Schedule of Group Meetings and Venues

If unsure about any aspect of a Group meeting, always check with the Co-ordinator

Activity	Regular Meeting	Co-ordinator Contact	Venue
The Amblers Walking Group	Arranged monthly by the leader (see Newsletter)	Changes monthly (see Newsletter)	See Newsletter
Artists and Paintings in the 19 th and 20 th Centuries	3 rd Monday at 1.00 pm-2.30 pm	Barbra Cropper	Check with Co-ordinator
Badminton	Weekly on Wednesdays 10.00 a.m.-12 noon	Alison Hamer Pauline Ronson	All Hallows Church Hall Bispham.
Book Group (Monday)	1 st Monday at 2.00 pm	Helen Scarborough	Thornton Library
Book Group (Wednesday)	2 nd Wednesday at 10.00 a.m.	Brenda Ormrod	Poulton Library
Card Making	2 nd and 4 th Wednesdays at 2.00 pm	Carla Clark	Carleton Memorial Hall
Creative Writing	2 nd Monday at 10.00 am	Ann Fewson	Lodge Cottage
Crown Green Bowling	Weekly on Mondays 9.50 am for 10.00 am	Ken Speakman	HASSRA Green closed until 2022
The Dining Group	See Newsletter	Irene Evans	See Newsletter
Eat and Heat Group	1 st Monday at 2.30	Tony Ward	Carlton Memorial Hall
Family History	1 st Monday at 2.00 pm	Shaun O'Hara	Carleton Memorial Hall
French Refreshers	1 st & 3 rd Thursdays at 3.00 pm	Ann Burley	Fleetwood Golf Club
French for Improvers	1 st and 3 rd Thursdays At 1.30 pm	Christine Holt	Fleetwood Golf Club
French Conversation	See report in "News from the Activity Groups"	Clive Jones	Thornton Library
Gardening	3 rd Wednesday at 1.30 pm	Kathleen Smith	Various. Check with Co-ordinator
Gentle Movement	Every Monday 1.00-2.00 pm	Linda Porter	St. Hilda's, Carleton
History	2 nd Monday at 2.00 pm	Susan Cox	Carleton Memorial Hall
Italian Group	See report in "News from the Activity Groups"	Clive Jones	Poulton Library
History of Art	2 nd Tuesday at 10.30 am.	Martin Johnson	Check with Co-ordinator
Line Dancing	Every Friday from 1.00 p.m. to 3.30 p.m. 1 st hour beginners.	Kathleen Smith	Carleton Memorial Hall
Live Music	1 st and 3 rd Thursdays 2.00 pm to 4.00 pm.	Pauline Powell	Tee Time Golf Centre Fleetwood Rd Thornton FY5 1RN
Philosophy	4 th Tuesday at 2.00 pm	Linda Parkins	Carleton Memorial Hall

Play Reading		3 rd Tuesday at 2.00 pm	Graham Bannister	Carleton Memorial Hall
Poetry for Pleasure		1 st Thursday at 10.30 am	Ann Fewson	Various. Check with Co-ordinator
Quiz and Games		To be announced	Cindy Potter Jean Steele	To be announced.
Recycling		2 nd Tuesday	Kathleen Smith	Contact Co-ordinator
Science and Technology		3 rd Monday at 2.00 pm	Graham Topping	Carleton Memorial Hall
Singing for Fun		2 nd Wednesday at 2.30 p.m.	Arthur Jones	Carleton Memorial Hall
Spain beyond the Costas		1 st Wednesday at 2.00 p.m.	Sue Clark	Carleton Memorial Hall
Spanish Conversation		Fortnightly on Monday at 2.00 p.m.	Enid Vindel	Various. Check with Co-ordinator
Travel		3 rd Wednesday at 10.00 a.m.	Mick Carey	Carleton Memorial Hall
Walking		Last Wednesday of each month.	Graham and Susan Essex-Crosby	Various. Check with Co-ordinator
Watercolour Painting		1 st Tuesday at 1.30 p.m.	Christine Cutts	Carleton Memorial Hall