



Registered Charity No 1095635

Letter from the chair

SETTLE DISTRICT NEWSLETTER

Issue Number 5/17 February 2019

www.settledistrictu3a.org.uk

Hello,

Not only is the Winter Solstice behind us, so is 'Blue Monday' (21st January apparently). Whether you see the latter concept as pseudo-science or not, it is good to look forward hopefully - perhaps to Spring, in the gardens and window boxes, on the Allotments and hills, whether they are yours or a neighbours. A chance to talk with a. n. other when out and about maybe - would they like to know more about our U3A?

As always please keep an eye on our Website and Notice Board at the Speaker Meetings for upcoming events regionally and locally U3A-wise, i.e. booking now required for **WestNet Quiz Night** in Gargrave on 29th March. Also - **SAVE THE DATE - 19th JUNE**, when we are playing host to a WestNet History Trail around Settle. Volunteers may be required nearer the date.

Family History Group continues the '**Graveyard Project**' with yet more stories of past times and lives. An exhibition of some of the findings will be held **at The Folly**. It is clearly an exciting and interesting project involving many helpers. We are keeping an ear out for any other of our Groups involvement in the community. Please also think of writing something of your Group activities so they can be read in the Newsletter.

Last month I raised the matter of succession on our Committee. It is a standing item on the monthly agenda and will remain so for the time being. Should anyone be interested in coming along and 'observing' a Committee Meeting then contact me and we can talk it through. This is an invitation to all - but clearly not all at once!

Most recently joined members will be receiving an invitation to the **New Members Meeting** shortly. It really is a useful opportunity to chat and find out more so I hope to see you on **March 8th, 2pm at the Friends' Meeting House**.

Finally, I first heard of 'Blue Monday' when someone came to a Group dressed very brightly and cheerfully. Further enquiries found the term was first 'coined' by a Psychologist around 2005 and was intended to encourage a positive outlook at the start of a new year.

So, I wish you positivity (colourful clothing optional) wherever possible!

Jackie

March Meeting: Thursday 14th March 2019

'Kept one promise – took our land'

Native American Indian History

with Dr Graham Kemp

Coffee from 10 am



The Ribblesdale Area Moving Picture Show

Friday 15th February 7.30pm in Austwick Parish Hall

THEIR FINEST (12A)

Wednesday 6th March 2019 7.45pm in Victoria Hall, Settle

THE FOUR TIMES (U)

Please keep copy to approx 150 words and submit for the next newsletter by

FRIDAY 8th March 2019 to: Chris Taylor christine@castlebergh.plus.com Tel: 01729 823975

Copy will be acknowledged by email. Wherever possible, the full account is used but occasionally it is necessary to edit the piece for the printed copy.

The full submissions will be used on the website version.

NEWS FROM AND FOR THE GROUPS

U3A's Constructors' Challenge 2019

Are you a mechanical or technical constructor who might like to pit your wits against opponents in a series of challenges? The first challenge is to be held in Conference Aston, Birmingham in August 2019 where U3A Science Network is holding its 2019 meeting. To register interest, contact Barry James on cannockchaseu3a@gmail.com or Michaela Moody on chair@u3asciencenetwork.com stating which U3A you belong to, your experience with robotics and/or coding and whether you would be interested in being part of a group for this challenge.

BIRDWATCHING GROUP



Harlequin Ducks

February's indoor meeting turned the Group's spotlight onto ducks, geese, grebes and divers. The session highlighted the key features that birders need to look for when identifying these species such as the Teal's green speculum, the flying Pochard's very pale wings, the head pattern on winter grebes, and the Great Northern Diver's faint white collar outside the breeding season.

Group members were also introduced to some of the stranger aspects of these birds' lives including the bizarre mating behaviour of the Mallard, the amusing 'song' of the Eider, and the incredible migration of the Shelduck. And who would have believed that for 500 years people were convinced that Barnacle Geese were the offspring of you've guessed it: barnacles!

For more information about the U3A Birdwatching Group and its activities contact

Group Leader **Les Chandler** on lchandler52@gmail.com.

GREAT LIVES

At our January meeting Ian Gray gave a most informative talk on one of the world's great climbers - Edmund Hillary. Born in 1919, he was from his teenage years a keen climber and skier and following war service in the New Zealand Air Force he put up new routes on his native NZ peaks and climbed in Austria and Switzerland. It was as a member of John Hunt's 1953 Everest expedition however that he achieved worldwide fame as, together with Sherpa Tensing, he reached the summit of Everest, the first men to do so, on May 29th, for which feat Hillary was knighted. He was later part of the Fuchs expedition to Antarctica and reached the South Pole in January 1958. A permanent Hillary legacy was the Himalayan Trust he set up which built a number of schools and hospitals in Nepal. Appointed his country's high commissioner to India in 1985, when he died in 2008 he was given a state funeral and his ashes scattered among the peaks of New Zealand.

Our next meeting will be on Wednesday 20th February (Victoria Hall 11 am) when I'll be talking about the life and work of John Ruskin, the noted Victorian artist and philanthropist and the father of the arts and crafts movement, whose influence was felt worldwide.

John Jebson

RETRO STRETCH AND TONE GROUP

This group will be starting in September!

It will run on the 1st, 3rd and 5th Friday morning, between 10 and 11am, in the Catholic Church Hall, lead by Alyson Cadman, an experienced keep fit instructor. This is a fun exercise group for all abilities set to music.

On line sign up is available but space is limited so sign up today.

Jeanne Hine

For all who wish to contact **Richard Hine**, our new webmaster, to have items put on the website, this is the contact email address:

settleu3a@gmail.com