

Learn, Laugh, Live.

Newsletter No: 83. May 2024



I have greatly enjoyed both my time on the Committee and this last year as Chair - the friendship and support that I received from you all was truly remarkable and very touching. Thank you!

The ideas and principles underpinning our movement are quite straightforward and I will not repeat them here except to say that they work best when we all support each other so please consider if there is any way that you can help either your Convenor or the Committee. This need not involve a great deal of work and effort; several groups have now moved to a 'committee' structure to share tasks instead of relying on one person.

I have every confidence in Paul Chambers our new Speaker Finder and Anne Sherman the Newsletter Editor and wish them well in their new roles. And congratulations to Alison Peck our new Chair - I can think of no one better to take our u3a forward.

I am remaining a Swanland u3a member and will do my utmost to support the new Committee and would urge you all to do the same!

John

Introducing Alison Peck – Chair



A u3a membership card was waiting for me when I got home on the day I retired. I wasn't exactly overwhelmed at the time but I think it was one of the best presents I could have had at the start of that new chapter in life. I've made so many good friends and enjoyed such a variety of activities in almost 13 years of membership.

My working life was teaching in secondary education and then working for a teachers' trade union – both jobs hard work but also incredibly

rewarding, and I’m hoping that chairing the Swanland u3a will echo that. I know it will be challenging but I also know that what you put into a task tends to be reflected in what you get out of it.

If I had to say what I would like to help Swanland u3a to achieve, it would be to increase membership of this brilliant organisation but also to increase participation at all levels of activity, from ALL members, whether it’s convening a group, organising a trip, helping with putting out chairs or making refreshments on Thursday afternoons, serving on the committee, coming up with good ideas and suggestions – anything and everything.

We’re all busy people but we can all make a contribution in some way. I look forward to getting to know even more of our members and learning and laughing with you!

Executive Committee from 2024-25

Chair Alison Peck chair@swanlandu3a.org.uk	Vice Chair & Speaker Finder Paul Chambers vice-chair@swanlandu3a.org.uk
Treasurer Rosalind Willoughby treasurer@swanlandu3a.org.uk	Secretary & ACCORD Hazel Ward secretary@swanlandu3a.org.ukk
Membership Secretary Graham Whitaker memsec@swanlandu3a.org.uk	Minutes Secretary Brenda Wilson minsec@swanlandu3a.org.uk
New Groups Joyce Knox newgroups@swanlandu3a.org.uk	Web Administrator Keith Taylor webadmin@swanlandu3a.uk
Without portfolio John Bailey	
Details are on our website: https://www.swanlandu3a.org.uk/u3acontacts.htm .	

INTRODUCING...

Paul Chambers – Vice Chair & Speaker Finder



I have been on the Committee for a year. I am the convener for the discussion group and a member of the creative writing group. I have taken over from John [REDACTED] as Speaker Finder and I am looking forward to working with Alison Peck as her Vice Chair for Swanland u3a.

Hazel Ward – Secretary



Way back when just shortly after I had retired and on the suggestion of a friend, I decided to apply to become a member of Swanland u3a in order to join an already well- established Spanish group.

Although at that time I had never even heard of the u3a, this decision took me along many new paths. At Committee level I started out by sharing a Speaker Finder role followed later by serving as Secretary and then Chair. I am still active in the East Riding ACCORD and the Yorkshire and Humber Region (YAHR).

The main focus of my enjoyment and involvement within Swanland u3a has been my membership of its many interest groups including the short and long walks, the wild flower walks, badminton, theatre visits and even trips at home and away. I have benefited enormously from all these activities which have given me an ever growing circle of friends as well as so much pleasure over so many years.

‘Learn Laugh Live’. I couldn’t have put my u3a experience in any better way.

Rosalind Willoughby - Treasurer

Where did I come from? Well I was born and grew up on a farm in South Cave. At primary school I had to learn the recorder, which I found very hard. On getting the chance to play the violin I said “no thank you!” However the teacher was not to be thwarted and in my final year she spoke to my mum and told me I was starting the violin!

That decision by the teacher coloured the rest of my life. I joined the school orchestra, the youth orchestra (where I met my husband), and then lived in Germany for several years where he played in a professional orchestra. When we returned to England I taught Violin, brought up two daughters and bought Beverley Music shop where I worked for 30 years until I retired. And then I joined the u3a!

Anne Sherman – Newsletter Editor



Last November when John [redacted] asked me to take over editing this Newsletter, I had to think very carefully about it before accepting. Writing and editing a newsletter is something I have never done before and I knew it would be a bit of a learning curve. The whole ethos of the u3a though is to continue learning.

It would have been easy to continue the newsletter in the style you are used to, but whilst I was deliberating, I started to have ideas on what I could add to it. At that stage I knew I was going to accept John's offer. I am not planning wholesale change, just a few tweaks on how it is presented. I plan to include more images and I have already changed the format of the Interest Groups list so it is now organised into subject areas rather than alphabetical.

Creating a newsletter is, however, a team effort. I wish to take this opportunity to thank, Keith, Graham, Joyce, John, all the convenors, the contributors, Phil [redacted] for the intro to the interest groups list, Pru [redacted] for the art work and Scott and his team for printing paper copies.

I hope I can continue the work John has done and create a newsletter you will find interesting and easy to read.

You can contact me on: newseditor@swanlandu3a.org.uk



Swanland u3a News

THURSDAY PRESENTATIONS

Date	Subject	Speaker
April 18 th	‘Sammy Chan – the man who put words into the mouth of Sinatra’	Stuart Atkins
May 2 nd	‘My life with laughs’	Patti Gold
May 16 th	The Beeton Family of Hull and Barrow - Victorian Larger -Than- Life Eccentric Characters.	Paul Mann
June 6 th	Will we ever live on Mars...and should we?	Professor Brad K. Gibson.
June 20 th	For National Poetry Day: A Garland of Poetry Set in Song.	Pam Muse
July 4 th	Four Weddings and a Funeral	Phil Walker
July 18 th	From Hull to Heversham a war-time story of evacuees.	Michele Lewis
<i>No meetings in August</i>		
St Barnabas Church, Main Street, Swanland 2:00pm to 3:00pm followed by tea and coffee.		



Swanland u3a have had a Facebook group page for a while now and recently it has had a bit of a makeover. A new cover image and new security to stop the scam posts. The hope is that we can now use it to publicise what we do to non-members within our communities. Recently posts have included the Christmas Concert by the choir and Mike Grey's presentation about the birds in our garden.

Please do support the page by joining it and liking or commenting on posts. You can also create a post yourself relating to anything that relates to the u3a.

You can access the page here: <https://www.facebook.com/groups/swanlandu3a>

SHOWCASING

Thanks to Sue [REDACTED] for this amusing poem although I'm sure it is poetic licence taken too far to suggest some of us snore in lectures!

u3a

Swanland u3-ers are a really friendly bunch.
Some meet up for supper, others meet for lunch.
So come along - find out about History, Opera, Art
Learn Spanish, French or even Greek to start.
Some of us take photos, others go for botanic walks,
Some join the discussion group where everybody talks.
Come and play Canasta, Bridge, join in with Mah Jong
Come and join the choir and give us all a song.
Read plays and books, do quizzes - that's a plan,
Write stories and poetry - some of which should scan.
We have interesting lectures; they are hardly ever boring-
And some of us have learned to sleep without snoring.
It only costs ten quid a year - which isn't very much
So leave your name with one of us - someone will be in touch.

Training Hearing Dogs

A Hearing Dog supports and assists a deaf person in many ways. By wearing a uniform, they make an invisible disability, visible. They accompany the person at all times and give them confidence to get out and about and encourage interaction and communication. They can alert the person to a range of domestic and alarm sounds both inside and outside the home. They provide companionship and an antidote to the isolation that deaf people can experience, something some of us can identify with. HDDP (Hearing Dogs for Deaf People) have experienced an upsurge in the applications for Hearing Dogs.

Peter and I have been volunteers in training and socialising for almost 15 years. A succession of puppies and young dogs requires patience, planning, energy and imagination! (Just like being a teacher!)

All training is based on rewards, building confidence and making good choices, a dog is never asked to do anything it does not want to do. The process takes about 18 months and starts when the puppy arrives to live with us at 8 weeks old. We train the puppies to be good companions and progress through socialisation in many situations such as in shops, restaurants and on public transport, as Hearing Dogs must be friendly and impeccably behaved at all times. Later, we train them to recognise a range of sounds and to alert the deaf person in different ways.

The recipient of one of our trainees, Teddy, commented on the difference that he has made to her life.



“Since Teddy came into my life, he has changed my life and he has changed me. I no longer have to wait at the front door all day when I’m expecting a delivery because Teddy tells me when the doorbell rings. I no longer fear a repeat of the incident when I did not hear the fire alarm because Teddy tells me when a fire alarm goes off wherever I am. I no longer worry about not waking up in the morning

because Teddy will wake me. I no longer worry about burning the food or forgetting things because Teddy tells me when the kitchen timer goes off. I no longer have to worry about not hearing the smoke alarm at home because Teddy will alert me whether I’m asleep or awake. I no longer feel anxious when I’m out because Teddy is by my side and helps me... this bundle of fluff goes everywhere with me: to university, on trains, buses, the tube, taxis, shopping, restaurants, he

sleeps by my bed and follows me everywhere in the house. He is so loyal, loving and intelligent. He knows if I'm not feeling my best and makes me smile and laugh every day, I couldn't ask for better ears and will never be able to repay him in the same way he helps me. Thank you Teddy I love you."

One trainee, Harper was expected to fly regularly, so Peter and I made a 'mock up' situation so Harper could begin to get used to the experience of being on a plane. We gradually introduced experiences such as the noise of aircraft, climbing the steps, settling in the confined foot space, seeing and hearing the trolley and so on. In the event, she went to a recipient who worked for Guide Dogs for Blind People so she had to be an excellent ambassador for Hearing Dogs as well.



The puppies come from the Hearing Dog breeding scheme and are all breeds deemed to be most suitable for training, i.e. labradors, poodles, spaniels and the cockerpoo cross. All our work is closely monitored and supported by the charity which is based in Bielby near Pocklington and further information is available at <https://www.hearingdogs.org.uk>.

We have found volunteering to be very rewarding. We are part of a community, active, engaged, we feel valued and committed and have the opportunities to meet lovely people, including Princess Anne. We enjoy working with a variety of young dogs and there is always a challenge to be solved. We recommend volunteering and there are many opportunities to volunteer at HDDP in other ways, such as caring for the dogs short term while trainers or recipients are away, gardening, driving, maintenance, walking the dogs on site, etc. and support or interest is always welcome.



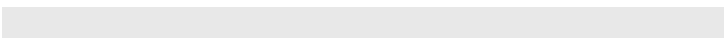
We have several new groups this year.

Guitar, Musicals, Philosophy, Poetry & Poets and Science & Technology as well as:

BASIC CONVERSATIONAL SPANISH

This is a recent newly formed Swanland u3a Spanish group. Our aim is to practise everyday vocabulary and expressions in a variety of situations in which we might find ourselves in a visit to or on holiday in a Spanish speaking country. We focus on listening and speaking skills with some reading with just a little bit of appropriate and relevant grammar related to the topics and scenarios studied.

We meet fortnightly on alternate Thursday afternoons 2-3:00pm.

Contact: 



Do you enjoy being outside during the summer?

Blue skies, sun and plenty of free vitamin D!



We have several groups that will encourage you, including
bird watching, gardening, golf, wild flower walks
and wild swimming.



Check the interest list, our website or contact the
convenors for information.



FUN LANGUAGE FACTS

'Cornetto' in Italy is a pastry not ice-cream.

'Persil' in French is parsley not washing detergent.

'Arena' in Spanish means Sand not an entertainment space.

'Gift' in German means poison. Be careful going into a German gift shop. 😊

**If you would like to learn or improve your knowledge of a new language
why not join one of our classes?**

OUTDOOR SKETCHING



The outdoor sketching group meets twice a month until the end of September, on the second and fourth Thursday afternoons at North Ferriby Church, 2 -4 pm. Please see the website for the list of outings.

HANDS ON ART



We meet twice a month in North Ferriby Guide hut at 2.00 – 4.00 pm on the first and third Monday afternoons. We are a friendly bunch and help each other if required but we do not have a teacher. We have room for a few more. We paint in any medium and it is a really absorbing hobby.

GARDENING GROUP



The gardening group is one of the largest interest groups we have with over 40 members, but sadly only 5 men. It is organised by a dedicated committee of 5 members who arrange talks on various related topics throughout the year. They meet once a month and go out on two visits a year (a garden centre and an open garden), as well as being involved in the North Ferriby Open Gardens event.

In March the speakers were professional gardeners Roger Burnett BEM and Sheila Johnson showcasing some of their favourite gardens, but first Roger brought the group up-to-date with the issues of using peat free compost for cuttings.

SINGING FOR FUN



This group is exactly what it suggests. You don't need to read music, there are no auditions or rehearsals, you don't even have to be a good singer. The only real requirement is that you enjoy singing for the sake of singing. It is a friendly

and inviting group with no pressures. Ladies please take your husbands along as the couple of male members are feeling a bit lonely.

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I am sure you regularly read articles and listen to reports which strongly emphasise the type of lifestyle older people ought to pursue in order to stay fit, healthy and mentally alert.

The message seems to be that we need to leave our sofas, get out and about and stimulate our brains! It is a good idea to continue existing hobbies, start new interests and meet up socially on a regular basis. Who would have thought it?

If you are looking for an additional, entertaining and challenging pastime then please consider joining any of the following groups.

Please note the list of groups has been changed so they are now listed under categories rather than alphabetically.

Interest Group and Convenor	Meeting Details
ARTS, CRAFTS and LITERATURE	
Art Appreciation (2 groups)	2 nd Thursday of the month 10:00am
	4 th Thurs of the month <u>FULL</u>
Art – Hands On	1 st & 3 rd Mondays of the month (not Bank Hols) 2:00pm
Book Group	4 th Thursday of the month. 7.30pm
Creative Writing	3 rd Wednesday of the month. 10.00am
Literature (2 groups)	1 st Friday of month 2:00pm
	1 st Friday of month 2:00pm
Outdoor Sketching	2 nd & 4 th Thurs month (Apr – Sept) 2:00pm
Poetry Appreciation NEW	2 nd Wed of month 2- 4:00pm
Play Reading	4 th Tuesday 2:00pm
Wine Appreciation / Tasting	3 rd Friday of the month 7:00pm
GAMES and SPORTS:	
Badminton	Most Fridays 2:00pm

Bridge (2 groups)	Most Mondays 2:00pm
	2 nd , 4 th & 5 th Thursdays of the month 2:00pm
Canasta (2 groups)	Wednesdays 10:00am OR Fridays 10:00am
Cribbage	2 nd & 4 th Tuesdays of the month 10:00am
Croquet	Every Friday. 2:00pm. (April to September)
Golf (experienced)	Contact Convenors
Mah Jong	1 st & 3 rd Wednesdays of the month 2:00pm.
Scrabble	3 rd Tuesday of the month 2:00pm
HISTORY	
Family History	1 st Friday of the month 10am
Local History	2 nd Wednesday of the month 1:45pm
LANGUAGES	
French Conversation (3 groups)	2 nd and 4 th Fridays of the month 2:00pm,
	1 st Wed of the month 10:00am
	2 nd Thurs of the month 2:00pm FULL
German	2 nd & 4 th Mondays of the month. 10:00am
Italian Self-Help FULL. Enquires welcome	2 nd and 4 th of the month. 10:00am Wednesdays

Latin	4 th Thursday of the month. 10.30am
Latin Improvers	2 nd Thursday of the month 2:00pm
Spanish - Basic Conversational	2 nd and 4 th Thursdays of the month 2:00pm
Spanish Advanced Self-Help <u>FULL</u>	Every two weeks 2:00pm
MISCELLANEOUS	
Discussion Group	1 st Tuesday of the month 10:00am
Luncheon Club	2 nd Tues of the month 12:00pm
Philosophy NEW <u>FULL</u>	4 th Monday in the month 2:00pm
Quiz	2 nd Monday of the month 7.30pm
Science & Technology NEW	TBC
Supper Club - <u>FULL</u>	2 nd Saturday of the month. 7.30pm
MUSIC, THEATRE and DANCING	
Choir	1 st & 3 rd Thursdays of the month. 3.30pm
English Country Dancing	2 nd and 4 th Tuesdays of the month 1.45pm
Guitar NEW	TBC
Music Appreciation	1st Tues of the month 2:00pm
Singing for Fun	4 th Wed of the month 2:00pm
Theatre Visits	Contact Convenor

OUTDOOR PURSUITS (also see Games & Sports)	
Bird Watching	1 st Wed of the month 2:00pm (March to October)
Gardening	4 th Tuesday 10am
Walking Short	1 st & 3 rd Wednesdays of the month 10.30am
Walking Longer	2 nd & 4 th Wednesdays of the month 9.45am
Wild Flower Walks	Contact Convenor (April to September)
Wild Swimming	Wednesdays, 10:00a.m. Welton Waters Adventure Centre

In an effort to be able to include more articles in future editions please note the full list of interest groups will only be in the Spring edition.
All details can be found on the website.
For those without digital access please save this edition for future information.

NEWS FROM THE GROUPS

MEN WANTED!

The choir has spaces for a couple more basses. If you would be interested, or know someone who might be, please let [redacted] know.

The **Singing for Fun** would also appreciate more male voices.

The **Friday Literature group** has room for a few members.

The new **Musicals group** only has the names of 2 interested people. Please Contact [redacted] if you would like more information about this group.

🕒 QUIZ TIME

Who is this singer?	
What connects: Dog, Drift, Holly and Sandal	
Name this TV Programme	
What does a campanologist do?	
<i>Answers on page 19</i>	

Running a Village Hall



Little Weighton Village Hall is used by three art classes, a choir, the Parish Council, the Gardeners' Club, craft classes, coffee morning, parties and occasional meetings of psychologists, psychics, cyclists, church and a gun club. There are many tasks: bookings, accounts, minutes, repairs, cleaning, gardening, renewal of consumables, health and safety, publicity and entertainments.

As with all village halls, it is an uphill task getting young people involved in running it.

Users sometimes do not treat the hall as they would their own home – after one party, the Hall's metal cutlery was found in the bin alongside the disposable crockery. It wasn't that bad!

There is now lots of new stuff after a half a million pound refurbishment, thanks to the Big Lottery, which took 7 years of work by the committee. It is all worth it when you see small children arriving for a party who just love to run up and down in the big space or when you see lonely people having a chat at the coffee morning.

COMMUNITY AND WIDER U3A NEWS

Dates for your Diary



Thursday 6th June - North Ferriby will be commemorating the 80th anniversary of the D-Day landings by lighting the beacon on the Riverside walkway at 9:15pm. All villagers are welcome. The Church bells will be rung at 6:30 and an informal get together will be held in the North Ferriby Village Hall. See posters nearer the time for more information.



Sunday 16th June - North Ferriby Open Gardens. There will be other attractions including a Scarecrow competition and other activities

Sunday 7th July - Swanland Open Gardens.



On **18th – 20th July** the first u3a National Festival will take place at the University of York based around their exhibition centre. Members will be running a wide variety of activities - talks, sporting events, musical entertainment and workshops making this u3a national festival something to remember.

For more details: <https://www.u3a.org.uk/events/festival-2024>



Saturday 14 and Sunday 15 September - The Swanland Heritage Centre will be displaying an 1824 Village Model in the Swanland Village Hall, alongside maps to show the changes over the years.

The Centre will also hold an exhibition illustrating aspects of the village's history, a time-line display showing events over two centuries, a small library, a growing archive, photos, memoirs, maps and much more.

We will be providing free guided walks showing places of historical interest in Swanland, starting from Swanland Heritage Centre (by the pond) and finishing at the Village Hall.

For details: <https://swanlandheritage.info/events.html>

Various community notices for films and events can be found on these websites:

Swanland: <https://swanlandvillageassociation.info/>

Ferriby: <https://www.ferribyvillagehall.org.uk/events/>

INTEREST GROUP VACANCIES IN NEIGHBOURING U3AS

BEVERLEY u3a

19th Century British History: Our Group meets on the 4th Tuesday of each month 10:30am at the Lairgate Hotel. All aspects of British History in the 19th Century discussed. Politics, Imperialism, wars. Not simply when events happened but why they did. What was life like between 1800 and 1914? Huge technology changes, steam power, the electric telegraph, the increase in literacy and life expectancy.

Contact [REDACTED]

Cycling – Gentle Rides: Meets every Tuesday at 10.00am at the Beverley Leisure Centre or some other place depending on the ride. We ride gently for between 5 and 10 miles for about an hour around Beverley, avoiding busy roads and using cycle paths wherever possible. We welcome anyone with a cycle in their shed or garage who hasn't ridden for a while. Contact [REDACTED]

English Language For Interest (ELFI): Covers the history of English and its development, meets on the 3rd Wednesdays monthly at 10.30am at the Lairgate Hotel. Contact [REDACTED]

Greek For Holidays: This group meets on the 1st and 3rd Wednesdays monthly at 2.00pm at the Lairgate Hotel. If you would like to learn basic Greek conversation and everyday phrases in a friendly, relaxed setting, contact [REDACTED]

Maritime History: Meeting on Zoom at 7.30pm on the 4th Tuesday monthly, this group researches and discusses a wide range of maritime topics. Contact [REDACTED]

Online Quiz: Questions are sent fortnightly by email with answers provided on the following occasion. Contact [REDACTED]

Stitchcraft: This group meets at 2pm on the last Friday monthly at the Lairgate Hotel to work on members own projects. Contact [REDACTED]

Technology Support: We meet on the 3rd Tuesday monthly at 10.00am at the Lairgate Hotel. You will get a mix of general information based on a monthly theme and individual support and problem solving. Please bring your laptop, iPad, kindle, phone or other devices and your access password if necessary. For more information please contact [REDACTED]

HESSLE u3a

There are currently some vacancies in the following Interest Groups:

- Computer Group
- Lunch Club - (requires a group leader)
- Photography - (requires a group leader)
- Play Reading - it is hoped to form a second group if sufficient numbers are interested.

For all the above groups, contact [REDACTED]

HOWDEN u3a

Poetry Workshop. This group meets on Zoom monthly on a Friday evening from 7.30 to 8.30. It is intended for members who want to write their own poetry. For further details contact [REDACTED]

For other available groups please contact the relevant u3a.

QUIZ ANSWERS

Who is this singer?		Francis Rossi (Status Quo)
What connects: Dog, Drift, Holly and Sandal		Wood [Dogwood, Driftwood, Hollywood, Sandalwood]
Name this TV Programme		Spring Watch
What does a campanologist do?		Rings church bells as a job or hobby
Do you enjoy quizzes? Then why not join our Quiz group on the 2nd Monday of the month at the North Ferriby Social Club. Everyone is welcome.		

THANK YOU:

At our AGM in March we welcomed a new Chair, Vice Chair, Treasurer and Secretary, and we wish them well in their new roles.

Swanland u3a, like all similar groups, cannot survive without volunteer helpers to look after us. The tasks they perform range from running the committee, organising our Interest Groups, to providing tea and coffee after meetings, putting out (and replacing) the chairs and greeting new members.

Without our volunteers there would be no Swanland u3a.

We thank all of you who help out.
Your contribution is very much appreciated.

INFORMATION – WHAT YOU NEED TO KNOW TO KEEP IN TOUCH:



Swanland u3a WEBSITE
<https://www.swanlandu3a.org.uk>

To update or to add information please email: webadmin@swanlandu3a.org.uk



Look / Join our FACEBOOK Page:
<https://www.facebook.com/groups/swanlandu3a/>

Swanland u3a Contacts for information and help.
Email: info@swanlandu3a.org.uk

**Photographs in this newsletter can be viewed larger
on the website Photo Gallery.**

Newsletter Deadline

The closing deadline for the submission of articles for the
September 2024 newsletter is:

1st July 2024

Send to: newseditor@swanlandu3a.org.uk