

**York u3a** york

**NewsMail**

**No 23**

**February 2024**



**15a Clifford Street YORK YO1 9RG**

**Phone : 01904 289293**

**Web: [yorku3a.com](http://yorku3a.com)**

**Registered Charity No. 1007843**

<b>Contents</b>	<b>Page</b>
Chair's Message	3
Editorial	4
Travel	5,6,7
Saturday socials and Saturday Talks	8,9
Travel Team	10,11
Groups	12 - 19
Environmental Policy	20
York Local Writers Book Fair	21
Anecdotes	21
Cryptic Crossword Puzzle	22
Brain Teasers	23
Recipe	24
Recipe	25
Story " <i>Double Yellow Lines</i> "	26 - 30
Quiz Answers	30
Travel Forms	31,32

### **OFFICE OPENING HOURS**

Tuesday	10am to Midday
Wednesday	1pm to 3pm
Thursday	10am to Midday
Friday	10am to Midday

### **FRONT COVER PICTURE**

## Chair's Message

As I write my Chair's message for our first edition of Newsmail for the new year, I'm looking out on the grey and drizzly one-day lull between Isha and Jocelyn, the ninth and tenth named storms of 2023/24. For those of us who, like me, aren't too good at remembering names, Isha's equally randomly named predecessors were Agnes, Babet, Ciaran, Debi, Elin, Fergus, Gerrit, and Henk. Note the careful avoidance in the balance of boys' and girls' names of any suggestion that one gender is more inclined to tempestuousness than the other, a balance which carries through the list for the whole year (in spite of the fact after Jocelyn we can expect Kathleen, Lilian and Minnie, probably in short order.) It is worth noting that last year there were only two UK-named storms, Antoni and Betty, and they didn't arrive until August.

'So what was that all about?' you might well ask. Leaving the proliferation of named storms aside, as we feel our way into 2024 through the relative darkness of January the world around us seems equally tempestuous. There isn't really anything we can do as members of u3a in York about the conflict in Ukraine, the violence seeping slowly outwards through the Middle East from Gaza and Israel, or the looming storm-cloud over the USA represented by the Donald. But rather than despairing we can think up our own random name to submit to the Met Office for next year's list or, even better, we can do our little bit towards trying to restrict the number of named storms in future years by limiting our carbon footprint, both individually and as an organisation, as far as possible. To this end your committee has been working on the development of an Environmental Policy and strategy, which you will find later in this issue'

As I grow older, I find I become more tolerant of repeated reminders, provided they aren't too incessant, so on the assumption that I am not alone in this I would like to remind you to note down in your relatively freshly opened calendars that our 2024 AGM will be held after the Saturday morning talk on Saturday 13th April.

In the meantime, enjoy the companionship and friendships offered by the wide range of activities offered by our u3a interest groups. May they help to cheer you through the wet and gloomy days of winter.  
David Maughan Brown  
Chair: York u3a

## EDITORIAL

Welcome to our February u3a Newsmail and a belated Happy and Healthy New Year to all our members. This edition marks a year since we took over as editors and a big thank you to all those who have written and continue to write articles for our Newsmail.

When we were thinking of a picture for the front of this issue, we thought about taking a photo of some of the flooding in our city. However, glancing at last February's Newsmail, the front showed a picture of.....flooding in Fulford!

It is annoying when we can't take walks by the river, but it soon recedes, and we must be so thankful that we are not facing the terrible challenges that others around the world are suffering.

Thank you to all those group leaders who have written articles about their groups. It is really entertaining to read about the activities in which our members are involved. When we approached Samantha (Groups Coordinator) to ask group leaders to write articles, it was to show what is available. There are of course a myriad of thrilling and inspiring activities available and these can be seen on the York u3a web site.

Thanks to Barbara and Laura for your recipes, which sound delicious. We really enjoyed reading Colin's story "Double Yellow Lines". I knew someone who had a similar experience to that of the protagonist in the story and she was arrested...sorry. No more spoilers!

We always look forward to Brian's cryptic crossword and thanks to Diana for her amusing anecdotes.

Thank you to the travel team who have produced entertaining accounts of their visits.

Please keep sending such delightful, amusing and informative articles to us, also if anyone has a good photo for the front cover, send to [editorYorku3a@gmail.com](mailto:editorYorku3a@gmail.com)

The closing date for the April issue is Monday March 25<sup>th</sup>. I have been asked to remind you all that York u3a is a registered charity and the number is 1007843.

Finally, a big welcome to all new u3a members. We hope that you will find many groups that will interest you.

**Nick and Sue Tompkin (Editors)**

**York u3a AGM  
April 13th  
Directly after the Saturday Talk**

## Travel Team

**Wednesday 1st May 2024: Yorkshire Dales**

### **Grassington & Skipton**

**Cost: £14.50**

Come and join us for a day out in Grassington and Skipton in the Yorkshire Dales.

**Grassington** - We will visit Grassington in the morning where you can visit the independent shops, pubs and cafes as well as spotting locations used in the fictional market town of Darrowby in Channel 5's "All Creatures Great and Small", including the building which is Skeldale House, the Surgery in the series.

Please be aware there is a short walk from the coach car park to the centre of Grassington and some of the roads in the town tend to be cobbled and on an incline, with some uneven paving flags and cobbles.

**Skipton** - The afternoon will be spent in Skipton where you can visit the famous outdoor market, the 900 year old castle, enjoy a canal walk or experience Bizzie Lizzies, Skipton's favourite fish & chip shop, amongst other things. Skipton was recently voted one of the best places to live in the UK.

The cost includes coach travel and driver's gratuity.

The u3a Travel UK mobile phone number on the day is 07939 601636.

**Organiser: Hilary and Paul Whittle**

Places will be allocated on **6th April** and a waiting list will be started if the trip is oversubscribed. You will receive confirmation as to whether you have a place or are on the waiting list.

**To apply for a place:**

**EITHER** complete the **online** booking form on the Travel section of the website (yorku3a.com), a request for payment by bank transfer will be sent to you if allocated a place

**OR** complete a **paper** booking form and send it with a cheque, which will not be cashed until the place has been confirmed

Places are not finalised until payment is cleared. Your booking is a commitment to pay. Refunds are only possible for a cancellation if a replacement can be found.

**Lorrae**

## Wednesday 10th April 2024: Visit to Southwell

**Cost: £14.00 if you belong to the National Trust and bring your membership card. £28.25 if you do not belong to the National Trust.**

This is our second visit to Southwell. The first visit was oversubscribed by 30 people, so we agreed to run a second trip. Anyone who was on the waiting list last time will be offered a place if they re-apply, but we do seek new applications so that we can fill the coach for a second time. And some people may wish to come for a second time since the Workhouse gardens and the Minster gardens will both be different with spring flowers and foliage.

We will spend the morning visiting the Southwell Workhouse, which provides a very interesting view of social history as the system for dealing with the poor of society was developed. Built in 1824, the Workhouse was the prototype for nineteenth century workhouses as they developed after the New Poor Law passed in 1834. Although the New Poor Law system was disbanded in 1929, the Southwell Workhouse continued as a Public Assistance Institution.

After the beginning of the Welfare State in 1948, the Workhouse continued to provide accommodation for men and women in the separate infirmaries. Part of the property was used as homeless accommodation until 1977, and some elderly residents remained there until a new residential home was built elsewhere in the 1990s. Since the Workhouse had been labelled as “the best-preserved workhouse in England”, the National Trust bought it in 1997. The Trust’s approach has been to restore missing features but not to remove elements from the building’s later history.

After our visit, the coach will take us into Southwell itself for lunch and the afternoon. There are a variety of cafes and hotels where you can find a bite to eat. A notable feature of the town is Southwell Minster authorised by Archbishop Thomas of York in the 12th century, and the cathedral of the Diocese of Southwell since 1884. A famous feature of the Minster is its “Leaves” – the 13th century stone foliage that adorns the Chapter House. Beside the Minster there is the Archbishop’s Palace and lovely Palace Gardens. Note that the Minster would appreciate a voluntary donation from visitors.

The cost includes coach travel, entry to Southwell Workhouse and driver’s gratuity.

Continued on page 7

From page 6

The u3a Travel UK mobile phone number on the day is 07939 601636.

**Organiser: Sheila McKilligan**

Places will be allocated on 13th March and a waiting list will be started if the trip is oversubscribed. You will receive confirmation as to whether you have a place or are on the waiting list.

**To apply for a place:**

EITHER complete the **online** booking form on the Travel section of the website (yorku3a.com), a request for payment by bank transfer will be sent to you if allocated a place

OR complete a **paper** booking form and send it with a cheque, which will not be cashed until the place has been confirmed

Places are not finalised until payment is cleared. Your booking is a commitment to pay. Refunds are only possible for a cancellation if a replacement can be found.

## **WATER FITNESS**

There is plenty of room for anyone who would like to join our water fitness group. You do not have to be a swimmer! We meet at the Better Energise Pool on Cornlands Road every Monday (apart from Bank Holidays) from 1.30 to 2.30pm. The gentle exercises take place in the shallow end, where we have lots of fun whilst contributing to our general fitness. There is time at the beginning and end of the sessions for a free swim for those who enjoy swimming and the non-swimmers usually stay in the shallow end having a chat. The cost is £25 for 6 sessions.

Many of us go to the café afterwards, for a hot drink and “get together”. We are a gregarious group, who have made many friends during our time with the water fitness group.

We had our Christmas lunch at the Plough Inn, Fulford on December 7<sup>th</sup> and had a brilliant time with splendid food.

We are planning a Spring lunch at the Ashford Restaurant at York College in May.

If you would like further details about joining this group, please contact:-

Anne Fox (Group Leader) email [water@yorku3a.com](mailto:water@yorku3a.com)

Sue Tompkin (Secretary) Tel 0789431756

## **Saturday Social**

### **Hearing Dogs**

February 23<sup>rd</sup> 10.00-12.30 in Friargate Meeting House

Martin Peagam and his dog Inca (or possibly another pair) will visit us and tell us about the work of Hearing Dogs. We will host a bring and buy table which might – if you bring any -also include cakes (for Paws for Cake opportunity!).

Do come along especially if you yourself have an assistance dog. Cost £3 including coffee or tea.

As this is likely to be a popular event, please book your place with [satssocialyork@gmail.com](mailto:satssocialyork@gmail.com) Please also say if you can help make and serve refreshments, and if you have any suggestions for a future Saturday Social.

### **Anna Baldwin**

### **Saturday Talks on Zoom**

We try to make the Saturday talks available on Zoom. An email is sent out to all members within a week of the talk, with details of the Zoom link.

As of January 2024 we are requesting that those who watch the talk on Zoom contribute £3 (same as talk attendees) to help offset the cost of putting on the talk. Details of payment options are included with the Zoom details.

### **Quinn Smith**

### **Saturday Talks**

Saturday Talks take place at 10.30 on the second Saturday morning of each month, in the Central Methodist Church Hall in St Saviourgate. Parking is available nearby and tea/coffee is served from 9.45. Admission is £3 and tea/coffee is £1.

### **Here are details of our Next Three Talks.**

#### **Saturday 10th February "York Civic Trust- helping to shape York's Future" Stephen Lusty**

Following a career in engineering management in both the UK and Germany, Stephen immersed himself in York history, founding a Guided Tour company, Yorktour, and becoming Chair of The Yorkshire Philosophical Society from 2010-2015.

Since 2019 he has been Chair of York Civic Trust and takes a great interest in the city's future.

(Aside:) Conducted u3a choir from 2006 to 2022!)



From page 8

developments in the city. But is the city's ambience now under threat from other factors such as overcrowded streets, climate change, cuts in government spending?

In his talk, Stephen will look at some of the changes taking place, some of the expected new developments in the city and how a Civic Trust can, given today's challenges, help to ensure the integrity of this great city for our own generation and for future generations.

**Saturday 9th March “ Secrets of the Human Brain” Robert Pullen**

Bob is a retired University Lecturer who has spent many years giving lectures on the brain to Medical, Pharmacy and Biology students. He has also undertaken brain research in England and America. During this time, he has learned many interesting facts about the human brain which he includes in this interactive talk.

The talk starts with a simple description of the brain, how nerves work and how different parts of the brain do different things; it includes an explanation of how men's and women's brains differ. There is an interactive section which allows the audience to test how left- or right-sided their brains are, and to use their own brains to see things that are not really there.

**Saturday 13th April Follow a Swallow Sir John Lawton CBE FRS**

John retired as Chief Executive of the Natural Environment Research Council in 2005; prior to that he held posts at Imperial College London, The University of York, and the University of Oxford. He is currently President of the Yorkshire Wildlife Trust, a Vice-president of RSPB and Chair of several conservation projects in the UK.

Swallows make a staggering 8,000-mile journey from the UK to winter in South Africa. The lecture traces the journey of a young Swallow from Heslington, across Europe, the Sahara Desert and down through Africa to Cape Town. We will learn about how it navigates alone on a journey it has never been on before, the creatures it meets on the way, and the hazards it faces on this epic journey, now being made much worse by climate change.

**This talk will be followed by our AGM.**

We look forward to seeing you if you are able to come along to any of these talks. Don't forget to Bring a Friend who might consider joining our excellent organisation!

If you are unable to come to the talks in person, most can be attended on Zoom and we ask for a contribution of £3 for Zoom attendance. A link will be sent out during the previous week and a recording made available after the talk.

**Liz Swinbank and Anna Baldwin Joint Talks Secretaries**

## NEWS FROM THE TRAVEL TEAM

From now on, you will find details and booking forms for all upcoming trips in the u3a office, as well as on our webpage [yorku3a.wordpress.com/travel/](http://yorku3a.wordpress.com/travel/)

The Travel Team have arranged a day trip to **Barnsley** Museum and Discovery Centre, and Cannon Hall Museum Parks and Gardens on Thursday 7th March. Details were sent by email in January, as the booking deadlines were tight. Applications must be in by 13th February, so if you are interested in this trip see details on the website or in the office. Should you think your application may not arrive in time call Lorrae on 07967 128 321.

Details of day trips to **Southwell** on the 10th April and **Grassington & Skipton** on 1st May are included in this Newsmail.

The Travel Team has also arranged two longer trips for this year. These have already been advertised by email, and are **Delightful Dorset - 10th-14th June** and **Kynren - 31st August to 1st September**.

Both trips have a **non-refundable deposit of £75 per person**. These trips are arranged through Airedale, a travel agent with expertise in UK group tours. **The cost for each is dependent on how many people travel**. Full details and booking forms (online and paper) for both these trips are available on the Travel pages of the u3a website and in the office. Bookings with payment should arrive **by 17th February**.

Dorset has two twin / double rooms available, and Kynren has two singles and three twin / doubles. Rooms will now be allocated in order of applications received, any questions email [travelukyorku3a@gmail.com](mailto:travelukyorku3a@gmail.com) or call on 07967 128 321.

For **Delightful Dorset** we will travel by coach and have half board for four nights at the Durley Dean Hotel in Bournemouth. We have organised excursions to visit the Mary Rose Museum in Portsmouth, Poole Harbour, and the heritage Swanage Railway. We will have a drive through the New Forest and visit part of the famous Jurassic Coast. The cost for Delightful Dorset will be **£689 to £639 per person**.

**Kynren** is a spectacular show near Bishop Auckland, County Durham, telling the history of England with 1000 actors and crew on a large outdoor stage. We will travel by coach and have half board at The Gibside Hotel near Newcastle upon Tyne. The cost for **Kynren** will be **£309 to £299 per person**, with a single supplement of £35 per person. Members should note that there is a considerable walk from the coach park to the experience, and the stand where seats are located will involve steps, as in a theatre.

## Travel Group Christmas Lunch

I was really looking forward to attending the u3a Christmas Lunch being held in the Masonic Hall in Duncombe Place on Tuesday 5<sup>th</sup> December.

I had never been in the building before. In fact when I was told where the venue for the Christmas lunch was going to be I thought "where is that in York?" It is surprising how you live in York and have walked past buildings so often and have no idea what history is hiding behind their walls. I had no idea that the building is a grade 2 listed building and the oldest Masonic Hall in York built in 1862-1863 and designed by John Edwin Oates.



The room for our lunch was well decorated, the tables beautifully laid, and the added touch of a Christmas tree gave a festive atmosphere, which was lively and fun.

The lunch consisted of 3 courses with these choices: Holgate windmill bread with Christmas whipped butter, Prawn cocktail / Masonic pate / Butternut squash soup; Traditional roast turkey / Sea bass with serrano ham and tomato fondue / Portobello mushroom, parsnip and cashew nut; Cranberry clementine brownie / Traditional Christmas pudding / Fruit salad; Coffee/Tea and mince pies.

The meal was lovely, the staff excellent, and from entering the building to leaving I thoroughly enjoyed myself. A lovely venue, with brilliant views of the Minster and what a great way to celebrate the start of the Christmas season. I would most definitely go back if the venue is the same next year.



**Viv Nicholls**

## Films Plus

We are a group who all enjoy watching and discussing films. We watch a film I've chosen, bearing in mind members' suggestions, at City Screen followed by discussion at a local bar. We generally meet on Tuesday afternoons or early evenings. I email or phone out the info the previous week.

New members are welcome. There is no obligation to come to all the meetings. Just come to the ones that interest you and fit in with your timing. We have members who come very frequently and others who join in only occasionally, those who know lots about films and those who know little. All are equally welcome.

Films are often sub-titled and sometimes have audio description. There's a lift up to the screens.

Recently we've seen and discussed 'Fallen Leaves', 'A Year in a Field', 'Tampopo', 'Wonka', 'One Life', 'The Boy and the Heron' and 'Poor Things'.

**Elisa Main** 01904 438976 Email: [filmsplus@yorku3a.com](mailto:filmsplus@yorku3a.com)

## French Conversation 1

We meet at the Theatre Royal every other Monday 10-12.00am. We begin by discussing topical news items and other points of interest. We follow this with translation of a prepared text from a book, newspaper or magazine.

**Theresa Fitch.**

## Current Affairs

This new discussion group, chaired by myself, launches at 13.30 on Tuesday 6<sup>th</sup> February in the Penn Room at Friargate Quakers. It's an opportunity for members to discuss the hot issues of the day, but in a civilised manner, which respects both the opinions of others and their right to a fair hearing. I hope it to be the antithesis of the rude, intolerance of much of social media, yet passionate and informed.

A core subject will be initially chosen by me and in future by members. Each meeting will have a slot for members issues of the day and a slot where I'll insist on statements on what policies folk would like to see.

Meetings will last up to two hours and be held monthly on the first Tuesday afternoon of each month. New applicants should email me to join. Spaces available

**Colin Lewisohn** email: [c.lewisohn@yahoo.com](mailto:c.lewisohn@yahoo.com)

## **Political Ideas**

We've had four sessions since our launch in November. We are a Study Group examining how political ideology influences modern political ideas and actions. So far, we've covered Left vs Right, Influence of Religion on Politics, Conservatism and Liberalism.

At our next meeting we'll be looking at Social Democracy and Democratic Socialism before venturing into the worlds of many other 'isms'.

To keep numbers manageable, we have Group A which meets between 13.30 and 15.00 and a Group B who follow between 15.00 and 16.30, each with a ceiling of fifteen participants.

The groups are currently full, and a waiting list is in operation. Interested parties should email me to join the waiting list.

**Colin Lewisohn** email: [c.lewisohn@yahoo.com](mailto:c.lewisohn@yahoo.com)

## **York U3A Humanists**

This meets monthly at 13.30 on the third Tuesday of each month. The next meeting will be on Tuesday 20<sup>th</sup> February in The Penn Room at Friargate Quakers.

This is for fellow Humanists and for those interested in learning more about Humanism. Our intention is to provide a community for U3A Humanists in which we can discuss, learn, raise our profile and further humanist issues.

Meetings last up to two hours and often involve guest speakers. Interested parties should email me. Spaces available.

**Colin Lewisohn** email: [c.lewisohn@yahoo.com](mailto:c.lewisohn@yahoo.com)

## **German Conversation (Intermediate and Advanced)**

We swap news about each other or friends, chat, exchange ideas and opinions, agree, disagree, reminisce, maybe read a poem or do a role play, laugh and generally inform ourselves about current issues at home and abroad.

Then we make a break for tea and biscuits after which we resume again with serious (or not!) reading of a text, asking questions, discussing and laughing, helping each other with vocabulary in the target language.

To find out what really goes on, taster sessions are available.

**Margarete Wells**

## Canasta Club

My name is Neil Ward and I lead the Canasta club. We meet every Tuesday at 1.30 pm at The Old Bank [opposite the Judges Lodgings] on Lendal.

There is no charge but we do ask that attendees buy a drink from the bar [alcoholic/non alcoholic/ tea/coffee - whatever].  
Play usually runs until 3.30 but we are flexible.

A very friendly group. If anyone is interested they would be made most welcome. Providing new members have some knowledge of card games, I would be happy to teach the game if they have not played before.

**Neil Ward** email: [n.ward](mailto:n.ward)

## Cercle français (Version Zoom!)

Vous parlez français assez bien?

Vous voulez bavarder quelquefois pour ne pas perdre votre français?

Venez nous rejoindre le jeudi matin (deux fois par mois) sur Zoom!

On se rencontre sur Zoom le premier et le troisième jeudi, à dix heures (pour 40 minutes)

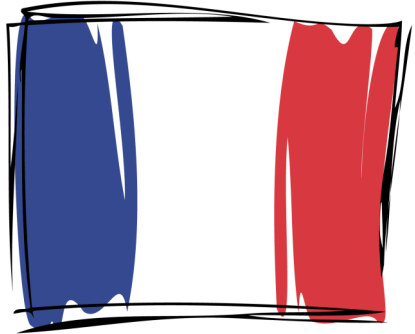
Ce n'est pas une classe, on ne fait pas de "présentations", ni de traductions.

Ça offre l'opportunité de ne pas perdre son français, en parlant aussi naturellement que possible.

**Contact:**

[cerclefrancaise@yorku3a.com](mailto:cerclefrancaise@yorku3a.com)

[mill@gmail.com/01904791163](mailto:mill@gmail.com/01904791163).



## Indoor Bowling

We meet every Monday and Thursday afternoon from 2 to 3.30pm. The cost is £3.50 per session. The Indoor Bowling Club, Chaloner's Road, Acomb provide shoes and bowls if required. Training can be given if required. This is a relaxed non competitive bowling session meant for enjoyment.

**Joanne Day**

## Gardening for learners

We are a friendly group of gardeners with a wide range of experience from beginners to those with years of dirt under their fingernails. This is very much a self-help group with some expert guidance, but we can learn so much from each other.



The programme of monthly meetings is aimed at seasonal activities and member interests. Visits are to local gardening related places which are easily accessible. We generally meet in the Harriet Room at York cemetery on Thursday mornings monthly.

**Jane Thurlow.**

## Spirituality

Our spirituality group is now in its 8th year. We have lively discussions and sharing of information about the best way of navigating these challenging times.

This year we are concentrating on the Ascension process as we have finally arrived at the time of transition. We have space available if you would like to join, or email me at [omx369@gmail.com](mailto:omx369@gmail.com) if you would like to know more.

**Ocean**

## Mah Jong Two

“Mah Jong is a game that is a little bit like the card game Rummy, but it is played with tiles. Each player starts with 13 tiles and the basis of the game is to build up sets or hands – taking turns to collect and discard tiles.

We play up to three tables every Thursday (2pm to 4.30pm) at the home of the group leaders. It is a very friendly group and we have two places available if you would like to join us. We can teach if you have not played before. There are no charges.

**Bill & Trudy Seaby**

## Authors Group

Many u3a members have either self-published or are considering doing this. To offer support and share information about this sometimes challenging area a new group will meet for the first time.

The meeting will be held in the Fell Room of the city centre offices of u3a on Wednesday 24 January from 1.30pm - 3.30pm. Admission for members only is £2.00 to cover the room hire costs. For further information or to join please contact [authors@yorku3a](mailto:authors@yorku3a).

The group will meet quarterly through the year. At the first get together we will discuss how best to run our meetings to benefit the group needs. Please bring along your self-published books to the first session if you have one and be ready to give a brief on how you found the process. This is to identify common areas for future discussion.

You do not need to have self-published a book to join the group but you are expected to intend to do so in the near future.

### Julie FearnNew group:

## Astronomy for Everyone

**WHAT** – “Astronomy for everyone” - Open to everyone with an interest in astronomy.

We'll meet April & May resuming in September if enough interested.

No previous knowledge of astronomy is required, just an interest in the universe.

We'll talk about "why is the sky blue", the “Big Bang” and everything in between.

There will be music, presentations, “hands on” and lots of opportunities to ask questions.

Remember - we are all just stardust.

**WHEN** - 1st Friday monthly, starting April 2024 for 2 months, resuming in September.

**WHERE** - Fell Room u3a Centre, 10-12 noon.

**COST** - £2

**CONTACT** - Quinn Smith

**EMAIL** - [astronomy@yorku3a.com](mailto:astronomy@yorku3a.com)

**PHONE** - call u3a office 01904 289293

**GROUP REFERENCE** - 12009



## Calligraphy

I want to learn [calligraphy](#). My good friend Judy passed away last year and she always wrote beautiful cards and would be called upon to write out wedding invitations and place settings.

In memory of Judy I would love to learn calligraphy. Samantha Triggs suggested I put a call out via the newsletter to see if any one in the U3A would be willing to pass on calligraphy skills. Or if there is any one else who wants to learn calligraphy and we could perhaps try YouTube/Zoom tutorials together or something like.

**Gerri Kostrzewa**

### The Early Days of Cinema (Spring 2024)

The major focus of our programme this year is to explore some 'Film Noir' productions that grew out of German Expressionism in the 1920s. Much of this was stimulated by several major directors (Lang, Murnau) fleeing to the States to avoid persecution in the 1930s, taking with them a vision of a broken social order and premonitions of a looming war.



The genres of horror films and gangster movies can trace their origins back to German influence in the wake of World War 1. Fritz Lang was pre-eminent amongst these exiles.

We draw a line, arbitrarily, at 1939, by which time famous directors such as Korda and Hitchcock were well established, and superb actors including Conrad Veidt and Peter Lorre had had become household names. Lighter and comic fare features also.



Woolman Room 2.00 pm. 1<sup>st</sup> Monday of each month, unless otherwise informed. We hold a brief discussion after each screening.

**Information: Richard Beaton**  
[earlycinema@yorku3a.com](mailto:earlycinema@yorku3a.com)

## **Art for Leisure**

We meet on the first Monday of the month in the afternoons from 2 to 4 pm. When the weather is warm enough for drawing and painting 'en plein air' we meet outside at a venue of our choice. Examples are the Museum Gardens, the Treasurer's House, and St. Anthony's Garden. Afterwards we meet up in a nearby cafe to discuss our work and share the results.

From November to March we meet in the Fell Room where we use reference material of our choice for example in making greetings cards.

**June Whittaker**

## **Poetry Group 2**

We meet every first and third Friday of the month from 1.15 to 3.30 pm in the Woolman room. Here we share poems on a subject which we have chosen at the previous meeting. Recent examples are: 'Winter', 'Family', 'Visitors', 'Transport' and 'Change'.

We read two poems each - one before and one following our break for coffee. We usually choose three poems as insurance against anyone else finding the same poems to read as the ones we have selected.

We concentrate on the emotional affect of the writing rather than on a forensic analysis of the poetic form and construction of the work. This makes for friendly and absorbing sessions

**June Whittaker**

## **Gardening for All**

We welcome anyone interested in gardening, from beginners to experienced gardeners.

In the Autumn and Spring terms we offer illustrated talks, demonstrations and q & a sessions by experts from the north east of England. Because we are a large group we can afford to attract premium speakers.

We also consider issues related to wildlife, the environment, climate change and other current concerns. Zoom is an option if we cannot meet together.

Garden visits are organised mainly in the Spring - Summer but occasionally in the Autumn and Winter, the more distant ones by coach.

**For full details please contact:-** 01904 864055

yorku3agardeninggroup@gmail.com

**Christine Bank**

## **Continuing Spanish**

The Continuing Spanish group is just that! It has been going for more than 16 years. At the moment I have about 14 students, when they are all there. They can be any level, except beginners. They must be able and willing to speak in Spanish on any topic which occurs. A feature we all enjoy is "snippets", when one or other talks about something going on in their lives, which encourages questions from the others. In fact, we never seem to have any difficulty in keeping up the momentum.

At the moment I am not asking for any new members until half-term, when I will have a better idea of how many regular attenders there are.

However, do not be discouraged, as I can start a waiting list, should demand arise.

**Eileen Goodrum Group Leader.**

## **Fly Fishing and Fly Tying**

The group was set up to enable people both new to the sport and experienced, to come together to enjoy fly fishing sessions during the fishing season and then to meet during the winter months for fly dressing sessions.

No experience is necessary as tuition and equipment are available for anyone who would like to come along for a taster session whether that be for fishing, dressing or both.

The group will be resuming again in March, weather permitting, for the start of the new fishing season. Most sessions are held at Marston Wyse, near Rufforth.

**Beverley Lonsdale**

## **Write On**

We begin by reading to each other what we have written; stories, memories, recent experiences and poems. We chat about their subject and their writing. Each brings a welcome personal and unique perspective. We have prompts or we can choose whatever we like .

There might be time for an exercise, we might visit locally or have an outing. There is respect and good humour. There is no rush. We inspire and encourage each other to write .

**Colin Fletcher**

## **Introducing the new York u3a Environmental Policy**

The Trustees worked with a couple of members last autumn deliberating on a new policy to guide our u3a activities. We are living in a time of climate emergency and we recognise that there is an urgency to ensure that what we do has minimal environmental impact and carbon emissions.

The guidelines that we drew up, after considerable discussion (and minimal argument!), have now been approved by the Board of Trustees, and all Group Leaders will be contacted so they have this useful framework for planning and enjoying meetings and gatherings.

There is also a simple monitoring tool that can be applied to see how we are doing – and the tool itself will be evaluated and refined as necessary. But of course members need to know what the guidelines say, so we can all play our part in reducing our impact on the environment. So here they are:

### Travel

York u3a recognises that it is unavoidable that some road transport will be required to enable members to access some activities. However, York u3a encourages:

The use of venues that are accessible by public transport.

The use of car sharing to minimise personal journeys.

The use of routes that minimize emissions.

Trustees to work from home.

### Procurement

We encourage groups to use local growers and producers.

We encourage groups to use fair trade and organic produce.

We consider energy efficiency when purchasing equipment.

We choose suppliers taking their environmental credentials into consideration.

### Waste

Communications are digital wherever possible, and printing minimised, to reduce the use of paper.

Waste is managed with the aim of reducing, reusing, and recycling where practicable.

We avoid single use plastics and disposables such as sugar sachets or individual milk pots.

Waste paper, card, plastics, metals, glass, batteries, electronics and ink cartridges are recycled.

### Energy

We set lighting levels at events to the lowest level practical.

We encourage the use of premises with motion sensor lighting.

We display posters reminding members to turn off lighting and equipment when not in use.

Lights and equipment are switched off when not required and heating controls set at the lowest level practical.

### Activities

We encourage interest groups that explore and promote solutions to the climate crisis. The full policy has been published on the York u3a website.

## YORK Local Writers BOOK FAIR

Saturday 6 April 14:00 to 16:30

FRIENDS MEETING HOUSE, Friargate, York, YO1 9RL

Writers who have books to sell are invited to reserve a table;  
£7 or £4.50 for a shared or half table.

Tables are 180cm x 70. Setting up can start at 13:30 and there will also be 30 minutes at the end to clear up.

To reserve a place, please transfer fee to:

07-08-06 40999989 (account name; John Walford)

Please state your **name** in the **narration** of the transfer and advise me by email. Otherwise you can post a cheque to my address below.

Please also publicise this event in any way you can. The more people come in through the door, the more successful it will be.

**John Walford** (01904) 621557. Email: walford1649@gmail.com

### Anecdotes

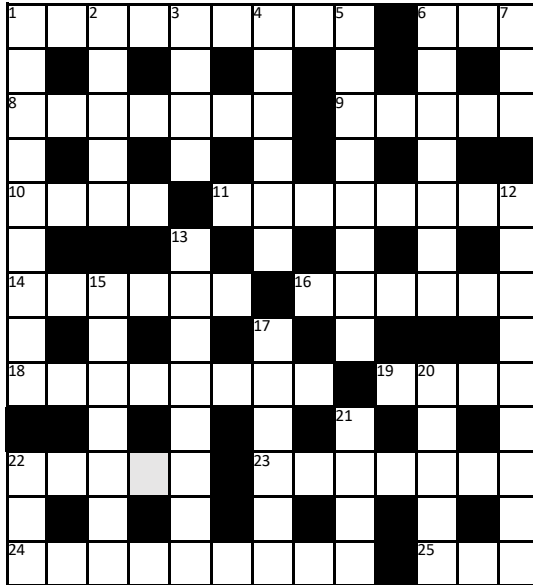
While in my local supermarket, I was accosted by a Chinese lady with very little English, who said (what sounded like) 'You show me dirty gents?' I had no idea what she wanted, even though she repeated it several times. So, wanting to help if I could, I asked her if she was looking for food (and demonstrated by putting something in my mouth). 'No, no, no' she said - 'dirty gents'. I then demonstrated mixing something in a bowl and asked 'for cooking?' 'No, no, no' she said - 'dirty gents'.

I then asked if it was for cleaning and rubbed my hands together as if washing and she said 'Yes, yes, yes for cleaning'. So I took her to the cleaning aisle and we looked at mops, buckets, dusters and finally packaged goods where she grabbed a packet off the shelf and exclaimed 'dirty gents'- she had found what she was looking for -detergents!!

Oddly enough, in the same supermarket and in the same aisle ('dirty gents') - I overheard two little old ladies discussing the merits of different washing powders, when one exclaimed 'Well, I'm certainly not buying that product - if they say it's useless'. In large letters, in yellow, on the top of the packet, it read - USE LESS - highly concentrated.!! The wording has since been amended.

I'm a little cautious about going into the cleaning aisle again, I wonder what next.

**Diana English**



## CRYPTIC CROSSWORD 20

### ACROSS

1. April parade (5,4) 6. Stick sounds to be in line (3) 8. The number one tempter (7) 9. Sounds certain at the coast (5) 10. Corn found on the body (4) 11. Dangerous state may be disapproving (8) 14. Quicker appears in Lent (6) 16. Stands hold last of notes for singers (6) 18. Scope for a line (8) 19 Not applicable if ingenuous (4) 22. Fellow or giver (5) 23 Does he sing in the High Church? (7) 24. Honoured or merely colourful (9) 25 Girl from the night before (3)

### DOWN

1. Fully staffed school is imperious (9) 2. Harder to come by (5). 3. Low fellow (4) 4. Cast in fact or story (6) 5. Experimental side? (4,4) 6. Commander in Chief's shoe makes the selections (7) 7. Sounds like I examine (3) 12. Burglar's final hope on the race circuit? (4,5) 13. A refreshing drink for the renovator (8) 15. Notorious verses from the evil one (7) 17. A French right is to be skilful (6) 20. A team may be whispered (5) 21. Fastener for the stallion? (4) 22. A useless shell (3)

**Brian Waddington**

## Brain Teasers

- 1) The clever butler needed some extra cash, so he tells his master: "I know almost every song that has ever been written" The master laughs at this, but the butler says "I am willing to bet you a month's pay that I can sing a song that you have heard of with the lady's name of your choice in it." "Deal", says the master. "How about my mother's name, Felicity Jane Ashley?" And so the butler sang and earned himself an extra months pay.

What song did he sing?

- 2) One snowy night, Sherlock Holmes was sitting by his fire, suddenly a snowball came crashing through his window breaking it. Holmes got up and looked out of the window, just in time to see three boys, who were brothers run around the corner. Their names were John Tompkin, Mark Tompkin and Nick Tompkin. The next day Holmes got a note through his door that read " ? Tompkin. He broke your window." Which of the three Tompkin brothers should Sherlock Holmes question about the incident?

### 3) Towns and Cities

1. **Bowellrough**

2. **CaO  
Newcastle**

3. **JONATHON  
Y**

**AND 4**

5. **Land  
S**

6. **GLAST  
HALLE**

7. **bbbbbbbbbb**

8.

**WALLS** 

**A recipe series featuring delicious healthy food for low impact living, contributing to lowering your carbon footprint in the climate emergency.**

**No.3. FRUIT CRUMBLE**

Time for a wintry pudding next time you've got the oven on and want to fill it for economical use....it's a good excuse for a treat anyway! And many of the ingredients are organically produced readily available from local growers, through Food Circle and wholefood shops.

**THE FRUIT**

Have you got some apples left, or maybe a few cooking pears? Any brambles, berries or currants left in the freezer from last summer, ready to brighten up a meal? Prepare the fruits enough for everyone you are feeding – and a bit more to have for breakfast tomorrow maybe... Cut apples and pears into thin slices so they cook fairly rapidly. Lay them in your pie dish.

**THE TOPPING**

Put a generous handful of porridge oats per serving in a mixing bowl; add chopped nuts (hazels go very well with fruit and are European in origin, unlike delicious cashews and brazils which come from the tropics), sesame seeds, pumpkin seeds (which aren't at all local but are rich in omega3 fats which we need for good health) and some ground linseed (which can be sourced locally from East Anglian growers Hodemedod).

This combination of grain, nuts and seeds gives complementary protein with many of the essential amino acids. Then add about a tablespoonful of rapeseed (canola) oil per handful of oats; it gives the pudding a lovely golden colour, again is rich in omega3, and can be sourced locally. Stringers, who farm organically near Bishop Wilton, produce both the oats and the oil needed for this crumble.

Then you can add concentrated apple juice, about a third as much as the oil, and mix. Using fruit sugar in this way makes for a mellow taste, and a less rapid metabolic conversion than refined sugars. If you like spices, you could add some cinnamon or cardamom, or whatever others you fancy. Go gently – don't let the spice dominate the fruitiness.

Bake for about twenty minutes – depending on the choice of fruit, the temperature of your oven and the position of the dish within it. It's not exact science: your crumble will fit in around your other cooking requirements.

Continued on page 25



From page 24

## **CREAMY DRIZZLE**

Skin almonds by covering with boiling water for a few minutes (or buy them ready blanched); then leave them to soak for a few hours in fresh cold water (this removes enzymes which can be hard to digest). Drain and then whizz them up with a hand blender with fresh water, or maybe a bit of fruit juice, to give a stiff or runny cream as you fancy. You can also make a 'cream' using tofu instead of the nuts – but add a tea-spoonful of oil to make it smooth and homogenised, and perhaps a little honey.

*Laura Potts, January 2024*

## **POT AU FEU AUX CHAMPIGNONS**

(Bacon hot pot!)

Serves 3 - Cooks on stove top in 45 mins

### **Ingredients**

½ lb cooking bacon, cubed  
1 large onion, chopped  
8 oz. chestnut mushrooms, sliced  
1 lb potatoes, peeled and thinly sliced  
Pinch mixed herbs  
¼ pint stock or water  
2 oz. grated cheese

### **Method**

In a large frying pan, sweat bacon and onion, covered, for 10 mins, without browning. Cover with a layer of sliced mushrooms and sweat for another five minutes

Add herbs and seasoning. (Not much salt as bacon will release some)

Cover with overlapping slices of potato, add stock or water. Cover. Simmer for approx. 30 mins till potatoes are cooked. Sprinkle with grated cheese and brown under a fierce grill. Good served with broccoli or cabbage or baked beans

**Barbara Hull**

## Double Yellow Lines

The house had been hers for over fifty-one years. Well, strictly speaking hers and Eric's for thirty-six years and hers solely for the last fifteen after Eric's death. She'd always loved it, a luxurious refuge, and her escape from the rotten housing of her impoverished upbringing. Four upstairs bedrooms, although these days she'd had her bed moved into the Living Room. It meant that she only kept the downstairs heated, traipsing up and down stairs had become such a wearisome challenge. The downstairs toilet and shower room were the epitome of her modern good fortune. Deidre couldn't waste any opportunity to suggest though that she'd be better off if she were to downgrade to some god awful, pokey Granny Flat.

"You're lost in here Mum, think how much easier things would be if you sold up and found somewhere more suitable. You could make a fortune. House prices are hitting the roof you know."

Translation: I want your money! Well, no thank you very much. That would have to wait, until she was six feet under anyhow. Besides which the best part, better than all of the amazing conveniences, was the view. She liked to look. You can learn so much from observation. It was more than entertainment; it was a social service keeping tabs on all of the comings and goings. It was only last week that the woman at thirty-six had absented herself from her daily 10.00 am shopping trip, and no surprise that the poor thing had had a fall, which explained things. She, Margaret Fellowes of 14 Park Rise, had been able to confirm that when the sweet WPC had knocked on her door. After all, quite rightly, the young woman had properly acknowledged that she was a model citizen and Park Rise needed more like her. WPC Janhavi Patel had insisted on presenting her with a card, now in pride of place on the mantelpiece.

Then it happened, bloody cheek of it. She didn't agree with bad language, there was far too much of that, but for goodness sake. Her mobility was no longer what it was, so she couldn't exactly fly out of the door and that meant that she missed him, having to rely on her Zimmer Frame. How annoying. A black VW Golf parked directly in front of her house. Her house, her parking space. True, she didn't own a car but that wasn't the point. No one had ever done that; people had been properly respectful of her property. He'd plonked his car there at 07.45 and there it had stayed for a full ten hours. How dare he? A full ten hours of restricted view.

Continued on page 27

She'd spent the whole of that day thinking through the inevitable confrontation that was now necessary. She'd ask him if he was going to park there again. If he said no, then she'd let it be. If she detected any equivocation on his part then she'd appeal to his better judgement. He could easily find somewhere else, after all.

The day drifted by with the car masking her view of the other side of the street, so annoying. Deidre would be popping by soon, soup. She could stop all of this unwanted obstructionism, Deidre was a strong girl, always had been. On cue, Deidre having used her key was now standing in front of her.

"Mum, I bought you some Tomato Soup, lovely. Shall I heat it up for you?"

"Deidre, haven't you noticed? It's not right, is it?"

"Noticed what Mum? What's the matter?"

"That thing, there. The car. Look where it's parked. Outrageous."

"You mean that car in front. It's parked quite legally Mum. It's not breaking any laws."

"You don't think so! It's my house this is. He's got no right to park there."

"I know that you're not used to people parking outside Mum, but I assure you that he's not doing anything wrong. There're no double yellow lines."

"Well, there should be. Look I've written this note. The least you can do is place it on his windscreen. I'm making things clear."

"Let me have a look." *NO PARKING HERE – BY ORDER. POLICE TO BE INFORMED IN FUTURE.* "You can't say that. I'm not going to be a party to that. Now, do you want this soup or not?"

After Deidre had served her mother the soup she left without placing the note on the windscreen. Margaret ate her soup then returned to the window. Clutching both note and Zimmer Frame she'd have to deliver the message herself. Half an hour later the driver arrived, read the note, carefully folded it up and put it in his pocket, then he drove off.

So, what was to be done? Deidre had mentioned double yellow lines, the instruction that prevented parking. Then the brainwave. Eric had been a painter and decorator.

She hadn't been in the garage for years, there had been no reason to. Surely he'd have kept some tins of paint. May there be any yellow paint?

And so, there was. Lucky. Margaret also found a nice, clean paint brush, which just needed a bit of a blow of the dust off.

Continued on page 28

From Page 27

With the car gone, a warmish day now leading into the start of dusk, conditions were ideal. Not an easy task, but taking things slowly, bit by bit, two sort of parallel yellow lines were now proudly outside the house. After tidying away, Margaret resumed her neighbourhood watch, delighted and content.

The following morning, on drawing the curtains and much to her shock and dismay, there was the car actually parking outside next door. She saw the driver get out of his car, take a photograph then he drove off. The outrageous cheek of it.

WPC Patel answered her phone. "Hello, is that you Janhavi?"

"Yes, how can I help?"

"Well, you told me to call if I needed anything, so I'm doing just that. I have a potential crime to report."

"Goodness me. How serious, a crime? Do you need to call 999?"

"No, not a matter of life and death. But a crime it will be, nonetheless."

"Is that you Mrs Fellowes, the lady on Park Rise? You were so helpful with poor Mrs Keiden at number 36."

"Yes dear."

"Since it's not urgent, I wonder if I can knock on your door this afternoon. I'm due on patrol on your street later."

"That would be wonderful Janhavi. Excellent service. People are far too critical of the Police aren't they. You do us proud."

"I'll see you later Mrs Fellowes then."

"Do call me Margaret."

"Of course. Goodbye, Margaret."

What excellent service and such a lovely young woman. A credit to the force. That'll teach him, cheeky boy.

Later that afternoon, the expected call from WPC Patel came and Margaret answered the knock on the door with as much alacrity as her reduced mobility would allow.

"Mrs Fellowes, good afternoon. You said that there's a 'potential' crime," she said as she drew her notebook and pencil from her pocket. "Please tell me what's happened."

"Isn't it obvious Janhavi dear? There was a car earlier, he's gone now, parked on the double yellow lines, that's not lawful is it?"

Continued on page 29

From page 28

Actually, it would be perfectly legally parked Mrs Fellowes. Painting those double yellow lines is against the law though if done without authority and perhaps by a member of the public. Do you know who painted them?"

"Erm, well, I couldn't say. He shouldn't be allowed to park right there. That's not fair, is it?"

"Well, I'm perfectly fair Mrs Fellowes. I have a reputation for fairness. Known for it. So, if you can have a word with whoever the Street Artist maybe and tell them from me that if they were to black out those double yellow lines by the time I patrol again on Friday then I won't go questioning any neighbours to see if any of them saw anything. Now is there anything else Mrs Fellowes."

"Are you just going to let him park there, then? How can I be your eyes and ears if he blocks my view, answer that?"

"Don't try my patience, please." And with that the Police withdrew.

"So, a nice tin of Mulligatawny today Mum, ok."

"No thank you Deidre, I can't stomach any of that foreign muck."

"But you've had it before. You enjoyed it, I remember."

"I said no didn't I. Have you gone deaf?"

"I told you not to paint those double yellow lines. Now look at all the trouble you've caused. My poor Martin had to buy that black paint specially. It won't do his bad back any good, you know. You owe him, you know that."

"Hmm. We need proper law and order in this country we do. Ordinary citizens should be able to take action. This is my house and a good English street. It's all so wrong."

Typical Deidre loves to be on top, last word always – but now she was gone, good. Margaret made herself a slice of toast and settled down to a window seat. No car outside so normal service could be resumed. After a half an hour or so the same car was coming down the street, he parked up directly outside once more.

To her surprise and dismay, he got out of the car and approached her front door, then rang the doorbell. Zimmer frame in hand she made her way to answer.

Continued on page 30

From page 29

Now was the opportunity to appeal to his better nature.

“Hello, sorry to disturb you but I wonder if I could speak to you about the brief appearance of double yellow lines in front of your house, I notice that they’ve now gone.”

“Well young man, that’s nothing to do with me and what’s it got to do with you?”

“It’s a public road and I’m quite entitled to park there. Those lines didn’t look as though they’d been professionally painted, did you paint them? I’m assuming that you placed this note on my windscreen too?”

“Couldn’t you just park elsewhere; your car spoils my outlook?”

“Of course, I could and would’ve done if you’d just asked me. I’ve been rude, my apologies. My name is Duncan Copeland. I’m a freelance local journalist. This makes a very interesting local story. I’d like to get your side of it.”

“I, well, I don’t know.”

“A quick photograph too if you don’t mind. I took one of the double yellow lines earlier.” **Colin Lewisohn**

## QUIZ ANSWERS

### CRYPTIC CROSSWORD ANSWER

**Across** 1. March Past 6. Cue 8. Serpent 9. Shore 10. Ears  
11. Critical 14. Faster 16. Basses 18. Latitude 19. Naif 22. Donor  
23. Orthian 24. Decorated 25. Eve

**Down** 1. Masterful 2. Rarer 3. Heel 4. Actors 5. Test Team  
6. Choices 7. Eye 12. Last Fence 13. Restorer 15. Satanic 17. Adroit 20.  
Aside 21. Stud. 22. Dud

### Brain Teasers

1) Happy Birthday of course.

2) So the note read “ ? Tompkin. He broke your window.” This is usually reads as *WHICH* Tompkin broke your window.... But if you say what is actually written you get **Question Mark Tompkin**, he broke your window.

### TOWNS & CITIES

1. Wellingborough
2. Newcastle under Lyme
3. Ross on Wye
4. Andover
5. Sunderland
6. Glastonbury
7. Tenby
8. Wallsend

## Visit to Southwell on Wednesday 10th April 2024

For one or two members, paying together Please write clearly

I/We will join the coach at (please circle as appropriate)

8.30am Fulford Main Street, opposite Pavilion Hotel

8.45am Memorial Gardens

9.00am Middlethorpe Grove/corner of Tadcaster Road

Please reserve \_\_\_\_\_ place(s) at £28.25 per person (if not members of the NT)

Please reserve \_\_\_\_\_ place(s) at £14.00 per person (NT members only)

Name(s)

(1) \_\_\_\_\_

(2) \_\_\_\_\_

Membership Number(s) (1) \_\_\_\_\_ (2) \_\_\_\_\_

Phone No. (1) \_\_\_\_\_ Mobile (1) \_\_\_\_\_

Email address (1) \_\_\_\_\_

Emergency contact name and phone for each person named above (1)

\_\_\_\_\_ Phone \_\_\_\_\_

(2) \_\_\_\_\_ Phone \_\_\_\_\_

Any mobility concerns \_\_\_\_\_

I enclose a cheque for £ \_\_\_\_\_ made payable to York U3A - UK Travel Group Post the completed form to -

**Lorrae Atkins, 98 Acomb Road, York YO24 4ER**

**Wednesday 1st May 2024:**  
**Yorkshire Dales – Grassington & Skipton**

For one or two members, paying together Please write clearly

I/We will join the coach at (please circle as appropriate)

9.00am Fulford Main Street, opposite Pavilion Hotel

9.15am Memorial Gardens

9.30am Middlethorpe Grove/corner of Tadcaster Road

Please reserve \_\_\_\_\_ place(s) at £14.50 per person Name(s)(

1) \_\_\_\_\_

2) \_\_\_\_\_

Membership Number(s) (1) \_\_\_\_\_ (2) \_\_\_\_\_

Phone No. (1) \_\_\_\_\_ Mobile (1) \_\_\_\_\_

Email address (1) \_\_\_\_\_

Emergency contact name and phone for each person named above

(1) \_\_\_\_\_ Phone \_\_\_\_\_

(2) \_\_\_\_\_ Phone \_\_\_\_\_

Any mobility concerns \_\_\_\_\_

I enclose a cheque for £ \_\_\_\_\_ made payable to York U3A - UK

Travel Group Post the completed form to -

**Lorrae Atkins, 98 Acomb Road, York YO24 4ER**