

York u3a york

NewsMail

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OFFICE OPENING TIMES

Tuesday 10am to Midday

Wednesday 1pm to 3pm

Thursday 10am to Midday

Friday 10am to Midday

Front Cover Photo by Graham Whites

Chair's Message

I'm writing this in Anglesey on a very wet and windy day. Why am I here? I'm watching motorbike racing and I'm pleased to see that well over half of the riders are retired people, including some ladies, who are continuing to pursue their passion. That's exactly what the u3a is designed to do. I hope you are able to share your passion in life with us and, if you can't see it on the list of our many groups, then get in touch with the Groups Coordinator, Samantha Triggs, who will be able to help you start something up with other 'like minded' people.

Thank you to all of those who attended our Annual General Meeting, either in person or by Zoom, where an important decision was made about our future. The University of the Third Age - York is registered as an unincorporated charity and we are now applying to register as an incorporated charity (CIO) and to change our name to what we always call ourselves: 'York u3a'

The reason for changing has already been explained in the AGM notice, so I won't cover old ground, suffice to say you shouldn't notice any difference in how we operate or the activities that are available. We have now formed a working party to implement the change and we hope to have this completed within the next twelve months. I will keep you informed of progress either through the Newsmail or email bulletins.

The next date for your diary is Thursday 25th September, 2025, when we will be having our Open Day. More details of this will follow in due course.

We have recently published one revised and two new policies, these are:

- Environmental Policy
- Gifts & Hospitality Policy
- Donations Policy

Please take some time to visit the website and read through them.

Karen Sawyer
Chair

EDITORIAL

Welcome to the June edition of the u3a Newsmail. Thank you to all members who have submitted articles, especially Group Leaders who keep us up to date with various activities.

For all our new members, we are delighted to highlight the diverse range of interests represented within our u3a. Whether you're looking to explore creative writing, delve into local history, learn a language, play a game or simply meet like-minded individuals, there's something for everyone to enjoy. There are more than 130 groups, which you can learn about on our website.

Thanks to Anthony Still for his poem about the war years and to Brian Waddington for his story about a VE Day celebration on May 7th 1945. It is good to have articles about topical subjects.

For any member who would like to submit an item of interest, anecdote, story or puzzle, the closing date for the August Newsmail is July 28th. Send to editorYorku3a@gmail.com

Please make sure that articles are no longer than 700 words. We would also like to remind all members that the u3a thrives on your enthusiasm and participation. If you have an idea for a new group or activity that is not currently available, we encourage you to contact our Groups Coordinator, Samantha Triggs 07584121167. Collaboration and fresh initiatives keep our u3a community vibrant and dynamic.

We hope you all enjoy a lovely summer.

Nick and Sue Tompkin (Editors)

Glass Jars

Does anyone have use for clean, screw-top jars? I have a couple of dozen small (190g) size and a dozen medium size (340g). Ideal for jam or preserves.

Happy to deliver them. John Walford.

Please email me; walford1649@gmail.com.

Digital Photography Group



Jennifer Jarred

Honorary Members

Many of our members have been involved with York u3a for many years. But it was a bit of a surprise to realise that some had been members for over 30 years. The Trustees thought that these members should be rewarded for their support.

From 1st August this year, and every year going forward, any member who has an unbroken membership record of 30 years or more at that date will become an Honorary Member. This means they will no longer have to pay the annual membership fee.

On behalf of the Trustees and the Membership Team, I will be writing to thank all those who have reached this milestone.

Lesley Petersen - Membership Team

Email: membershipyorku3a@gmail.com

Another Membership Year Draws to a Close

As you know, our membership year ends on 31st July. This means that from 1st July 2025 you can renew your membership for the year 1st August 2025 - 31st July 2026.

I am pleased to say that the individual membership fee will remain at £17,50.

For those members who receive the u3a magazine the fee will rise slightly to £21.50 (an increase of 20p to go towards the increased postage costs).

As usual there will be many communications coming your way to try and make renewing your membership as easy as possible.

We always encourage members to renew via the Members Portal. Using this, you can renew via your own membership record and pay by credit or debit card or use a PayPal account. Our system is hosted by PayPal, but you do not have to have an account with them to renew this way. Details on how to access the Members Portal will be sent out.

Of course you can renew via BACS if you prefer to use online banking. Anyone who used this method last year, will receive the details in order to do so again this year. Details will be available to all members in renewal communications should you wish to choose this option.

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But if you prefer you can simply complete a paper form and send it to us with a cheque. However, if you prefer, you can simply come into the office and pay there with cash or by credit/debit card.

Also should you have problems completing the form, just pop into the office and one of our Office Volunteers will complete the form for you.

With over 1800 members, renewal is a busy time but if you need any help do get in touch. The Membership Team and the Office Volunteers are there to help.

Lesley Petersen - Membership Team

Email: membershipyorku3a@gmail.com

ECO-FRIENDLY SUPPORT GROUP

We meet once a month to share and inspire each other in our efforts to care for our environment. We would welcome new members.

Topics are led by volunteers from within the group. In April we discussed 'The Benefits of Planting Trees', in May 'Sustainability', on 13th June our topic is 'Deforestation' and in July we have an outing to Allerton Waste Disposal Park.

Friday afternoons once a month, generally on second Fridays, our next meetings are on 13th June, 12th September.

Timing - 1.30pm - 3.15pm

Venue - at my home in Badger Hill

There is no charge.

If you are interested do contact me:-

Elisa Main elisamain@yahoo.co.uk **If you aren't on email my phone number is 01904 438976.**



Digital Photography
Group

Graham White

Saturday Talks

Saturday Talks take place at 10.30 on (usually) 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 9.45am. Admission is £3, payable in cash on the door, and tea/coffee is £1.

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

Saturday 14th June Helena Cox Exploring the University of York Art Collection

In 2022 Helena became the first ever Art Curator at the University of York. Previously, she was a curator of the Japanese collection at the Czech National Museum in Prague. She then worked at Beverley Art Gallery, researching a collection of Victorian and Edwardian paintings and curating a programme of contemporary art exhibitions. She is dedicated to opening up the campus at York and transforming it into an art gallery for students, researchers and the public to enjoy.

Helena will introduce the University of York art collection, a hidden Treasure Trove of over 900 artworks assembled at the university over the past 60 years. She will explain how the collection came about and will talk about some of its most outstanding items and will outline her vision for the future of the collection, making art displays on campus a valuable contribution to the city, open for everyone to be inspired by.

Saturday 12th July Dulcie Lewis Down the pan: a humorous look at the history of the outside privy and the tin bath

Dulcie Lewis happily retired at 50 from her college teaching job. She now writes on social history subjects, and loves doing the research and meeting people. Since retiring she has written several books, including 'Kent Privies - a nostalgic trip down the garden path' which became a 'bestseller' and some TV and radio work followed.

On moving to Wensleydale, Dulcie was asked to do for Yorkshire what she had done for Kent. 'Down the Yorkshire Pan' was published in 2000 and 'A Flush in the Pan' in 2003. Other books followed: 'Old Medical cures in Yorkshire', and then another for England; 'Not Just Yorkshire Pudding - The Story of Yorkshire's Food and Drink' and 'Casting Off the Corsets - a Brief History of Underwear'. She is currently working on a humorous book about old age, which is proving to be almost impossible and may never see the light of day.

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Dulcie's talk 'Down the Pan', based on her books on that subject, seemed a good 'entry level' and she warns that any members hoping for an in depth look at Thomas Crapper's development of the flush mechanism may be disappointed. She is looking forward to meeting the members as she has always enjoyed speaking at u3a events.

Looking Ahead

There is no Saturday Talk in August. Our programme for the next u3a year resumes in September with talks on a variety of topics including Grandparenting, Fire Safety, and Murders in Mediaeval York, plus our Christmas concert. Watch this space for further details.

Liz Swinbank and Anna Baldwin *Joint Talks Secretaries*

Travel Team News

The Travel Team is again offering you some interesting trips to contribute to your enjoyment this summer – and next! This Newsmail contains information and booking forms for day trips in August and September.

In August we plan to visit Bridlington lighthouse and its visitor centre, with a walk on the cliffs included if the weather is appropriate. Then we will continue to the North Star Hotel at Flamborough, renowned for its good food, especially its sweet trolley. Never mind if you don't want to walk - the coach will take you from the lighthouse to the restaurant.

In September we visit Hull and The Deep with various free museums and the Art Gallery, plus entry to The Deep, an award winning aquarium that prides itself on conservation.

There are still some places available on our October overnight trip to Loughborough, with visits to Crich Tramway Museum, Taylor's Bell Foundry and the Moira Iron Smelting Foundry. Apply to visit these interesting places with important industrial connections. Taylor's Bell Foundry has cast bells for York Minster. See link below to apply by 3rd July.

Details of all UK trips can be found at https://york.u3asite.uk/u3a_groups/travel-uk/

This issue of Newsmail also includes reports of our day trip to Barnsley and Doncaster and of the Travel Abroad visit to Montenegro in April.

Looking ahead to 2026, Travel Abroad has organised a week's trip with Riviera Travel to **Sardinia**, with a day in Corsica, **20-27 May 2026**. Full details are available from the Travel Abroad website page: https://york.u3asite.uk/u3a_groups/travel-abroad/

Airedale Travel is in the process of putting the finishing touches to our 5-day UK holiday for 2026. We will visit Suffolk, staying for four nights' half board in Sudbury, 8-12 June 2026. Full details will be available for the August Newsmail – keep the dates if you fancy coming with us!

Sheila McKilligan

chairtravelukyorku3a@gmail.com

CITY OF HULL AND THE DEEP (Aquarium)

Wednesday, 17th September 2025

COST OF TRIP: £30 to include the cost of coach, driver gratuity and entrance to The Deep.

We aim to arrive in the centre of Hull between 10.30 and 11.00 – the coach will leave us near Queens Gardens from where we can walk to, and visit, the many interesting museums/buildings including the Ferens Art Gallery (café, toilets and lift), Wilberforce House Museum (toilets, lift and outdoor picnic area), Streetlife Museum, Hull and East Riding Archaeology Museum (toilets and lift). The museums are free of charge. The coach will pick us up near Queens Gardens at **13.15** and take us to The Deep, from where we will leave at **16.00** arriving back in York between **17.30 and 18.00 traffic permitting**.

The Deep is an award winning aquarium that prides itself on conservation. There are a remarkable number of exhibits and innovative displays including an Underwater Tunnel, Kingdom of Ice and Lagoon of Light. There is a café and toilets on the ground floor and a picnic area outside - weather permitting.

Accessibility: The area of Hull that we are visiting is relatively flat, however there are some cobbled streets and some short flights of steps. The Deep is fully accessible for wheelchairs and other mobility aids and there are various sensory aids available. Some areas are dimly lit.

If you are concerned about accessibility please visit The Deep and/or museum websites for further more detailed information.

Coach pickups are 8.30 Fulford Main Street, opposite Pavilion Hotel; 8.45am Memorial Gardens, Leeman Road; 9.00 Tadcaster Road corner with Middlethorpe Grove.

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

Organiser: Angela Wilson

Bookings close on **28th June**. Places will be allocated the next day 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 find out how to apply for a place, please see the back page of the Newsmail

Flamborough Head Lighthouse and Summer Lunch Tuesday 26th August 2025

**Cost : £35.00 including coach travel, lunch
and driver's gratuity**

Flamborough was known to the Saxons as fleamburg which means Light Town, it's supposed to have derived its name from a flame tower or beacon erected near it. Flamborough village is thought to have been colonized over 1100 years ago by the Scandinavians. Fishing was first recorded in the 13th century.

The first Flamborough Head lighthouse was built in 1669, but was never lit. The current lighthouse was built in 1806 and is now a modern working lighthouse following re-engineering and modernisation with new LED lanterns. There is a cafe and toilet facilities. There is plenty to enjoy around the lighthouse, the dramatic cliffs, charming seals, drinking dinosaur rocks and the Chalk Tower (the first lighthouse built in 1669).

We will have lunch around 1.00pm at the North Star restaurant, with a bar available, which is famous for its home cooked meals and the delightful sweet trolley. Pre-booking of choices is required. Please ensure that you select the choices for each person for the main course, and keep a record of your choices. Any dietary requirements can be requested when booking.

Choose from these six main courses (see back page), all served with a selection of vegetables & potatoes, followed by a choice of dessert from the trolley, and coffee or tea.

Coach pickups are 8.30 Fulford Main Street, opposite Pavilion Hotel; 8.45am Memorial Gardens, Leeman Road; 9.00 Tadcaster Road corner with Middlethorpe Grove.

We will leave Flamborough head at 4:30 pm. Coach pickup outside the North Star restaurant.

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

Organiser: Lai Chan

Bookings close on **28th June**, places will be allocated the next day 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 find out how to apply for a place, see the back page of the Newsmail, where you will also find the Lunch Menu.

Travel Abroad: Visit to Montenegro, April 2025

Twenty-five u3a members flew to Montenegro for a week's stay in Petrovac, on the Budva Riviera on 23 April 2025. We stayed in a pleasant hotel a short walk from the beach and enjoyed sunny weather, except on one day. We had an excellent tour manager and coach driver, and they guided us to explore interesting parts of Montenegro, with one morning in Albania.

We had a guide who took us round the Budva walled old town, where there were various churches – we all got a surprise when all the church bells started to ring out for the beginning of Pope Francis' funeral. The very narrow streets were only alleyways and housed various interesting shops and bakeries.

After visiting Budva, we headed through the mountains to the central plateau where we enjoyed a very unusual wine tasting in an aircraft hangar disused since the breakup of Yugoslavia. This wine cellar was surrounded by many acres of vineyards and there were many huge casks of maturing wine in the cellar. Then we tasted three wines, accompanied by appropriate snacks. The wine is not exported to the UK, but about a third of the exports go to China. On returning to the hotel we discovered that the wine we had been drinking there came from this winery.

Another day we again headed through the mountains – necessary on most visits because Montenegro (Black Mountains) is a very mountainous country – to the former capital city of Cetinje. There we toured the palace of the former king, King Nikola. From there we went to a restaurant for what was called a “tasting of local produce”. Those of us who had missed lunch were the lucky ones, because this turned out to be quite a substantial repast: locally produced ham and cheeses with a glass of wine – delicious! In addition there were so-called “donuts” with honey for dipping. Alas, they were less delicious, lacking in flavour and being fairly heavy, almost like dumplings!

On another interesting day we headed to Shkoder in Albania where a local guide showed us round and talked about life in Albania as it has opened up after the death of the communist dictator, Enver Hoxha, in 1985. In the centre of the city St Stephen's Catholic Church was extravagantly decorated for a wedding and we saw the bride arrive. The major religion in Albania is Islam and we admired the beautiful outside of a large mosque – lack of time meant that most of us were unable to visit.

After our visit to Albania we visited Stari Bar in Montenegro – the ruined old town of Bar. It was a fortified town in the mountains devastated by an earthquake in 1979 and abandoned by its citizens who went on to found the port city of Bar. The fort is still accessible, but the access is uncomfortably steep and cobbled – some of our party viewed the fort from afar while patronising a local coffee shop!

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One day we joined thousands of tourists to visit the walled town of Kotor. Two cruise ships had sailed 25km from the ocean on the Bay of Kotor to deposit their passengers to visit the World Heritage site – a lot of people, like we did not encounter anywhere else on our holiday! But our wise tour manager had arranged for us to start the day visiting Perast and taking a cruise on the Bay of Kotor to visit its man-made island crowned by the blue-domed church of Our Lady of the Rocks. We were there before the hordes from the cruise ships!

We saw interesting sights every day, but the final day was unusual. We visited the highly unusual Ostrog Monastery, set into the cliff face 900 metres above the valley. To get there we had to abandon our normal-sized coach and decant into smaller buses which could cope with the incredible bends on the road upwards. Built in the 17th century to honour St Basil, there is a church where his remains are held – we went in one by one to the tiny sanctuary. But all around there are wonderful frescoes and mosaics covering the walls and ceilings of the church. An amazing sight!

Finally, we went for a cruise on Lake Skadar, the largest lake in the Balkans. It is shared with Albania and is a well-known bird sanctuary. I was looking for rare pelicans there, but unfortunately they did not grace our cruise with an appearance. However, we did have a peaceful boat trip, a lovely end to our holiday.
Sheila McKilligan

Report on Trip to Barnsley and Doncaster Museums and Art Galleries Thursday 27th March 2025

This was going to be my second trip to Barnsley having enjoyed my first visit so much. This time however we were not going to be able to visit Cannon Hall Farm as it was not yet open for the season.

We left York about 9am and made our way directly to Barnsley where we were dropped off just outside Barnsley Town Hall. Having tried out the café at the Cooper Gallery on my first visit, I made my way directly there. After munching my way through a freshly baked toasted teacake and finishing off my pot of Yorkshire tea, I decided to have another look around the Town Hall which is home to the Experience Barnsley Museum. This is quite an informative and interesting museum as it shows you the history of Barnsley and Barnsley's famous people and what they achieved. The fountain area outside the Town Hall is a nice place to sit and people watch. The landscape gardens were in full bloom and giving off a very pleasant scent.

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After finishing my tour here, I decided to head off to the famous thriving and historical indoor market, where I seemed to spend most of my time just wandering round the numerous stalls. I was very impressed with the market, as you could pick up almost anything. If I had been visiting on my way home, I would have bought loads from the meat and fish stalls. The place was buzzing with people, and I am not surprised with the prices. They were so very reasonable compared to York. This market is definitely worth a visit.



Next, we headed off to Doncaster for our visit to the Danum Gallery, Library and Museum. An amazing architectural building built around the frontage of the historic Doncaster High School for Girls which now houses libraries, a Rail Heritage Centre, two museums and an art gallery.

I had a very enjoyable afternoon looking around all the fascinating exhibits, there was something of interest for everyone. The afternoon was concluded by eating the loveliest cream tea. My scone was ginormous.

Another very good day spent on a very interesting and enjoyable trip.

Viv Nicholls

Petanque Groups

Petanque (often known as Boules in the uk) is a game where the objective is to score points by having boules (metal balls) closer to the target than the opponent after all boules have been thrown. This is achieved by throwing or rolling boules closer to the small target ball, officially called a jack.

York u3a currently has three Petanque groups that meet weekly on Monday, Wednesday and Thursday afternoons from 1.30pm-3.30pm at the Petanque court in Glen Gardens (YO31 0XH). The Monday and Thursday groups are currently short of members and are looking to recruit some new players. No experience is required and the rules can be picked up very quickly.

If you are interested please contact:-

Phil Walters (petanque@yorku3a.com).

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 late afternoon/early evenings on Tuesdays. I email or phone out the info the previous week. When available, on a different day, a subtitled film is also suggested, often a Sunday morning.

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 foreign, sub-titled and sometimes have audio description. There's a lift up to the screens.

Recently we've seen and discussed 'Flow', 'Holy Cow', 'Black Bag', 'The Penguin Lessons', 'Mr Burton', 'Riefenstahl' and 'Exhibition on Screen – Michaelangelo: Love and Death'.

Elisa Main 01904 438976 Email: filmsplus@yorku3a.com

Gardening For Learners Group

Are you among the many thousands of people who enjoy visiting gardens? Here are the u3a Gardening for Learners Group who recently took a guided tour of the National Trust's beautiful Goddards garden with Head Gardener Tom. A great place to visit by bus or on foot from York.

Another garden to visit that is easily accessed is The Nursery, 15 Knapton Lane, Acomb YO26 5PX, which is soon to open for the National Garden Scheme charities and Oxfam. This is a very productive hidden garden in a York suburb run by u3a members, Tony Chalcraft and Jane Thurlow (who leads the Gardening for Learners Group). The garden is open on Sunday 20th, Monday 21st and Tuesday 22nd July 1-6pm each day, with admission charges going to the NGS charities and refreshment income to Oxfam. Everyone welcome!

Jane Thurlow



Socials, Events and Volunteering

Saturday Socials usually take place on the fourth Saturday of each month (with some variation depending on room availability) at the Friends Meeting House, typically alternating between informative and engaging talks and social events where members can play cards or strategic games. Admission is £3 to include tea/coffee and biscuits.

As many of you know, this year we are trying out expanding the socials to some weekdays, allowing for members who are unable to get to the Saturday events, perhaps because of family or other commitments. We are also planning to pilot a collaboration between York u3a and City of York Council's Age Friendly York whereby we are able to use communal facilities at some independent living schemes in the city for talks, games and other events. Our first pilot will be a "taster" Games Social in June – see below for details.

We now have the full programme for Socials for 2025 on the website, so please do take a look.

What's coming up in June and July?

June will be a bumper month for our York u3a games lovers!

Tuesday 24th June starting at 1.30pm

We will be running a "taster" Games Social in the comfortable communal space at Marjorie Waite Court (Crombie Avenue, Clifton YO30 6DX). The format will be very similar to our typical Saturday Games Socials, starting with tea/coffee and a biscuit and chat and then playing a range of games such as Scrabble, Rummikub, Canasta and any games that attendees would like to bring along.

We are very much hoping that this event will appeal to those of you who find it difficult to make it to meetings on Saturdays, especially if you live in the Clifton or surrounding areas. If it proves popular then this could become a regular item on the calendar. There is no charge for attending and tea/coffee and biscuits will be available for 50p.

However, we will need you to register, as numbers will as always be limited, and more details of travelling to Marjorie Waite Court will be provided to those who register – keep an eye out for the email about this.

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Saturday 28 June starting at 10am

We will have the usual Saturday “Games Social” - typically, the morning starts with a half hour of chatting/gossiping over some coffee/tea and the odd biscuit, followed by about two hours of board games such as Scrabble, Canasta, Rummikub, Ticket to Ride, plus any games brought along by enthusiastic participants (new games always welcomed!!).

Members participating for the first time will always feel very welcome as the session is fully hosted and it is a great opportunity to meet like-minded members and make new friends. We were delighted that so many new members came to the last Games Social so would love to see this continue. Watch out for the email and please register to attend as spaces may be limited.

Saturday 26 July

We will have the last talk before the summer break and believe this one will be a real treat. Pat Collard, who many of you may know through her role with u3a nationally as well as being the Chair of the u3a Yorkshire and Humber Region was a contestant on “Who Wants to be a Millionaire” a few years ago and will give us an extremely entertaining and insightful talk on this experience. Again keep an eye out for the email invitation and register early for this great end to this session of Socials.

Feedback always welcome

Thank you so much to all the members who have already contacted me with feedback or ideas, please keep them coming to:-

eventsleadYorku3a@gmail.com.

Why not get more involved?

We have had an excellent response to the Volunteer Survey and are in the process of responding to all who have been in touch to offer their time and are extremely grateful to everyone who has responded. Of course this is an ongoing process and we always require new volunteers to take the place of others who are no longer able to undertake this work, so if you do find yourself with some time to spare please do get in touch for an informal chat. For very specific requirements for volunteers we will continue to send out emails requesting assistance and explaining exactly what is required

Beryl Oppenheim (Events and Volunteering Lead)

Water Fitness Group

There are still places 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 Acomb 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 the end of the sessions for a free swim for those who enjoy swimming. 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, like all u3a groups, have made many lasting friendships during our time with the water fitness group.

Please contact :-

Anne Fox (Group Leader) email anne25fox@gmail.com

Sue Tompkin (Secretary) email sunic911@gmail.com Tel 07894831756

RECIPE

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

9. Super Seed Flapjack

These are a wholesome tasty treat to have with your afternoon tea – or to liven up the usual boring biscuits which appear at your u3a group’s meetings! They have a lower glycaemic index due to the absence of the refined sugars which are known as ‘empty calories’ and have no nutritional value whatsoever.

Many studies have shown, as you no doubt know, that refined sugars cause weight gain, diabetes, depression, suppress our immune systems and are very addictive. Natural sweeteners such as malt syrups are made up of complex sugars which enter the bloodstream more slowly than white sugar, and as they are relatively unprocessed they also contain a range of nutrients and minerals.

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Traditional malting is a process of sprouting organic grains to release a wide range of naturally occurring digestive enzymes which then break down the cereals's starches, proteins and fats into natural sugars to create a deliciously flavoured syrup extract. This dark-brown, thick and sticky syrup with a distinctive malty flavour is about half as sweet as refined white sugar. And as barley is a crop readily grown in most areas of Britain, it's easy to access a malted barley syrup that uses organically grown grain and is processed on these islands.

The seeds and oil in these flapjacks are a great source of omega-3 essential fatty acids, which are, as the name suggests, essential building blocks of the fats that the body needs to work properly. The body can't make them, so we have to get them from what we eat. They are also linked to a reduction in the risk of heart disease and are also for the development and maintenance of brain health.

Eating for health of ourselves and the planet and enjoying delicious whole foods: these flapjacks tick all the boxes.

So warm half a mug full of local organic rape seed oil with a big dollop of barley malt extract. What's a dollop? A medium size wooden spoon generously draped in the gooey syrup. Just heat gently for a few minutes to combine the two ingredients then take off the heat source. Add a selection of seeds and perhaps chopped nuts to your taste – ring the changes; find your favourite combination. In all about a quarter of a mug full: sesame, chia, golden or brown linseed, sunflower, pumpkin, hazels or walnuts. Check out where and how they have been grown and make your ethical choices accordingly. Then add about a full mug of organically grown local rolled porridge oats; you could use jumbo oats for a less processed and chewier result, or oatmeal for a smoother more cake-like texture. Mix well: it should be neither sloppy nor stodgy.

Spread out in an oiled baking tray to about 1cm thickness and cook in a medium oven for about 15 minutes. (Use the oven's heat to cook a few other things alongside so you're not wasting energy.) Cut into squares while warm and then leave to cool. They store for about a week in a tin....

Laura Potts

REVISITING THE CLASSICS

'Revisiting the Classics' has nothing to do with Latin, Greek or horse racing, but it's very much about revisiting. Our idea is that if we reread a book that we read a long time ago - perhaps as an exam text - rereading it in riper years is a singularly valuable experience. So month by month we select a well-known book published more than 50 years ago, and one of our members presents it.

To give you an idea of the books we read, here is a list of past and future novels:

January 2025	The Return of the Native by Thomas Hardy
February	Lorna Doone by R D Blackmore
March	Tender is the Night by F Scott Fitzgerald
April	Love for Lydia by H.E .Bates
May	The Millstone by Margaret Drabble
27th June	Precious Bane by Mary Webb
25th July	The Pearl by John Steinbeck
26th Sept	Brighton Rock by Graham Greene
24th Oct	The Jewel in the Crown by Paul Scott
28th Nov	Pied Piper by Nevil Shute:
23rd Jan 2026	The Yellow Wallpaper by Charlotte Perkins Gilman

The missing link in this sequence is August 22 of this year, when, as it's summer, we're going to wallow, just for fun, in a piece of classic beach reading only 5 years old - The Thursday Murder Club, by Richard Osman.

We have been, and still are, a lively and enthusiastic reading club, but after bursting at the seams for some while, we find that we have a few spare places. So, if you think this is your thing, please contact https://york.u3asite.uk/u3a-contact-form?contact_id=14504 or ring **07871 478891**.

Info - 4th Friday in the month (excluding December)

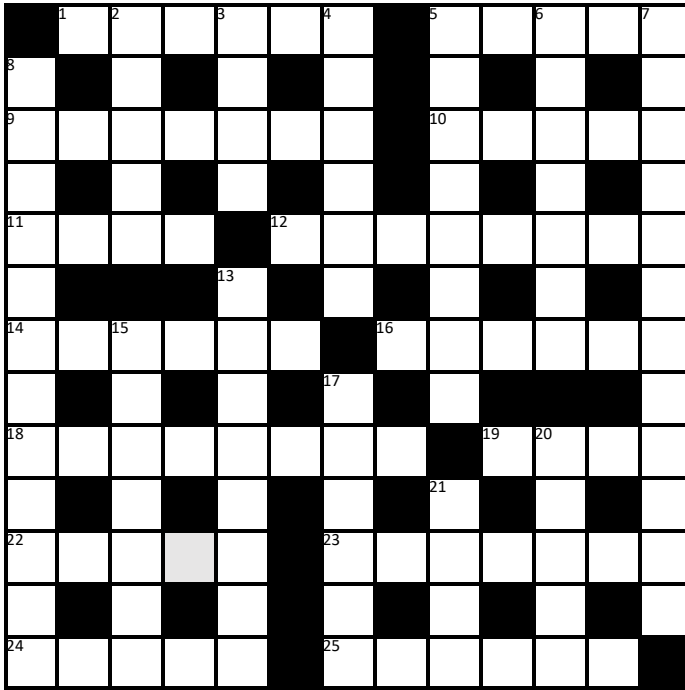
Woolman Room, 2.00 - 4.00

£2.50 per person per session

Margarete and Peter Wells



Digital Photography
Group
Annita Hannam



Cryptic Crossword

ACROSS

1. Add salt for part of the year. (6) 5. Records finish lines (5) 9. Old boy desires shapes (7) 10. Scarcer when less cooked. (5) 11. Odd total loses time for the singer (4) 12. European border region work dog (8) 14. Festival when the annual fast ends (6) 16. Timber away to end the session (6) 18. Ten snarl wildly to bring light (8) 19. Act twice for the long-gone bird (4) 22. Ring round right for the jewel (5) 23. Water on the retreat. (3,4) 24. Pestered without time made more comfortable. (5) 25. Recording musically (6)

DOWN

2. Brilliance in style (5) 3. Good bargains go for it. (4) 4. Snuggle down for chocolate (6) 5. Ripped commotions may cause great damage (8) 6. Harbour one company entrance (7) 7. Leap loud further below for an early beauty. (6,6) 8. Complete overshadowing (5,7) 13. Disclosed a levered mixture (8) 15. A fine day and lass may be on foot (7) 17. To lock away heard to be in order (6) 20. No, no, I mix-up the vegetable! (5) 21. A wager to assist a criminal (4)

Brian Waddington

Ignorance and Bliss: on wanting not to know. Mark Lilla

Hurst and Company. 2024. Paperback. 238 pages, £18.99, ISBN 978-1-9 1172-352-3.

“Knowledge is power” or so it is often said, but what of the power of ignorance? That is much less discussed but this complex book gives a philosophical study of the subject. The author, Mark Lilla, is a professor at Columbia University, New York, and his theme is that there is a “will to ignorance”, a term first coined by Nietzsche. People disposed to seeking knowledge may find that their disposition is weaker or stronger depending on moods, feelings or their circumstances.

It is a complex subject and the author is nothing if not wide ranging, going from Greek myths to Freud, and from Saint Paul to the Pickwick Papers. Consequently, the book is difficult to summarise and, at least for this reviewer, sometimes hard to comprehend. But for those interested in philosophical discussions around knowledge - and that includes many u3a members - there are worthwhile insights in this book.

What could be even more interesting is a psychological study of why people sometimes resist knowledge. Although not entirely the result of social media, there seems to be a trend towards seeking opinions or information that reinforces a point of view rather than providing opposing information or even objective truths leading to the seeming irrationalities of much of 21st century politics.

A tough discussion to have, but one that deserves both philosophical and psychological insights.

This book is an informative introduction.

Roger Backhouse

**Please, when sending articles etc.
for inclusion in the newsmail, write
u3a and not U3A**

MY FIRST BONFIRE

Bonfire night is of course celebrated on or around 5th November to commemorate the failed attempt to blow up the House of Parliament. However, the first bonfire I can recollect attending could not have been further from that date – it was on the 7th May 1945 to mark VE Day when almost six years of war in Europe came to an end. During the period of hostilities, outdoor fires were of course forbidden under the blackout regulations but, as it became clear that Germany was about to be defeated, the Government announced that bonfire parties would be welcomed to celebrate the peace.

A group of families in our local area decided to hold such a party on some nearby spare ground. Everyone was involved, with mothers making treacle toffee and baking parkin and fathers building the fire. Although some people had offered to donate old furniture, a large supply of wood was needed, and this is where the younger generation came in (the boys at least). After school or on Saturday mornings we would form small groups to go “chumping.” This involved wandering round the streets and looking for any dead branches on trees which could be collected. I suspect some of them weren’t quite dead when they were snapped off but after all they would burn if the fire was hot enough even if they did give off a lot of smoke. Another source of wood was the fencing round peoples’ gardens – surely, they would never notice if a few palings disappeared overnight – or so we convinced ourselves.

Once wood had been collected it had to be carefully stored, preferably in cellars or elsewhere under cover. This was because gangs from nearby areas would prowl round of an evening to see if there were any easy pickings for their own bonfires. At last the great day arrived and the wood was dragged to the selected site. The parents then built up a large mound with small kindling at the base to get the fire started. This job could not be done in advance or some evil-spirited youths might light it early.

During the war years fireworks had not been manufactured, but in the spring of 1945 some of the firms which had been employed on war work were permitted to start domestic production again. However, only a very limited quantity was available in the few shops which managed to obtain a stock. I well remember that our local newsagents announced that they would put them on sale at 10am one morning and that each purchaser would be allowed six penny-worth. This sounds a tiny amount but in those days small fireworks were sold for a penny each, so a group of youngsters could gather together a reasonable stock. On the day I trotted along with my sixpence only to find an enormous queue stretching along the road. I took my place in the line but by the time I reached the counter all that was left were a few small rockets at sixpence each.

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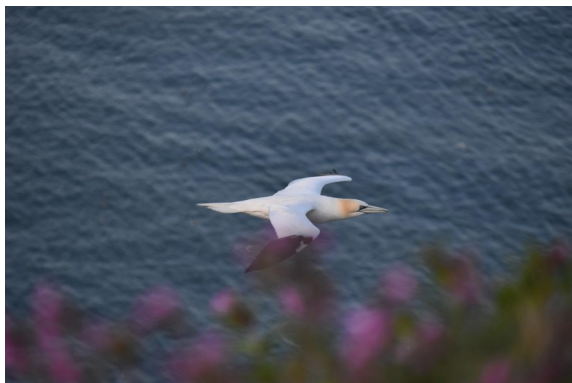
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I duly handed over my cash and, deeply upset, trudged home with my single item. I could hardly have a display with that!

The night of the bonfire arrived, and I went up the road, in the company of my mother, father and younger brother. In my hand I had my rocket together with a milk bottle to act as a launch pad. There was quite a crowd when we arrived and the bonfire, which had been constructed in the afternoon, looked enormous. As we stood around I received a very pleasant surprise. One of the fathers owned a bicycle shop in the High Street and he was walking round with a box of fireworks in his hand giving a few to each of the children. I assume he had received them from a business contact as he did not want any payment. Perhaps as well as I didn't have any money with me, although hopefully my father would have stumped up. They included penny bangers and my favourite, the "rip-rap" or jumping cracker to give it its proper name. These comprised a small tube of corrugated paper, tied up into a concertina shape, which once ignited would jump around on the ground with a series of bangs. They caused great hilarity for the boys when tossed down behind a chattering group of girls who would jump and squeal in a most satisfying manner.

The fire was duly lit, and flames and sparks leapt up to the sky. When the heat had died down a bit, potatoes were roasted in the ashes and we also had the gingerbread and treacle toffee. At last I decided it was time to set off my rocket. Carefully placing my milk bottle on a patch of level ground I lit the fuse with an ember from the fire and watched as a sparkling trail shot into the sky. Then oblivion. No loud bang or cloud of descending stars as one sees nowadays. Still what could you expect for a tanner?

Brian Waddington



Digital Photography
Group
Stuart Calvert

DRONE SWARM GROUP

This is a low-key York u3a group dedicated to flying drones and sharing knowledge about: suitable drones; flying; CAA Regulations; proper behaviour around the public; filming - video and stills; editing the results; and publishing the ones you like. There is a lot to learn about all those facets. We meet about once a month, on ad-hoc days depending on the weather and members' availability: wind and rain being problems for small drones. Driving out in about a one hour range yields a good crop of flying possibilities.

I have a YouTube channel with a growing list of videos. A recent one I uploaded was filmed on one of Doreen's u3a bike rides out to Kirkham Priory and the Stone Trough Inn. The link is here: <https://youtu.be/L5XytQ8mab0?si=KJMM89Hh7tN7-RzX> Or search YouTube for 'Kirkham Priory and The Stone Trough' and this one comes up first. Most small producer landscape type videos are best kept short, typically around 2 1/2 minutes, like this one.

There are a lot of settings on a drone, but if you film in 'auto' you still get spectacular results, while concentrating on safe flying and cinematography. For filming you can set the yaw and gimbal settings slow and smooth, so you eliminate jerky footage. You can artfully fix a lot in the editor, to produce a video that keeps moving, tells a story, and also uses interesting background music.

I'm currently in the 'post-production' stage of a project called "York Around the Clock" that involves filming



towards the Minster from all points around the Ring Road and from the many green spaces that York offers - the lngs and Strays and village greens. RAF Clifton to Bootham Park to the Minster is one such alignment, at "11 o'clock". The picture included here was taken at King's Pool, notionally at "3 o'clock". There are a lot of blue sky days with balloons going up in the early morning. Look out for this series which I will put on YouTube, after completing voiceovers and appropriate background music.

Group: Drone Swarm Leader: Stephen Nightingale
YouTube: @KokowaSarunoKunidesu (no spaces)

PLAY READING GROUPS

Play Reading at York u3a commenced in November 2011 with 10 members. By July 2013 there were 16 in the group & as our original leader was stepping down, I took over. It soon became apparent that it would be more workable if we split into two smaller groups, so, although we continued on the same day, we split into a morning group & an afternoon group. One of the original members was still with us in 2023/24, and our longest serving present member joined in September 2013. We presently meet on the 1st & 3rd Thursdays in the month.

The first play we read was Agatha Christie's "Murder at the Vicarage" and over the years we have read plays by other famous writers – Alan Ayckbourn, Noel Coward, J.B. Priestly, Terence Rattigan and Oscar Wilde. Less well-known authors include Derek Benfield, Frances Durbridge, John Godber, Bettine Manktelow and R.C. Sheriff among many others. I have a full list.

I shall be "retiring" in July this year & we are looking for a new leader for the group. It does involve sourcing sets of plays, which in recent years I have collected from Leeds library. Drama became centralised for Yorkshire libraries at Leeds some years ago. It is possible to arrange for sets to be sent to York for collection but this obviously adds to the cost. Otherwise, it is up to the leader as to how much planning is involved. I will be happy to discuss the possibilities with anyone interested in taking over. It would be sad if the group closes after 14 years.

Please get in touch with me at c.richardson830@btinternet.com if you may be willing to be involved. **Catherine Richardson**

YORK FESTIVAL OF IDEAS 31 May to 13 June

There are over 150 free events this year. They are available to book online at: - yorkfestivalofideas.com

A brochure is available to pick up at York Explore or Visit York in Parliament Street

There are 15 broad themes including the Natural World, the Mind and the Brain, Health and Wellbeing, Way with Words, the Power of Politics, and an array of Performances.

This year, some of the speakers include: Michael Morpurgo, Tom Heap, and Ros Atkins.

Some events are in person, some online and some are both in person and online.

Iris Wells

Childcare During Retirement

This is a short synopsis of my present life & how it has changed. I hope this sounds familiar to women reading this & gives an understanding of certain stages of a woman's life.

I retired from my role as a Health Visitor in York, after a full career in health, almost 5 years ago and during the Pandemic. All my plans for travel were put on hold & like many I had to adapt to an altered world. But it was a blessing in that it made me slow down, try other ways of living & settle into my retirement.

This time allowed me to develop other interests in my community re setting up a meditation group, which came out of need. Also I gave more to the development of my Art group which was then on line.

Because my travel plans had been put on hold, I realised my need for adventure by moving house to a different community in the countryside, which I then had to adapt to. This gave me the opportunity to establish my wonderful Book Club and to then join a new Art group in York.

Also, at last, I became a member of the u3a, and discovered the Folk & Fairy Tale group. This enhanced my love of books and reading with a real mission to understand legends & folklore.

Having worked hard to develop a way of life which suited this stage of my life, my 2nd grandchild was born to my daughter in York 6 months ago. This was something I had longed for quietly, but I was not prepared for the impact on my life. As a career-driven woman my daughter has found this journey very difficult at times and a massive change in her life. As her Mother I have tried to be there for her as much as possible and support them as a family. My grandson is an absolute delight & developing well and I feel so blessed to have them living so close. My other grandchild is in Northumberland and not so accessible. But my commitment to my son and his family is to endeavour to travel up there every 4-6 weeks to offer ongoing support, which is equally important to me

At the age of 70 I find myself with a new role which I am still adapting to. During this time I have really struggled to maintain the groups & friendships in my life due to demands on my time, but people have been very understanding. I am already planning how I will manage the childcare I have offered to start later in the year. And I must apologise to Graham for my poor attendance this year at the F&F tale group. I will get back at some point!!

To keep fit for this new role I now do regular resistance training at the gym, meditate daily & keep my weight down with a healthy diet.

So, in conclusion, I should be thanking my daughter, as the addition of my beautiful grandson has had such a massive impact on my health as well as my life which is so full & meaningful now. We think that we can plan for the different stages of our life but I have discovered that in the end we have to have faith in our abilities to adapt and just go with the flow.

Lynn Fitzharris

AUSTRALIAN MEMORIES

I could tell you about my journey to Australia and the time I spent there between January and March 2025, but instead I'd like to tell you about a tiny corner of this vast Continent. A corner much loved by me, a corner which fills me with joy and feeds my soul, a corner in Southern Victoria comprising the Barwon River, wetlands, estuary and headland, and Torquay, the Great Ocean Road, and the Otway National Park. The Barwon River begins in the Otway ranges, flowing through the heart of Geelong city, continuing its 160 kilometre journey to meet the sea at Barwon Heads and the Bass Strait. The wetland area surrounding the river as it approaches the estuary has International Wetlands importance status for its Bird life.

I have known this river since 1986 spending all my spare time rowing on its water during a year living in Geelong, with subsequent holiday visits always finding me back at the Rowing Club and out on the Barwon. I have a head full of memories from these years of early morning rows as the sun came up, of Pelicans landing beside me, and of the lasting friendships I have made. Thanks to an Aussie friend and rower Terry who kept an old sculling boat for me to use, I've also discovered beautiful stretches of the river far downstream from the Boat Club, close to Barwon Heads. Here, I have found peace and tranquillity in abundance, quiet creeks dense with mangroves and bird life running alongside the main river channel. Here there are Egrets, Great white herons, Spoonbills, Terns, and spectacular flocks of Black swans sometimes numbering about 200 birds, some of which would take off and fly over my head as I sat in my boat in the middle of the river.

Venture into the Barwon estuary and there is wildlife aplenty: whales, dolphins, and the colourful sea dragon (a large seahorse). There is the neighbouring coastline with its huge sand dunes and wild Thirteenth beach, home to the Hooded Plover, one of Australia's most threatened birds, now protected under State and Federal legislation. Nesting in scrapes in the sand, the Hooded Plover is vulnerable to predators, but there is an army of local volunteers who monitor the nesting sites and provide protective wooden covers to place over the nests at critical times.

The beauty and interest of this area continues with Barwon Heads known as The Bluff, an important marine sanctuary. It is a place where wind, tides, and waves have shaped the coast over time and created a wide diversity of habitats for animals and plants to live, a place where the Bull kelp just below the surface sways back and forth with the waves. On top of The Bluff is a lone seat, a place to sit and let the view of the river emptying into Bass Strait and the Southern Ocean take your breath away.

I have been lucky to explore this area from my accommodation in the small town of Torquay at the start of The Great Ocean Road, home to a plethora of beaches perfect for swimming and surfing.

Continued on page 28

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My favourite is Fisho's beach where a sunrise swim each morning followed by hot chocolate in The Salty Dog café is a fantastic way to begin the day.

The Great Ocean Road, built by soldiers who had recently returned from World War 1, is a wonder with its sandstone cliffs, the Twelve Apostle sea stacks, bays and beaches galore, coastal vegetation, and its small towns such as Lorne and Apollo Bay which are simultaneously lively and peaceful places. Backing this stretch of coastal Victoria is the Otway National Park. There is a different atmosphere here as you leave the coastal strip behind and head into the hinterland of the Otways. I love the Australian bush that covers the Otway hills with the tall Eucalyptus trees whose smell pervades the air especially after a rain shower, but my favourite tree is the smaller Tree fern that often grows beneath and between the Eucalypts. This is rain forest so the area is blessed with lakes, rivers and waterfalls, and if you are lucky enough you may see a platypus in one of the waterways just as you may see koalas sleepily nestled in the Eucalyptus trees.

There are stunning landscapes, flora and fauna throughout Australia, but it is the Barwon and these neighbouring areas where I return to as frequently as possible. Given the distance to get Down Under, that frequency isn't as often as I'd like, but in my mind's eye and with my treasure chest of memories I can return frequently in my dreams.

Sandy Franklin

CRYPTIC CROSSWORD ANSWERS

ACROSS

1. Season 5. Tapes 9. Oblongs 10. Rarer 11. Alto
12. Alsatian 14. Easter 16. Logoff 18. Lanterns 19.
Dodo 22. Pearl 23. Ebb Tide 24. Eased 25. Noting

DOWN

2. Eclat. 3. Song 4. Nestle 5. Tornados 6. Portico
7. Spring Flower 8. Total Eclipse 13. Revealed 15. Sunrays
17. Intern 20. Onion 21. Abet

OH WAIT! LET ME TELL YOU ABOUT CECILIA PAYNE.

Cecilia Payne's mother refused to spend money on her college education, so Cecilia won a scholarship to Cambridge.

Cecilia Payne completed her studies, but Cambridge wouldn't give her a degree because at that time there was not much exposure for women, so she said 'to heck with that' and moved to the United States to work at Harvard.

Cecilia Payne was the first person ever to earn a Ph.D. in astronomy from Radcliffe College, with what Otto Strauve called "the most brilliant Ph.D. thesis ever written in astronomy."

Not only did Cecilia Payne discover what the universe is made of, she also discovered what the sun is made of (Henry Norris Russell, a fellow astronomer, is usually given credit for discovering that the sun's composition is different from the Earth's, but he came to his conclusions four years later than Payne—after telling her not to publish).

Cecilia Payne is the reason we know basically anything about variable stars (stars whose brightness as seen from earth fluctuates). Literally every other study on variable stars is based on her work.

Cecilia Payne was the first woman to be promoted to full Professor from within Harvard, and is often credited with breaking the glass ceiling for women in the Harvard science department and in astronomy, as well as inspiring entire generations of women to take up science.

Cecilia Payne is awesome and everyone should know about her.

Carole Green

Three Poems for Travellers

To the Icelandic Tourist Agency

Oh to be in Iceland when it's winter there!
Then is its hour of glory, when all Hell is let loose,
When chthonic fire and whirling snow are locked
In elemental combat, at which we mortals marvel,
In hot-housed ease, through multilayered glass!

Oh to be in Iceland when it's summer there,
To feel how faint the sun, how keen the wind,
To see how long my shadow by me walks
Even at the middle hour of the longest day,
To mark how close the snow-line treads upon the shore-line
And whether one can bathe in that frigid sea.

Continued on page 30

Travelogue

The South's a brilliant hemisphere
Where a blue sea runs under a sun-lit sky
Painted parakeets people the jungle gloom
And nighttime a bejeweled inky vault
Where watch and dream men savage, noble and free:
And at the extreme, this timeless spectacle-
Cliffs and creeping mountains, dazzling white,
Crack and collapse into a foamy sea
Watched by the cruising whales as they sport and snort.

The North's a dismal hemisphere:
When the sun shines, it shines on desert stones.
Elsewhere rain drips from grimy garret-tops
Where spent souls struggle with a complex past:
All the waters are dark windows onto tragedies
And at the extreme the steppes' stark stripes- white snow,
dark forest, sky.
But here were nymphs and shepherds, and Robin Hood
And here it was that men first thought to ask
'What is the point of a pyramid?'

Foss Gill

In spring we came
When the wind was bright with daffodils
Anemones were carpeting the woods
The waterfalls splashed flashing in the sun
And the children gleefully played.
We found snow in a hollow and made a slide
And it was so hot I wore no shirt.

In winter we came again -
The trees stood naked, some were dead:
The waters leaden fell, or hung: the sky
Was uniformly milky grey: the children gone.
Snow lay, but peppered parsimoniously
On ground as hard and dry as bone
And everything withdrawn within itself.

Anthony Ridge

The World Was Broken in Thirty nine.

When I was born, the world was torn,
In pieces, fragmented and in pain.
My family fought for life and freedom,
Struggled against a determined foe,
Whose intent was worldwide domination.

Uncle Peter sailed the North Atlantic,
Fraught with natural and human danger;
A gunner 'gainst airborne attackers,
Hunted by air and sea, at the mercy
Of the wolf-like German submarines.

Uncle Tom, a soldier, fought in war torn Europe
Against the fearsome Nazi war machine,
Survived a wound and kept his life,
But suffered desertion by his wife.
Yet more tearing into pieces.

Granddad Tommy built the ships that turned
The tide and brought an end to the battle,
Alongside Mums and Dads, Aunts and other kin
Dodging bombs and doodle bugs by hiding
'Neath the table, sheltering to save their skin.

My parents made engines for Typhoon planes,
Amid the falling bombs and red hot shrapnel,
Dodging bullets which fell around their ears,
Not knowing which day might be their last,
Celebrating at home when victory came to pass.

And into this broken world I was born.
Now eighty years have passed and only I,
And a few distant cousins yet remain.
Inheritors of what our family gained
And yet the world remains in pieces.

Still broken.

Anthony Still

To apply for a place on travel team trips:-

EITHER complete the **online** booking form on the Travel section of the website (https://york.u3asite.uk/u3a_groups/travel-uk/), 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. Paper forms are available to download from the website or can be collected from the office

Your booking is a commitment to pay if allocated a place. If you cancel, then you are released from payment only if a replacement can be found.

LUNCH MENU FOR TRIP TO FLAMBOROUGH LIGHTHOUSE

Poached Fillet of Salmon with Prawn Sauce

Homemade Steak Pie

Braised Chicken Breast in Red Wine & Mushroom Sauce

Vegetable Lasagne and Garlic Bread

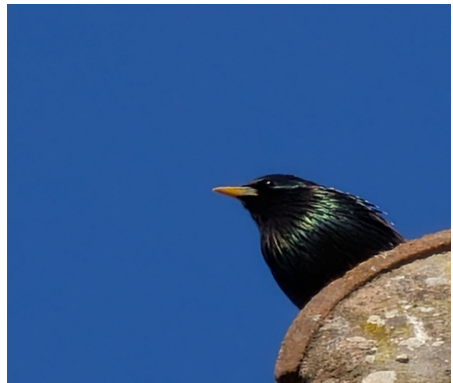
Roast Loin of Pork, Apple Sauce, Seasoning & Yorkshire Pudding

Cold York Ham, Cheese & Pineapple Salad



Jill Theakston

Digital Photography Group



Geof Harper