

IMPORTANT MEMBERSHIP NOTICE

Your membership will expire before this programme starts on 1st January.

Use one of the three ways below to renew your Craven u3a membership

AFTER Wednesday 25th November

Renewal cost - £10 Individual Member, £20 Joint Membership

1. Use PayPal via the Membership Portal at

<https://www.u3abeacon.org.uk/u3aportal.php?u3a=108&sc=RVSW>

2. Use the BACS system of internet or mobile bank transfer with the following details -

Bank: Barclays

Sort Code: 20-78-42

Account number: 8398423

Account name: Craven U3A

Reference: Your membership number & name

3. Post your cheque and membership forms (sent with Membership Secretary's e-mail) to him at the address on the form; enclosing a stamped, addressed envelope.

After you have renewed your membership

you can join any of the courses in this programme FROM 3rd December

To join a course you can either -

- Log into to Beacon and use the Members Portal.

OR

- Contact the Group Leader for them to add you to their course.

OR

- Contact the Membership Secretary to be added to a course by email at membership@cravenu3a.org.uk or complete page 2 of the form sent with the renewal email.

To log into Beacon via the Members Portal click on this link: [Beacon Portal](#)

Alternatively you can access the Portal via the [Craven U3A web site.](#)

Your Beacon Members Portal Logon Details are:

Membership Number: #MEMNO

Forename: #FORENAME

Surname: #SURNAME

Postcode: #POSTCODE

Email: #EMAIL

Craven u3a Programme January – August 2021

This programme was compiled whilst England was under lockdown. While the Covid pandemic continues there will undoubtedly be changing regulations from the government. To be covered by u3a insurance, courses and members must always comply with applicable national and local Covid rules and guidelines.

All courses that hire a venue will start when their venue is able to open.

AD HOC WALKING

- Mike Valiant – 07974 630253, mike_valiant@hotmail.com
- There is no programme; walks are proposed by group members at short notice taking advantage of good weather. Any group member can propose a walk anytime, anywhere, any length. The proposer can set the maximum group size within the current Covid guidelines. Groups are usually small (historically maximum: 15, average: 6). On joining the group, you will be sent the latest guidelines.

AEROBICS 1 – ADVANCED HIGH INTENSITY

- John Dixon – 01756 461494, cawderghyll@gmail.com
 - St Andrew's Church Hall – Wednesday 10.00 – 11.00, 6 Jan – 5 May. Max no 14
- Numbers are limited so members must be able to do press ups, squats, lunges and be able to sustain some high intensity aerobic exercise (HIIT). Suitable clothing essential, weights, mats, towels required for cool down. Please bring water. CHECK WITH YOUR DOCTOR THAT HIIT IS OK FOR YOU AS HEART RATES WILL BE ELEVATED.

AEROBICS 2 – LOW IMPACT

- John Dixon – 01756 461494, cawderghyll@gmail.com
 - St Andrew's Church Hall – Wednesday 11.15 – 12.00, 6 Jan – 5 May. Max no 14
- Aerobic workout is intended to raise heart rates. Suitable clothing essential, mats, towels required for cool down. Please bring water and check with your doctor that you are able to do aerobic exercise.

ALLOTMENT

- Helena Tudhope - 07423 052251
 - Sunday mornings. Other times by arrangement within the group.
 - Plot 39 and 93, Broughton Rd. Max no 12. All year.
- Let's grow! Additional costs: seeds, plants & other consumables necessary for growing crops.

ART APPRECIATION IN THE PARK

- Keith Berrington, walkwalk.keith@gmail.com
 - Monday fortnightly, 11.00 - 12.00, 4 Jan. Max no 11.
- Each fortnight one of us introduces for discussion a masterpiece by a well-known artist. We meet either on Zoom, or in the open air subject to regulations and weather.

ASTRONOMY – THE SKY AT NIGHT

- Keith Berrington, walkwalk.keith@gmail.com
 - Flexible meeting times from January until March. Max no 12.
- When regulations permit, and the moonlight is low, we meet in a reasonably dark place (Barden Moor) for star identification, planet hunting, meteor showers etc. Dates dependent on clear skies, so will be arranged at short notice. This is an outdoor activity subject to risk assessment.

BRIDGE PLAY

- Douglas Goode - 01756 229188, cdgoode@mypostoffice.co.uk

For those who have played Bridge and want to improve their game. We are not currently meeting to play but some of the group are playing online and if anyone is interested in joining they can contact Douglas for more information.

BUILDING BACK BETTER

- Floe Shakespeare – floeshakespeare@gmail.com

- Zoom - Tuesdays 10.00 - 12.30am, fortnightly from 12 Jan. Maximum 24 as this course is discussion based.

During the lockdown there has been increased interest in looking at new ways of doing our lives. Have you found an article, podcast, radio programme, TED talk, short story, chapter in a book etc that has influenced your thinking about better ways of doing things? Would you like to discuss it with others? Each session will be based on an input that addresses the idea of build back better, as offered by group members. The Zoom discussions will take place every two weeks, the intervening week being an opportunity to read, listen to or see and think about the suggested contribution. You can come without having a suggestion to make – all that is required is willingness to think about new ideas.

CREATIVE WRITING

- Laurie Prowse - 07876 160821, laurieprose@hotmail.com

- Friday, 1 Jan. Max no 15. Course uses email.

This group is about sharing rather than teaching and about learning from each other rather than from a tutor. We work by email. Each fortnight a new theme, genre or prompt is set and members who are inspired to do so then send their contributions (which can be poetry, prose, dialogue or whatever) to the group at anytime during the next fortnight. As members may be faced with a number of contributions we do ask that they are not too lengthy. Members are encouraged to make helpful comments but there is no obligation to do so.

CROQUET

- Graham Read - 01756 794477, grealdyme@gmail.com

- Pendle & Craven Croquet Club, Cemetery Road, Earby, BB18 6QX – Wednesday 5 May – end Sept. Max no 32

Instruction and guidance on how to play croquet will be given with the kind assistance of P&C.C.C. members.

Croquet is equally suitable for men and women. Although the game is competitive 'Golf Croquet' players are on the lawn together so you will find it a friendly and sociable sport. All equipment will be provided, flat soled footwear is essential. Weekly charge of £3.50

CROWN GREEN BOWLS 1

- Keith Waddington – 01756 794125, keithwaddington@btinternet.com

- Whinfield Bowling Club - Friday, 11.30 – 2.00, 7 May – 17 Sept - Max no 24.

Instruction and guidance on how to play Crown Green Bowls. £1 every time you play. Flat soled shoes or trainers must be worn.

CROWN GREEN BOWLS 2

- Keith Waddington – 01756 794125, keithwaddington@btinternet.com

- Whinfield Bowling Club - Friday, 2.00 – 4.30 - 7 May – 17 Sept - Max no 24.

Instruction and guidance on how to play Crown Green Bowls. £1 every time you play. Flat soled shoes or trainers must be worn.

CROWN GREEN BOWLS 3

- Alan Price – 01535 656794, alan.price@btinternet.com

- Craven Bowls Club - Tuesday, 1.30 – 4.00, 4 May - 14 Sept - Max no 24.

Instruction and guidance on how to play Crown Green Bowls. £1 every time you play. Flat soled shoes or trainers must be worn.

EMERGING SPRING

- Maurice White - 01756 799434, mauricewhite01@tiscali.co.uk

- Zoom – Mon 10.00 – 12.00, 1 Mar - 24 May. Max no. 100+.

A free-form discussion of the natural signs of spring as they emerge during March, April and May. Not so much a course of teaching as an opportunity to share the pleasure of watching the emerging season. Members will be encouraged to share their photographs and observations. The details and direction of the group's interests will be determined by the group members. No particular expertise is required, but informed comments will be welcome. The course will be supported by emails of advice on members' observations and tips on what to look out for.

ENGLISH CASTLES AND COUNTRY HOUSES

- Ian Adams - 01756 700902, iansydneyadams@gmail.com

- Zoom - Tuesday 10.00 – 12.00, 5 Jan – 16 Mar. Max no. 100+

This course looks at the history and architecture of English castles and country houses from the Norman Conquest to the present day.

EXPLORING THE COUNTRYSIDE - VIRTUAL

- Keith & Wendy Berrington – walkwalk.keith@gmail.com

- All year from January. No maximum number.

Members write up an interesting walk they have done in the local area, to be circulated to the rest of the group by email. It is hoped that actual walks can be undertaken in summer 2021 using the documentation from our virtual walks.

FOLLOW ON PILATES

- Helena Tudhope – 07423 052251, venues@cravenu3a.org

- Zoom, Monday 11.00 – 11.50, 11 Jan weekly.

This group is suitable for anyone who has done the Introduction to Pilates course, or who has had some previous experience of Pilates exercises. 45 minutes of exercise followed by 5 minutes of relaxation. You will need an exercise mat and length of resistance exercise band. Other equipment may be suggested during the course.

FRENCH CONVERSATION

- Kevin Franks – 07841 028371, kevinfranks@outlook.com

- Zoom - Friday 10.00 – 11.00 and 11.00 – 12.00, 8 Jan – 12 Mar. Classes of four, number of classes can be extended.

Small group French conversation sessions, via Zoom, for about an hour. We discuss exclusively in French topics of interest both current and general. Moderate level of French needed to obtain maximum benefit.

GEOGRAPHY FORUM

- James Enever - 07503 164939, jaenever@gmail.com

- Zoom - Wednesday 10.00 – 12.00, 13 Jan – 24 Mar.

A series of talks by members of the forum loosely based on geography with some history. The presentations reflect the forum members' interests, travels and experiences. The talks are usually about 40 minutes, a twenty minute break, then another 40 minutes, finally time for questions at the end. A taster of the first few sessions include Robert Fort talking about the Galapagos and Costa Rica, Christine Lynch talking about Bergen and Arctic Norway, Vic Edy thinks that 'There May Be Some Snow' and Gareth Davies' ocean going with a container of plastic ducks.....

GEOLOGY OF BRITAIN

- Keith Berrington - 01756 752907, walkwalk.keith@gmail.com

- Mondays fortnightly from January. Meet at designated parking places. Max no 16.

This new activity features online learning and outdoor visits to local geological features. Notes will be emailed on various geological topics. Geology field trips will be local, on Monday mornings or afternoons fortnightly, when we can, subject to risk assessment.

METAL DETECTING

- Andrew Fletcher - 01756 799086

- Any day, depends on availability of land, dates and venues to be arranged. All year. Max no 13.

Introduction to the theory and practice of metal detecting – including the choosing and use of equipment and practical detecting sessions. Researching and dating finds. Compliance with the Treasure Act and Portable Antiquities Scheme.

MULTI MEDIA

Multi Media will be able to start when the Three Links Centre opens.

- Hazel Chatwin - 01756 793308 - hmchatwin79@hotmail.co.uk - mobile 07870804985

- Wednesday 10.00 – 12.00 and 1.00 – 3.00, 8 Jan – 16 Jun - Three Links Club. Max number 20?

Multi Media covers all aspects of craft work plus various paint disciplines. This is a very 'hands on' course which cannot be done by Zoom.

MUSICALS - DVDs

- Con Wood - dawcon73@icloud.com

- Zoom - Friday 10.00 - 12.00 8 Jan – 12 Mar 2021. Max no 100+

Musical DVDs will be streamed weekly from 8 Jan using a link sent to each member by Con. Weekly discussions will start the following Friday, 15 Jan, also using a Zoom link sent by Con. The musicals include Mama Mia, Gypsy, South Pacific, Chicago, The Student Prince, Cabaret and the Jazz Singer. She will send her class a full copy of the programme by email. (This term does not include any ballets.)

MUSIC FOR FUN

- Graham Read - 01756794477 or 07771855238, greadyme@gmail.com

- Lesley Widdop – 01756794976 or 07982446707, lellyelli1953@gmail.com

- Zoom - Tuesday 10.30 – 11.10, 12 Jan – provisionally one term

A zoom course for the enjoyment of singing, listening to music and/or playing. Members will be sent a Zoom link by email with words for songs and chords so musicians can play along. Leaders will choose songs, sing and play. However, we would like members to get involved if they wish and unmute themselves to lead a song or musical piece. Leaders need to know this in advance.

NOVELS AND BIOGRAPHY

- Wendy Berrington - Please contact me through Beacon.

- Zoom - Mondays monthly, 2.00 – 2.40 until Covid is over. 4 Jan, 1 Feb, 1 Mar.

(Then 2.00 – 4.00 at my home with a tea and cake break when we are permitted again. We may run all year.)

Novels and Biography from Diaspora, British and European Writing. Original work in English or in translation. Starting with 'In Custody' by Anita Desai. A novel set in Delhi by an Indian American writer, shortlisted for the Booker Prize 1984. The book for February will be, 'The Lonely Londoners' by Sam Selvon. (British Trinidadian.) Please obtain a copy of the novel and start reading ready to join the class on Mon 4 Jan.

PLAY READING IN THE PARK

- Keith Berrington (walkwalk.keith@gmail.com)

- Wednesday, 9.00 - 10.00 Max no 7.

We do a public-domain play suitable for the group (in the autumn it was Pygmalion). Each member takes a character in the play. We do the reading from script, either on Zoom, or in the open air subject to regulations and weather. No memorizing required!

POETRY (This course is intended for a small group who were NOT members of the U3A Poetry course last year)

- Wendy Berrington - Please contact me through Beacon.

- Zoom - Monday 10.00 – 10.40, 4 Jan to 29 Mar, Max no 12 I am glad to have a waiting list.

This is an online self-study group. I would send a Zoom invitation to you. We would look at poetry from around 80 to 150 years ago. G.M. Hopkins, Ezra Pound, W.B. Yeats, Dylan Thomas, Thomas Hardy, W.H. Auden, T.S. Eliot, Robert Graves, and others of that sort of period. We would change the poet each week but may return to that poet another

time. I will tell the group members which poems we will look at. They will start by listening to the poem online and thinking about what it means to them and making notes. They will then find out online, or from books, as much as they can about the Poet, their period and influences, and the Poem itself. With that personal knowledge, they can contribute positively to the Zoom discussion on Monday morning. If they do not like the poet or poem or are busy that week, they do not need to join the discussion that Monday but should let me know in advance so that I can let in someone else from the waiting list. I would consider myself a facilitator and each week a different student would volunteer to briefly lead the discussion, everyone would lead at some point, and I would try to ensure that each member had a chance to speak during the Monday session. Please contact me through Beacon so I can tell you which Poet we will be starting with in January.

POETRY WRITING

- Keith Berrington - walkwalk.keith@gmail.com

- Monthly January to March. Max number 20.

Are you interested in writing poetry? Each month a member will choose a particular poetic form or theme, and email round the group some classic examples of that form or theme. You then have a month to produce your own poem in that style (or a variant for dramatic effect) and send it to me. I will email all the poems received each month around the group. The only rules are: no criticism of anyone else's poem, no offensive material and no plagiarism. Hopefully at the end of the course, we will each have a collection of poems in the various forms from this Craven U3A class of 2020/21. Please join and contribute.

RACKETBALL

- **Group 1** - Mon 09.30 and 10.10 - From Jan 4 - Dave Smith 07703 207669 d.smith100@outlook.com

- **Group 2** - Wed 09.30 and 10.10 - From Jan 6 - Jon Tomlinson 07412 036738 treasurercravenu3a@outlook.com

- Sandylands – Every week all year except public holidays. No membership max but a maximum of 6 players per session. You can only play once a week in a bubble of six. Booking in advance is essential. Played on a squash court with similar rules to squash but with a bigger ball and larger racket making the ball slower and easier to play. Clothing as for squash/tennis with non-marking shoes. A reasonable level of fitness is required. Racket and ball are provided. Court fees £2 per session.

RAILWAY GROUP

- Ian Appleyard – 01756 735002, iappleyard@hotmail.com

- Zoom - Friday 10.30 – 12.00 , 15 Jan – 26 Mar. Max no 100+

The programme this term will include a wide variety of railway topics.

RUSSIA: A PANORAMIC HISTORY (Part 2)

- Nigel Holden - 01756 793593, nigelholden123@aol.co.uk

- Zoom - Wednesday 2.00 – 3.30, 6 Jan – 17 Mar. Max no 100+

This course covers the years 1917 to 2020, accounting for the collapse of the Soviet Union in 1991 and the drivers behind continuing Russia's anti-Western postures. *Please register for this course if you missed the last four talks last year due to the Covid pandemic.*

SAFETY ON THE WEB

- George Mackley - 01756 700594, georgejtmackley@gmail.com

Zoom - Friday - I will offer 4 slots of 2 hours on 4 Fridays in January. Max no 12 per session (48 total)

1. 8 Jan - 11.00 – 1.00

2. 15 Jan - 2.00 – 4.00

3. 22 Jan - 4.00 – 6.00

4. 29 Jan - 7.00 – 9.00

I would like a maximum of 12 people on the Zoom meeting as more will allow less personal interaction. I am repeating myself so you can only register for just one of the days and times most convenient to your timetable. I will email you and as I have subscribed to Zoom personally and can set up the Zoom meeting and control the meeting for 12 people. I will use a Powerpoint presentation. Safety on the Web is for all those who want to be more confident using the web and as knowledge is power, be able to use the web more safely than now. It is the World Wild West (www.) out there.

SCIENCE AND TECHNOLOGY DISCUSSION GROUP

- Doug Hirst - 01756 790932, doug.hirst@btinternet.com

- Zoom, Tuesday 10 - 12. 5 Jan – 9 March, Max no 100+

The Science and Technology Discussion Group is conducting Zoom meetings for the foreseeable future. We meet every Tuesday at 10 am for 90 minutes, starting in January. Articles for discussion are posted on the science group web site: <https://cravenst971700904.wordpress.com/> 2-3 days prior to each meeting. There is currently no group size limit. New members are welcome and members can join the group via the Membership Portal:

<https://www.u3abeacon.org.uk/u3aportal.php?u3a=108&sc=RVSU>

SELF-GUIDED WALKING

- Keith Berrington (walkwalk.keith@gmail.com)

- From January. No maximum number.

There are two themes to this group. You can be involved in both.

1. Could you write up a detailed description of a local walk which could be circulated for others in the group to use? The description should be sufficient in itself so that a walker would not need map and compass except in emergencies. The type of walk should correspond to that of the main Walking Group (Short/Medium/Long, Easy/Moderate/Strenuous). Having written up a walk, it would be circulated to the 'testers'.

2. Would you like to be a tester, who tries out walks which have been written up by other members? Your feedback will help to produce a set of tried and tested walks circulated to group members.

SKIPTON AND CLIMATE CHANGE - Sustainability, Biodiversity, Inclusivity and Enterprise

- Dr. Myfanwy Trueman - 01756 791511, myfanwytrueman@gmail.com

- Zoom, Thursday 7.00 – 9.00 (evening) 28 Jan – 25 Feb. Max no 100+

Climate change is a complex topic but it comes down to our lifestyle as well as the urban and natural environment. Our focus this year will be opportunities for tree planting and greening of Skipton, recycling and upcycling tools, energy and transport. Topics will include urban forests, recycling, transport and green energy.

SPANISH CONTINUERS

- Charles Dobson – 01756 793626, Charles_snaygill@yahoo.com

- Zoom – Wednesday 10.00 – 11.30, 13 Jan – 24 Mar and 21 Apr – 30 Jun. Max no 6.

This will be a largely “self help” group for people with some knowledge of Spanish. The emphasis will be on the spoken language. ie on conversing in Spanish and understanding spoken Spanish. There will however be opportunities to revise aspects of grammar or vocabulary if members of the group would like.

STORIES OF SCIENTISTS

- Andre Botherway – 07900 197890, andrebotherway@gmail.com

- Zoom - Wednesday 10.00 – 12.00, 13 Jan – 24 Mar except 17 Feb. Max no. 100+

A series of talks presenting the life and work of scientists and engineers, some of whom deserve better recognition.

STRETCHING AND MOVEMENT

- Sandra Dixon – 01756 461494, cawderghyll@gmail.com

- St Andrew’s Church Hall – Monday 11.15 – 12.00 4 Jan – 3 May. Max no 14

Gentle exercise to improve balance and posture with some floor work. Please wear comfortable clothing and soft shoes. Bring a mat and a bottle of water.

STRETCHING AND YOGA

- Sandra Dixon – 01756 461494, cawderghyll@gmail.com

- St Andrew’s Church Hall – Monday 10.00 – 11.00 4 Jan – 3 May. Max no 14

Exercise for flexibility and muscle toning. Ability to do shoulder stands and sit down on your heels is necessary to do the exercises correctly. Please wear comfortable clothing and soft shoes. Bring a mat and a bottle of water.

TEN-PIN BOWLING

- Gail Matthews 07443 228706, gnsmatthews@gmail.com Bobbie Fawcett
 - Matrix Superbowl, Sandylands, Skipton - Monday 2.00 - 4.00 12 Jan – 12 Jul. Max no 24.
- We play two games each week at a cost of £4. The session lasts 1.5-2.0 hours. This is 'friendly bowling' – no experience required. Any current Covid regulations will apply.

THE ANSWER LIES IN THE SOIL

- Joan Nicholson – 07718 874600, jandjnicholson@gmail.com
 - Zoom – Tuesday 2.30 – 4.00. 19 Jan – 9 Mar. Max no 25
- “A country that destroys its soil destroys itself.” So said Franklin D Roosevelt at the time of the great Dust Bowl disaster in the USA. By the end of the twentieth century the country had lost 70% of its natural humus. All round the world the soil under us has been treated like dirt. Developments in magnification have allowed close scrutiny of what makes up soil and revealed why it's so vital to the natural world and the human race.
- My class will cover the structure, geology and science of soil, the abundance of life it contains, and the history of the events and human interventions that have led to its degradation and destruction. We'll look at the individuals and movements who have either developed or fought against artificial fertilisers, herbicides and pesticides and more broadly at the role of agriculture and the origins of the organic movement back in the early twentieth century. We'll also focus on what we can do; the ways in which gardeners can help repair the damage, each one of us doing our small but significant bit to help save the planet, through for example the use of home-made compost or more informed planning and purchasing decisions. Each class will comprise a presentation of ideas with slides punctuated by time for discussion of the issues.

WALKING GROUP – Friendship, Fun and Fitness

- George Mackley - 01756 700594, 07706 369253, georgejtmackley@gmail.com
 - Tuesday & Thursday all year.
- We offer a sequence of short (5-7 miles), medium (8-9 miles) and long (10+ miles) with various degrees of difficulty. We meet at Coach Street Car Park, Skipton, 10 minutes before the time stated in the Walks Programme to arrange car sharing. Suitable clothing, footwear and packed lunches are essential. All walks are at the members' own risk. Sorry no dogs. Programmes are distributed by email. If you do not have email please contact George Mackley to get a hard copy of the programme. We are not currently able to organise walks as the u3a rules and insurance prevent us from doing so but plan to be operational quickly once we are given the go ahead. You will then receive a temporary programme and an invitation to a programme meeting to set the walks for the next four months.

WALK TO LUNCH

- Jenny Robinson 01756 797205, stuart.jennyrobinson@gmail.com
- Brigida Martino 01756 796498, b.martino@hotmail.co.uk
- Thursdays fortnightly 10.15 from 7 January. Meeting points vary. Max number 12 or 18 on a walk whilst 'Rule of six' applies. Currently walks only – group lunches will resume when govt Covid restrictions allow. (This may be some months away.) Morning walks of 4 - 5 miles. These usually include hills and stiles and can be muddy and boggy. Meeting points are circulated by email, so email access is essential. You MUST book onto a walk in advance. Numbers are restricted so we can follow the Rule of 6. Members need walking boots and wet weather clothing.

WHARFEDALE HILLWALKING IN SIXES

- Keith Berrington walkwalk.keith@gmail.com
 - Thursdays 10.00 Meet at start point of walk. Max no 8.
- A friendly way to walk, for reasonably good walkers, over hilly and sometimes demanding terrain. Have appropriate clothing, boots, equipment, drink and a picnic lunch: walks may last up to six hours. Pre-booking necessary, 6 or less walkers per day as regulations allow. Each walk is subject to risk assessment.