

UPPER EDEN u3a

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OCTOBER 2024 MEMBERS' NEWSLETTER

NEXT MONTHLY MEETING: TUESDAY 8 OCTOBER 10AM MASONIC HALL
KIRKBY STEPHEN

OCTOBER MEETING

What, you may well ask, has an Eddie Stobart lorry got to do with October's u3a meeting? Well, look carefully and on the side of the 32 ton diesel truck you will see the slogan: 'Delivering Sustainable Distribution'. No, I don't know what it means either. Could it be that the marketing world has understood public anxiety about the climate and environmental crises and increasingly uses sanitising and often misleading words like sustainable, pure, natural, organic, degradable or climate friendly? If so, we need not only to call out 'greenwashing' but more importantly to identify what we can really do to address the climate crisis.



This will be our focus at the October meeting when our speaker will be Helen Atwell, Sustainability Network Coordinator, from Cumbria Action for Sustainability <https://cafs.org.uk/>, an organisation whose vision is "a zero carbon Cumbria which is socially, environmentally, and economically beneficial for all". Their work focuses on practical action "to mitigate the effects of climate change and to bring about a more sustainable way of life in Cumbria".

You may hear people say there is nothing that can be done, that global action will not happen. But lots is already happening in relation to how we produce and use energy, how we recycle, what we eat and how we produce food, how we travel, what goods we consume. Of course, in the journey to a zero-carbon future there is a very long way to go, but rather than give in to doom and gloom, the October meeting is a chance to hear about actions CAfS is promoting and to think positively about what can be done locally to contribute to a sustainable future for coming generations.

SEPTEMBER MEETING

I hope you will agree that our informal discussion session in September was interesting and



enjoyable. We all circulated around discussion groups and as a result many of us had the pleasure of speaking to fellow members that we have not met before. To kick conversations off we had some trigger questions: where would you rather be if you weren't here, what year would you pick with the most positive memories, what do you most enjoy about u3a? It turns out that most people were very happy to be at a u3a meeting and talking to friends, old and new, was one of the things that was

most enjoyed. Members have said before that they would like to have these kinds of meetings and our conversations in September confirmed that this should be done on a regular basis.

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COMING SOON.....

Our meeting in November will fall close to Remembrance Day and that will provide our theme. Between them, Bill Sylvester and Brian Gaudet will share with us poetry and music for remembrance.

December of course takes us close to Christmas and we plan to have an early u3a celebration with music and carols courtesy of Kirkby Stephen Silver Band that includes some of our members.

A FUN AFTERNOON IN APPLEBY - GROWING AND SPREADING OUR WINGS

An enjoyable and informative coffee/tea afternoon was spent at Appleby Hub on 25 September. Advertised around Appleby and in the Herald, we were able to welcome people interested in u3a and enjoy conversation with other members of u3a mostly from around Appleby. A couple of new members signed up on the day and several others said they would like to come to a meeting or group and see if u3a was for them. Thank you to Brian Gaudet for getting the event going.



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LEARN, LAUGH, LIVE.....

These are the ways we are doing this through Upper Eden u3a. If you want more information about an Upper Eden u3a group, please contact the co-ordinator.

OCTOBER'S FEATURED GROUPS

IT and Computers Group

The IT and computers group is very practical. At its last meeting it turned its attention to anti-virus software, in particular, how good Microsoft's inbuilt protection is, to the demise of Windows 10, to creating folders in email and to lessons to be learned from a Guardian article [Sort Out Your Life](#). There are too many lessons mention them all here, but it looks like the members gleaned a great deal of good advice that we might all benefit from following. So, if

you want practical help with your computer, tablet or phone the group could be just what you need. The next meeting date will be at the end of October and if you want to know more contact co-ordinator Richard Vaughan (richard@richardvaughan.email)



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Woodcarving



The number of u3a woodcarvers is growing and as the picture illustrates, they are a very industrious group too. To be honest, there is quite a lot of sociable chat too and mutual advice and encouragement. Unfortunately, the sun doesn't always shine but it certainly made for a great session in September. Newcomers can borrow tools to see how they like carving. It must be testimony to how enjoyable

most members find it that those who have been involved for a while are buying their own tools. The group meets from 10am-1pm on the second Friday of the month. For more information contact co-ordinator Alan Barr (pandabar@hotmail.com)

Scottish Country Dancing



After a summer break Scottish Country Dancing was up and reeling again on 26 September. Under the expert tuition of co-ordinator Bill Sylvester, members have a great deal of fun as they learn (or sometimes fail to learn) the intricacies of the different dances. The next sessions will be 2pm at the Masonic Hall Kirkby Stephen on the 3rd, 10th and 31st of October. Contact Bill (bill.sylvester@sky.com) for more information.

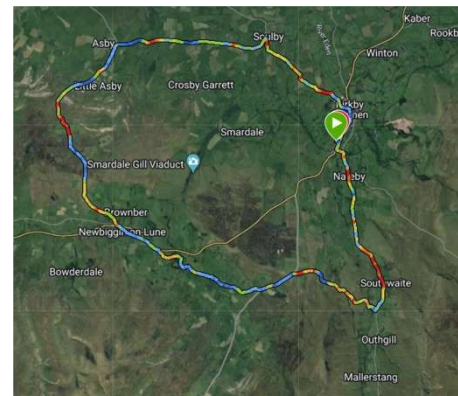
Art Appreciation

Members who signed up for the art appreciation group will know that an initial meeting is now set for the afternoon of Friday 18th October. The interim co-ordinator Alan Barr (pandabarr@hotmail.com) is arranging a venue and will be very happy to hear from anyone else who is interested. There are lots of ways to appreciate art and there is a lot of art to appreciate. So, the first meeting will be a chance for the group to decide how it wants to operate. Interests will no doubt differ, for example, particular artists or artistic styles and periods, what artists have to say about society, what techniques they use to communicate their meaning.



Cycling

Cycling group co-ordinator Paul Revell (pgrevell@gmail.com) recently posted on the UEu3a Facebook pages a picture of the route for one of their rides in September. If you have considered joining a ride and know the local geography, the route will give you a good flavour of a typical ride. Paul says: *'If you want to get in touch about joining our WhatsApp group, to be updated regarding rides, please get in touch'*.



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Contacts and meeting times for all current Upper Eden u3a groups:

Arts Appreciation: Interim co-ordinator Alan Barr. Initial meeting Friday pm 18 October

Botany and Wildflowers: Co-ordinator Ester Sloggett. First Monday of the month - next meeting 7 October 10.30

Bridge for Beginners/Improvers: Co-ordinator Steve Heap. Meets fortnightly on Monday afternoons

Creative Textiles (two groups): Co-ordinator Joan Lennox. Meets monthly on Wednesday afternoons and Thursday mornings.

Crochet for Beginners and Improvers: Co-ordinator Chris Kirvan. Meets 1st and 3rd Tuesday mornings.

Cycling: Co-ordinator Paul Revell. Weather dependent, times irregular, runs are advertised on Upper Eden u3a Facebook Pages (<https://tinyurl.com/3djjt6ct>)

Dry-stone walling: Co-ordinator John Pratt. I irregular session arranged with the group.

Enjoying German: Co-ordinator Pam Barr. Meeting monthly.

French Conversation: Co-ordinator Bill Sylvester. Contact Bill for meeting times.

Functions and Trips: Co-ordinator Val Wright.

Guitar Tuition: Co-ordinator Nigel Harbron. Weekly on Monday mornings.

IT/Computers: Co-ordinator Richard Vaughan. The next meeting to be arranged for late October at The White Hare cafe Kirkby Stephen

Kayaking: Co-ordinator Mike Sunderland. A programme is planned starting April 2025

Longer Walks: Co-ordinator Heather Leach. Weather dependent, times irregular, walks notified to group members

Pickleball: Co-ordinator Anne Cradock. Thursdays 7-8pm KSGS Sports Hall

Poetry Reading: Co-ordinator Ester Sloggett. Meets last Monday morning each month.

Scottish Country Dancing: Co-ordinator Bill Sylvester. Restarted for the Autumn and meets 1st, 2nd and 4th Thursday of the month

Scrabble: Interim Co-ordinator. New arrangements in process.

Sketching for Beginners: Co-ordinator Elizabeth White. Meets 3rd Wednesday of the month in Waitby

Sunday Lunches: Co-ordinator Ges Quarmby. Contact Ges if you are interested.

Vernacular History: Co-ordinator Ann Sandell. Meets monthly alternately inside and outdoors

Watercolour painting for beginners: Co-ordinator Lois Wiseman. Meets last Wednesday afternoon of the month at Great Musgrave Institute

Wood carving: Co-ordinator Alan Barr. Meets monthly on second Friday from 10 am – 1pm

Further groups that need more members to get up and running:

- Dominoes
- Italian Conversation
- Introduction to genealogy
- Tennis

Sign-up sheets are always available at the u3a Monthly meetings.

If there is something you would like to do, that we are not yet doing, why not offer to co-ordinate a group and see if there are other interested people.

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