



**DATES FOR YOUR DIARY**

- Wed 27 September **Open Meeting** Methodist Church 2.30 pm  
"The work of the RNLI"
- Thurs 28 September **Green Group Open Meeting** Kirk Deighton Village Hall 2 pm  
Simon Bowens of Friends of the Earth "Air Quality"  
*See details below.*
- Wed 12 October **Current Affairs Open Meeting** ~~CANCELLED~~ James Church Rooms 2.30 pm  
Alec Shelbrooke MP "My work as an MP"  
**See details below**
- Wed 25 October **Open Meeting** Methodist Church 2.30 pm  
Tom Dixon "Pontefract Liquorice"
- Wed 29 November **Open Meeting** Methodist Church 2.30 pm  
Chris Helme "Other Folks' Rubbish"
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**Green Group**

At our September meeting Simon Bowens of Friends of the Earth will speak about air quality and how it is affected by nitrous oxide and particulates. The rise in levels of pollutants is causing up to 40,000 premature deaths in UK alone. FOE members have been using special testing tubes to monitor pollutant levels around UK.

Non-members are most welcome. We ask for £1 at the door to cover the cost of hall hire and refreshments.

Lyn Parkin 842141 lyn@parkinmail.net

**Current Affairs**

Alec Shelbrooke, our MP, is unable to speak to us on Wednesday 12 October as he has to be in Westminster. I am hoping to arrange an alternative speaker or discussion topic instead.

Sandra Ellen 585036 srmesh@aol.com

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**Christmas is coming**

Don't forget to buy your copy of the Digital Photography group's colourful 2018 calendar featuring Yorkshire views priced £5. It will be on sale at the next few Open Meetings while stocks last.

Peter Guildford 574394 peterguildford@gmail.com

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## **NEWS OF NEW GROUPS AND COURSES**

### **NEW COURSES**

#### **Calligraphy**

There are two places left on the Calligraphy course. It will run for eight weeks on a Thursday morning at 10 am. The first session is on 5th October and will be held at Kirk Deighton Village Hall and is open to beginners or improvers. The cost for this 8-week course will be around £30 to cover expenses. Members will have to pay the full amount in advance and no refunds will be given for the odd session missed. Please let me know immediately if you would like to enrol.

#### **First Aid**

Under the Heartstart scheme a volunteer from the British Heart Foundation will give a two-hour session mainly focusing on CPR but also giving instruction on basic first aid. The CPR instruction gives an opportunity for hands-on practice. I have yet to confirm a date but I am working towards it being on a Thursday evening starting at 7 pm in October or early November. A venue has not yet been organised.

There will be a small charge to cover the cost of the room hire and to give a donation to the British Heart Foundation. Details of the Heartstart Scheme are on the British Heart Foundation website. If you are interested please let me know as soon as possible.

If you have any queries or ideas for new groups please get in touch with me.

Delia Wells 541517 dewells24@gmail.com

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## **NOTABLE CHANGES & CORRECTIONS**

#### **Canasta**

Leader's email address: linda.clifford4@btinternet.com

The full stop was omitted in the August MM.

#### **Italian Beginners**

Change of name: now called **Italian Basics**

#### **Spanish Beginners 2015**

Change of name: now called **Spanish Improvers**

with Philip Morris continuing as leader.

The existing Spanish Beginners 2015 has closed down.

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## **NEWS FROM THE ESTABLISHED GROUPS**

### **Reports from the Group Leaders**

#### **Book Club 2**

Book Club 2, which was formed in February, has grown and we are now at our full quota of attendees. We are enjoying reading a wide variety of books that provoke lively and interesting discussions over a cup of coffee. We meet at 11 am on the second Monday of the month. If any one would like to join us do let me know and your name will be added to the waiting list.

Chris Brownlee 580157 [chris.brownlee@ntlworld.com](mailto:chris.brownlee@ntlworld.com)

#### **Canasta**

The new canasta group is now up and running. We meet on the first and third Thursdays of the month at 2 pm at Kirk Deighton Village Hall. We have made a great start with 16 players and have room for another 4 if you are interested in joining us. We are a social group so even if only beginning to play the game please do not be afraid to come along. There is also the possibility of an evening group if there is sufficient demand.

Linda Clifford 589024 [linda.clifford4@btinternet.com](mailto:linda.clifford4@btinternet.com)

#### **Mah Jong**

The group has started its autumn term and has space for a few new members. This an interesting game which originated in China. It is played with small tiles and is very easy to understand and play. Beginners or experienced players are welcome and full instructions are given. We are a warm friendly group. Please contact me if you would like to join us.

David Titchmarsh 581802 [dtitchmarsh@btinternet.com](mailto:dtitchmarsh@btinternet.com)

#### **Memory Course**

See page 4

#### **Painting Groups**

All three painting groups will be displaying their work at the Boston Spa Arts Festival at Boston Spa Village Hall on Friday 13 October (10 - 5 pm) and Saturday 14 October (10 - 4 pm). See <http://www.bostonspaartsfestival.co.uk/>. If you are free, please come along and support us and other local artists and crafters.

Barbara McLean and Barbara Duncan 584318 [barbmicbed@btinternet.com](mailto:barbmicbed@btinternet.com)

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## Memory Course - Names for the Waiting List.

We are pleased to announce that, after a short gap, the popular Memory course will be starting again on Tuesdays in November with further courses likely in the spring and summer next year. Places on the November course have already been offered to people whose names were on my long-standing waiting list but if you are interested in joining us for future sessions, I urge you to act now to let me know as places are limited to 12 per course.

The actual dates for next year have yet to be announced but all courses are held at Kirk Deighton Village Hall on four consecutive Tuesday or Wednesday mornings. Sessions are planned with an awareness of the sensitivity around memory issues and no-one's memory weaknesses (or strengths) are ever exposed. The main thrust is to learn about aspects of memory in our "third age" and to help reduce related anxieties in a fun and relaxed atmosphere.

The total cost of the course is £12 per person and is payable at session one. This covers the hire of the venue, refreshments for all sessions and your very own course booklet which we have printed to order. If you are interested please email me.

Jen Scott 01423 339504 [jenscott.pps@gmail.com](mailto:jenscott.pps@gmail.com)

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## FORTHCOMING OPEN MEETINGS

Wetherby Methodist Church at 2.30 pm unless otherwise stated  
£2 entry for non members

Wed 27 September, Wed 25 October, Wed 29 November  
and the last Wednesday in the month thereafter except for December.

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This **MONTHLY MEMO** is a U3A news update for immediate ready reference. The **NEWSLETTER** is usually published in February, July & November and the **MONTHLY MEMO** on the remaining months except December. See our website **[www.wetherbyU3A.org.uk](http://www.wetherbyU3A.org.uk)** for further information such as details of the group leaders and membership application forms.

**>> Closing date for final copy for Oct Newsletter will be Sat 14 October <<**

**U3A Wetherby contacts:**

**Website: [www.wetherbyU3A.org.uk](http://www.wetherbyU3A.org.uk)**

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|------------------------------------|--------------|--------|--|
| Chair                              | Brian Taylor | 586654 | <a href="mailto:btu3awetherby@gmail.com">btu3awetherby@gmail.com</a>         |
| Membership Secretary               | Sue Addinall | 572823 | <a href="mailto:memsecu3awetherby@gmail.com">memsecu3awetherby@gmail.com</a> |
| Groups Coordinator                 | Delia Wells  | 541517 | <a href="mailto:dewells24@gmail.com">dewells24@gmail.com</a>                 |
| Editor Newsletters & Monthly Memos |              | 520180 | <a href="mailto:joyce.bale@outlook.com">joyce.bale@outlook.com</a>           |