

# Saltburn District

Summer 2024 Issue 48

Website: <http://u3asites.org.uk/saltburn>



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## Welcome to the 2024 Summer Newsletter

Welcome to your Summer Newsletter. At least, I hope it's more like summer now after a wet May.

The AGM in May (the report is included in this edition of our newsletter) finds a changing SDu3a for 2024-25. Saying goodbye to some of our Committee members and welcoming new and enthusiastic faces. A big thank you to you all!

A complete list of our new Committee can be found within these pages, along with the usual updates about groups, membership, and the new 50/50 draw.

What else has been happening? Well, we've had more speakers at our monthly Update meetings. Make sure you join us for Friday Updates – it's a chance to catch up with SDu3a's rapidly changing news. Also, it is a great excuse for coffee, tea, a biscuit, and a chat with other members (all for just £1).

Group leaders and key workers were treated to an entertaining morning and lovely lunch at Saltburn Golf Club in May. This is the generous tradition of holding a lunch every year to thank all those people who put so much time and effort into keeping things running and is greatly appreciated.

There is also a piece about our forthcoming 20<sup>th</sup> Anniversary celebrations to be held on Friday 6<sup>th</sup> September. Keep the date free: "be there or be square" to use a very old, out-dated phrase!

Hope everyone has an enjoyable summer break and see you all again in September.

*Tricia*

*For the Newsletter Team: Howard, Val, Sarah, Anne, and me.*

## Message from the Chair

# Hello everyone

I just wanted to introduce myself as I take up my new role as SDu3a Chair. I know I have a tough act to follow after Gaye but will try my best to do so.



I recently re-patriated to the UK after spending 30 years in Canada. Beautiful as it is and having lots of adventures over there, it's wonderful for me to finally be back 'home' in Saltburn-by-the-Sea.

For the first wee while back, I was in a little village in the Cotswolds where one of my nieces lives and I actually joined the Banbury u3a there. During the COVID era, I was down in Cornwall but finally managed to find a little flat up here. So I was delighted to find there was a u3a up here too.

A few people have asked me "why would you come back here" and my answer is always "having lived and worked all over the world (in such places as Lourenço Marques, Moçambique; Rome, Worms, Germany; Naples, Terneuzen, Holland; Vishakhapatnam, India; Cork, Eire; and Mombasa, Kenya) this is the place where I most feel at home, having come here when my father was working on a project at ICI after we'd come back from India back in the 1960s". (Hmm, I think people thought even back then that I was a bit 'strange' as I landed here with bottle green and pink hair – way before it was the punk rock 'thing' but I'd been to the **Holi Festival of Colour** just before coming home – it took over a year to get it back to normal as colours were pretty permanent then, turmeric etc!) I guess we could have lived pretty much anywhere in the world but my two brothers, mum and dad and I all settled here in this area.

So, that's me in a nutshell and I look forward to meeting some of you at the Updates and hopefully at some of the Group Activities. (I am currently Group Leader for the Italian Conversation Group which is great fun.) As I said, I'll do my utmost to fulfil this role to the best of my abilities.

All the very best,

*Margo Davidson-Wood*

## “MONTHLY UPDATE”

THE JULY UPDATE WILL BE ON FRIDAY JULY 5<sup>TH</sup>

&

THE AUGUST UPDATE WILL BE ON FRIDAY AUGUST 2<sup>ND</sup>

SCAA (Saltburn Community Centre) & will also be available on Zoom  
on Friday JULY 5<sup>TH</sup> at 09.45 am, in the Hall.

### The order of the morning will be:



•9.45am – doors open

•Coffee/tea to be served until approx 10.15am

•10.15am - Business, updates and notices

After the notices there will still be the opportunity to speak to committee members, sign up for groups, continue conversations etc, so don't feel you have to rush away!

Entrance fee remains £1.

## THEATRE COFFEE MORNINGS EVERY 2ND SAT. 10 AM - ECHO CENTRE

Article deadline for next newsletter is Friday **AUG 23<sup>RD</sup>**

By email to: [h.leake@ntlworld.com](mailto:h.leake@ntlworld.com)

Or

By hand to any of the newsletter team.

Northumbria Messenger is available on the Newsletter web site page..

### Future Update Meetings

**JULY 2024**

**THE Singing for Pleasure group will be singing.**

**AUGUST 2024**

**Andy Thompson Gives A Talk On Fraud**

**SEPTEMBER 2024**

**20th Anniversary event all day in the hall and theatre**

## Thank You

The membership team would like to thank all members for their patience during the recent renewal period. It has been a busy time for us but the end is (almost) in sight.

A special thank you also goes to those committee members and other volunteers who supported us during the renewal sessions.

We were most impressed by the staff team at Saltburn Library who facilitated our renewal sessions and provided refreshments for us all.

We hope you all enjoy your memberships during 2024/2025.

*Louise and Mary Membership Team*

## ***SDu3a AGM, 3 May 2024: Report by Gaye Batiz***

We needed a quorum of 67 for the meeting but combining physical, zoom and proxies present the count was 84.

After greeting all and giving apologies for those not present, the minutes of our meeting of 5<sup>th</sup> May 2023 were accepted as a true record.

My final Chair's report gave details of current membership, 670 in total. Thanks were given to the membership team for their efforts with renewal. We currently have 69 groups covering 57 topics and use 29 venues in East Cleveland. We also have 6 outdoor groups.

Notable events of 2023-24 were recapped, including Coronation workshops, u3a week, Dementia Awareness Workshops, Christmas Murder Mystery and Valley of Light workshops. Mention was made of our informative newsletter sent by email quarterly.

Our Treasurer gave a presentation on our current financial status; we are currently covering costs but these are being monitored closely. Approval of examined accounts and approval to continue using Draycott & Kirk for this purpose were approved.

An overview of the current committee was given, 3 members are leaving, 2 at tenure and 1 resignation. An appeal was made for a new Accessibility Champion.

Two new members were elected to the committee, and they will be taking on the roles of Membership Secretary and Vice Chair. Some of the remaining committee will be changing roles to ensure all posts are covered.

No motions had been received.

The meeting then followed the format of our normal update meeting and ended with the Treasurer and Chair doing the first of our 50/50 draws. 5 winners received a share of £95.50.

Copies of the minutes are available on request – [gbatizu3a@gmail.com](mailto:gbatizu3a@gmail.com)



## SALTBURN DISTRICT u3a COMMITTEE MEMBERS 2024-2025

<b>Chair</b>	<b>Margo Davidson - Wood</b>
<b>Vice Chair</b>	<b>Deb Barwick</b>
<b>Treasurer</b>	<b>Paul Bradbury</b>
<b>Secretary &amp; Regional Rep</b>	<b>Gaye Batiz</b>
<b>Membership Secretary - Admin</b>	<b>Ann Strong</b>
<b>Membership Secretary - Finance</b>	<b>Mary Maternaghan</b>
<b>Group Co-ordinator</b>	<b>Diane Goldby</b>
<b>Beacon - Facebook</b>	<b>Liz Read</b>
<b>I.T.</b>	<b>Ken Bladen</b>
<b>Communications - Newsletter</b>	<b>Howard Leake</b>
<b>Theatre Group Treasurer</b>	<b>Paul Spight</b>

### *All of your Committee members give their time freely*

They work very hard to find suitable premises for the numerous groups Saltburn District u3a has to offer, and by negotiating a suitable price for venues keep the cost of classes down to a bare minimum.

*We would not have the successful U3A we currently have without them!*

## 50/50 MAY & JUNE DRAW WINNERS

Thanks to everyone who bought tickets for our first two 50/50 prize draws, with the draws being made at the respective Update meetings. In May a total of 191 tickets were sold giving a prize fund of £95.50. The June draw saw 146 tickets being sold, resulting in a prize fund of £73. Congratulations go to the members below who won cash prizes.

### May 2024

Ticket Number	Name	Amount
302	Louise Moore	£40.50
006	Linda Robson	£25.00
220	Cecilia Faulk	£10.00
083	Ann Gillett	£10.00
047	Margo Davidson Wood	£10.00

### June 2024

Ticket Number	Name	Amount
268	Denis Possnett	£30.00
560	Margaret Leake	£22.00
321	Mavis Dale	£7.00
564	Sue Wilson	£7.00
591	Marie Maxwell	£7.00

## New Groups Coordinator: Diane Goldby

Karin and I have now completed our handover so that she can step down from her role and have a well-earned break. Although knowing Karin, she will get involved in something else. I would like to say a big thank you to her for being so organized and for all that she has done in her time as the Groups Coordinator – she will be a tough act to follow but I am looking forward to this new role and know that I have a great team to work with.



*Di Goldby Group Coordinator*

As Karin stated in the last Newsletter, I can be easily spotted by my blue hair so please feel free to say hello if you see me. Just to give you some background about myself, I have close links with this area as my father was born here and we spent nearly all of our summer holidays staying with my grandmother and many other relatives throughout my childhood, with most days spent on the beach in Saltburn. I loved it here and always said I wanted to move to the area eventually.

As well as being a member of the u3a, I am currently a Brownie Leader in Saltburn and have been a Leader in Girl Guiding for 50 years, 28 years in Essex, 7 years in Leicester, and 15 years in Cleveland. I am also a member of the local Trefoil Guild, the adult section of Girl Guiding, and have recently become the County Treasurer for them. I also volunteer in the Redcar PDSA charity shop one day a week. As you can tell I like to keep busy!

### Groups News

There are currently vacancies in some of the Groups so please make sure you check our website for details of all the groups available or come and collect a Group List from me at one of the Update meetings. Also watch out for any Interest lists we might have on our table.

If you would like to learn Bridge, there are some spaces in their group which will restart on Monday 16<sup>th</sup> September at MSRP. A new group, Poetry 2, will start on Tuesday 4<sup>th</sup> June at TOCH or if you enjoy walking why not join Walking Group 2 which also has some space. Just contact the group leader or myself for details.

### SDu3a 20<sup>th</sup> Anniversary Celebrations – Friday 6<sup>th</sup> September

If you would like to get involved in some way it's not too late, we have an interest sheet at the Update meetings. Speak to a member of the Committee or please feel free to email me.

### Ukulele Group

The Ukulele band are keeping busy over the summer, as usual. Below are some of the dates when they will be playing in the area, although some timings are still to be confirmed.

Saturday 1 <sup>st</sup> June	Saltburn Band Stand	2.30pm - 4.00pm
Sunday 23 <sup>rd</sup> June	Zetland Hotel Balcony	12noon - 2.30pm
Friday 5 <sup>th</sup> July	James Cook Hospital Atrium Charity event	TBC
Saturday 6 <sup>th</sup> July	Staithes mini festival	TBC
Sunday 28 <sup>th</sup> July	Saltburn Food Festival	TBC
Saturday 10 <sup>th</sup> August	Saltburn Folk Festival	TBC
Saturday 31 <sup>st</sup> August	Saltburn Band Stand	2.30pm - 4.00pm
Friday 6 <sup>th</sup> September	SDu3a 20 <sup>th</sup> anniversary celebration at Saltburn Theatre	

*Diane Goldby, Groups Coordinator*

## Accessibility News



Hi all. I'm Bill Dobson and have recently taken over as Accessibility Officer from Graham and Deb Barwick who have been doing an excellent job. I have a hard act to follow.

I have some experience concerning accessibility. My late wife Felicity had Parkinson's Disease and Parkinson's Dementia, and her mother, elder sister, and younger brother were all registered blind.

My role is to help anyone who wishes to attend Saltburn District U3A groups who may have difficulty attending due to illness or disability (physical or otherwise). Please do not hesitate to contact me either at an update meeting or by clicking the link on the Access page of the website.

It is also my intention, depending on demand, to organise some workshops and/or update meeting speakers to speak to us on various accessibility issues.

The first workshop/speaker that I would like to organise is one for hearing loss. I have a friend who was often telling me that I should get my hearing tested. This went on for many, many months, until one evening I was listening to a group at a folk club having a conversation on what I thought was darts, I turned to my friend and said I used to have a set of my own darts. She promptly replied, "Cards NOT darts – you need your hearing testing." So, I did, and what a world of difference the hearing aids have made.

*Bill Dobson, Accessibility Officer*

## Happy to be back

Hi, fellow SDu3a members, and thanks so much for voting to allow me to join your committee once more.



Since my last tenure as Secretary ended in 2022, I've been channelling my efforts into the role of Accessibility Officer with my husband, Graham, and have loved promoting this essential part of our organisation for the past year.

However, I missed being a part of the committee, and being in the midst of decision-making and teamwork. I'm thrilled to have been asked to be Vice Chair for this coming year and will do all I can to support the Chair and my fellow Trustees in their roles and duties to ensure our u3a is the best it can be for our members.

*Deb Barwick Vice Chair*

## Hello to Saltburn District u3a

Thank you so much for allowing me to join the committee. I hope that I can do justice to this role of Membership Secretary. I have a hard act to follow with Louise Moore stepping down after her three years of tenure. It's great that Mary Maternaghan will continue to do the finance side of it and I shall do the admin.



I moved to Saltburn from a very wet part of the country two years ago. I do feel partly responsible for the deluge that we've been getting since! Since moving here I've made lots of new friends and feel very welcomed by the u3a. I am terrible at remembering names so if you see me please say "hello" and ignore my confused look!

*Ann Strong Membership Secretary*

## Room Booking



Hi, I'm David Lowe, the new room booker succeeding John Davis. I joined Saltburn District u3a in late 2019. Currently I assist Howard Leake in running the 2 Backgammon and Mexican Train Dominoes groups held on Tuesday mornings and Thursday afternoons.

I also play Mahjong with the u3a on Monday afternoons and Friday mornings, as well as being a member of the Thursday morning Boules group.

If you need any accommodation booking for your group, please do not hesitate to contact me.

*David Lowe*

## A Message From Outgoing Groups' Coordinator - Karin Slade

To all friends and colleagues which translates into SDu3a!

I have so enjoyed my time on the committee and in the role of Groups' Coordinator. The positive contact I have had with so many of you and the shared experiences have been such a pleasure that the years have flown by. More than that you have unwittingly buoyed me through some difficult personal times and attending a group or a meeting has restored energy and enthusiasm for all of life's pleasures. To pinch a line from Bob Hope – Thanks for the memories!

*Karin Slade*

### Sight Loss Presentation

Attendees of our April Update Meeting will now be much better informed about many aspects of sight loss, and how it can affect participation and inclusion in the everyday activities that most of us take for granted.

A truly wonderful presentation was on offer, by three visually impaired people – and one guide dog, Elsie – pictured here with SDu3a member Roger Elgood, accomplished local author and skilful speaker. Roger guided the audience through the challenges faced by those living with sight loss in an often humorous, always engaging, style, highlighting how assistance may be offered sensitively and appropriately.



Next to take centre stage was Chris Ferguson, assisted by her husband, David. She demonstrated a variety of gadgets that help in her daily life and told members of a super way to assist those with limited vision – an app called 'Be My Eyes'. Find more information at [bemyeyes.com](http://bemyeyes.com).

Our third speaker was Linda, who has recently been diagnosed with Age-Related Macular Degeneration (AMD). Linda demonstrated, via a slide show, how her vision is affected by this condition. A show of hands revealed several audience members also living with AMD, attesting that visual impairment is something that can affect many of us, especially as we age.

The talk concluded with a question/answer session, and our three presenters spoke to many members personally after the meeting finished.

There was so much more to this presentation than can possibly be included in one short article. Suffice to say, from the positive feedback and words of thanks expressed, that those attending left with a greater knowledge of sight loss generally, and also a confidence to appreciate the many ways in which a little thought can offer assistance when needed. Perhaps, using that consideration, visually impaired people may enjoy greater inclusion as a part of everyday life.

*Deb Barwick Vice-Chair*

## Earth Studies Group

The Earth Studies Group meets on the second Friday of each month, between 10am until



At the meeting on 12 April the group enjoyed a "Virtual" Field Trip (it was much easier on the legs!) made by the Yorkshire Geological Society which is a series of four short videos exploring the chalk deposits of Flamborough Head and the surrounding coast.

We were also pleased to welcome to the meeting Jean Cubbin, the Regional Trustee for the North East u3as and Liz Thackray, the Chair of the 3rd Age Trust. Liz was visiting u3as in North East England and, having expressed a keen interest in our group, asked if they could join us at this session. This also provided an opportunity for members to ask any questions they had relating to the u3a.

At our half-time break for refreshments some members also brought along any chalk fossils or trace fossils they had.

The photos show the group enjoying the day with Jean and Liz.



Future sessions: on July 12th Caroline Hearn and Lisa Heatzman from the Local Authority will give a talk about the Authority's response to Climate Change, renewables, decarbonising, biodiversity and nature based projects. Again followed by refreshments and videos.

There will be no meeting in August and the programme for September onwards has yet to be finalised.

*Les Franks and Roy Smith*

## Scrabble & Board Games



Plenty of room for new players at Scrabble on Monday mornings and Board Games on Tuesday mornings, both 10-12 in Marske Sports & Recreational Partnership (MSRP), Marske. Both groups are very friendly and welcoming. Why not come along and have some fun whilst tickling your brain cells!

Contact Helen on 07985 562610, have a look at the website, or just turn up.

*Thanks, Helen*

## Recycling Project

We are collecting the following for Live Simply: Redcar and Marske recycling project:

- Plastic toothbrushes, electric toothbrush heads, dental floss containers plus flossing sticks and interdental brushes.
- Ink cartridges, any brand but only inkjet
- 'dead' pens, markers, highlighters, felt tips, fountain pen cartridges.
- Eye shadow compacts, mascara tubes and wands, lipsticks, lip glosses, lip balms, lip and cheek highlighters, and bronzer sticks.



These can be left with Diane or at the Treasury desk on Update Fridays.

You can also leave them at MSRP and they will be collected.

Thank you

*Diane and Joyce*

## u3a Garden



Well, we all know about the rain but the u3a garden has flourished, with little help from us. It's looking splendid just now and the flowers are so big and lush it's hard to see the weeds - which we appreciate. If you haven't been, we are in the wildlife garden which is at the end of the walkway between Saltburn and Marske.

Our gardening time is somewhat limited as the sessions start anytime from 10:00am and the tea break is about 10:45am for a good chat to solve ongoing world or local problems! Then folk leave anytime up to 12:00 because, as we all know, u3a fills our afternoons with other activities.

It's a stress-buster group so come along to try it out, as we all work within the capabilities we have. If you are in the area on a dry Tuesday morning call in to see us, we are a friendly lot and happy to have more volunteers. Contact details are on the website or via the Groups Coordinator.

**Denice Partington**

## Le Printemps (Spring) - a poem by the French Conversation Group

Bonjour! The French Conversation Group has been talking about Spring - le Printemps. Below is our acrostic poem written in rhyming couplets. Our members worked in twos or threes and were given a letter each, and then composed a rhyming couplet beginning with or using that letter. We all came together to compose the lines beginning with the final "S".

*Sally Melvin, Group Leader*

**UN POÈME ACROSTICHE** AU SUJET DU PRINTEMPS, COMPOSÉ PAR LE GROUPE DE CONVERSATION FRANÇAISE DE L'UNIVERSITÉ DU TROISIÈME ÂGE DE LA RÉGION DE SALTBURN-SUR-MER.

### LE PRINTEMPS

**P** Bienvenu au **P**rintemps avec beaucoup de couleurs,

**R** **R**ecréant la terre après l'hiver stérile et sombreux.

**I** **I**nvers des vents d'hiver orageux et gelés,

**N** **N**uages soufflantes dans un vent léger.



**T** **T**ulipes très colorées en flammes dans le jardin,

**E** **É**coutez les oiseaux qui chantent tôt le matin.

**M** **M**ai est le mois quand les muguet fleurissent,

**P** **P**uis le parfum desquels nos cœurs remplissent.

**S** **S**i beau, Ô saison magnifique et ensoleillée,

Qui nous donne la joie, le bonheur et l'énergie !

*(À noter que ce poème est composé de distiques rimés)*

## Group Leaders And Key Workers Lunch 2024

An enjoyable day for Saltburn District u3a, to treat key workers and group leaders for all their help and hard work throughout the year. Hosted by Groups' Coordinator, Diane Goldby, and Vice Chair, Deb Barwick, with help from the committee.

Tea, coffee and cake to start with - the fruit cake won the best cake vote and I can verify that the vegan Lemon Drizzle was delightful.

Deb Barwick gave the introduction, expressing thanks and appreciation to all group leaders past and present and for those stepping down this year. Gaye Batiz delivered a cracking 'Name the Celebrity' quiz, which kept us on our toes and Howard Leake's food quiz was packed full of little-known culinary facts, that even had the cooks perplexed.

There were various games, like guessing the weight of the parcel, a dressing-up photo booth, a raffle, and the ever-popular bingo. Prizes were flying like confetti.

Some complimentary comments from those attending:

- Nice atmosphere, great fun;
- A spacious venue where we were well looked after;
- Food lovely;

And the following question was raised by one group leader:

**Question:** Where can group leaders access help and materials?

**Answer:** The Learning Section on the national u3a website:

[u3a - Learning in the u3a](#) [HYPERLINK](#)

Then came the superb lunch, which catered to vegetarians, vegans and others.

It was good to meet up with each other, share our stories, and get our brains working on the quiz.

Both key workers and group leaders look forward to getting the new committee list with photos, emails, and telephone numbers.

But all good things must come to an end ... and so has my word limit for this article!

*Sarah Telfer*

***PHOTOGRAPHS OF THE LUNCH CAN BE FOUND ON PAGE 14***



## Group Leaders And Key Workers Lunch 2024



## ! SAVE THE DATE !

**WHAT?** SDu3a 20<sup>th</sup> Anniversary Celebrations

**WHEN?** Friday 6<sup>th</sup> September 2024 (exact times to be finalised)

**WHERE?** Saltburn Community Centre and Theatre

As you are probably already aware, SDu3a is celebrating its 20<sup>th</sup> Anniversary this September. The Committee and other volunteers are currently finalising the arrangements for the day and you will all be kept informed as more information becomes available. In the meantime, if your Group hasn't already requested a table or the chance to perform in the Theatre, it is not too late. Please contact any member of the committee to add your name or request further details.

On the day, we will be needing lots of helpers (setting up, making tea and coffee, manning stalls etc) so, if you would like to be involved, please again contact any member of the committee. We are also hoping to hold workshops later in the summer to make decorations or displays for the day. We'll let you know more about these when they are arranged.

In addition, we would very much like comments on "what SDu3a has done for me" (preferably complimentary!) to include in future publications. Please keep it fairly short and contact the committee for further advice or to submit.

Can't believe it is 10 years since our 10<sup>th</sup> anniversary celebrations! Time flies when you're enjoying yourself! Here's a reminder:



## Desert Island Discs – Ken Johnson

Our outgoing Vice-Chair, Ken Johnson, shared his choice of music and the reasons for this at the latest Desert Island Discs held at the June Update meeting. Ken is a keen supporter of Sunderland AFC, a retired maths teacher, a music lover, and a sports fan. He has lived in several different places around the country over his working life, moving to Guisborough in 2021.

Ken's first music choice was the 1973 record "Part of the Union" by the Strawbs which, as he said, was a reminder of the early 70s when he was a teenager and, with a teenager's optimism and enthusiasm, felt that anything was possible.

The rest of his choices (4 of which were by male voice choirs, 2 of these having featured at his and his daughter's weddings) reflected the importance of family for him and his love of singing. He is a baritone and has been a member of several Male Voice Choirs over the years and is currently part of the Dalesmen Singers who meet in Danby.

Thanks to Ken for sharing this beautiful music with us, to Deb Barwick for taking on interviewing duties and to the always indispensable Ken Bladen in charge of music and videos.

*Tricia Salt*

## REGIONAL EVENTS TEAM – a message from the Northumbria Region Chair

Would you like to become part of the Northumbria Regional Events Team?

The team consists of myself as 'lead' and currently 6 others from around the Region, i.e. Newcastle u3a, Stockton u3a, Guisborough u3a, Seaham Harbour u3a, Prudhoe u3a, and Derwentside u3a. We would very much like to include a representative from Saltburn District u3a.

We usually meet every 6 weeks on Zoom. Regional Events are held throughout the Region but I'm aware that more events are held in the North than the South. A member of the Team organises an event and they are the 'lead'. For example, Pat Marcus from Stockton recently organised an event in Hartlepool and two other members helped with this.

I am currently organising an Archaeology Workshop at Durham University on 8<sup>th</sup> July, with two other Event members assisting me. No member does it all themselves, as other members will help on the actual day and in the run-up to the event.

If any of your members are interested, I would be happy to arrange a Zoom meeting with them to talk it over.

Many thanks.

*Cecilia Coulson (Chair, Northumbria Region u3a)*

[A Network of 48 u3as in the North East including some surrounding Regions]

***If you are interested or would like more information, please contact a member of the SDu3a committee (either in person or via the Contact button on the website) who will put you in touch with Cecilia.***