

# YEARBOOK

A ROUND-UP OF EVENTS AND ACTIVITIES

## BIRDWATCHING

They meet every third Thursday at various outdoor sites. Binoculars and a flask help immensely. New members are always welcome.



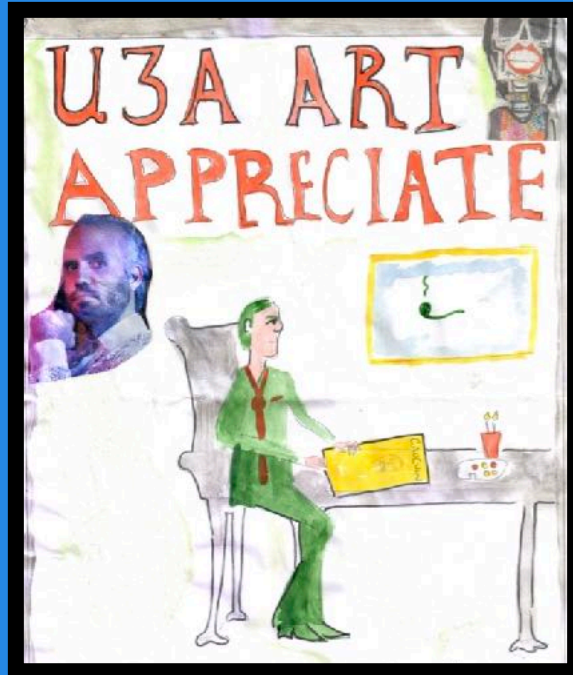
Leader: Steph Bigglestone

## BRIDGE

Why not try playing this compelling card game? It's always stimulating.



Leader: Sue Friedman



## Art Appreciation

We Say Goodbye and Thanks to Vince Mihill.

Vince has been running it since 2015, but has now retired. The group carries on and continues to cover mainly modern art (1900 - now), but they are open to older prominent artists.

There is always a relaxed atmosphere. They look at the career of various artists and their works. There is plenty of time for discussion.



### GUITAR

Their song list has now reached 240 - mainly from the late 50s, the 60s and 70s - plus a few modern ones.

Leader: Bob Simpson



### COUNTRY DANCING

No partner or lycra needed, just comfy shoes!

Leader: Joan Wells



### UKELELE

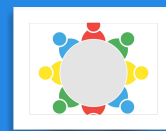
We play a wide range of music, but not hip hop or grunge!

Leader: Ray Middleton

# A WORD FROM THE COMMITTEE



## A Welcome Message



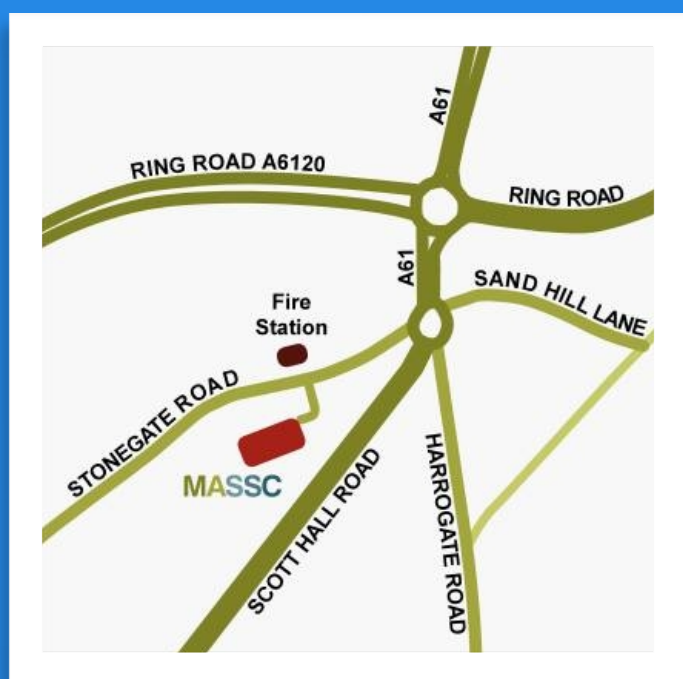
Welcome to Leeds u3a and to our yearbook. We really hope that you find it useful to get up to date with what we've been up to. Our strap-line is *learn, laugh, live* and that is exactly what I hope you will be able to achieve with the help of this publication.

If you are a current member of our u3a, you will be familiar with our activity groups and hopefully enjoying your time, gaining new skills and sharing experiences. The aim of the u3a is for members to offer their skills freely to enable other members to gain new insights into crafts, hobbies, experiences and recreational activities. Some take an active role in running the groups and we are very grateful for the time they spend organising our activities. Others just come along to enjoy their time with us. Do what suits your personal circumstances the best.

If you are browsing and new to u3a or just looking out of interest, you will be very welcome to join in our activities. We have over 40 groups which meet at various places over the month. We also have general meetings on alternate weeks where we have a guest speaker or some social activity. These are held at Moor Allerton Sports and Social Club on Tuesday afternoons, starting at 2:00 and finishing just after 3:00pm, with a hot drink and biscuits. So, it is a great opportunity to make new friends. We have had some really great speakers over the past year. All have been interesting and informative.

So, do make good use of this yearbook and join in our activities.

The Committee



### Committee Members' News

Last year, we said goodbye and a big thank you to a number of members, namely:

David Ball, Maureen Lewin, Sue Buchan and Steve McGrail.

We then welcomed several new members, who were:

Janet Powell, Linda Greenland, Liz Frood, Angie Bourdillon, Max Dudley, Philip Dimsdale and John Thurston.

Jenny Bannister continues to help out, too.

## GUEST SPEAKERS



Tuesday, 24th January

Brian Daniels

### **“The Trials and Tribulations of a Theatre Producer”**

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Brian Daniels is an established award-winning playwright and theatre practitioner.

Between 1997 and 2010, he was Artistic Director of the New End Theatre, Hampstead where he produced more than 200 new plays, musicals and cultural events. He was also Artistic Director of the Shaw Theatre, Euston at the same time, where he produced larger-scale theatrical events and concerts.

Artists at these events included Eartha Kitt, Elaine Stritch, Alison Moyet, Michel LeGrand, Michael Feinstein, Elaine Paige, Gloria Gaynor, Boy George, Dionne Warwick, Chita Rivera and numerous others.

Many of these concerts toured the UK. He has also been Artistic Director at the New Players Theatre, London and at the Grace Theatre, Battersea. He is currently Artistic Director at the New End Theatre Beyond; Board Member at the Royal Victoria Hall Foundation and Board Member at the Phoenix Dance Theatre, Leeds.

In writing ‘Fighting For Life’, Brian has added to his repertoire plays that are based on real human stories and highlight significant issues. His other plays in this genre include ‘Don’t Leave Me Now’, which explores the impact of early onset dementia and is based on two very different families. ‘Where’s your mama gone?’ is based on the experiences of two children whose mother fell victim to a serial killer. ‘Homeward Bound’ and ‘Bounce Back Boy’ delve into the complex issues surrounding palliative care.

## GUEST SPEAKERS

Tuesday, 7th February

Dr. John Ridley



### “A Village Headmaster”

Dr John Ridley spoke to us about his experiences as a teacher and headteacher in small village primary schools in North Yorkshire.

His time in schools took place against a backdrop of political pressure and upheaval in the period following The 1988 Education Reform Act, which among other significant changes, introduced the National Curriculum and Compulsory Testing for primary school children.

Tuesday, 21st February

You may have heard that our speaker Ken Robertshaw, who was supposed to give a talk on the above date, did not turn up.

Instead, after a hasty bit of reorganisation, Jackie Passman gave us an impromptu talk on her father's experience in a Japanese labour camp, during the Second World War.

She read from his diary notes and told of his most harrowing times in dreadful conditions, but also how his spirit was lifted by the positive and determined nature of his fellow prisoners.



It was an amazing story and delivered so well by Jackie. We received a massive amount of positive feedback and we are so grateful to Jackie for stepping up at the last minute.

The fee of £70, which would have been paid to our booked speaker, was kindly donated by Jackie and the members who attended, to the DEC Turkey and Syria Earthquake Appeal (2023).

## **GUEST SPEAKERS**

**Tuesday, 7th March**

**Bryan Pentelow**

**“A Mildly Misspent Youth”**

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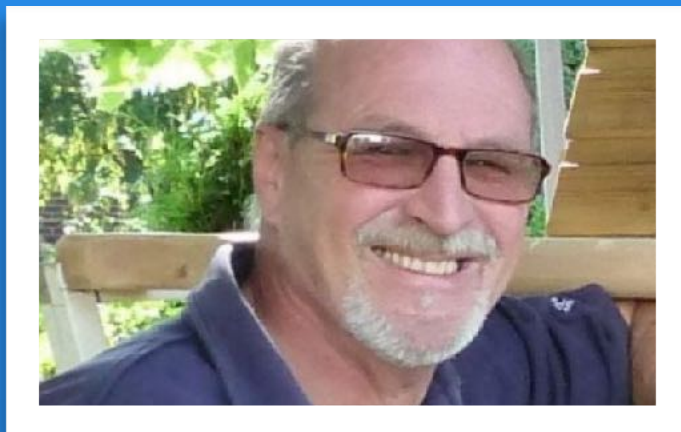
**Bryan related stories of growing up in the wilds of East Anglia during the Swinging Sixties.**

**While his parents worked in the local shoe and boot factories, Bryan’s teen years were made more entertaining by the nearby American air bases which were dotted around the vicinity.**

**These establishments influenced his taste in music and his decision to start a rock group to play in the US Army Post Exchange (PX) clubs.**

**They also provided access to cheap cigarettes, alcohol and ten pin bowling: a magnetic attraction to any teenager! Where did it all lead?**

**Well, to a fair few changes in career over the years: teacher, salesman, but ultimately to an unexpected one – inspired by his 4 grandchildren, he is now a writer of children’s books!**



## HUDDERSFIELD TOWN CENTRE TRAIL

*Thursday 23rd January*

*Once owned by Elizabeth I, this town is steeped in history, e.g. The Great Yorkshire Show was first held here in 1904.*

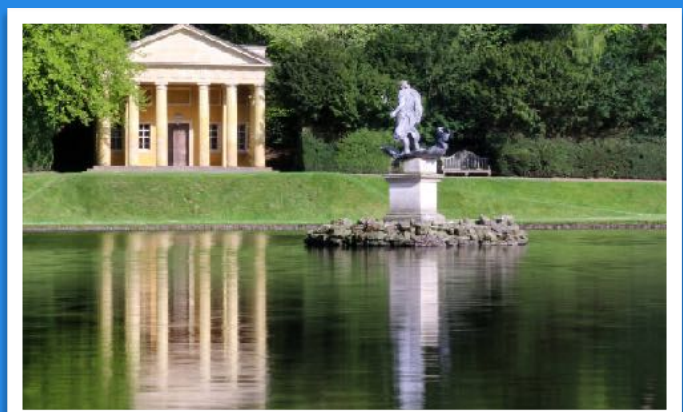
*The group found out about Harry Houdini, Star Trek's Patrick Stewart, The Luddites and The Sex Pistols. They learnt how David Brown, the 'Tractor Man', went on to create the James Bond cars.*



## YORKSHIRE SCULPTURE PARK, WEST BRETTON

*Thursday, 25th May*

*The group visited the galleries and walked around the lake. They finished off the trip with a visit to the café.*



## CORONATION MEMORIES

**As part of a special project, members were asked to recount memories of the Queen's Coronation.**

**Here are some examples submitted:**

*I have vivid memories of the coronation of Queen Elizabeth. My parents had just bought a television, so everything was new. It was minute compared with modern televisions, but neighbours had been invited in and we all crowded round the small black and white set. The ceremony was very long and the procession back to the palace seemed even longer. The two highlights I particularly remember were the actual crowning of the Queen followed by Zadok the Priest. In relation to the procession, we all loved the Queen of Tonga insisting on travelling in an open carriage, despite the pouring rain. Richard Dimpleby was a superb commentator, keeping all of us interested.*

**Robert E Collins**

*Our next-door neighbours bought their first TV especially for the Queen's Coronation in 1953, and very generously invited us all round to watch it with them. Their brand-new TV was also a 9-inch screen, like the first one David watched, but stood proudly near the top of a 9-foot polished wood cabinet! (Excuse the small exaggeration). We dressed in our very best clothes for this unbelievable experience...My eldest sister said the Queen would probably be able to see us too, if we could see her.*

*We sat, silent and absorbed, for five of the seven hours of broadcasting – engrossed not by the pomp and ceremony, but by the fact that it appeared to be snowing all day in London - in June! In those days, electronic 'noise' caused the appearance of a blizzard all over the screen.*

**Ros Wilson**



# CONNECTIONS



## Equality, Diversity and Inclusion

We were invited to join the Equality, Diversity and Inclusion Committee's Presenting Team.

They were looking for people to share their new presentation with u3as, online and occasionally face-to-face.

This presentation aimed to raise the u3as' awareness of their responsibilities under the Equality Act of 2010.



## Volunteering at Harewood

We were asked: Were we eager to explore new horizons while making a meaningful impact?

We were invited to discover exciting volunteering opportunities at the Harewood Volunteering Open Day on Monday the 2nd of October.

It delivered engaging conversations, freshly brewed coffee and a delectable cake!



## Imagine Leeds: The Climate Action Hub

We were invited to their open days in May.

They hosted regular meetings for a variety of environmental groups.



## Shape Up for Surgery Leeds

Alexander Booth - a Clinical Leadership Fellow at the Leeds Teaching Hospitals - led a programme that helped anyone waiting for an operation to be signposted to resources that could help them get healthier.





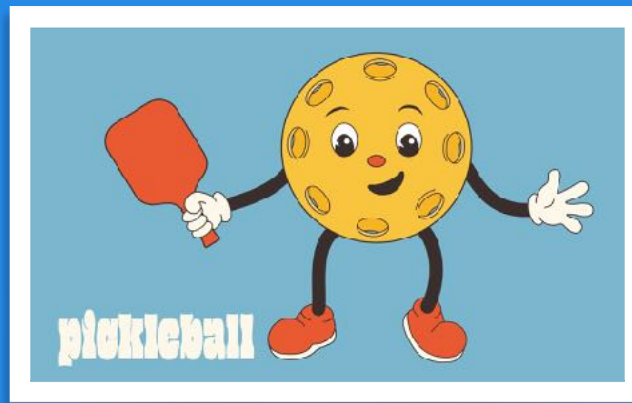
## Light Night Leeds

Thursday 12th & Friday 13th October

Light Night Leeds returned for 2 nights of breathtaking projections, mind-boggling optical illusions and awe-inspiring acrobatics.

# GROUPS

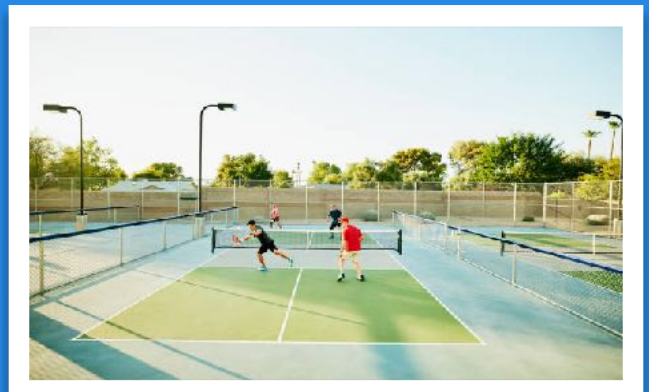
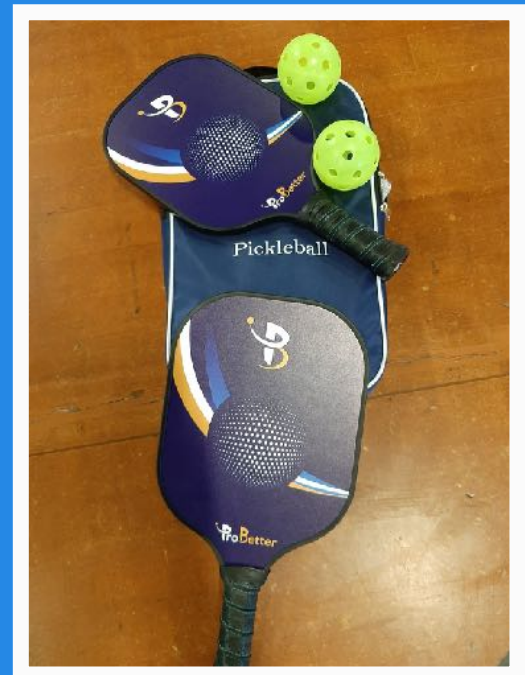
# PICKLEBALL – LEADER: DAVE HALL



Pickleball is basically short tennis, usually played indoors in the UK.

It's one of the fastest growing sports in the world!

The rules are relatively simple, making it a really enjoyable sport, which has newcomers playing in minutes.



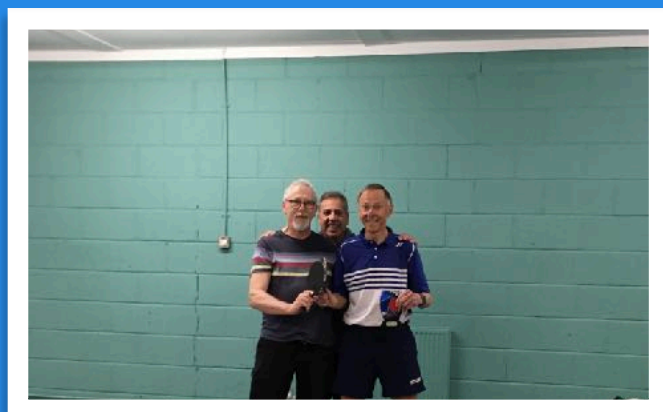
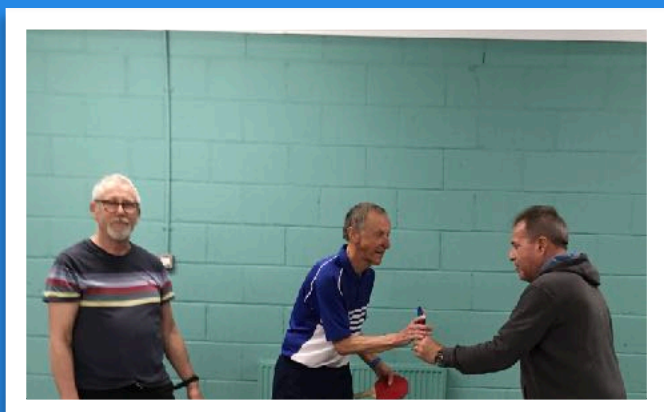
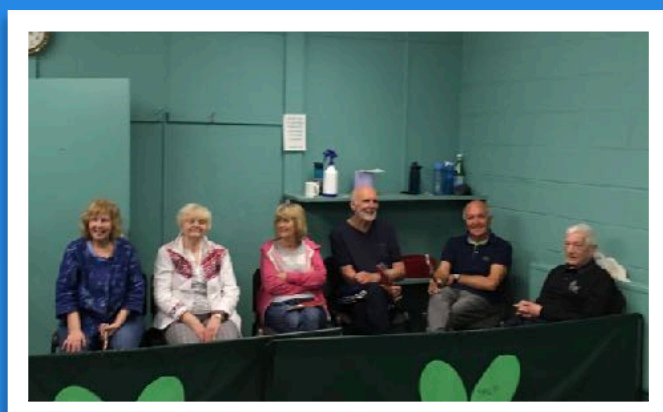
## GROUPS

## TABLE TENNIS – LEADER: GARY THURSTON

*They are a very friendly group who play competitively, but also for fun.*

*A qualified coach comes to help out every second week.*

*Once a year, they have a friendly singles tournament.*



**Congratulations need to go to Sue Buchan, Anne Smith and Janet Powell:**

**Due to popular demand, they are now running 4 groups!**

The venues for the groups are:

- |    |                          |                |
|----|--------------------------|----------------|
| A: | John Lewis Community Hub | (Janet Powell) |
| B: | Leeds Central Library    | (Anne Smith)   |
| C: | John Lewis Community Hub | (Sue Buchan)   |
| D: | HEART Centre, Headingley | (Sue Buchan)   |

Their reading lists for the year have been extensive (too numerous to mention here), but they have enjoyed authors from various eras and countries.



## GROUPS

## TENNIS – LEADER: MARGARET MAIDEN

**The group meets every Thursday (summer and winter) at Shadwell Tennis Club, from 9.00 - 10.30am and 10.30 to 12.00pm.**

They encourage all players of any standard and have friendly tennis matches throughout the year.

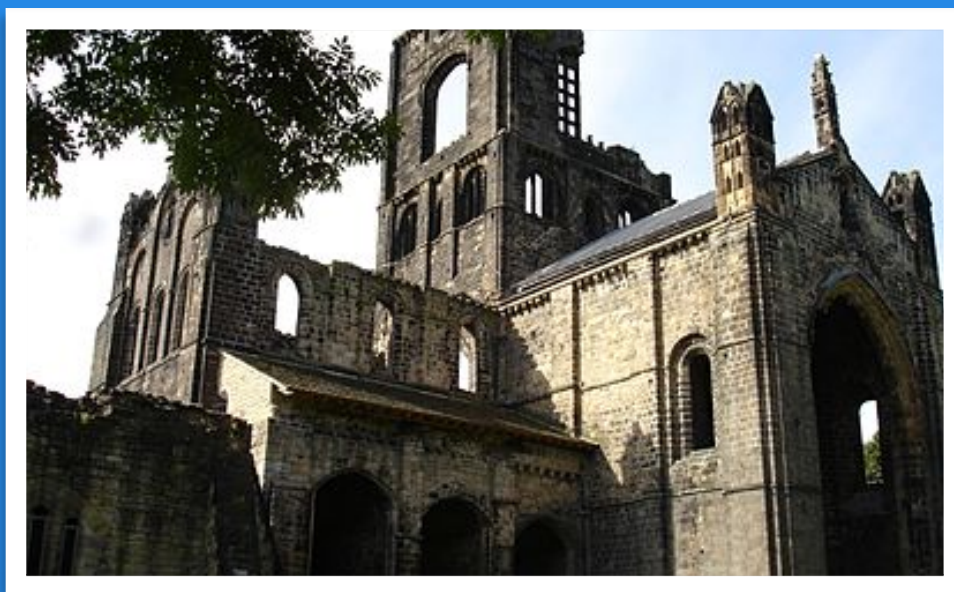
Prize giving ceremony for the winners of their over 55 mixed doubles competition (summer, 2023). This is the 1st competition on their new artificial grass all-weather surface!



The Shadwell Tennis Club/u3a Group Tour to Portugal - sand, sea and lots of tennis!

They took excursions to the following places last year:

**HORSFORTH  
ILKLEY  
WOODLESFORD  
GOLDEN ACRE PARK  
KIRKSTALL ABBEY**



*They visited the following places last year:*

**BOROUGHBRIDGE**

**YORK**

**ADDINGHAM to ILKLEY**

**GARGRAVE to SKIPTON**

**RIPON**



The Scrabble Group meet on alternate Mondays, at the Lord Darcy pub on Harrogate Road.

All abilities are welcome.





## GROUPS

## WALKERS 7 UP – LEADER: ROSALINE LEVI

The 7 Up Walking Group which, as the name implies, provides walks of any distance over 7 miles.

The walks are the 4th Wednesday of every month and details of these walks are posted on our website, along with the contact number of the walk leader. All walks are circular, unless otherwise stated.

Last year, they visited the following places:

SWILLINGTON to LITTLE PRESTON

GOLDEN ACRE PARK to ADEL to ECCUP

PANNAL to KIRKBY OVERBLOW

THE MORAVIAN MEANDER

GREAT & LITTLE PRESTON, KIPPAX, THE RIVER AIRE and ST. AIDENS RSVP SITE

THORNER to HETCHELL WOODS

PANNAL to NORTH RIGTON

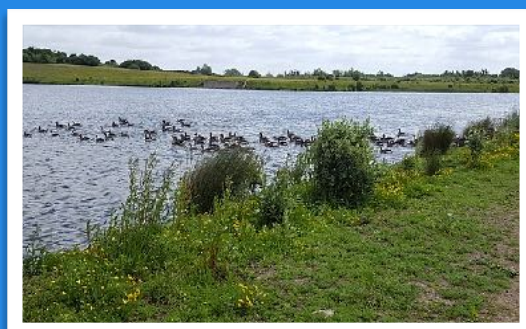
BRAMHOPE

HORSFORTH

NORTH RIGTON

BARWICK-IN-ELMET

SICKLINGTON



## GROUPS

### WALKERS 8 MILE HIKERS – LEADERS: JENNY BANNISTER & RAY REBANE

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**THE GROUP MEET TWICE A MONTH, DOING VARIED WALKS OF AROUND 8 OR 9 MILES.**

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They meet by car, at an arranged time and place, or car share from MASSC, at about 9.30am.

They stay fairly local in winter and travel further afield in the summer.

There's no need to lead a walk, but they are open to offers! Jenny or Ray ensure details are posted on our website and emails are sent out before a walk.

If you are keen and regular walker then this is the group for you.

## GUEST SPEAKERS

Robert Lock

27th June

### “A Snapper’s Life”

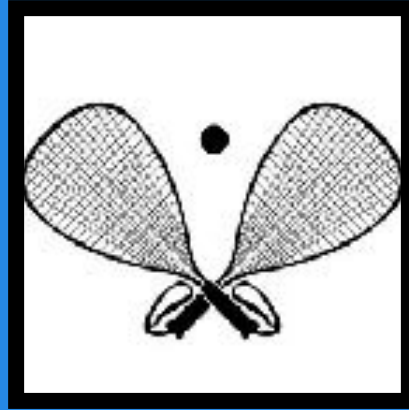
Robert was a professional newspaper photographer for over 35 years, three decades of which were spent in Blackpool. During this time, he amassed a wide variety of anecdotes and stories relating to the celebrities he met and dicey situations he found himself in.

Delving into his photographic archive, he depicts a career that found him landing a light aircraft while the pilot searched for his beta blockers, climbing into a rattlesnake’s cage and many more tales along the way.



## GROUPS

## RACQUETBALL – LEADER: JACKIE FRIEND



### **THEY PLAY AT CHAPEL ALLERTON TENNIS CLUB**

**There are two sessions:**

**Monday @ 11.00am**

**Friday @ 11.00am - overseen by Peter Edwards (the Resident Coach)**

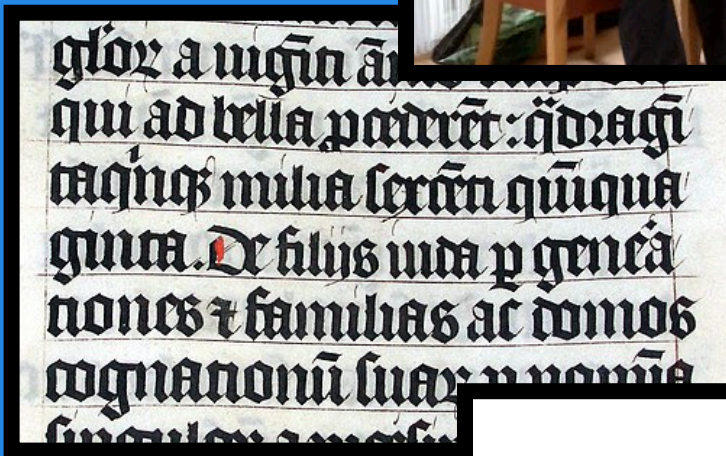
**They are a friendly bunch who enjoy a competitive game, but at the same time manage to not take it too seriously!**

***The Garden Group has been running successfully for several years. They currently have 60 members, with no upper limit. They meet at St John's Church Hall, Moor Allerton, Leeds.***

***From September to April, they have speakers on garden related subjects and from May to August, they visit gardens of interest. These are private visits, ending with refreshments.***

***There is a cost, each month, for speakers and visits.***





**Beginners: Alternate Tuesdays  
10.30 11.30am**

**Improvers: Alternate Tuesdays  
10.30 - 11.30am**

Both run by Shena Flower.

Meetings are held in a member's home.

They teach themselves Latin with the help of the **The Cambridge Latin Course** and **The Ecce Romani Series**.

## GUEST SPEAKERS

Tuesday, 17th October

YAA Volunteer - Lynne Copley

### “The Yorkshire Air Ambulance”

Set up in the year 2000, the YAA is funded solely by public donations which keeps the 2 Air Ambulance helicopters maintained and operational for 365 days a year. They are fully crewed with Consultants and Paramedics who are trained in Trauma and Critical Care.

Several members went along and heard more about the work of this invaluable charity, which provides rapid response medical care across the length and breadth of Yorkshire.



# Literature

## Jo Turner

A selection of members of Leeds u3a Literature Group went on a trip to the theatre on the 27th of April.

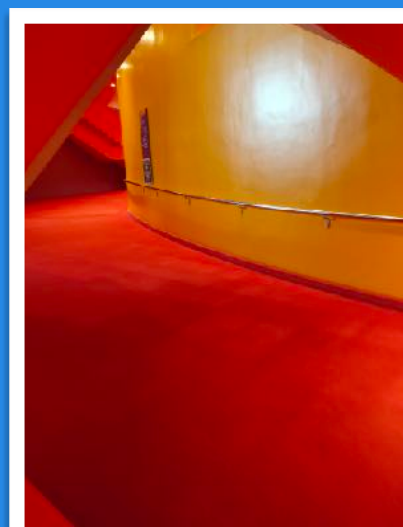
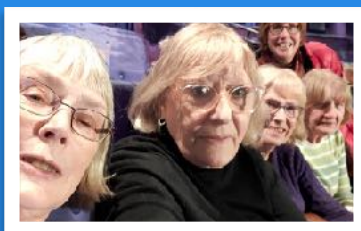
Their journeys were by train and tram and very successful. The tram system in Manchester was easy to use and not over expensive as part of a day out.

Their destination was The Lyric Theatre - part of The Lowry at Salford. The play they saw was entitled 'Drive Your Plow Over the Bones of the Dead', which sounds a lot more frightening than it was. "Complicit" (the name of the theatre production company) gave them a visually compelling interpretation of the book which they had just read.

The main character (in the book, the narrator) was portrayed by a female actor, aged 65 - It was a very physically demanding role and she filled it wonderfully!

Needless to say, they were all very tired as they made their way home, but it was a wonderful trip with much time for laughs and getting to know each other.

We are often asked about the beautiful purple blossom trees outside Central Library. They are Paulownia Tomentosa, the Princess Tree.  
#worldnakedgardeningday 🌸🌳





## NATIONAL EVENTS



### **SUMMER SCHOOL: 31ST JULY - 3RD AUGUST, 2023**

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Yorkshire & Humber Region u3a once again offered a summer school at Hawkhill, Easingwold, Nr York. Hawkhill is an elegant stately home, set in an impressive 240-acre estate. It also has a reputation for first-class cuisine.

The courses available were as follows:

Spanish Conversation / Life Drawing / Volcanoes and Earthquakes / Impressionists and Impressionism / Ancient Greek Theatre / Basic Science for Historians and Amateur Archaeologists / Multi Media Art Introduction to Jewellery Making / 20th Century Spanish Culture / Improvised Drama

The cost for a 3 night top-class residential stay was:

Full Board Delegate £395pp

Day Delegate £195pp

# GUEST SPEAKERS

**2nd May**

**Simon Michael**

**“My Life in Crime”**

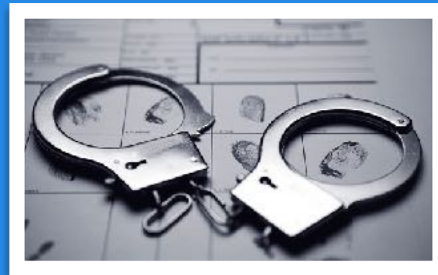
Simon Michael is the author of a series of books, set in the 1960's and featuring his anti-hero barrister, Charles Holborne.

The Michael family were refugees from the Spanish Inquisition, arriving in England in 1492 and remaining in the East End of London for the next 500 years. This is where Simon grew up in the 1960's, during an era of notorious criminal gangs and corrupt policing, but he chose a very different path, and became a barrister.

For 37 years, he worked on numerous criminal cases in the courts of the Old Bailey, defending and prosecuting murderers, armed robbers, con-artists and other assorted villainy.

Simon's talk revealed some surprisingly humorous encounters in court, alongside the tougher battles, and how this rich source material has been woven into his novels.

On Monday 24th April, Simon's first novel in the series, 'The Brief', was No 1 worldwide in Kindle download. Quite an achievement for any author!



## REVIEW

“Simon was an excellent speaker - one of the best we have had. His talk had the packed crowd thoroughly enthralled. Afterwards, he stayed to do some book signing and have a chat.”

Janet Powell



## GUEST SPEAKERS



5th September

David Hardcastle

“The Mobile Police Museum”

This talk was the ‘travelling version’ of a visit to The Bradford Police Museum.

David, a retired West Yorkshire Police Constable, presented a light-hearted historical overview of the police service from 1880 right up to the 21st century.

Using a range of authentic uniforms and equipment, David explained how the public, parliament and the monarchy have all brought about significant changes in the role of policing during the last 120 years.

The audience had their cameras at the ready, because David presented this talk in period police uniform and welcomed not just questions, but selfies too!



## GUEST SPEAKERS



14th November

Angela Beaumont

### **“The Wheels off the Bus”**

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Many moons ago, Angela and her best friend from school decided to travel all the way from the UK to Borneo – OVERLAND! This talk covered the first leg of that journey, with 18 people travelling and living together on an unreliable double-decker bus from London to Kathmandu in Nepal.

This journey was undertaken well before war divided some of the countries they travelled through, but just at a point when others were experiencing some radical upheaval within their borders.

Illustrated with slides and recounted with humour, Angela shared the trials and thrills of 3 months on a dangerous but exciting road through 14 very different countries.

## SOCIAL AFTERNOONS

***Throughout the year, there were several social afternoons at Moor Allerton Sports & Social Centre, always held on a Tuesday. The most popular one was the following:***

### ***Summer Cream Tea & Quiz***

***According to reliable sources, over 60 members attended and the afternoon was a roaring success.***

***Thanks to all involved in the organisation, especially Janet Powell, who did a magnificent job setting up the lovely spread of cream cakes and fruit scones!***



AND FINALLY...

SINCE GETTING OLDER, ALL I REALLY NEED IS  
A SPECSAVERS, A BOOTS AND A GREGGS.

YEP, LIFE'S ALL SPECS AND  
DRUGS AND SAUSAGE ROLLS!



AGEING ROCK STARS'  
RETIREMENT HOME

Compiled by Gary Thurston, 2023