

Hello!

It's a real pleasure for me to say a very BIG WELCOME to everyone: new members who have joined for the very first time and all our 'renewers' too! It's fabulous to have you in our u3a and I'm sure you'll find plenty of opportunities to learn new things, keep active, have fun and meet new friends.

We had a great turn out at our open day in August – thank you to group leaders, the committee and our refreshment team who made the morning such a success. An incredible 28 new members joined us on the day.

It's exciting to see many groups re-starting, after taking a summer break. We're launching new groups: Tennis, Map Reading, Cryptic Crosswords, Meditation and Classic Cinema. Thank you to Avril Cuthbert for taking over the Walking Group, but we've not been able to find leaders for Chair Based Exercise or Geology, so sadly these groups will have to close, unless we have new volunteer leaders soon.

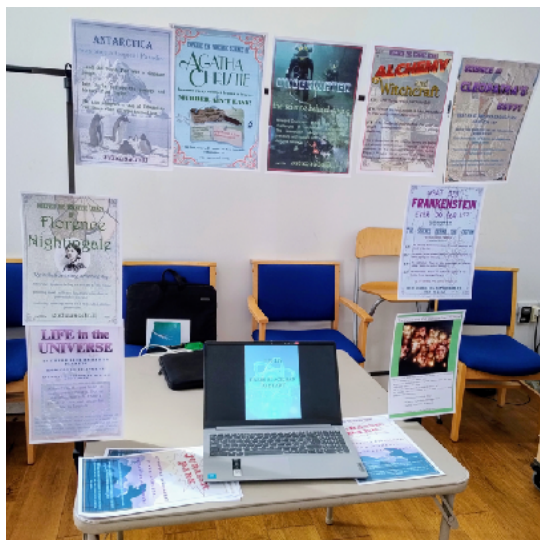
I'm starting to look ahead to our AGM in the autumn so now's a good time for anyone who'd like to join the committee to let me know. We'd love to hear from you.

We're in for a toe-tapping treat at our September meeting, with a musical theme. If you're a new member do come along and join us at St Johns, Settle 10am for 10.30 start.

With best wishes,



Susan Clews, Settle and District u3a Chair, sdu3a.chair@gmail.com



u3a
Settle District

MONTHLY MEETING

2nd Thursday of the month, 10 for 10.30am at St John's and Zoom.

All welcome Entrance £1, visitors £2, tea/coffee £1

Thurs 10 September
The American Songbook



by Stuart Atkin
After a lifetime in music, Stuart will present the works of some of the most renowned songwriters from the USA

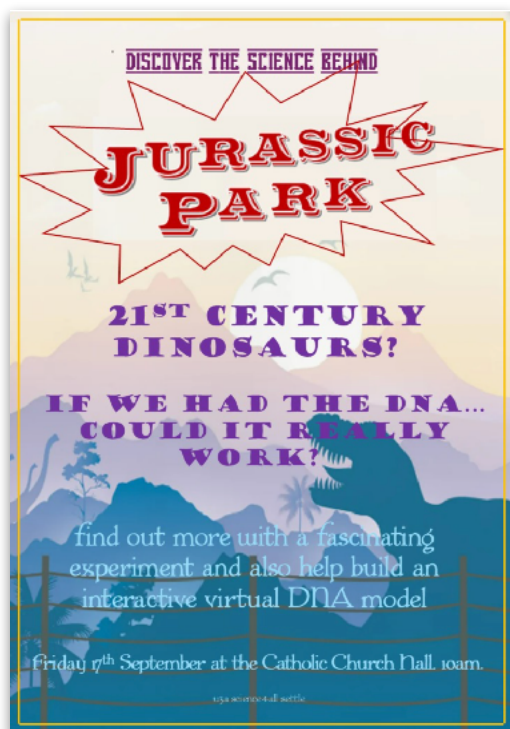
Thurs 8 October
Wildwood Herbal Medicine



by Charlotte Russell

GROUP NEWS — SCIENCE FOR ALL

Could dinosaurs stomp and roar once again in Yorkshire? Some think it may be possible to revive them from ancient DNA. Techniques used for genealogy websites, IVF or police forensics might be a route to decoding it. But just how likely is a Dinosaur Zoo? Sometimes, today's science fiction is tomorrow's science fact. This entertaining and informative talk explores how it could be done and estimates the chances of a dino hatching one day. Moreover, you can help Dr Simon Chapman build a virtual interactive DNA model before he extracts DNA from an (as yet) unnamed species. Science4all is for curious minds and most attendees are non-scientists. The talks aim to be gently thought-provoking but have a light touch. Your little grey cells and your giggle glands will be equally exercised. This meeting will be on 10am on Friday 7 September at the Catholic Church Hall. Group leader **Chris Taylor** on chrisinsettle@gmail.com with thanks to **Simon Chapman**



WALKING NETBALL

Thanks to everyone who took part in the 'just for fun' Information Day Netball challenge. Jacqui, our very own 'eagle eye', became the overall champion with a blistering performance at both the net and the fuzzy-ball dart board. Ian, a non-netballer, missed three shots at the

net resulting in a tense dart throwing session. However, his masterclass with the fuzzy-ball darts took him comfortably to second place glory. Pat and Marie scored every net shot and were evenly matched at the dart board making them joint third place winners!

After a short summer break Walking Netball returns to the hall at St John's from 10am on Wednesday 9th September. Come and join us for a strictly non-competitive hour of gentle stretching, fun drills and an adapted version of Netball. Soft balls and protective gloves this season; offering a more comfortable game. Everyone welcome. **Diane Lawlor**

BIRDWATCHING

The group's next meeting takes us to Rodley, a lovely little nature reserve at the heart of the Leeds and Shipley conurbation. Although surrounded by industry and housing Rodley is home to an impressive variety of birds and other animals. The reserve is on a recognised 'flyway' for wildfowl and waders on migration and at this time of year anything can turn up here. The large lagoon is home to Teal, Grebes, and other waterbirds. Meanwhile the 'Duck Marsh' attracts Little Egret, Grey Heron and waders including Little Ringed Plover and Green Sandpiper. In the reedbeds and on the wet grasslands we can look for Linnet [Phil Simnett], Reed Bunting, Snipe and Water Rail. And throughout the reserve there is always a good chance of spotting a Kingfisher and even a Little Owl.



For more information contact **Les Chandler** at lchandler52@gmail.com

OLD BUILDINGS

August began and ended for the group with two final visits to Becks House in Barbon. Between those two outings the group spent a day in Bowland: the morning at Browsholme Hall and the afternoon in Slaidburn. Browsholme Hall [Les Chandler] was built in 1507



but refaced in pink sandstone in the 17th century. Apart from the Regency Drawing Room the interior of the house has largely retained its Tudor style. It is home to several curios including a piece of the Zeppelin airship shot down over Potters Bar in 1916. In Slaidburn Helen Wallbank of Slaidburn Archive gave us an in-depth tour of the village including the impressively buttressed St Andrews church and the magnificent John Brennand Endowed School, constructed in 1717.

For more information about the group check out the Old Buildings Group webpage or email Old Buildings Group Leader **Les Chandler**, Ichandler52@gmail.com.

WALKING

The walk was along the river from Settle to Stainforth where we stopped on the green for a coffee. It continued up the track to Catrigg Falls, on over the fields by Winskill farm towards Victoria Caves which was a good lunch stop. After lunch we carried on over Attermire Scar, on to Stockdale Lane, Lambert Lane and down by the old reservoir to Upper Settle. On the next walk, waterproof clothing was the order of the day as we set out from Buckden towards Cray. Crossing the bridge rather than the stepping stones we climbed up the side of the valley and followed the contour of Scar House and then onto Yockenthwaite and the familiar 'All Creatures Great and Small' bridge and

farmhouse. Then we followed the Dalesway route back to Buckden, calling at the church in Hubberholme to find the wooden mice and see the Rood Loft. **Annette Lindsell** (Thanks to Annette for all her contributions to the newsletter during her time as group leader and welcome to **Avril Cuthbert**, the new group leader.)



TENNIS GROUP'S ACE - one of our new groups!

The new tennis group got off to a good start with ten members joining the first session – half were regular players at Austwick whilst the rest had played little or not at all for many years. However, after a brief recap on the basics, forehand, backhand, service action and rules, we were able to spend the second half of the session with some doubles play and, fair to say, the newbies gave the regulars a good run for their money. We are looking forward to welcoming those who were away for the initial session and plan to continue throughout the winter, weather permitting (though the club does possess one or two snow shovels should they be needed [Daisiville Tennis Club]).

Contact the tennis group leader **Mike Smith**, mike.smith452@btinternet.com



SINGING FOR PLEASURE

As usual the group had a wonderful sunny day for the annual summer sing song at Newby village, thanks to group member Sue Mann for hosting in her fabulous garden. Singing for Pleasure will commence again on Tuesday 8th September 2026, 10-11.15am in the Friends Meeting House. Sessions will be on the following dates until the New Year. Please give

it a try and see if it's for you! Musical ability is not a necessity, just a willingness to have fun!

September 8th, 15th, 22nd

October 6th, 13th 20th

November 3rd, 10th, 17th 24th

December 1st, 8th, 15th 22nd.

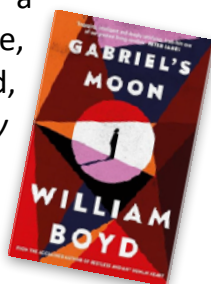
Cate Holland, CMHolland2025@outlook.com



CRIME BOOK CLUB

Our new season starts on 11 September, the second Friday of the month, at the Friends Meeting House, 2pm with a discussion of this month's choice, *Gabriel's Moon*, by William Boyd, advertised as '*a wonderfully intricate novel of espionage and elegant skullduggery*'! We shall see if we agree . . .

Crime book group leader, **Elaine Sargeson**, elaine.sargeson@btinternet.com



Thank you for all the contributions to the newsletters. As always, views expressed do not necessarily reflect the views of the editor or the committee. The deadline for the next edition, 150 words max, is **5pm on Monday 28 August**. We reserve the right to edit articles without consultation. Please send articles to the newsletter editor at sdu3a.newsletter@gmail.com, thanks!