

Poynton u3a News

poyntonu3a.org.uk

Issue 38-1

14th Apr 2022

Editorial

Welcome to the thirty second edition of these electronic newsletters.

As always, if you would like to write an article or provide some pictures, send them to news@poyntonu3a.org.uk.

Newsletters have been appearing every month for the last 18 months and before that they were even more frequent. With the AGM completed, the renewals process well established, most groups having restarted and holidays on the horizon, it seems likely that the frequency of the newsletters may see a reduction over the coming months.

Poynton u3a Update

General Meetings

Our last general meeting was the AGM which was held on Tuesday 15th March. Two new committee members were approved, Nigel Burin and Hester Ormiston. Vera Williams is our new Chair with David Sewart stepping down from this role. Anna Marsden has taken over as Vice-Chair with Kate Marsham leaving the committee. Both David and Kate extended their stay in their respective roles to help us through the difficult period of the pandemic.

After the formal business of the AGM, the Town Clerk, Mrs. Haf Barlow gave an informative presentation on the work of the Council.

The April general meeting will be on Tuesday 19th April when we will be having a talk about Hearing Dogs from Christine Wright.

Looking further ahead, the May meeting will be on Tuesday 17th May when Victor Crawford will be telling us about the North West Air Ambulance.

New Committee

Discussions at the April committee meeting provided some additional changes to the roles undertaken by the various committee members. Nigel Burin is going to take over the role of Interest Groups Co-ordinator from Sandra Batchelor and Marilyn Westbrook is getting involved with the Membership systems. This leaves the committee as shown in the following table.

Poynton u3a Committee	
Chair	Vera Williams
Secretary	Jayne Barnes
Treasurer	Sandra Batchelor
Vice-Chair	Anna Marsden
Membership Secretary	Cecilia Storr-Best
Speaker Organiser	Janet Hughes
Interest Groups Co-ordinator	Nigel Burin
Asst Membership Secretary	Marilyn Westbrook
North West Region & NECN Co-ordinator	David Sewart
Committee Member	Hester Ormiston

Photography Group

During the March meeting we looked at how the inclusion of a few people in a landscape often adds interest, context and scale to what might otherwise be an uninteresting scene. So, at the beginning of this month's meeting we viewed an imaginative range of contributions which sought to use this feature in a variety of very different ways.

The project for the first quarter focussed on the use of secondary colours, green, orange and purple. It was interesting to see the varied interpretations of this topic, anything from the natural occurrence of these colours in nature to the arrangement of appropriately coloured items.

Janet gave some very useful recommendations as to how we can use patterns constructively in our photos. Peter then went on to show how pylons are interesting in themselves and how they can be used to improve a landscape.

On 13th April the group plan to visit Victoria baths in Manchester and I don't doubt that some interesting and imaginative photographs will emerge. The proposed outing for May is a day trip to Shrewsbury where I understand there are numerous buildings and sites ready to be captured in photographs.





Keith Batchelor

Diners' Club

The next meeting of the dining group will be at 12.30 on Thursday 26th May at Panache One London Road, Poynton. The cost will be £11.00 for two courses from the lunch time menu, choices to be made on the day.

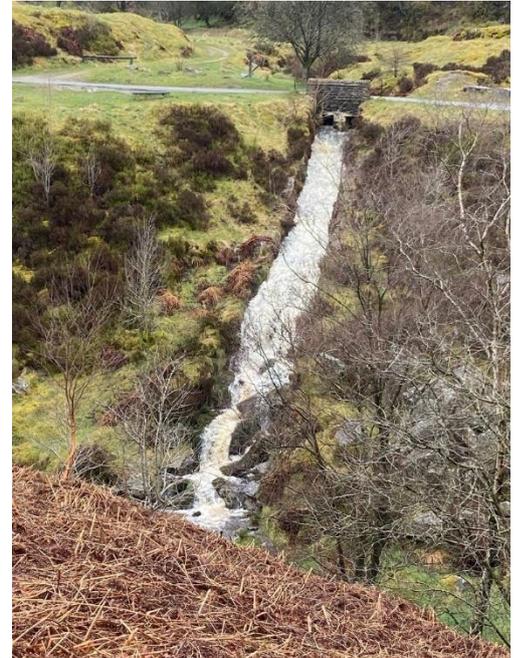
Norma Shreeve

Walking Group

On Thursday 7th April the walking group assembled by Errwood Reservoir for our monthly outing, led by yours truly. Eleven brave souls set out in pouring rain, kitted up in an assortment of waterproofs, some more effective than others as it turned out!

We crossed the dam and headed in a clockwise direction, through a wooded area and along to a junction of paths where our numbers were augmented to a baker's dozen. The weather wasn't exactly our friend - we encountered light rain, heavy rain, hail (in our faces at times) - but interspersed were dry spells with glimpses of the sun.

I had warned of a small boggy area which I had optimistically thought would have dried out a bit. Hmm; a vain hope. But the terrain was varied, with lots of pretty, rocky streams. At the end of the reservoir, we followed the fingers of water stretching away until the crossing to the tarmac road heading back, from which point it was easy going underfoot. Despite the inclement weather it was very sociable and everyone seemed to enjoy the walk, so I guess I haven't got out of leading another one sometime in the future!



Cecilia Storr-Best

Members' Contributions

A Short Monologue on Dieting

My doctor told me that I'm fat, well overweight, was how he termed it, in case the use of the word, 'fat' upset me and gave me a complex. I know I'm fat, I could have told him that, but I really don't understand why, as I think I eat healthily. I pay particular attention to my getting the necessary 'Five a Day' and probably eat more than the required amount.

For instance, I'll have bacon and eggs with tomatoes, mushrooms and sausage for breakfast. Tomatoes and mushrooms are definitely vegetables, as are eggs I believe, especially if free range. This is followed by two slices of toast with marmalade to make the butter more palatable, and as marmalade is made with oranges, that is four of my five a day in just one meal. Five if you count the toast because of the wheat used in making the bread. I'm pretty sure wheat counts as it grows in the ground.

I tend to get a bit peckish around eleven, well doesn't everyone? So, I'll snack on a packet of Quavers and a mint Aero. Again, you have the mint as a herb/vegetable and the chocolate is made from cocoa beans, so they too count towards my healthy diet.

Lunch tends to be courtesy of Greggs and is often a steak bake or sausage roll, one or the other unless I'm very hungry and then I'll pig out on both. I then normally have a Belgian bun, which contains not only sultanas, but a glace cherry on top, both of which are fruit. Even the lush icing is no problem because I think I read somewhere, that sugar is one of your five a day with it coming from beet, which again, grows in the ground. The same goes for the coffee with two sugars that I drink afterwards, with the beans comprising another of the five because they too are grown.

The evening meal, or tea as it is known round here, could be fish and chips, with potatoes definitely counting as veg, doner kebab, obviously with lashings of healthy salad, or maybe a curry. The curry may not count as vegetable but the rice might, I'm not sure. After tea a trip to the pub is in order and alcohol is certainly good for you, whether it is beer, containing health-giving hops, wine, made from red or white grapes or gin, produced from juniper berries, the clue's in the last word, berries. And you have to have crisps, of course and these contain, guess what, potatoes. So even in the pub you can watch what you eat.

Now to me, there are just too many of my five a day to count, so I don't understand why my doctor not only tells me I need to lose a ton of weight (not literally, I hope!), but that I don't have a healthy diet either. He wants to send me to a nutritionist who will work out a whole new eating regime for me. Well tough titty, I won't be going down that road. I wouldn't want to waste away now, would I?

Hilary Dick

With The Passing of Time

Gone is the small-time cinema,
Gone like the Spring of youth,
Remember, remember we old ones muse
And much we recall is the truth.
We took our girls to the pictures then,
Not to a disco's noise
And never confused the fairer sex
With the trimly barbered boys.
Remember your smartest suit and hat
And the relief when you saw your 'date',
Tripping towards the Palace steps
And her breathless 'Sorry I'm late'.
The cinema organ-what a thrill, that
anticipatory glow
As the virtuoso slowly rose
In majestic style from below.
Where is the grey commissioner
Keeping straggling queues in rank?
And gone forever ice creams and sweets
That never quite broke the bank.
Remember the friendly usherette
Finding seats in the dim back row
And the snuggling near of the one most dear
As soon as the lights went low.
Gone are the sweet romantic films
With glamour real-life never had,
But they yielded dreams for an hour or two
As the good outwitted the bad.
Yet some of the scenes on that small, modest
screen
And the players who starred in the show
Were later forgotten and never more seen
By the couples who filled the back row.
Yes, gone is the small-time cinema
And those Saturday nights of heaven -
It's bingo now, Kelly's Eye
And the calls of 'Legs Eleven'!

Where the Heart is

Modest cottage in the dale,
Aged by storm, beset by gale,
Woodwork bleached by Summer scorch
Martins perched in shabby porch.
Logs stacked high for Winter cheer,
Crystal spring a-tumbling near.
Straggly kitchen garden patch,
Tool shed door without a latch.
Lumpy free-range chicken run,
Old easy chair when day is done.
Stylish house upon the hill,
Do we dream about it still?
Covetous of carpets deep
And spacious rooms designed for sleep.
Furnishings of gracious shapes,
The elegance of window drapes,
Sophisticated baths and taps,
Arriving guests in costly wraps.
Parties dragging on til' dawn,
Peacocks strutting on the lawn....
Would this be bliss-would all mod-cons,
Change homely geese to happier swans?

Ian Beverley

The power of a pencil

Across the back entry behind my grandparents' house was a small two storey building which my father decided to buy as a store for some of the goods he sold on market stalls. My earliest memories of it were of its use as a small sawmill in which one elderly man plied his trade which was the manufacture of bundles of kindling wood for fires. He cut wood up into c.25mm widths and then lengths of c.20cm. These he fastened together with lengths of wire or string into bundles. The wood (scrap) arrived on horse drawn carts in the back entry and was lifted up to the top floor on a hoist which swung out over the back entry for unloading. When the wood was dry, it was moved to the ground floor and was cut up, mostly by axe and/or chisel although there was a circular saw, powered by electricity and by the looks of it probably one of the earliest of its kind. This he very occasionally managed to start up and, since he had no oil, its excruciating shrieking could probably be heard half a mile away.

This man had become too old to carry on with his business and intended to retire. I was c.7/8 years old when this happened and I remember a particular incident about it. The man stopped me one day in the back entry and in his broad accent asked me if I could read and write. I told him that I was learning at school and was in the top set. He then asked me if I would fill in a form for him – “Tha sees a didna av much schoolin when ar were a lad an’ a never ‘ad cause for learnin”, he said. “But tha mustna tell owt to a soul; promise now”! I promised. From behind his ear, he produced a grubby pencil which he used for marking off his wood.

It was the first time I had ever seen a form and it had something to do with the sale of the building. It said “name – capital letters” so I asked him his name. “Jimmy Smith”, he said. Here was my first challenge. I wasn't sure that Jimmy was a proper name and, even if it was, I was not sure how many “m”s it had in it. My uncle had an old navy friend called Jimmy Jones. His wife sometimes called him James when she was annoyed with him. Possibly – even probably - this man's name was really James. I asked him. “Yes”, he said. “A suppose tha should put ‘James’ for writin sumat ‘mportant.” Well, today the gods were on my side. I hadn't fallen at the first fence. I could spell James Smith without asking him as “John Smith” was on the brewery wagons, and I knew what “capital letters” meant. When it said “address of building” he didn't know what to put. We looked about but there was no number on the building and it didn't even front on to a road, only the back entry. After a bit I suggested that I should write “Storehouse behind Ardwick Terrace, Ardwick, Manchester” which he thought was very good. Then it asked for “occupation”. He thought for a bit and then said, “Put ‘wood bundler upper””. I remember not being sure if this last word had one or two “p”s but I knew it was no use asking Jimmy Smith. Probably today I would have put a hyphen in it but, in those days, I had no knowledge of such things as hyphens.

Then it was “day, month and year of birth”. He thought for a long time and then said “Mi Ma said it wer’t Monday afore Christmas an a think it were 1871”. So, I wrote “Monday”, “December” and “1871” in the three boxes. Then I thought that we really needed a number instead of Monday. What happened then is the first time I can remember coming up with a plan (an approximation that was a way round something) as well as persuading an adult that it was a good idea. I said to the man that we needed a number. But he clearly didn’t know what that was. So, I said “Well Christmas is always 25th December. So, we could have a number a bit smaller than that. What about 23rd? My birthday is on a 23rd”. He agreed. (Much later in my life I worked out whether 23rd of December 1871 was in fact a Monday. It wasn’t. It was a Saturday! So, Christmas Day in 1871 was on a Monday and presumably he had been born on 18th December.) The form then said “Signature”. Here we were well and truly stuck. But there was no end to my resourcefulness! We were just learning “joined-up writing” (as it was called) at school. But I knew that signatures which I had seen, even those of my father who paid a lot of attention to his writing, were something between joined up writing and scribble. I had a go at writing “James Smith” on a piece of old newspaper in joined-up writing. I then did it a bit faster and then wrote it even faster on the form. It was not such a mess as I had hoped. But it would have to do. I gave him back the form and his grubby pencil. “Ta young lad” he said. Some learned solicitors somewhere accepted this form, filled in by a little boy in pencil, and the building became the property of my father. So much for the legal profession!

Some dozen or so years later the building was part of a compulsory purchase order in Manchester’s “slum clearance” drive. It was my summer vacation from University and my father was looking through the deeds and signing them off. I picked some of them up and there amongst the papers was the form I had filled in – my first form! My father noticed that I was looking at it carefully and said “That’s the sale document of the warehouse from old Jimmy Smith. You remember him, our David? Rum b***** he was! You know, we always thought the old boy couldn’t read or write. His writing’s a bit childish and have you seen what he’s written for occupation? What the hell is a “wood bundler upper?!” I smiled, noting with satisfaction that I had put 2 “p”s in the word, but decided that I should keep my boyhood promise of silence to the then late Mr James Smith.

David Sewart

Pictures from an Exhibition - Michelangelo's Sistine Chapel Exhibition

These pictures were taken at *Michelangelo's Sistine Chapel: The Exhibition* which recently visited the Trafford Centre. The ceiling paintings from the Sistine Chapel have been reproduced life-size using licensed high-definition photographs and a special printing technique that emulates the look and feel of the original painting. The following pictures illustrate some of the highlights.



Creation of Adam



The Fall and Expulsion from Paradise



The Flood



Creation of the Sun, Moon and Plants



A general view of the exhibition showing the scale of the life-size panels

The Sistine Chapel was built within the Vatican between 1477 and 1480 by Pope Sixtus IV, for whom the chapel is named. The ceiling was painted by Michelangelo between 1508 and 1512.

The entire ceiling is a fresco, which relies upon a chemical reaction between damp lime plaster and water-based pigments to permanently fuse the work into the wall. Every day, a new section of plaster was laid.

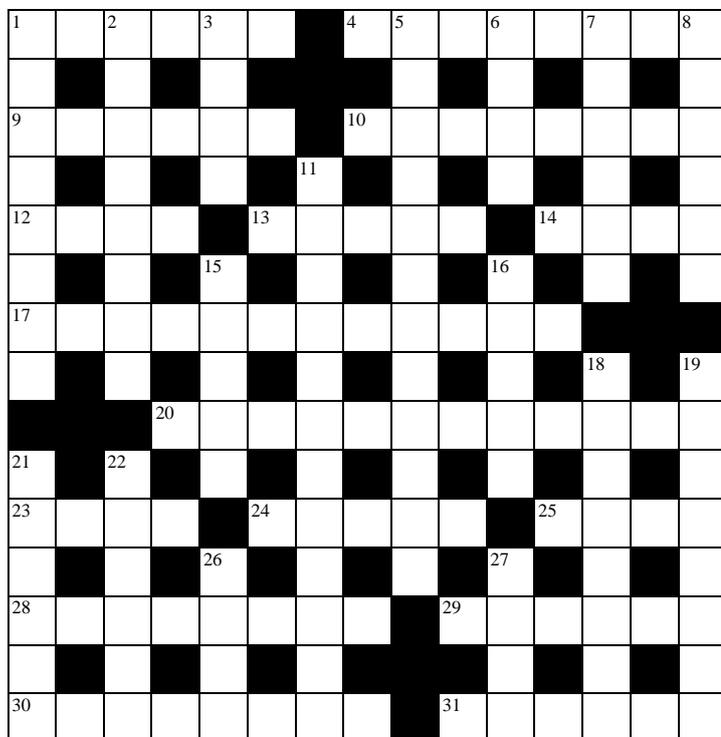


The Last Judgement

This work was painted by Michelangelo on the altar wall of the Sistine Chapel between 1536 and 1541. The saved are ascending at the left and the damned descending at the right.

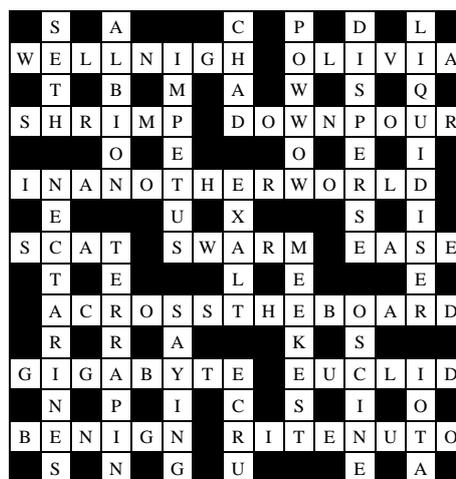
Things to Do

Crossword No. 42



Submitted by **Nigel Burin** and **Eileen Shore**. If you are interested in being part of the u3a group that compile crosswords, please contact Nigel via groups@poyntonu3.org.uk.

Solution to Crossword No 41



ACROSS

1. One following the sun in Spain finds comfort (6)
4. Bird with incentive to bloom (8)
9. Morning in exam was most mild (6)
10. Seaman holds notice of flavoured sauce (8)
12. Locate the mountain peaks from the East (4)
13. Panic has made many reveal vast gaps (5)
14. Stick around a Pacific island (4)
17. Sounds as though part of a fish is in prison in Cumbria (7,5)
20. Surely not the occasion for correspondence from Putin (3,6,3)
23. Ogle back to the dance (4)
24. Honours European with large corporation (5)
25. Herb in perfect condition (4)
28. Clear sad rocks from the crater (8)
29. Lamb tender, second-rate, owned originally by sneaky butcher's (2,4)
30. Tangled vermin in view of feature of Roman road (8)
31. Is back to front and in Paris with article describing nap (6)

DOWN

1. Solidify a team and put away (3,5)
2. Ridicules a politician in flares (8)
3. Players thrown aside (4)
5. Develop site Neeta has put out (12)
6. Join together, hair problem reported (4)
7. Turned up French article in soil producing this crop (6)
8. Sounds as though living spaces are the result of a cold (6)
11. Broken limb after part of it reaches the coast at Morecambe, say (7,5)
15. Prise upwards and celebrate (5)
16. Upset old PM's slumber (5)
18. Notice anger in mistress's supporters (8)
19. Retreating help absorbing unknown hold up for evil regime. (8)
21. Makes a joke and reveals gaps (6)
22. One pushing and one riding a bike, we hear (6)
26. Gave untruths about shop (4)
27. Behold 101 paths (4)

Sudoku No 32

6		7		1			8	
	2							
				4			5	
	7	5		3	6	1		
2						4		
		4		8	7	3		
4	6							
					8	6		
	1	3	5					

Fill the grid so that each row, column and 3x3 box contains the numbers 1-9

Below is the solution to No 31

4	2	9	7	1	8	5	3	6
1	8	3	5	9	6	7	4	2
7	5	6	3	2	4	1	9	8
6	7	5	9	3	2	8	1	4
9	3	8	6	4	1	2	7	5
2	4	1	8	5	7	3	6	9
5	6	2	4	7	3	9	8	1
8	9	7	1	6	5	4	2	3
3	1	4	2	8	9	6	5	7

More quiz questions from Hooha.

1. What was the colour of William Shakespeare's hair?
2. Which Glenn Miller song was the first to be awarded a golden disc for selling over one million copies?
3. No place in England is farther than 70, 80 or 90 miles from the sea?
4. The oldest national flag was introduced in 1219 in which country?
5. Why was Charles II nicknamed Old Rowley?

Answers to the quiz in the previous edition

1. At which castle was the final battle in the 1958 film *The Vikings* shot, purporting to be in Northumberland? *Fort-La-Latte in northern Brittany*
2. What is a Blue Glaucu? *Glaucus Atlanticus is a small blue sea slug*
3. What does the acronym SPECTRE stand for in the James Bond stories? *Special Executive for Counterintelligence, Terror, Revenge, Extortion - first introduced in Ian Fleming's 1961 novel Thunderball – remind you of anyone?*
4. The entire moat of The Tower of London will be filled with what types of flowers to mark the Queen's Platinum Jubilee? *Wild flowers, seeded to make a continuous display until the autumn, with paths through so that visitors to The Tower can enjoy them.*
5. In which Italian city did Katherina Minola, "the shrew", live in Shakespeare's play *The Taming of the Shrew*? *Padua*

And finally, a couple of items which may be of interest to our members....

A Date for your diary - Platinum Jubilee - Park Lane Party, 1.00-4.00pm Sunday 5th June

Join your friends and family for an afternoon of nostalgia to celebrate Her Majesty's Platinum Jubilee, with children's fun and games and musical entertainment for the whole family to enjoy.

Snow Angels

Snow Angels provide a befriending service for older people aged 65 and over. They have received requests for support from elderly Poynton residents, but sadly have been unable to connect befriendees with befrienders because of a lack of volunteers available in our area.

As a result, they are looking to recruit volunteer befrienders who might be able to help reduce social isolation and loneliness that many of our older residents are facing. Befriending comes in the form of a friendly listening ear on the end of the phone, or someone to have a cup of tea and a chat with.

VOLUNTEERS NEEDED

Do you have a spare hour a week?
Why not become a volunteer befriender in person or via telephone, to reduce elderly isolation and loneliness in Cheshire East.

FOR MORE INFORMATION INCLUDING AN APPLICATION FORM, PLEASE EMAIL
CHESHIREEAST@SNOWANGELS.ORG.UK
03006 660 002

SNOW ANGELS CIC

Are you over 65 and feeling lonely and isolated?
Snow Angel CIC are running our befriending service in Cheshire East.

What is befriending?
Befriending comes in the form of a friendly listening ear on the end of the phone, or someone to have a cup of tea and a chat with. Our service is run through our wonderful volunteers who will be matched with you.

As well as befriending we can help with:

- Support with benefits including Attendance Allowances,
- Signposting to specialist support providers, social activities, and groups.
- Registering on and navigate the local housing register effectively,
 - Accessing disability aids,
- Helping to get Lasting Power of Attorney in place,
- Accessing gardening, cleaning, handy person services,
 - Help with getting on-line and IT support,
- Light practical tasks such as changing light bulbs,
 - Dog walking.

For more information, please email
cheshireeast@snowangels.org.uk
03006 660 002
Referrals: www.snowangels.org.uk/referrals/

Sharon Duke – Communities Co-ordinator - Poynton Town Council