

## Newsletter

Issue No.4

December 2011

Chairman's Remarks.

Season's Greetings Everybody,

What a wonderful U3A year it has been. We have gone from an initial meeting of a few interested people to over 300 members. Not Bad! Thank you all for being so supportive.

It seems amazing that we are at the end of our first year. It has gone so fast and so much has happened; groups formed, interesting talks, outings arranged and a fantastic open meeting. Of course, because it is the end of the year we need to rejoin in January and I hope you will do so. It's still only £10. I don't know about you but I have made many wonderful friends through being a part of the U3A. I hope you all feel the same and will renew your membership so that you can continue to take part in the many activities offered. The U3A is not just about meeting new people but also about continued learning. We have thirty interest groups with more in the pipe-line. If your interest is not covered then consider starting a group on that topic. It's easy; only a couple of like-minded people are needed.

Information about the AGM in March will be available soon. It is your U3A and we need you to keep it going. Your votes and opinions at the AGM are essential. We need members to stand for the committee, propose motions and vote at the AGM so that you can help elect the committee and agree the constitution.

I hope it has been a good year for you and I look forward to seeing you all again in 2012. Enjoy the Christmas celebrations.

With best wishes for a Happy Christmas and a Wonderful New Year.  
Jo Leach

**Hello and  
welcome to our  
winter  
newsletter!**

Hi! The festive season is approaching rapidly so don't miss our U3A Christmas Special and do make time to read our U3A news and activities.

We have an interesting members' section with another pearl of wisdom and a poem penned by our own speaker organiser. So check those out.

To help membership renewal there's a postal option using the form on the last page.

Hope to see you all in the New Year.

Anybody wishing to contribute should email information to [newsletter@poyntonu3a.org.uk](mailto:newsletter@poyntonu3a.org.uk)

All items should be original and submitted with author's name and contact details. My grateful thanks go to all who have contributed so far.

Joyce

### Diary Dates

#### Monthly General Meetings

**3<sup>rd</sup> Tuesday in month; 2pm Poynton Civic Hall**

#### Guest Speakers

<b>20<sup>th</sup> December</b>	<b>Christmas Special – cakes, raffle &amp; festive entertainment with flute quartet “Silver Belles”</b>
17 <sup>th</sup> January	Mr K. Warrender- “Curiosities of Greater Manchester”
21 <sup>st</sup> February	Mr A Cross-“A trek to Mera Peak in the Himalayas”
20 <sup>th</sup> March	AGM

# Meet the Groups

## Established Groups

Group	Organiser	Meeting
Antiques	Judith Davis	24 <sup>th</sup> Jan Salford Museum
Art	David Williams Tony Worthington	Mondays 1.30-3.30pm Civic Hall
Bird Watching	Peter Owen	Monthly - next meeting 20 <sup>th</sup> Jan
Bridge	Dorothy Rowland	2.00 alternate Mondays
Cake Decorating	Ann Tofield	Wednesdays
Card Making	Catherine Owen	2pm last Wednesday in month
Computing	Joan Bridge	2 groups, 9-30am & 1pm Mondays Community Centre
Concert Visits	Wendy Vigurs	Information at General Meetings & on web site
Creative Writing	Veronica O'Connor Ann Walker	1.30-3.30pm 3 <sup>rd</sup> Monday in month
Crosswords	Ed Milius	To be advised
Day Trips	Iris Neale	Information at General Meeting & on web site
Diners' Club	Jessie Monaghan	Information at General Meetings & on web site
DIY	Sue Badger	To be advised - approximately monthly
Embroidery	Barbara Davies	To be advised
Exercise Class-Postural Stability	Irene Johnson	10.30-11.30 twice monthly Weds St Martin's Church Hall (comm. 11 <sup>th</sup> Jan), & twice monthly Thurs Community Centre (comm. 12 <sup>th</sup> Jan.). See web site for full schedule.
Family History	Moyna Barrott	2.00pm 1 <sup>st</sup> Wednesday in month
Geology	Peter Bennett	Monthly Thursdays
German Beginners	Catherine Owen	2.30pm 3 <sup>rd</sup> Monday in month
German Conversation	Peter Owen	Monthly
History	Wendy Fermor Dorothy Bayman	2.00pm 4 <sup>th</sup> Tuesday in month St Georges Church Hall
Personal Image	Catherine Jones	To be advised
Photography	Jan Slinn	1 <sup>st</sup> Friday in month
Play Reading	Catherine Owen	1 <sup>st</sup> Tues in month 2.30pm in members' houses
Reading	Iris Neale	2 <sup>nd</sup> Tuesday in month (group full; 2 <sup>nd</sup> group being organised)
Scrabble	Dorothy Bayman	2.00pm 3 <sup>rd</sup> Monday in month
Spanish	Wendy Vigurs	Alternating 10-11.30am Monday and 11.30am-1.00pm Friday
Table Tennis	Janet Gill	2-4pm 1 <sup>st</sup> & 3 <sup>rd</sup> Thursday in month Poynton Sports Club
Theatre Trips	Elaine Roe	Information at General Meetings or on web site
Walking	Joy Bradburn	Monthly – Details on web site
Short Walks	Bob Stepto	2 <sup>nd</sup> & 4 <sup>th</sup> Tues in month Information at General Meetings and on web site

**If you are interested in joining any of the groups contact group organiser**

**Groups with potential members, needing organisers.**

<b><u>Dancing</u></b>	<b><u>Discussion Group</u></b>	<b><u>French Conversation</u></b>	<b><u>Local History</u></b>	<b><u>Singing</u></b>	<b><u>Wildlife Study</u></b>
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**WHY NOT PLAY YOUR PART AND BECOME A GROUP ORGANISER?**

**<mailto:groups@poyntonu3a.org.uk>**

# Groups in Focus

## Diners' Club

We had a very pleasant evening at the "Table Table" Restaurant, Tytherington, on Thursday 29<sup>th</sup> September. The food was good, the service was good, the company was good, and all was made even better by the complimentary 2 bottles of champagne offered to us because they were unable to give us the room to ourselves as had been requested.

It was disappointing that the December "Christmas Hotpot" had to be cancelled due to lack of numbers. However, the next meal out will be at **Ciao, Park Lane at 6 pm, Thursday, 26<sup>th</sup> January**. Please sign-up at the General Meeting in December or January.

Many thanks, **Jessie Monaghan**



## DIY

We have had two meetings to date. A group of willing members have congregated at plucky volunteers' houses to carry out 'projects' that have been decided on previously after consultation with Jim, our mentor. We went to Jane's with a view to replacing her shed roof. However this was deemed too difficult as Jim said the shed was rotten.

Our next meeting was at Vivien's house. She had a fireplace which she inherited from the previous owners. Eight of us descended on Vivien and, following coffee and chat, we demolished the fireplace using lump hammer and bolster chisel. How's that for expertise! We also had a lesson in drilling as one member's hanging basket had refused to stay on the wall.

By the time you read this we will have visited Vivien again to view the room minus fireplace and been instructed in the art of sawing.

**Sue Badger**

## U3A Day Trips

So far we have run trips to Derbyshire in September, Liverpool in October and Capesthorpe Hall in November. These have proved to be a great success.



A programme of six day trips for 2012 will be announced in the New Year, giving everyone advance notice to save the dates. The next day trip will be in March 2012. Watch out for details on the web site or at General Meetings.

Remember that the trips are for Poynton U3A members so, even if you come along on your own, you are sure to find a warm welcome. **Iris Neale**

## Exercise Class

**Irene is a Chartered Physiotherapist and a qualified PS Instructor**

**What is a Postural Stability Exercise Class?** In a Postural Stability (PS) Class, exercises can be adapted to suit individuals within a group setting. There are varied balance, strength, stamina, flexibility, core stability and posture activities. We always finish with some relaxing Tai Chi. Mat work is sometimes included with alternatives for anyone wishing to remain seated or standing. Exercise sheets can be provided. If you haven't exercised for a while don't be afraid of coming along. Go at your own pace. You don't have to 'keep up' to 'keep fit'.

**When, Where, How much?** Twice monthly, Wednesday mornings - St Martin's Church Hall, Higher Poynton. £3-U3A members (£4-non U3A). Twice monthly, Thursdays mornings -The Community Centre, Park Lane, Poynton. £3.50 - U3A members (£4.50 - non U3A) Class lasts approx 40 minutes. We usually visit a local cafe **for a cuppa and chat afterwards**.

**Free Special Event - St Martin's Church Hall Wednesday December 7th - 11.45am-1.15pm** To mark the end of the autumn classes and to plan the New Year/Spring programme, we had a 'pre-Christmas chat and social time', with refreshments. Anyone who would like to know more about the classes, or join-up for 2012, please contact me. **Irene Johnson**

## Theatre Trips

Seats have been reserved for the current season of plays at the Royal Exchange Theatre. The overwhelming majority voted for Friday nights so this is what I have chosen for the first three plays in the new season. A Midsummer Night's Dream, however, is being performed by a visiting company so there are no preview nights for this one. To keep the cost down I have booked for a Thursday as the tickets are then £4 cheaper. Transport is included in the price.

**SATURDAY NIGHT AND SUNDAY MORNING –Friday 2nd March** Price: £22 (Book and pay by 20th January)

**MISS JULIE -Friday 13th April** Price: £22 (Book and pay by 24th February)

**LADY WINDERMERE'S FAN –Friday 18th May** Price: £22 (Book and pay by 30th March)

**A MIDSUMMER NIGHT'S DREAM -Thursday 12th July** Price: £29.50 (Book and pay by 25th May)

There are 2 plays remaining in the current season:

**YOU CAN'T TAKE IT WITH YOU Friday 9th December** Price: £22

I have sent for the tickets for this one but at the moment there are still seats available at the theatre.

**TWO -Thursday 19th January** Price: £20 (Book and pay by 2nd December)

Seats have also been reserved for a **Hallé Carol Concert in December**, and, early next year, for **All the Fun of the Fair, Oliver, Calendar Girls, Wonderful Town** and a Saturday matinee performance of **The King and I**.

If you would like to book for any of the plays or shows, see me at General Meetings or email [groups@poyntonu3a.org.uk](mailto:groups@poyntonu3a.org.uk).

**Elaine Roe**

## News in brief

### MEMBERSHIP RENEWAL

Just to remind you that your membership needs to be renewed in January. All you will need is your 2011 membership card and your subscription of £10.00. You can renew your membership at the General Meeting in January, or send the form on page five, along with your payment, to the membership secretary.

### AGM NEWS

The AGM is on the 20<sup>th</sup> March. Please put the date in your diary. If you are interested in standing for the committee or would like to propose a motion, get the details from the notice board at the January General Meeting or from our website [poyntonu3a.org.uk](http://poyntonu3a.org.uk). Your vote is important for shaping the future of Poynton U3A as you will be voting on the constitution, financial accounts, proposals and committee members.

Once the formalities are completed at the AGM we will be having tea and cake as a “thank you” to all the members who have attended, and to give an opportunity for everyone to socialise.

### U3A NORTH WEST REGION

3<sup>rd</sup> to 5<sup>th</sup> April 2012: Myerscough Residential School provides short courses on Archaeology, Creative Writing, Geology, Golf, Ancient Egypt, novelists & Philosophers and 60 Years of science. Further information and booking forms are available on line at [www.nwu3a.officelive.com](http://www.nwu3a.officelive.com).

**U3A NATIONAL CHESS GROUP:** Fancy playing chess by e-mail? This game operates via a page on U3A national website <http://www.u3a.org.uk/> and further explanation is available by <mailto:dick.chapman@ntlworld.com>

**CONGRATULATIONS:** Well done to Jan Slinn for being awarded “Best in Show” at Offerton Methodist Church Floral Art & Arts and Craft Show.

**GEORGIAN THEATRE, RICHMOND:** The adventures of Sinbad the Sailor. An exclusive performance for U3A members. Cost £12, starts 12<sup>th</sup> January. Tickets Jenny and Peter Lewis of Tynedale U3A Tel 01434 60827 or <mailto:carstone@waitrose.com>

Website <http://www.poyntonu3a.org.uk>

# Members' Corner

*Another tiny pearl of wisdom!*



The past is history  
The future is a mystery  
But this moment is a gift  
That's why it's called the present

*Ode to Nature*

What is this she sees thro' her kitchen window,  
Something blue and something white.  
Something pretty and something light,  
Oh, what delight, it's clear and bright,  
The Sky ----- What a lovely sight.

Can't wait to hear from you all for the next publication. Entries will need to be received by 16<sup>th</sup> of February  
<mailto:newsletter@poyntonu3a.org.uk> or see me at meetings.

Joyce.

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## **Membership Renewal**

We hope you want to continue to enjoy the various activities and meetings run by Poynton U3A. To do this you will need to renew your membership by January 31<sup>st</sup> 2012. You can do this at our General Meeting on Tuesday January 17<sup>th</sup> 2012 or by post using the following form.

Title \_\_\_\_ First name \_\_\_\_\_ Family name \_\_\_\_\_ Membership number \_\_\_\_\_

Please list any changes to your contact details :-

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Please post this form with your old membership card, a stamped self-addressed envelope and a cheque for £10.00 to Poynton U3A Membership Secretary, Ransford, Wood Lane South, Adlington, Cheshire. SK10 4PJ