

Poynton News

THE UNIVERSITY OF THE THIRD AGE

poyntonu3a.org.uk

Issue 17

Summer 2015



What have the above pictures got in common?
 They were all taken by our members during Poynton U3A Group activities.
 Which groups took these photographs?
 See Page 3 for the answers and for more pictures.

Chairman's Remarks

Redevelopments and refurbishments to the Civic Hall which will result in a joint entrance for the Library and Civic Hall have provided regular challenges to our groups which use the rooms and the organisation of our monthly General Meetings. Occasional lapses of heating and the need to adapt to a temporary kitchen in the main hall have been met and overcome. As the physical changes developed each General Meeting has posed its own new challenges. It will be odd to enter the new environment in which everything is in the same place and everything works and we are grateful to the staff of the Civic Centre for their unstinting help and support in an undertaking which has such a daily impact on their own work environment.

Thanks are also due to our members who have braved the changing conditions. At our AGM in March members had a chance to hear how our numbers have grown and to receive reports from Committee Members. At the end of the meeting we also heard from our Town Clerk about wider developments in Poynton, not least the Neighbourhood Plan. Since then we have had talks on the geological changes since the Ice Age which created the Delamere ridge as

well as on almost 500 years of the history of Tatton Park. Sandwiched between these we were treated to natural history beneath the seas, some amazing underwater photography and a chance to look at the cameras and Scuba diving equipment that made all this a reality.

Read on to learn more of your U3As recent activities.

David Sewart

Diary Dates	
Monthly General Meetings	
3 rd Tuesday in month at 2pm - Poynton Civic Hall	
August 18 th	George Eccleston – Mary Queen of Scots – The Young Queen
September 15 th	Howard Green – The Hatting Industry
October 20 th	Alan Hayhurst – 600 miles Down the Nile
November 17 th	Liz McConnell – The Funny Side of Pharmacy
December 15 th	Christmas Meeting

News from the Groups

Science & Technology

The group is being re-launched with Joan & Bob Stepto as temporary organisers.

Derek Gatenby kindly offered to get the programme started on 23rd June with a presentation about the Large Hadron Collider, based on material at the exhibition held at the Manchester Museum of Science and Industry. It was an interesting talk, with about 15 people present, describing the structure of the Large Hadron Collider, the particles it studies and the measurements it makes.

Future activities were also planned. On 28th July, Liz Markham will talk about Drug Trials and there is a visit to the Anson Engine Museum jointly with Marple Bridge & Mellor U3A. A visit to the Stockport Hydro is being planned for September.

Joan & Bob Stepto

Geology

Some interesting trips are planned for this summer.

On 23rd July a trip is planned to Brown End Quarry at Waterhouses (between Leek and Ashbourne). This is an SSSI because of its geological interest.

On 27th August a full-day trip to Shap Fell, Orton Fell and Kirby Stephen is planned.

Peter Bennett

Crosswords

Congratulations to Ed Milius. His crossword N^o13 was selected for publication in the June issue of Third Age Matters, the national U3A magazine. It is the second time that one of Ed's crosswords has been chosen.

Diners' Club

Friday 24th July, 12.00 for 12.30 at the Deanwater. 2 Courses, that is, main plus either starter or dessert. Decent choices of all. Cost £16.50 including tip and tea or coffee.

Names, phone numbers and cash will be collected at the July General Meeting.

Margaret Myers and Jessie Monaghan

U3A Members

You have all lived a life and have a tale to tell, brought up in that safe and quiet time when back doors could be left unlocked, there was full employment and no communication devices to be charged regularly.

So come to Davenport Golf Club on the second or fourth Monday of the month at 2pm, enjoy a cup of tea or coffee and a friendly chat about the life you've

had or merely fantasise. The Creative Writing Group would be very pleased to welcome you.

Clive Hill

Day Trips

Wednesday 23 September - National Arboretum

We will call at a Garden Centre for a brief stop on the way to the Arboretum where you will be able to purchase coffee/ tea if required. On arrival at the Arboretum we will travel round the site on the Land Train which has a commentary, the rest of the day is for you to explore the vast grounds.

Depart Arboretum 3.30/4.00pm

£15.00 per person

Thursday 15 October - Whalley Abbey & National Trust Gawthorpe Hall

Due to restoration work at Gawthorpe Hall the hall will close at the end of the summer. This trip is cancelled and will be rearranged for the 2016 programme.

Wednesday 14 October – World of Glass & National Trust Rufford Old Hall

We will visit World of Glass at St Helens for Coffee/Tea and biscuits and then you can tour the exhibits, Art gallery and watch a live demonstration of glass blowing. Then we will journey on to the National Trust Rufford Old Hall, one of Lancashires finest Tudor buildings and home to the Hesketh family for 500 years.

Depart Rufford 4.00/4.30pm

£15.00 per person

Additional charge of £6.75 for non NT Members - payable on the day

Wednesday 18 November - The Chocolate House & Samlesbury Hall

For our final trip we go to the Chocolate House for morning Coffee/Tea and a taste of chocolate then have a demonstration of making hand made chocolates, after this we visit their kitchen and shop, where you will be able to stock up for Christmas. Then back on the coach to Samlesbury Hall, a fascinating medieval house where we will have soup and a roll for lunch and then a guided tour of the house.

Depart Samlesbury 3.30/4.00pm

£22.00 per person

Departures for trips – Bulkeley Road, Poynton 9.30am. Bookings for the above trips are being from July.

Iris and Gerry Neale

Views from the Groups

Bird Watching Group

From September to May the Bird Watching Group have regular visits to significant nature reserves. Below is a stunning picture taken by Joyce Streets at Leighton Moss in May.



Photography Group

Alongside the more technical sessions the Photography Group have regular photo walks to hone their skills. The picture below shows the group on their annual summer picnic in the Goyt valley.



Short Walks Groups

The short walks, which take place twice monthly, continue to be very popular. There have been an average of twenty members on each leisurely walk, enjoying the countryside in and around Poynton.



During May members walked along the Macclesfield Canal from Holehouse Lane to Bridge 22, then meandered for a short distance along lanes to Styperson Pool which is in a stunning setting on the

Adlington Estate. Bluebells could be seen on the hillside and the wood by the pool was bathed in a sea of blue. After admiring the beautiful view we made our way back to the canal, returning to our starting point via Middlewood Way which looked very picturesque with white hawthorn blossom and many wild flowers.

On another recent expedition we walked from the Nelson Pit into Lyme Park, stopping at times to admire wonderful views over the Cheshire plain where we could see for miles. When we reached the cafe in The Park we enjoyed a well-earned coffee break before retracing our steps back home.

Anne Wynn

...and talking of exercise.

EXERCISE - THE THREE "C's" - COMMITMENT, COMPANY AND CONVENIENCE

COMMITMENT

Without this you don't start. Commit to something you enjoy ON A REGULAR BASIS. Make it part of a regular pattern. But if you're just starting do it slowly, and build up gradually.

COMPANY

You've a MUCH better chance of success if you go along with someone. Exercising on your own is very difficult for most people. Joining a fitness group is a good idea as you get a social element.

CONVENIENCE

Do something as near to home as possible. Once again this gives you a better chance of long term compliance. The more difficult or awkward you make it, the less chance you have of doing the toughest thing – Turning Up Regularly.

THE ADVANTAGES OF EXERCISE

Weight loss - Clothes fit better - Improved eating habits - Sleep better - Improvement of mood - Improved self image - Stress Relief - Help with medical conditions.

Geoff Barratt

Other forms of exercise are available within our U3A – See the Groups List on the next page for more options.

Front page pictures (From Left to Right)

Bird Watching - Avocets with chick at Leighton Moss

Short Walks - Bluebells in Styperson Wood

Photography - The Old Goyt Bridge

Groups List

Group	Organiser	Meeting
Acoustic Folk/Rock Band	Geoff Brindle	Contact Organiser
Antiques	Judith Davis	Contact Organiser
Art	David Williams Tony Worthington	Mondays 1.30-3.30 St. Martin's Church Hall
Art Appreciation	Kath Bell Carol Gatenby	Monthly. Contact Organiser
Ballet Appreciation	Meg Humphries	1 st Thursday or 4 th Wednesday each month
Bird Watching	Peter Owen	Monthly. Contact Organiser.
Bridge	Dorothy Rowland	2.00 alternate Mondays Civic Hall
Bus Pass Explorer	Lynda Green	Contact Organiser
Cake Decorating	Ann Tofield	Contact Organiser
Creative Writing	Veronica O'Connor Ann Walker	2.00 2 nd & 4 th Mondays in month, Davenport Golf Club
Crosswords	Ed Milius	By arrangement with the organiser
Day Trips	Iris & Gerry Neale	Information at General Meetings & on website
Diners' Club (Overall Organiser: Gerard Miller 878150)	Margaret Myers & Jessie Monaghan	Lunch, 12.00, Friday, 24 th July, The Deanwater
D.I.Y.	Sue Badger	Contact Organiser.
Embroidery	Barbara Davies	2.30 4 th Thursday in month
Exercise Class	Irene Johnson	St Martin's Church Hall 10.45 - 11.45 1 st Wednesday in month (Additional classes see next page.)
Family History	Moyna Barrott	Twice monthly. Contact Organiser.
Film Discussion Group	Maggie Eagland	2.00 3 rd Wednesday in month
French Conversation	David Wallis	Monthly. Contact Organiser.
Geology	Peter Bennett	Monthly. Contact Organiser.
German Beginners	Catherine Owen	Monthly. Contact Organiser.
German Conversation	Peter Owen	Monthly
History Group 1	Wendy Fermor Dorothy Bayman	2.00 4 th Tuesday in month
History Group 2	Les Simpson	Contact Organiser
Laptop & Internet Basics	Jack Taylor	Information at General Meetings & on web site
Photography	Jan Slinn John Jurics	Monthly
Play Reading	Catherine Owen	2.15 1 st Tuesday in month
Reading	Iris Neale	2 nd Tuesday in month
Science & Technology	Joan & Bob Stepto	Contact Organisers.
Scrabble	Dorothy Bayman	2.00 2 nd Monday in month
Short Walks	Bob Stepto	2 nd & 4 th Tuesdays in month
Spanish	Paul Freeborn	Mondays 10-11.30
Table Tennis	Janet Gill	2.00-4.00 1 st four Thursdays in month and 1 st & 3 rd Wednesdays, Poynton Sports Club
Walking	Marilyn Westbrook	1 st Thurs in month

Groups List

Other Poynton Groups open to our U3A Members

Group	Organiser	Meeting
Exercise Class	Irene Johnson	St Martin's Church Hall 10.45am-11.45am 2 nd , 3 rd & 4 th Wednesdays in month
Hallé Concert Visits	Yvonne Sharma	Information at General Meetings & on web site
PHS-PTA Theatre Trips	Elaine Roe	Information at General Meetings & on web site
PHS-PTA Minibreaks	Elaine Roe	Information at General Meetings & on web site

NEC Network U3A Open Groups

Group	Organiser	Meeting
Art (Bramhall)	Peter Richardson	1.00-3.00 alternate Mondays
Badminton (Bramhall)	Douglas Moore	2.00-4.00 Tuesdays
Church History (Bramhall)	Dorothy Chesterman	10.00 alternate Wednesdays
Creative Writing (Bramhall)	Pat George	2.00 2 nd Wednesday in month
Cycling (Wilmslow)	Richard Thomas	Weekly - Contact Organiser
Embroidery (Bramhall)	Dorothy Chesterman	10.00 2 nd Thursday
Line Dancing (Bramhall)	Chris Chapman	1.30 -3.30 Wednesdays
Personal Image (Bramhall)	Catherine Jones	6-week courses, Thursdays 10.00-12.00
Scottish Country Dancing (Bramhall)	Sheila Bruce-Smith	1.30-3.00 Fortnightly, Fridays
Wine Tasting (Bramhall)	Jenny Richmond	Bi-monthly

Please be sure to let us have any news items and photographs from your group's activities for our Website and Notice Board, via your Group Organiser.

If you are interested in joining any groups, contact the group organiser, or if you are interested in forming a new group, speak to Bob or Joan at General Meetings or email groups@poyntonu3a.org.uk .

Thanks to everybody who has contributed to the current newsletter. If you would like to submit articles or photographs for a future newsletter, please email your contribution to newsletter@poyntonu3a.org.uk or give it to a committee member. The next copy date for the Poynton U3A Newsletter is October 8th 2015.

Message to all Group Organisers : When you email your group members about arrangements, please send a copy to webmaster@poyntonu3a.org.uk so that we can keep the website up to date. Also remember to check that participants in your group are Poynton U3A members. It is in your own interest!

Members' Corner

The Northern Belle

We set off at five on the 8th of May from Poynton Station, early as we had to be in Manchester for 6.20am and The Northern Belle does not wait for latecomers.

Once there, stepping on board we knew it was worth getting up so early! The Northern Belle celebrates the era of elegant rail travel with seven beautifully detailed carriages, each bearing the name of a great British castle or stately home. Our carriage was Harlech and featured daffodils on the hand painted ceiling and in the marquetry on the walls, with seats like armchairs and tables set with starched white cloths, shining silverware and sparkling glasses. The liveried stewards (red jackets in the morning, black in the evening) plied us with food and drink, pampering us all day.



As it was an early start we were given a breakfast of muesli and yoghurt to keep us going until it was time for brunch. Later we sipped our Bellinis as fresh fruit salad, smoked salmon, scrambled eggs and Danish pastries were placed before us. The journey took us through the beautiful scenery of the Lake District and on through Scotland to Loch Lomond and the Trossachs National Park.

We were then transferred by coach to Balloch for a cruise on Loch Lomond and a visit to the picturesque village of Luss. Returning to the train we found the tables were set for dinner, with canapés to nibble while drinking a glass of champagne. A delicious four-course dinner with wine complimented the trip. We arrived back in Manchester at 11.15pm, tired but certainly not hungry!

Yes it was expensive for a day out, but it is a wonderful experience and it's true what they say in the advertising '*it is a journey like no other*'.

Elaine Roe

You and your mobile phone

THINGS YOU PROBABLY NEVER KNEW YOUR MOBILE PHONE COULD DO !!!

There are a few things that can be done in times of grave emergencies. Your mobile phone can actually be a life saver or an emergency tool for survival. Check out the things that you can do with it:



EMERGENCY

The Emergency Number worldwide for all Mobile Phones is 112. If you find yourself out of the coverage area of your mobile network and there is an emergency, dial 112 and your mobile will search any existing network in your area to establish the emergency number for you, and interestingly this number 112 can be dialled even if the keypad is locked. This works on all phones worldwide and is free. It is the equivalent of 999.

In Case of Emergency (ICE)

Enter the name and number of your next of kin in your address box under ICE.

HOW TO DISABLE A STOLEN MOBILE PHONE

To check your Mobile phone's serial number, key in the following digits on your phone: *#06#. Ensure you put an asterisk BEFORE the #06# sequence. A 15 digit code will appear on the screen. This number is unique to your handset.

Write it down and keep it somewhere safe. If your phone ever gets stolen, you can phone your service provider and give them this code. They will then be able to block your handset so even if the thief changes the SIM card, your phone will be totally useless.

You probably won't get your phone back, but at least you know that whoever stole it can't use/sell it either. If everybody did this, there would be no point in people stealing mobile phones. This secret is also in the fine print of most mobile phone manuals. It was created for the very purpose of trying to prevent phones from being stolen.

Please pass this along to everyone. This is the kind of information people don't mind receiving, so pass it on to your family and friends

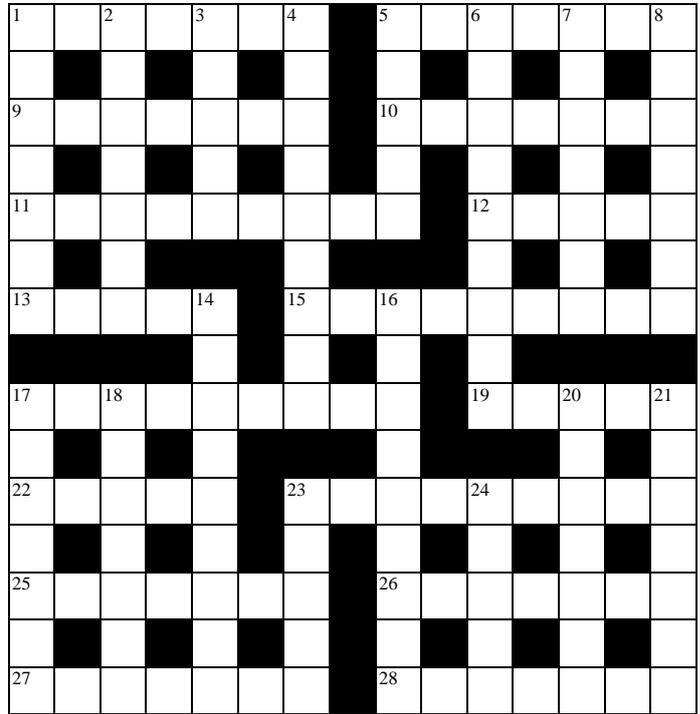
Taken from the Marple Bridge and Mellor U3A website

Members' Corner

POYNTON U3A CROSSWORD PUZZLE No.14

ACROSS

- 1 Mince a canapé to make a cure for all. (7)
- 5 Hurried back to beginning of September – on a motorbike possibly! (7)
- 9 Horse chair. (7)
- 10 Peace pipe consisting of copper and metal. (7)
- 11 Feeling uncomfortable? Have a brew of tea with allies. (3,2,4)
- 12 Initially, girls rave over willing lads, but snarl. (5)
- 13 Stadium in the North area, roughly. (5)
- 15 Hated pair managed to create racial segregation. (9)
- 17 Sailors cavorting in tent staying dry. (9)
- 19 Very smart and quiet east end of London suburb. (5)
- 22 Tropical fruit pocketed by Roman going out. (5)
- 23 Street football team of newcomers. (9)
- 25 Salt of acid broadcast as an hours of darkness custom. (7)
- 26 Put into action – a performance, we hear, you don't like. (7)
- 27 Racy Ron! Involved in an affair. (5,2)
- 28 Goodness! It's found in the garden. (7)



DOWN

- 1 Musical suite performed by secretary and drunken artist (no saint). (7)
- 2 North American branch of mafia travel east to find aeroplane engine casing. (7)
- 3 Cold dressing required for spaghetti western film star. (5)
- 4 Ravage with a common gun and make matters worse. (9)
- 5 Plinth constructed by Society for the French. (5)
- 6 Passes the buck to deputy, who is arrested by some French. (9)
- 7 Pilot Officer comes round in a fashion to calm oneself. (7)
- 8 English conductor has daughter – he'll be disconcerted. (7)
- 14 Is my nation endlessly in a state of hatred. (9)
- 16 Consequence of bewildering the fat ram. (9)
- 17 Headless game can return in the form of a year book. (7)
- 18 Politician involved in treason. (7)
- 20 99 paces roughly will lead to the polar regions. (7)
- 21 Husband has yen for holding an old basket of stockings. (7)
- 23 Flock of geese fly through Minsk – E India. (5)
- 24 Whichever way you look at it, it's impracticable. (3,2)

Crossword Puzzle No.13

Solution

B	R	O	T	H	E	R	S	T	E	W	A	R	D		
I	R	O	E	I	D	L	E								
S	W	A	P	P	E	D	T	R	E	L	L	I	S		
H	T	E	S	E	L	E	T								
O	D	O	U	R	L	E	S	S	W	A	G	E	R		
P	R						T				E	R	O		
S	T	Y	L	E			T	E	S	T	I	M	O	N	Y
					L	E	P	S							
B	R	A	S	S	E	R	I	E	S	T	I	N	K		
E	T	E							E			R	I		
R	E	N	E	W			O	D	D	M	A	N	O	U	T
L	I	H	A				T		M	N	C				
I	N	G	R	E	S	S			R	U	B	B	I	S	H
O	H	R	I						A	E	N	E			
Z	I	T	H	E	R	S			P	A	R	A	G	O	N

Compiled by the Poynton U3A Crossword Group.
If you would like to join us, contact Ed Milius

Didn't we have a lovely time.....



.....the days we went to Towneley and Chirk.

The coach trips in April and May saw our members visiting places near Burnley and Wrexham.

The April visit began with a visit in the morning to Boundary Mill where some of us could enjoy a quiet cup of tea while others seemed set on vying with one another to fill the cavernous baggage compartments of the coach with copious purchases. Then on we went to Towneley Hall with its 500 fascinating years of history and now containing Burnley's art gallery and museum. According to folk lore the hall is said to be haunted by a boggart but perhaps it was too shy to put in an appearance in front of 53 inveterate U3A members.

There was an opportunity to imagine the glamorous balls and parties which had taken place in the Regency rooms or the quiet of services in the chapel. The day was fine and offered opportunities for strolls around the gardens and lake.

In May we visited the medieval fortress of Chirk Castle which is said to provide views across seven counties. An overcast and drizzly day couldn't offer us such sights. However, it did serve to highlight the stark and brooding silhouette of the symbol of English power. The Castle was built towards the very end of the 13th century to subdue the last of the Welsh princes as it towers over the Welsh Marches.

With over 700 years of history the castle is still lived in today and provided an amazing range of styles including a 17th-century Long Gallery and a servants hall, complete with rules for good behaviour written on the walls.

Hardy souls braved the drizzle to see the magnificent 5.5 acres of gardens, much of which seemed to be looked after by energetic and knowledgeable volunteers.

Our thanks are due to Iris for her military organisation, her herding of cats and ability to bring back home as many members as start out.

Janet & David Sewart