



October Newsletter 2022



Learn, Laugh, Live

Dear friends,

Here is your October newsletter, full of ideas and dates for your diary to keep us all busy as the autumn leaves burn with colour and the days get shorter. Thank you to all my generous contributors.

A special welcome to new members. This is your monthly update which comes at the beginning of the month. I hope it is useful and entertaining. Suggestions for improvements are welcome.

Even if you read this newsletter in instalments (like a Dickens novel - not that I have grandiose ideas...), don't miss all the group news and opportunities at item 4.

Please keep those contributions coming. Deadline for contributions for the November issue is October 29th.

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1. The Littleborough U3A Day

On the afternoon of Saturday September 17th at the beginning of the national U3A week celebrating 40 years of U3A, we opened up Littleborough U3A for members

and non members and you and others turned out in force so there was a constant buzz of activity in the room. The choir and the ukulele band performed in the hall and again downstairs as a special treat for those in the cafe below.

I will tell the story of the day in headlines and photos but firstly the committee says a massive thank you to all those U3A



members who organised, delivered posters and banners, made group displays, set up and cleared up, showed off the things we do, talked to new people, charmingly served refreshments, sang, played and contributed to the energy and colour in the room. THANK YOU ALL!

We enrolled 9 new members on the day. Several other people took away membership forms and yet others said they would be retiring soon and would be joining as soon as they had time to spare. One person was really pleased



to have found the U3A because he is soon moving to the area and now knows he can meet like-minded people.

The group displays were great.

28 groups were represented at the event. It was a great chance for groups to recruit new members and many people signed up to join a new group. History and Astronomy were particularly popular.



Christine McMillan-Bodell says: "I was thrilled with the support from the Bridge Group at the Open Day on Saturday 17/9/2022. The visual impact of the Group playing bridge encouraged enquires and as a result we have a couple of new players."

Well done everyone. It was a great event.

2. Monthly Meetings

For the benefit of new members: monthly meetings are open to all members, and held in Littleborough Coach House at 2 pm on the second Monday of the month. Admission is usually £1 for members (occasionally it's free!) and refreshments are served after the speaker. Outings, lunches and new group opportunities are displayed at monthly meetings and sometimes fill up quickly Bring cash for deposits just in case.

If you are willing and able to offer help to serve refreshments or to meet and greet new members, please join our list of Really Useful Volunteers. You won't be called on every month. Contact Gillian Pearson: gillianpearson_u3a@icloud.com

Our next meeting is:

Monday October 10th at 2 pm when our speaker will be Brian Topping who worked at Heathrow Airport. His talk is: Tales of a Customs Officer.

Here is the speaker schedule for the rest of this year:

Monday November 14th at 2pm: Roger Crossley: Spanish Ways: the Camino de Santiago.

Monday December 12th at 2pm: Littleborough U3A Christmas event.

3. Outings, lunches and other opportunities

Foodies: The Sunday lunch on October 23rd at the Moorcock is now full. I will be sending out copies of the menu so that meals can be pre-booked. Please reply by October 10th. Please see below for details of deposit if you have not yet paid.

Outings: Wednesday November 2nd: Outing to Chester city and Cheshire Oaks

The coach departs Littleborough at 9.30am (arrangements can be made for a Rochdale pick up if you let me know).

Arrive Chester 10.30am

Leave Chester at 1.30pm for visit to Cheshire Oaks retail park

Leave Cheshire Oaks 4.30pm to arrive back at approx. 5.30pm.

Total cost is £18 payable on booking.

We will need 35 members for the price to stay as above.

Details of payments for foodies and outings:

- Bank Transfer : Account Littleborough U3A Social Account
Sort Code 20-72-67 Acc No. 93984028
Please quote your membership number and the event reference.

N.B. Please note this is not the same account as for your membership.

- Cheque made payable to Littleborough U3A and posted to
The Treasurer, Littleborough U3A 12, South View Terrace, Rochdale,
OL16 2SW

■ Cash on or before October 10th.

Please make sure you have confirmed your place by contacting

Sandra Kokocki sandrakokocki12@gmail.com 07828297991

Other Opportunities: Tech Buddy Support & Basic IT Skills Workshops

Do you have any problems with technology – your computer/laptop, your tablet/ iPad or your smartphone? The tech buddies within our U3A are still here to help and are only a phone call or email away. Below is a matrix of tech buddies and the systems they can help you with:

Name	Phone Number	Email Address	Computer / Laptop			Tablet / Smartphone	
			Windows	Apple	Linux	Android	Apple

Lilian Barton	01706 373786	lilian.barton@gmail.com		😊			
Chris Bigmore	07765 590161	chris@cjbmc.co.uk	😊		😊		😊
John Cannell	01706 376 204	jec@manxman.myzen.co.uk			😊	😊	
Bob Coley	01706 550493	bobcoley_from_U3A_Littleborou gh@outlook.com	😊				😊
Howard Gott	01706 374482	howard.gott@icloud.com		😊			😊
Alan Longley	07916 538432	alan_longley_965@hotmail.com	😊			😊	
Mark Pearson	07981 271005	m.j.pearson@me.com	😊	😊			😊
Norma Rigg	01706 372513	vic45ster@gmail.com	😊			😊	
Barrie Whitehead	01706 373967	barriewatu3a@gmail.com			😊		
Lynn Wild	01706 372401	lynnwild.u3a@gmail.com	😊			😊	
Peter Wild	01706 372401	peterwild532@gmail.com	😊		😊	😊	

We have also started to offer tech buddy drop-in sessions at each monthly meeting (after the main speaker, whilst brews are being served).

Stop Press! We are planning to run a series of six basic IT skills workshops over a number of (most likely) Monday afternoons in the late autumn/early winter at the Coach House. We have applied for some funding to make sure that these workshops can be free to members. If you have not already been contacted about these planned workshops and are interested in attending them, please drop an email to Mark Pearson at m.j.pearson@me.com

4. News from the Groups



Quiz Group (Sandra Kockocki)

The dates for the next quizzes are as follows:

October 20th. and. November 24th

We meet at the Red Lion in Littleborough. The pub opens at 2.00pm and the quiz starts at 2.30 for approx. one hour. Just turn up as teams are sorted on the day.



Readers Group 2 update (Mark Pearson)

We continue to meet on the third Tuesday of the month (7.30pm, over Zoom). At our last meeting, we discussed [The Confession](#) by Jessie Burton. Most of us seemed to have enjoyed reading this tale of Rose, a 35-year old seeking to find out what happened to her mother, Elise. Having been missing throughout her life, and with her father only now revealing that novelist Connie, a lady with whom her mother had a relationship, is still around and might know something, Elise sets out on a journey of subterfuge and discovery. Generally liked by the group, the book prompted discussions around relationships and power.

We next meet on Tuesday 18th October to discuss [The Shipping News](#) (by Annie Proulx). If you are interested in joining, we have a couple of spare spaces - all you need is Zoom (which our Tech Buddies can help you with!). Email me at m.j.pearson@me.com if you want to find out more.



Walking groups (Barrie Whitehead).

There is a new Easy Walking Group offering 30 to 40 minute walks around Littleborough. Their first outing will be on Tuesday 11th October at 2pm meeting at Littleborough Station.

Walking Group 1 next meets on Tuesday October 4th. Details on the website.



The Philosophy Group (Valerie Bracken)

Six of the group met on the 28th Sept 2022 at a member's house to discuss Daoism a Chinese philosophy. Daoism is attributed to a man living in the State of Qin called Lao Zi, the Old Master, somewhere between the 6th and 4th centuries



before Christ. The time is unclear as are his writings but there is a work called the Dao De Jing, the way and the virtuous power, that he is said to have written one night as he was leaving China. These writings have been read by many millions and survived over time. They can be seen as Political, Religious or Philosophical. Dao means the way and followers follow the way and flow with it.

The main points are non-action, harmony with nature, simplicity in living and Yin and Yang. The group felt that non action, let the outcome happen, doesn't mean you do nothing. This idea is a challenge for many of us who see the purpose of human life as to progress through influence and control. When we intervene, our action always causes a reaction, often unforeseen, sometimes unhelpful.

Harmony with nature. We considered our current global warming situation. If we do nothing will nature take over will the earth survive and adapt maybe without us humans? If we had not done the things we have done without considering nature, would we be in the mess we are in?

Simplicity in living that highlights compassion and patience we went along with.

Yin and Yang. For there to be good we have to experience bad; for there to be beauty we have to see non beauty. The 2 sides of all characteristics in life melded together? Makes sense.

A drop out movement in modern China called Tang Ping or Lie Flat is fighting the 12-hour days 6 days a week that many of the population work. Mr Lu can be googled on YouTube and seen singing a song that encourages the drop outs to do nothing - true to Daoism.

Our next meeting takes place on 26th October 2022 at 10 am and we plan to discuss Anthony Grayling.

We have 7 members in our group and can take 9. We are looking for new members who would like to join in our discussions. If you are interested you can find the link to the convener, Valerie Bracken, on the Littleborough u3a web site.



Bridge Group (Christine McMillan-Bodell)

During the national U3A week, the bridge group participated in a nationwide U3A bridge tournament. Across the country a series of games was played, the scores returned to the organisers and each pair of players was given a score and a rank in the national list. It took some organising and the Littleborough players did very well and enjoyed the experience.

A big thank you to all Bridge players who supported the Littleborough U3A National Bridge Competition on Tuesday 20/9/2022. A big thank you to Sue, Margaret and Len without whose help our competition would not have gone ahead.



Birdwatching (Jo Wiggans)

The birdwatching group took a short trip to Cragg Vale to catch a rare sighting of a black redstart. We also saw plenty of meadow pipits, wigeon and teal on the reservoir, pied wagtail and a peacock on a motorbike! All in a morning's birdwatching. Our next outing is on Monday October 17th and we meet in Littleborough at 9.15 am. Weather and recent sightings define where we go but it is a local outing finishing before lunch. Please contact Jo if you are interested in joining. jowiggans@sky.com

5. That's all folks! We are still going through the group lists from the open day and there will be more news from the groups next month. In the meantime you can check upcoming events and contact a group convenor by clicking on the bird on the group's page on our website: www.u3asites.org.uk/littleborough

I look forward to seeing many of you at the monthly meeting next week.

Very best wishes,

Jo Wiggans
Littleborough U3A
email: jowiggans@sky.com