



Reg. Charity No. 1104944

Marple Bridge & Mellor U3A NEWSLETTER Sept 2020 (Still Nothing is Normal)

Chairman's Chatter

I hope that you are all keeping as well as can be expected, under our present circumstances and that you are managing to keep in touch with those people closest to you. Communication has been one of the biggest issues throughout the pandemic and it has forced people to experiment with new ways of doing things. Who would have thought just six months ago that we would come to rely on the likes of Whatsapp and Zoom and other media platforms? I had certainly been aware of them but was only just beginning to use them, mainly at the instigation of my children who kept exchanging photos on Whatsapp. However this method of communication came into its own when a grandchild arrived during the Lockdown and who we couldn't see for seven weeks. It meant that we were able to share some of the most important first moments with the new family, which would simply not have been possible even ten or so years ago.

I began to research on what writers and notable commentators had to say about communication in general and there were some very interesting thoughts. I particularly liked this quote, 'The biggest problem with communication is we do not listen to understand. We listen to reply.'

Another one which I think is very thoughtful is, 'A lack of communication breeds assumptions of what the other is thinking or feeling; and assumptions are, more often than not, incorrect.'

The final quote is probably the most poignant, 'Too often we underestimate the power of a touch, a smile, a kind word, a listening ear. An honest accomplishment or the smallest act of caring, all of which have the potential to turn a life around.' Leo Rusaglia

The BBC news website has been focusing on how easy it is to lose touch with friends through lack of communication and how we need to work at those lasting relationships. So I hope you will all try to stay in touch even though our groups and our U3A as a whole cannot meet in person at the moment.

Clare Gwilym

Corona Virus / Corvid 19 Quiz!

All answers are words that are in some way linked to the Corvid 19 Pandemic

1. In 1991, according to Paul Hardcastle, what was the average age of a combat soldier in the Vietnam War?
2. Which famous nurse brought together a team of female volunteer nurses to care for British soldiers fighting in the Crimean War?
3. Which Mexican beer is often served with a slice of lemon in the neck of the bottle?
4. Which institution did the Labour MP Nye Bevin launch in 1948?
5. What is made from:- finely ground cow bones, quartz and kaolin clay?
6. Where do bluebirds fly, according to Dorothy in the film, "The Wizard of Oz"?
7. Which film starring Jim Carrey was released in 1994?
8. Originally released in 1977, which Meatloaf album has sold over 43 million copies?

(See back page for the answers)

Advice from the Third Age Trust for restarting interest groups

This is the latest advice sent out by the trust on August 7th. 2020 and which we are following with regard to our groups. It contained 14 pages of information so I have summarised the most important points.

Prior to restarting any interest group activity, a leader MUST notify their U3A Chairman or Group Co-ordinator

Group leaders should then follow the advice below:-

* Is the location/venue covid secure? Has the venue carried out a risk assessment of the premises which they can show you?

* Is the activity one which can be carried out with reasonable safety? Bearing in mind that different activities have different government guidelines. A group leader will need to show that a risk assessment of the activity has been completed. (More detailed guidance on how to do this can be provided when required.)

* Have members carried out their own personal risk assessments in relation to how it affects them?

At present, no group can be conducted inside a private home.

Members should not share cars with non household members when travelling to interest groups. In any context where larger numbers can come together, no more than 30 people may attend.

If there is a local lockdown arrangement, the local lockdown arrangements will take precedence over the guidance above.

It is also recommended that all members visiting a third party venue will have and use their own personal hand sanitiser, use gloves in areas of multiple use and a mask where appropriate.

Do not share refreshments of any nature.

Detailed records of all attendees at each event should be kept for Track and Trace purposes for a period of 21 days.

It is clear, after reading this advice that some groups may be able to restart; provided that the guidelines have been followed, whereas a number of other groups may not. Indoor activities and meetings in private homes where social distancing is not possible, are clearly going to have to be patient for quite a while longer! We also need to be mindful that we still fall into the most vulnerable category regarding this virus and its effects.

C. Gwilym on behalf of the MB&M U3A committee

Membership renewal and subs for next year

The committee have spent time considering the situation regarding the subscriptions for next year and are hoping to waive the subscription for the coming year 2021. We have not been able to provide the usual activities and range of speakers as a result of the Lockdown, so we think that this would be the fairest thing to do under the circumstances.

The decision has not been taken lightly as we still have to pay our yearly membership subscriptions on behalf of each member to The Third Age Trust. The Trust has continued to support us with advice and services throughout the pandemic, keeping us in touch with monthly emails and bulletins, which have been very helpful. You can sign up to receive them by going to the National U3A website. They are also responsible for producing the Third Age Matters magazine.

Clare Gwilym

Outings Group

Hello everyone and I hope you all are keeping well and coping with "the new normal". I am sorry that we haven't been able to visit anywhere for the past six months as an outings group. However on the personal note, my husband and I have been able to visit 2 to 3 National Trust properties a week during August and benefited from walking around the grounds and enjoyed the eat out to help out offers thanks to the Chancellor of the Exchequer !!!

Those who are shielding and unable to get out and about can still get involved via the internet such as the virtual tour of galleries and museums as well as watch plays or opera on YouTube etc. Check them out and you will find them just as good as if you were physically there.

Regarding the cheque payment given to me for the cancelled trips to Rufford Old Hall and Renishall Hall, you may have noticed that we haven't cashed them at all. Your cheques can be returned to you when we can meet up again.

Similarly three members who paid me cash for the Rufford Old Hall, we can arrange to meet up in Marple to hand your money back. Please contact me if you wish to do so.

My contact number is 07808809795.

Hazel Bhatt Group Leader

Crossword Compiled by Marple Bridge and Mellor U3A Crossword Group

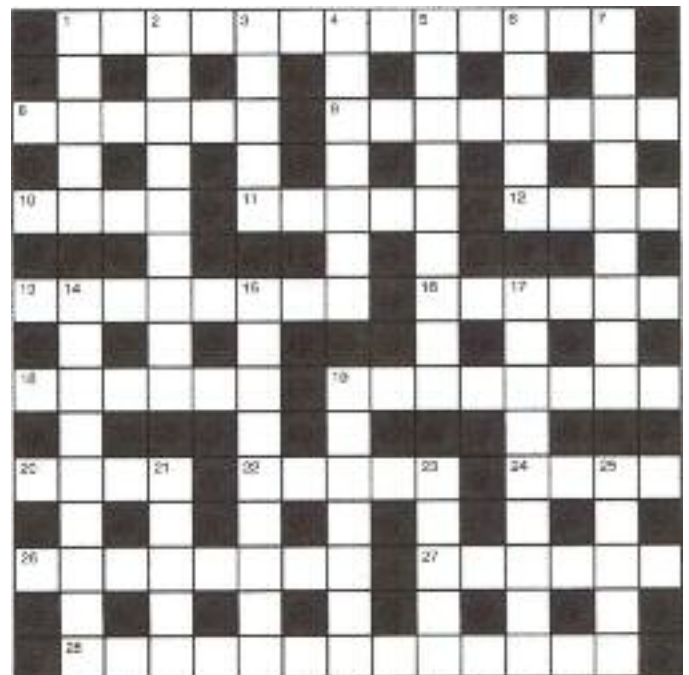
compiled jointly by U3A Crossword Group

Clues across

1. A licensed copy designed to be wide ranging. (13)
8. No time for Easter? If I'm in it, it will be less tricky. (6)
9. Drudge has no energy, working in charge of Indo-European language. (8)
10. Mineral bearing earth falls back on final character for nothing. (4)
11. Wrongly cited by order of authority. (5)
12. Slat made from tool with no end. (4)
13. First central thermal system obtained by trickery. (8)
16. Organ Edward received as his right. (6)
18. Worker after extension to make a living. (6)
19. Time Auntie finishes off playing heavy metal. (8)
20. For example heartless girls have urges. (4)
22. Less common are riding in posh car. (5)
24. God, I had nothing left. (4)
26. Starving, having gone without tea and feels poorly inside. (8)
27. Forced north following on from ambition. (6)
28. A policy which pays out in the end? (4,9)

Clues down

1. Remove for a time to the home Counties. (5)
2. Oil a patch for cooking sausage. (9)
3. Imprecation can usually raise some eyebrows initially. (5)
4. Getting rid of parts of Proust in German schools. (7)
5. Trap meant disaster in flat. (9)
6. Comical dame originally on list. (5)



Clues down (cont)

7. Exercise caution re fruity drink. (9)
14. Initially he took cutter back and left unfinished nearly every shape. (9)
15. Bury short assumed name among other things. (5,4)
17. Performance by Royal Navy issue sailing round. (9)
19. It's read differently in heated speeches. (7)
21. Unbending Saint initially has argument. (5)
23. Condition is "Free Monarch". (5)
25. Blurred, see, after old boy is far too fat. (5)

The crossword compiling group are not able to meet at the moment to discuss our clues due to the current situation, however, members sent me their homework and I have put together the usual joint effort,

CARD MAKING

Carol Rice runs two card making groups for the Marple Bridge and Mellor U3A. Carol has been card making for almost 20 years and shares her passion with the groups. Carol reflects below on how card making has changed over the last decade.

When I first started making cards, you had to make the card topper, whether using a stamp, painting an image or using a pre-bought image. If you wanted a particular image for your card, you would spend a long time delicately cutting it out by hand. If wanting to have card layers, you would spend ages calculating the exact sizes of each layer and use a guillotine to cut out the layers, taking care to ensure each one was perfectly aligned with equal distance from the upper and lower layers!

In the last ten years or so there has been an explosion in card crafting equipment, non more so than affordable metal die machines which cut out beautiful intricate images which were previously the domain of commercial laser machines. Previously, when using a stamp, you needed a steady hand to print your image but now you have stamp presses which allow you to position your image exactly where you want it and also to re-ink it should it need it.

There are now "nesting dies" which allow you to cut and align several layers perfectly straight. It has transformed card making, it has taken the guess work out of lining all the layers up! You can even get an amazing array of "nesting die" shapes from stars, hearts, circles, etc.

When making cards, it's not unusual for our imagination to dry up from time to time and when it does, the easiest way to find inspiration is to take a look at someone's crafty blog. With the advent and use of personal computers, craft blogs have taken off and now there are heaps of amazing bloggers out there who are willing to share their creativity with those passionate about paper and card making.

During Covid lockdown restrictions, Carol has been busy making cards and below are a just a few of her creations using some of the techniques previously mentioned.



Strolling Group

After such a long time when groups have been unable to meet, it now feels strange putting pen to paper, or rather finger to keyboard, to write an item for the newsletter for the strolling group! To coin a phrase we have experienced some extremely unprecedented times, but hopefully we can now see the light at the end of the tunnel.

I am sure that many of you have been going out on strolls or even longer walks. I certainly have. I've found routes and tracks that I previously didn't know existed. I've talked to a host of strangers, obviously socially distanced, and found out from them paths and lanes that I never knew existed but could now explore. Sometime walking a lot further than I had planned!

I have sent information regarding risk assessments to members registered on the strolling group with the hopes that we can recommence our strolls soon. My plan at the moment is to arrange a short stroll for the first Tuesday in October. Initially, I will have to limit the number of strollers in the group and will therefore send details to strollers regarding how to book in with me if they wish to take part. If any other members would like to be included in receiving this information please contact me.

Shirley Hammond
david.hammond60@btinternet.com

Beware the scammers are still at work!

Various members have contacted me to tell me that they have received suspicious or 'Phishing' emails, where the scammers attempt to get you to give them important details and information. This is usually done by asking you to click on links within the email to update information. If you receive any email which you think is suspicious, do not click on any links it may contain and do not use any of the telephone numbers which are given.

The most persistent of these scams seems to be the one regarding TV licences, where it suggests that there may be a problem with your payments and it wants you to update your details. I have certainly received this type of email myself and I simply delete them straight away.

Remember if you are suspicious then do not respond - do not click on any links or phone any numbers that are given.

Joke Corner - Did I read that sign right?

In an office:

Toilet out of order, please use floor below

In a laundromat:

Automatic washing machines. Please remove all your clothes when the light goes out

In a London department store:

Bargain basement upstairs

In an office:

After tea break, staff should empty the teapot and stand upside down on the draining board.

Outside a secondhand shop:

We exchange anything - bicycles, washing machines, etc. Why not bring your wife along and get a wonderful bargain?

Notice in health food shop window:

Closed due to illness.

Spotted in a safari park:

Elephants please stay in your car.

CONTACTS

Chairman: Clare Gwilym
chairman@mbmu3a.org.uk
Vice Chairman: Philip Harrison
vicechairman@mbmu3a.org.uk
Secretary: Barbara Scholes
secretary@mbmu3a.org.uk
Treasurer: Wendy Atkinson
treasurer@mbmu3a.org.uk
Group Co-ordinator: Olwyn Wych
groupCoordinator@mbmu3a.org.uk
Mem.Sec: Shirley Hammond
membershipsecretary@mbmu3a.org.uk
Asst.Mem.Sec: Malcolm Moss
assistantmembershipsecretary@mbmu3a.org.uk
Speaker Organiser: Ulla Mehta
speakerorganiser@mbmu3a.org.uk
Almoner: Olwyn Wych
almoner@mbmu3a.org.uk
Newsletter Editor: Malcolm Moss
newslettereditor@mbmu3a.org.uk
Outings: Hazel Bhatt
Kath Leigh
outings@mbmu3a.org.uk
Systems Manager: Carol Rice
systemsmanager@mbmu3a.org.uk
Other Committee Members
David Davies & Geoff Fogg

Announcements

It is with regret that we have to record the deaths of two of our members during the past two months.

John Close, we send our sincere condolences to Joy his wife and all his family, we also send our condolences to the family of Nancy Foster who has also died.

Finally we send our condolences to Marjorie Potts whose husband died recently

Answers to the Corvid 19 Quiz

1.	19
2.	Florence NIGHTINGALE
3.	CORONA
4.	NHS
5.	Bone CHINA
6.	Over the RAINBOW
7.	The MASK
8.	BAT out of Hell

Crossword Solution

Across 1. Encyclopaedic 8. Easter 9. Slavonic 10. Zero
11. Edict 12. Lath 13. Cheating 16. Earned 18. Extant
19. Titanium 20. Eggs 22. Rarer 24. Idol 26. Unfilled
27. Driven 28. Life Assurance
Down 1. Erase 2. Chipolata 3. Curse 4. Ousting
5. Apartment 6. Droll 7. Cointreau 14. Hexagonal
15. Inter Alia 17. Rendition 19. Tirades 21. Stiff 23. Rider
25. Obese

This Newsletter appears bi-monthly. The next edition will be published November 2020
Please send items for publication by email

to Malcolm Moss

Email: newslettereditor@mbmu3a.org.uk

Any stories, articles or photographs of interest to members are welcomed.

You can read all issues of the newsletter on our website www.mbmu3a.org.uk

**All contributions for the next edition of the Newsletter
should be received no later than Wed 28th October 2020**