

March 2022 Newsletter



Newsflash

From March, General Meetings will start at 10.15am again, doors will open at 9.30am.

Chairman's Chit Chat...

I was certainly not expecting to be writing this entry for the March Newsletter. When I agreed to stand as acting chairman last August I said that it would be only until the AGM, when someone else would take over. **I don't want Marple Bridge and Mellor u3a to close down and it will do so, if members don't come forward to stand on the committee.** What we need is some of you agreeing to shadow various roles during this year with a view to taking over at the next AGM.

We desperately need people for chairman, secretary, treasurer, and speaker organiser. If these roles are not filled next year our u3a will close as it cannot function without these.

There are many members who will support you whilst finding your feet.

The whole ethos of the u3a is as a self-help group. Members work together to run their own u3a, to establish interest groups, to support other members in any way they can. One danger is that the u3a could become a service to third agers run by a small group rather than a self-help organisation run by members. Please come forward to get information as to how you can be involved and keep our u3a running.

During this coming year I would like to think we could reinvent ourselves after the difficulties during the pandemic and really get Marple Bridge and Mellor u3a back to the thriving, vibrant u3a it used to be.

I'm not going to stop saying this; **our u3a needs you to get involved.** Think of any groups or activities in which you'd like to be involved and let's see if we can get something started. Ask friends or other members if they'd be interested as well. Put a message in the newsletter, put an advert on the board at the general meeting or arrange a preliminary get together to encourage other members to join you. Speak to myself or a member of the committee to see if we can help in any way, either getting something started or finding a venue if needed. Through the u3a I've been involved with art courses, strolling group and mental exercises among other activities. Just these three areas support my creativity, my exercise and my intellect. Think what you could be involved in to develop the many facets of yourself.

I have very positive, fond feelings for Marple Bridge and Mellor u3a. It supported me through some challenging times in my life. I've always wanted to give back to it some of what it gave to me. I tried to stand down a couple of years ago but was encouraged back. **Now I really feel it's time for other members to play their part.** Put your thinking caps on and think how you can support our u3a to keep it running. Join the committee, talk to friends to encourage new members and let's all try to establish more new activities and groups and keep our u3a vibrant.

Shirley Hammond

*If you have not renewed your membership for 2022 please do so asap
Please have your U3A Membership Card ready to show at the desk when you book in at monthly meetings, along with the £1 entrance fee*



Notices & News Items

Marple Bridge & Mellor u3a Meetings

15 March	Kath Reynolds.	"Food Glorious Food"
19 April	John Taylor.	" Herbs for Health"
17 May	Paul Dodsworth.	" Protecting Your Wealth"



Marple Bridge and Mellor u3a would like to get involved with the national [u3a 40th Anniversary Celebrations](#). We would like your ideas about what we could do. Perhaps you could talk with other members of the groups you're in about any contribution your group could make. Please speak to or email the chairman or any member of the committee with your suggestions.

The national u3a has some suggestions and plans. We need your ideas as to how we could join in with these plans or what other things we could do.

Picnic in the Park June 1st 2022

Take advantage of British weather and open spaces to celebrate not only the Queens Platinum Jubilee but also our 40th anniversary. Some activity followed by a picnic in our locality can be enjoyable whilst also advertising the u3a movement and how we can immerse ourselves in fun.

u3a Science Network virtual meetings 2022

Meetings for this group will be held during the year with the meeting in July being designated as the Anniversary meeting. For further information visit [u3a Science Network website](#).

u3a Week 17th – 25th September 2022

A time to challenge negative perceptions of older adults and bring together everyone in the community to learn about the contribution u3a makes to the quality of life for the third agers.

u3a at the Royal Institute October 31st 2022

A hybrid event at the Royal Institution in Albemarle Street London.

George R. Summers

George, a retired engineer and college lecturer, died on 2nd February 2022 after a long battle with Alzheimer's disease.

George was a member of Marple Bridge & Mellor u3a from its inception in 2004

For several years he helped arrange outings, both day trips and holidays abroad and in this country, with his wife, Jenny

(This picture was taken on a u3a holiday to Cromer)



Book Sales at the Monthly Meetings

Due to the limited amount of storage space and the fact that hard back books and non fiction books are not popular, it is requested that Paper Back Fiction books are mainly brought for the Stall.

Please do not bring any magazines as these also do not sell.

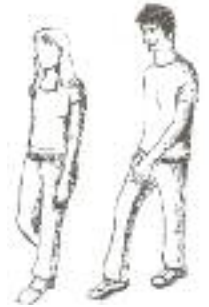
Strolling Group

Our "Strolling Group" is for members who would like a gentle stroll rather than a longer walk for which we have a "Walking Group". We arrange strolls of about 2 miles followed by a cuppa. These take place on the first Tuesday mornings in the month commencing at 10.30am, unless otherwise stated.

If you would like to be put on our contact list pass your details to
Geoff Fogg joanfogg@btinternet.com or
Shirley Hammond david.hammond60@btinternet.com

Don't forget your bus pass in case we need to ride back! Bring a drink over the summer months!
Please wear appropriate footwear in case it is wet underfoot.

We have quite a large group of members who join us for a variety of strolls exploring different areas around our area and the surrounding countryside. We benefit from outside exercise as well as joining in enjoyable social occasions. We do need some of you to help to plan future strolls..



Tuesday April 5th Gail Dixon

Meet at Romiley Park, in the centre of Romiley to leave at 10.30am.

Stroll through the park up to the golf course. Stroll around the course, following an incline up a hill, then drop down towards Romiley.

Enjoy some refreshment and a chat at one of the cafes in Romiley,

There is a section that can be muddy depending on the weather so be aware of your footwear.

Approximately 1 ¼ miles and will take about 1 ¼ hours.

Tuesday May 3rd Colin and Carol Burkitt 07434 284 666

Meet outside the Regent Cinema in Marple (opposite the Italian restaurant) to leave at 10.30am.

We will stroll through Memorial Park and down the canal towpath to the aqueduct then return along the lane, Seven Stiles path (despite its name there are no stiles) and the cricket club back into Marple.

The paths are mainly tarmac and gravel but there may be some muddy patches if it has been raining.

There is a gentle slope down to the aqueduct and the same on return. There is a short (20 yards) steep downwards section on Seven Stiles path. We have to cross busy Station Road twice so everyone will need to be alert here. The walk is a little over 2 miles long.

Tuesday June 7th Jane Hallam

Tuesday July 5th Jane Mc Conniffe

Meet outside Romily Forum to leave at 10.30am

Stroll along Tangshutt Lane and continue for a circular stroll returning back to Romiley.

Tuesday August 2nd Colin and Carol Burkitt

Tuesday September 6th Sue Norcross

Please speak to Shirley Hammond or Geoff Fogg. If you have a basic idea they will give you assistance to plan a stroll. Remember we only stroll 2-3 kilometers trying to keep any hills to a minimum. Living on the edge of the Pennines this can be difficult!



Dining Group



Thank you all for your support, we hope our choice of venue is to your liking. If any of you have a favourite restaurant and think it would suit our members please let us know.

March 22nd The Midland at Marple Bridge

Three course Evening Meal 6.00 for 6.30 £22

April 28th Peruga (now at Mellor and Townscliffe Golf Club)

Three course Evening Meal 6.15 for 6.45 £24

We require a non-refundable £5 per person deposit in cash at the time of booking.

If for any reason you have to cancel your booking please let us know as soon as possible.

Pat Walker/Shirley Hammond

Outings Group

Hope you all are ready to resume the usual activities since the Covid restrictions have been lifted at last.

Hope you find some of the outings planned for this year of some interest to you. We are taking bookings for April, May and June program. You can book when you attend the monthly meetings or can email me and I can forward the booking forms etc electronically. I look forward to hearing from you.

Outings Leader Hazel Bhatt

email outings@mbmu3a.org.uk - Tel no. 07808809795

April - Rufford Old Hall

May - Renishall Hall.

June - The Piece Hall & Shibden Hall, Halifax

July - Isle of Wight

August - Portmeirion.

September - Gawthorpe Hall.

October - Calke Abbey, Derby.

Monday 4th of April

Wednesday 18th of May

Tuesday 28th of June.

Sunday 10th of July for 6days.

Monday the 1st of August.

Friday the 9th of September

Wednesday the 5th of October.

Zumba Gold

We have a Zumba class on Friday mornings from 10am to 11am at St Paul's Church Hall, Compstall. It is called Zumba Gold and is for those who don't want a very energetic aerobic workout. It is more gentle exercise to music but it exercises all your muscles. It is run by a trained sports teacher.



The cost is £3.50 per session and we pay at the door. All u3a members are welcome; you do not have to be a member of Marple Bridge and Mellor u3a you can also attend if you are a member of any u3a which is in the Pennine Link.

Come along and give it a go!!!

Lifts to General Meetings

It has been suggested that some of our members may need a lift to the General Meetings at Saint Paul's Church Hall. It may be a temporary need, for example due to an operation etc. or a regular need due to some difficulty in getting to the Hall.

Margery Mount has agreed to coordinate this new initiative where some of our members have volunteered to give a lift to others who are finding it difficult to get to our monthly meetings.

If you would like to take advantage of this initiative and have a lift to the meeting or to offer anyone a lift, please contact Margery using her details below.

Margery will then be able to contact you and discuss arrangements.

Margery's details:

Margery Mount
Email margery.mount@icloud.com
Telephone 0161 427 4260



Crossword Compiled by Marple Bridge and Mellor U3A Crossword Group

compiled jointly by U3A Crossword Group

Clues across

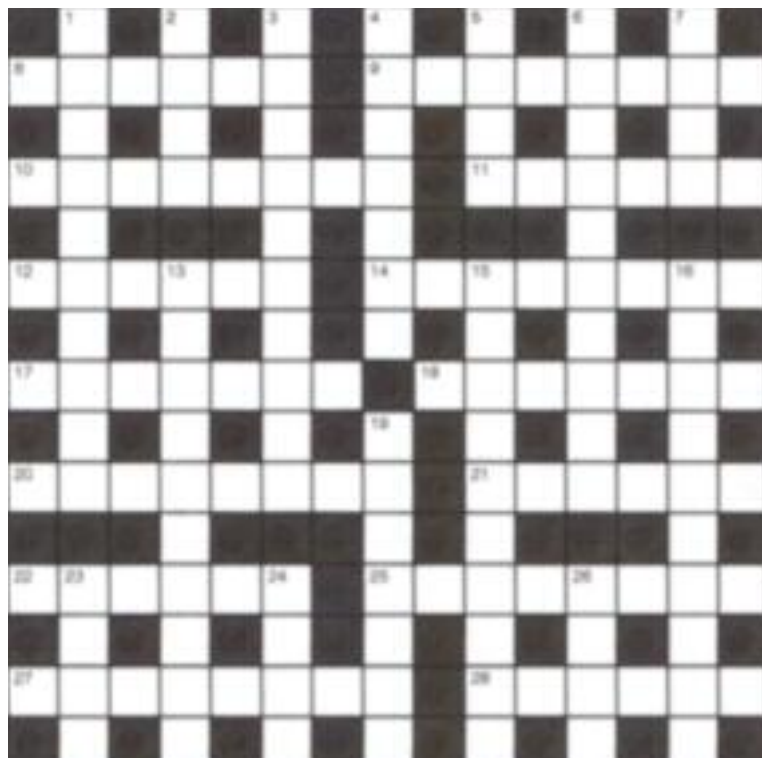
8. First waterproof lining. It's a success. (6)
9. Oops! I try to arrange for physical properties to be uniform in every direction. (8)
10. Ambiguous wedge Dot reshaped. (3-5)
11. Hinder little devil to disturb Dee. (6)
12. Strip-tease, good in France. (6)
14. Stuffing fifty in leads to swaying walk. (8)
17. Bring up ancient coinage found in leading European excavation. (7)
18. Helps when idiot is trans-sexual initially. (7)
20. Ignored a woven dress material. (8)
21. Pull back after concerning notice. (6)
22. Run barely right into joint. (6)
25. Trickery if I trace criminal. (8)
27. I'd return disturbing trespasser. (8)
28. Accessible lexicon enthralled writer. (6)

Clues down

1. Wife driven out to get part for camera. (10)
2. Keen to repair joint. (4)
3. Began to source a rock-and-roll fan. (10)
4. Take it easy with fermented old wine. (3,4)
5. Nothing can hide in awfully big desert. (4)
6. Support the Spanish heather pushing up. (10)
7. Accelerated from town's pedestrians. (4)

Clues down cont.

13. Can cubs e'er become corsairs. (10)
15. Criticise idiot with nothing? That's your freedom to decide. (10)
16. Eccentric firework used in ballet. (10)
19. Reform union that is about to ruin railway. (7)
23. Quality of played note. (4)
24. Children skid around. (4)
26. Sweep leaf about and uncover a parasite. (4)



Sheila Stafford Group Co-ordinator

CONTACTS

Chairman: Shirley Hammond
chairman@mbmu3a.org.uk
Vice Chairman: Clare Gwilym
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
MemSec: Malcolm Moss
membershipsecretary@mbmu3a.org.uk
AsstMemSec: Colin Burkitt
assistantmembershipsecretary@mbmu3a.org.uk
Speaker Organiser:
speakerorganiser@mbmu3a.org.uk
Almoner: Olwyn Wych
almoner@mbmu3a.org.uk
Assistant Almoner: Pat Walker
assistantalmoner@mbmu3a.org.uk
Newsletter Editor: Malcolm Moss
newslettereditor@mbmu3a.org.uk
Outings: Hazel Bhatt
Kath Leigh
outings@mbmu3a.org.uk
Systems Manager: Kath Leigh
systemsmanager@mbmu3a.org.uk
Other Committee Members
Ulla Mehta
Website: www.mbmu3a.org.uk
National Website: www.u3a.org.uk
National Office: The Third Age Trust
52 Lant Street,
London, SE1 1RB
020 8466 6139



Items for future Newsletters

I am looking for interesting items that can be included in future editions of Marple Bridge & Mellor Newsletters.

Things that have happened to you in the past, funny or serious, items that you think could be of interest to our members.

You don't need to have your name published with the article if you do not wish to, but I do need to know who has sent the article.

Put your thinking caps on and lets try to make the Newsletter more interesting for all our readers.

Malcolm, Newsletter Editor

Announcements

It is with regret that we record the death of three of our members George Summers, Gwyneth Buckley and Sheila Johnson

We send our sincere condolences to their families and friends

Crossword Solution
Across 8. Winner 9. Isotropy 10. Two-edge 11. Impede
12. Ribbon 14. Waddling 17. Educate 18. Assists 20. organdie
21. Regard 22. Streak 25. Artifice 27. Intruder 28. Opened
Down 1. Viewfinder 2. Knee 3. Originated 4. Lie down
5. Gobi 6. Propelling 7. Sped 13. Buccaneers 15. Discretion
16. nutcracker 19. Remarry 23. Tone 24. Kids 26. flea

This Newsletter appears bi-monthly. The next edition will be published May 2022

Please send items for publication by email

to 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 by 29th April at the Latest