



## Tarporley and District u3a February 2023 Newsletter

February is a bit of an odd month. Winter is still very much the dominant season and, despite the lengthening days, spring is still some time away. One bright spot, however, is the festival that now celebrates love, romance and very expensive red roses, that of St Valentine in February 14<sup>th</sup>

Valentine was a Roman priest who annoyed the Emperor Claudius Gothicus by trying to convert him to Christianity. He was put to death in 269 C.E. There are a multitude of images of St Valentine, each one different from the last. Fortunately, he is also the patron saint of beekeepers, an easier image to access.

Gentlemen, 85% of all valentine's day cards are bought by ladies, perhaps this year you could tip the balance a little bit the other way!



### Country Dancing - and music making?

At their Christmas event, the Country Dance group were very pleased to have some live music to dance to and they would be delighted if this could continue. Their Convenor would love to start a group of musicians who can play country dance music, sometimes to accompany the dancers but sometimes for the sheer pleasure of playing. There are a number of players keen to participate but they need a more skilled leader who can take them to the next level. If you would like to take part in this, please do contact Mo on 01829 751667 or at [mjw@mowaddington.plus.com](mailto:mjw@mowaddington.plus.com)



Mo says

"We have decided that the 1<sup>st</sup> and 3<sup>rd</sup> Thursdays are more convenient for members than the present day (too much rush after the monthly meeting). So our February dates will be Thursday 2<sup>nd</sup> & 16<sup>th</sup> at 2.15 – 4.15 at Utkinton Village hall (near the junction of John street and Quarry Bank)"

Monthly Meeting– February 2023

Tarporley Community Centre.

**Thursday 23 February 2023**

Doors open at **9.45 am** for refreshments

The meeting begins about **10.15 am** with announcements.

The talk starts at **10.30 am**

***‘Experiences of a Female Prison Officer  
Part 2’***

***Karen Castel***

Our speaker was a prison hospital officer and one of the first female officers placed in a male prison. Quite a pioneer.

Karen has a wide knowledge of the legal and justice system in the country and during her first talk to us some months ago, we gained an almost unique insight into her professional life.

Her vivid description of how she was selected at a time when such deployments were rare and how she navigated this extremely challenging male environment, was fascinating.

She returns to give us the second part of her talk.

## Science Group

The group met on Friday Jan 20<sup>th</sup> to discuss the fascinating topic of Perception, the senses that all humans have and the effect they have on the human brain.

**Paul Bujac** introduced the first part looking at the five major senses:

**Vision** – the input of light, both natural and artificial, on the receptors in the eye

**Hearing** – the input of vibrations into the ear and through the complex elements of the human ear

**Smell** – the input of chemical molecules and particles in the atmosphere via the nose

**Taste** – closely related to smell where over 400 specific cells in the tongue and mouth respond to chemical stimuli.

**Touch** – the response of the skin to mechanical, thermal and chemical stimulus of the skin, which is the largest organ in the human body.

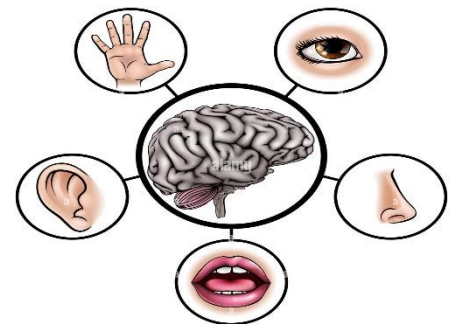
Paul also mentioned the “**6<sup>th</sup> sense**”; this includes proprioception, which enables the body to know where it is in space and to respond to changes in movement, force, velocity and temperature and to respond to internal changes.

In the second part of the presentation **Pete Broad** looked at the role of the brain in processing all the information received from the senses.

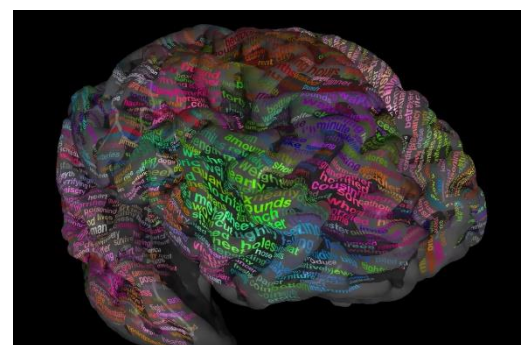
It is a core belief among neuroscientists that perception, awareness and experience is the result of neural activity in the brain that integrates senses with the bodily actions necessary to create an appropriate response. Put simply, inputs are received by the neuron via dendrites, they pass in a wave controlled by chemicals down the axon to reach the synaptic knob which passes the signal to other neurons. While neurons cannot be replaced, it is estimated that there could be as many as 80 billion of them creating a very flexible organ that can readjust and rewire itself many times in a human lifetime.

The brain is divided into two hemispheres and, through disease research and external stimulation, is known to process different senses input in different areas for hearing, vision and touch. Smell and taste are experienced differently. As all neurons work in exactly the same way, research has shown that the stimulation of one sense can influence the activity of another and there now exists a wrist band (touch) that improves some hearing problems. For a wonderful exposition of how the human senses might be expanded, go [www.ted.com/talks](http://www.ted.com/talks) and hear David Eagleman ask his audience “Can we create new senses for humans”.

The next meeting will be held on Friday Feb 24<sup>th</sup> in the main hall at 10.30. The topic will be announced later



alamy





## History Matters Group

The Group currently has over 60 members and meets once a month when they have a talk from either a member of the group or a guest speaker. During the summer months they visit places of interest.

The Group was called Local History when first started in 2014 but during Covid they decided they could perhaps widen the scope. With the new boundaries this year they have had a talk on the Suffragette movement by Davina Woods, a quilter whose group, the Phoenix Quilters, meet at Astley near Leigh. They had made an amazing quilt depicting scenes and associations with the movement.



They also had a talk on the history of Cheshire Cheese complete with tasting of the cheese included.

Their most recent visit was to Lion Salt Works last autumn for a guided tour. They found both the guide and the museum were very informative and agreed that the museum is well worth a visit.



One of the members, Don Igoe, gave a talk on the Egerton family of Tatton Park who owned the estate for 400 years. If you have walked in the park at Tatton Park you will know there is a medieval Old Hall in the grounds which is only open to the public on a few days a year. In the 1770s the Egerton family built a new hall (on the site of the present Neo-classical Mansion).



In 2021 member Gill Moroney gave a talk on the Roman Roads of Cheshire and some members may remember she later gave the talk at a monthly meeting. Gill's talk really emphasised to the group how much they can take Chester for granted, using it as a shopping venue, when it has so much history to offer. It really sparked interest in the Roman history of the city and the group later had a guided tour in Chester concentrating on the Roman connections and remains.



Recently we have had two guest speakers who are both local historians and who have been excellent. They have given talks on Vale Royal Abbey, the salt towns and the history of Chester's Bridge Street.



The group currently meets in the Craven Room on the second Monday in the month at 10.00am. If you are interested in joining then please do contact the Convenor, Liz Carter on [lizcarter19@btinternet.com](mailto:lizcarter19@btinternet.com) The Next meeting is on Feb 13<sup>th</sup> where Tony Bostock will talk about Heraldry.



I have included the information below as a reminder to all of us that there are unscrupulous people that seek to get their hands on our money. I hope this information gives some reassurance.

## STOP, HANG UP, CALL 159

At the end of September 2021, Stop Scams UK ([www.stopscamsuk.org.uk](http://www.stopscamsuk.org.uk)) launched 159, a memorable short-code phone service that connects the vast majority of UK banking customers safely and securely with their bank when they receive an unexpected or suspicious call about a financial matter.

This breaks the scam 'journey' at the critical moment when you are at most risk of being manipulated into making a payment. So, even if scammers can make contact with you, that link will be broken by your call to 159, before any information is shared, any payment is made, and any harm is done.

### **How it works: 'Stop, Hang Up, CALL 159'**

If you think someone is trying to trick you into handing over money or personal details...

...Stop, hang up and call 159 to speak directly to your bank.

In the first half of this year criminal gangs stole over £245m by pretending to be your bank or another service provider.

159 is the memorable, secure number that connects you directly to your bank if you think you might be being scammed.

159 works in the same way as 101 for the police or 111 for the NHS. It's the number you can trust to get you through to your bank, every time.

Since 2014 UK Telecommunications Operators have significantly reduced the 'call clearing delay time' to under two seconds, meaning calling 159 will always be a route back to safety.

159 will **never** call you. **Only a fraudster** will object to you calling 159.

### **Stop Scams UK's vision for the future**

Over 180,000 calls have now been made to 159, and they have ambitious plans to invest in the service further over the coming months.

They plan to integrate a new Intelligent Voice Response (IVR) system to route calls. This will streamline the calling process, provide a better service to users, and allow Stop Scams UK to support a wider number of banking destinations.

They intend to work with participating members to identify opportunities to integrate 159 with other aspects of their services. This could mean a customer identifying their bank to the IVR on a 159 call could in turn automatically trigger a push alert from their online banking app.

Stop Scams UK is also working towards making 159 a universal number offered by all telephone providers, similar to 101, 111 or 999.

### Who can use 159?

The cost of calling 159 will vary according to your phone provider. In many cases this will be the same as a national rate call. Please ask your provider for details.

The banks that currently use 159 are:

Barclays, Co-operative Bank, First Direct, HSBC. Lloyds (including Halifax and Bank of Scotland) Metro Bank, Nationwide Building Society, NatWest (including Royal Bank of Scotland and Ulster Bank) Santander, Starling Bank and TSB

The telephone companies involved in 159 are:

BT (including EE and Plusnet) Gamma, O2 (including giffgaff) Sky, TalkTalk Three, Virgin Media and Vodafone

### Cheshire Neighbourhood Watch Association (CNWA)

c/o Corporate Comms | Cheshire Constabulary HQ | Clemonds Hey | Oakmere Road | Winsford | Cheshire | CW7 2

Email: [cheshirenw@outlook.com](mailto:cheshirenw@outlook.com)

Website: <https://www.cheshirenw.org>

Facebook: [facebook.com/groups/cheshirenw](https://facebook.com/groups/cheshirenw)



In partnership with



Cheshire  
Constabulary



### A Thank you from Tarporley Community Centre Committee

The Trustees of TCC would like to thank everyone who attended u3a's general meeting on 26<sup>th</sup> January and made a donation. This raised £183 towards our new windows and cavity wall insulation fundraising.

By the time you receive this newsletter, we expect to have received the full £16,284 needed.

This project will both help our CO2 emissions & utility bills and continue to make TCC a modern and up to date space to hire.

You may not be aware that each year, we undertake a project to improve our facilities – the last major one was the new roof and toilet refurbishment.

Before Christmas at the request of various u3a groups, we installed a projector screen in the Craven Room so that presentations etc were much more enjoyable for our Interest Groups and a lot easier for the Convenors as they didn't need to wrestle with a free-standing screen.

Please see the photos which show how the rooms at TCC are currently being used – as well as one of our committee members as you don't usually see him.

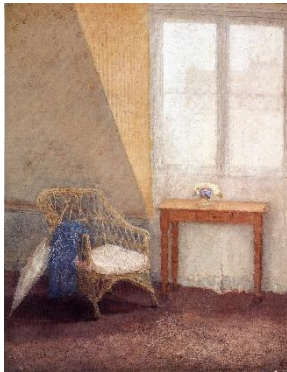


## Book Review - Keeping the World Away by Margaret Forster

Margaret Forster was born 1938 and was brought up on the notorious working-class Raffles Estate in Carlisle. Her family had very little money, but after attending Carlisle High School for Girls she went on to study history at Somerville College, Oxford. The family and her home were all to Margaret Forster and she did not particularly embrace celebrity or the social aspect which her status could have afforded her or, at times, were needed for promoting her work.



Keeping the World Away is about an unsigned study of a room by Gwen John, who was a British painter born in 1876 and the title of the book is taken from Gwyn John's own notebook and confirms her reclusive and introverted nature : "Rules to Keep the World Away":- Do not listen to people more than is necessary; do not look at people (ditto), have as little intercourse with people as possible."



The picture itself shows the corner of a room which John rented in Paris and in some way reflects the complex affair she had with the sculptor Auguste Rodin and her own inner turmoil because of the this. There is an obsession with the light and colour but no people - a parasol hints at the possibility of a joy filled day but paradoxically there is a solitary chair and some frail primroses. The book follows the ownership of this painting by six, somewhat unorthodox women over the period of a century and their relationship with the painting itself. It is in many ways a biography of the painting told in six short stories about these women, a snapshot of their lives, how they came to own it and how in turn it is passed on to the next owner.



The group overall agreed it was a well written book although one member did not like it in any shape or form, and this always provokes a lively discussion on style, content and evaluation of the work. The majority agreed the story was well told and illustrated the women's troubled relationship to creativity and their lifestyles which did not necessarily adhere to social conventions of the time.

Gwen John died in 1939 and although she was not as well-known as her brother, Augustus John, her work did become more popular after her death.

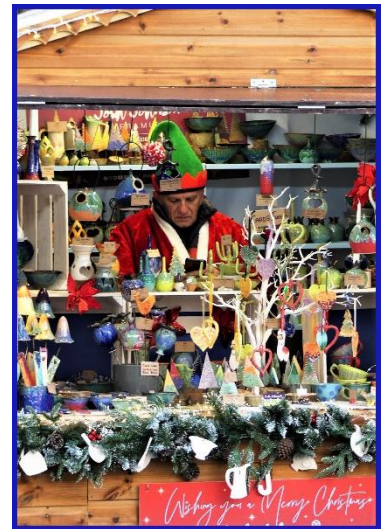
John's "rules" also, in many respects reflects the personality of the author which may have added another dimension to the book as Forster could have written those very rules herself. It was an interesting choice and a good start to the year.

A second Book Group has just been formed and we look forward to some news of their reading as they get established.



## Digital Photography

The group will be meeting on February 8<sup>th</sup> in The Arthur Meredith Room at 10.00 am. They will be looking at new theme to take them forward into spring. Here are some reminders of the winter season.



## A Night at the Flicks

There is something magical about cinema that is so much more exciting than watching a film at home. Perhaps it is the pleasure of being with other people all enjoying the same thing at the same time. We are well served with commercial cinema not too far away, with the multi-screen Vue and the smaller and cosier Storyhouse cinema. The new market development also contains a cinema, though this is yet to open.

In recent years there seems to have been more films made with complex and interesting scripts, excellent acting and with no computer generated images which I think suits our u3a audience more.

What has grown in recent years is film viewing in smaller, community venues and there are a number to choose from in our u3a area.

One advantage of these venues is that they are very welcoming to anyone on their own who would like to see a film but who hesitates to sit in solitary isolation, in a large, public cinema space. Even if you come alone, you are almost bound to see someone you know.

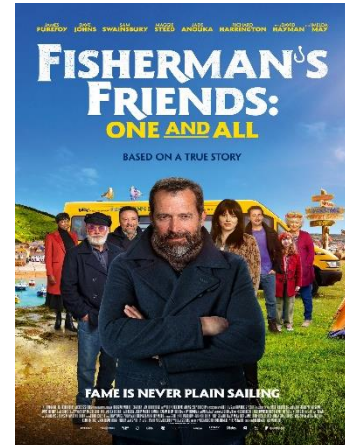
### **Tarporley Community Centre**

Feb 17<sup>th</sup> at 7.30

### **Fisherman's Friends: One and All.**

Tickets £5

Refreshments and raffle



### **Tarvin Community Centre**

Feb 17<sup>th</sup> at 7.30 pm

### **Empire of Light**

Tickets £5

Bar available

( There is usually a children's film on before at 6.00pm, but no suitable title was available this month)



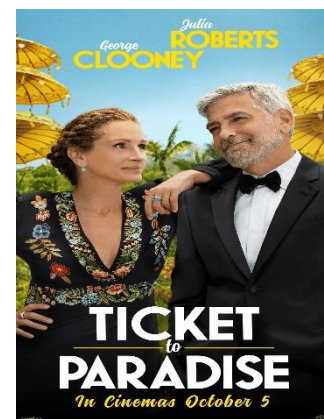
### **Jessie Hughes Village Hall Eaton**

Feb 19<sup>th</sup> at 7.30 pm

Ticket to Paradise

**Tickets £4**

Bar and refreshments



Both Kelsall and Tattenhall have film evenings, please go local websites for more details.

### **Warm Spaces**

There are several community spaces that have ben opened to provide some relief for individuals who may be struggling to keep warm. If you do not feel that you fall into this category, please do remember that they are also there to provide social contact and company, also needed to maintain good health. All offer free refreshments, though some may welcome small donations.

**Tarvin Community Centre** is open on a Tuesday afternoon in the Wilkinson Lounge from 1.00pm until 4.00pm

**Tarporley Community Centre** is open on a Friday afternoon in the Craven Room from 2.30pm until 4.30pm with craft and bingo sessions,

**St Philip's Church Kelsall** is open on a Wednesday afternoon from 2.00 pm until 4.00pm

Many churches and libraries are also open for this purpose, so do investigate local places and organisations.



**Just a brief word about the images in the Newsletter. They are sent with the participants agreement but are intended for inclusion in the Newsletter only. Please do not send images of individuals in the Newsletter to other public, digital spaces.**

And finally.....(.... at last, do I hear some if you say!)

### **The Old Man and the mirror**

I look behind the mirror  
Hoping there to see  
The grey-haired old gentleman  
Who keeps looking out at me

When I was but a young lad  
He was never ever there



Just a fresh faced beardy student  
With long and straggly hair

He must come from somewhere  
To be there every day  
He does look like an older me  
I really must just say

One day I hope to catch him  
I really try my best  
To dash behind the mirror  
And grab the sneaky pest.

By The Old Bill

**To respond, or contact any Committee member please phone  
the Secretary, Liz Carter, on 01829 732863 or email [Tarporleyu3a@outlook.com](mailto:Tarporleyu3a@outlook.com)**

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