



Tarporley and District u3a January 2023 Newsletter

Another year has turned, and I do hope that you are easing into 2023 in good spirits. The Christmas season is over but the dark and cold of winter still stands in the way of spring. But spring will return and the lighter nights and brighter days will warm our bodies and raise our spirits again.

A new year is a time for some new activities so I do hope that, from the wealth of groups available, there will be something that tempts you out.



Canasta-Bolivia Group

The Canasta card game group was started three years ago after many members of the u3a had expressed interest in playing it. It was obvious from the start that this was a favourite card game that members had played with their families many years ago but, due to the arrival of the internet, iPads and mobile phones, was not played so much now.

There are many aspects to the game and the enthusiasm of our players has encouraged the group to move on to play Canasta-Bolivia, which is the next stage in this fascinating card game.

Once a player has learnt the rules, which are not too difficult, a weekly game keeps the mind sharp and makes you concentrate for a couple of hours. The group is very friendly and there is quite a bit of banter and good-humoured rivalry. A really fun afternoon!

The group plays on Fridays for two hours from 1.30 pm to 3.30 pm at Tarporley Community Centre. For further information, please get in touch with Iris or Graham Goodbarne (Tel. 01829 262575).





Tarporley and District u3a

The next general monthly meeting will be held on
Thursday 26 January 2023 at Tarporley Community Centre.

'A Solo Walk Across Africa'

By

Fran Sandham

Doors open at 9.45am for coffee and tea and biscuits.

The meeting begins about 10.15 am with a few announcements.

Our talk starts about 10.30am and is an account of a 3,000-mile journey on foot from the Atlantic to the Pacific coast.

Fran Sandham is an experienced traveller and well-known speaker. He is a former editor of Rough Guides and a freelance writer for numerous daily newspapers.

You can find out more from the u3a website at:
<https://u3asites.org.uk/tarporley/home> where the monthly newsletter is available, as is information on how to join the u3a.

Keeping Warm this Winter

There is no doubt that, for many older people, the attractions of the winter season start to diminish. Crisp winter days and starry, snowy nights can start to symbolise icy pavements and respiratory illnesses. There is a growing tendency to hunker down, to draw the curtains against the chill and to wait impatiently until spring.

But this year there has been an added edge to the cold weather, the realisation that keeping warm now needs thinking about much more carefully. The cost of energy has become a real and important element in our lives, and many more of us will be making calculations that we would have regarded as ridiculous a few years ago.

Help is available and the Government, national and local, has made significant moves to give extra resources to certain groups, of which older people are one. If you, or someone you know, needs to access extra help, here are some contacts,

There are also a number of places that will be open to offer warmth, refreshments and companionship during the winter months. The latter aspect can be as important as the other elements, we all need human contact to function well and to remain on an even keel.

Here are some places you can visit, if you know of others then please do let me know.

As well as being a user of some of these services please remember that volunteers to help run them would be much appreciated. U3a members are often first in line to help whenever they can.

Where to get help in Cheshire West

Please share **Food support**



If in need of food support, foodbanks are there to help. To find out how to access your local Foodbank please visit the websites below.

- Mid-Cheshire Foodbank (Winsford, Northwich, Tarporley and surrounding areas) - <https://midcheshire.foodbank.org.uk>
- West Cheshire Foodbank (Chester, Ellesmere Port, Neston, Tarvin, Tattenhall and surrounding areas) - <https://westcheshire.foodbank.org.uk>
- Frodsham Foodbank (part of Runcorn foodbank) - <https://Runcorndistrict.foodbank.org.uk>

Advice and support



Cheshire West and Chester HELP can offer support in a crisis. Citizens Advice can help give advice on debt, benefits, employment, housing and more

- Cheshire West and Chester HELP (Help in emergencies for Local People) - Freephone: 0808 175 3599
- Citizens Advice - Freephone 0808 278 7806 or <https://www.citizensadvicecw.org.uk/contact-us>

Mental health



CWP mental health crisis support line is open 24/7, seven days a week and is open to all ages - including young people and children - **0800 145 6485**

Cost of Living/other support



- <https://www.cheshirewestandchester.gov.uk/residents/housing-benefit-council-tax/cost-of-living-support>
- For futures - If you know someone sleeping rough, contact freephone number 0808 175 3595

Tarvin Warm Spaces

A number of local organisation will be opening their doors to provide warm spaces to Tarvin Parish Residents over the winter months. These spaces are available for all ages and are **free of charge**.

St Andrews Parish Rooms
(next to St Andrews Church)

Monday, Tuesday, Thursday, Friday - 9:30am to 11am
Wednesday - 10am to 11:30am

Visit St Andrews for hot drinks, biscuits, games and company.

Tarvin Methodist Church

Thursday (1st and 3rd of each month) - 12:30pm

A soup lunch with a choice of two homemade soups, crusty bread, pate and cheese, tea and coffee.

Thursday - 1:30pm
"Knit and Knatter" - drinks and company.

Saturday - 10am to 12pm
Coffee Morning and chat.

ALL spaces are FREE (no obligation to make a donation).
Guarantee of a hot drink, warm space and good company!

Tarvin Community Centre
(Lounge Area)

Tuesday (from 3rd January 2023) - 12pm

With help from Tarvin WI, tea and coffee will be available. The library is also at the Community Centre on a Tuesday afternoon.

PLEASE CONTACT INDIVIDUAL ORGANISATIONS FOR FURTHER INFORMATION.

TARPORLEY LIBRARY

MONDAY
5-7
DOORS OPEN FOR READING

THURSDAY
5-7
DOORS OPEN FOR READING

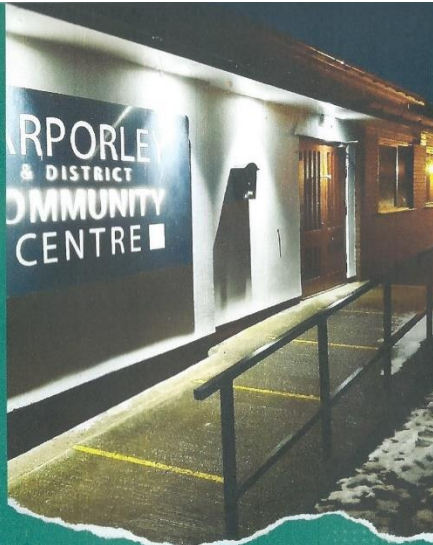


TARPORLEY PARISH COUNCIL

Clerk : Ann Wright

62 Well Street,
Malpas,
Cheshire,
SY14 8QH

clerk@tarporley.org.uk
www.tarporley.org.uk



TARPORLEY COMMUNITY CENTRE

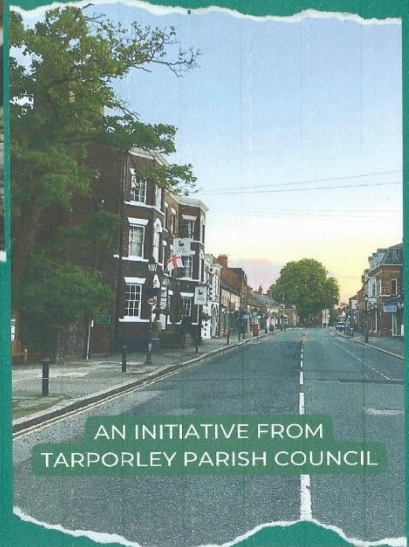
FRIDAY
2.30-4.30
DOORS OPEN

1ST SATURDAY OF THE MONTH
COUNTRY MARKET

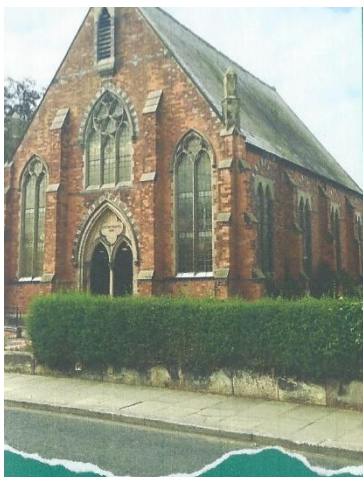


THE WARM HEART OF TARPORLEY

"Keeping you warm this winter"

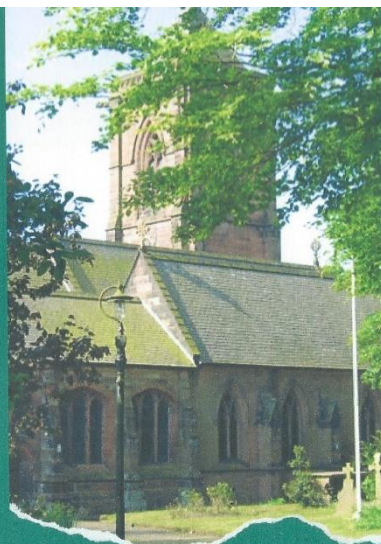


AN INITIATIVE FROM
TARPORLEY PARISH COUNCIL



TARPORLEY BAPTIST & METHODIST CHURCH

TUESDAY : 10-12 LITTLE ANGLES TODDLER GROUP
TUESDAY : 2.15-4 KNIT & NATTER (REFRESHMENTS)
THURSDAY : 3.30-6 WARM SPACES SOUP & ROLL
SATURDAY : 10-12 COFFEE MORNING



ST HELEN'S CHURCH

WEDNESDAY
10.30-12.30
COFFEE & CHAT

SUNDAY
10AM
COMMUNION



WHAT IS THE WARM HEART OF TARPORLEY?

With the rising cost of living and the evident worry surrounding it, we have asked our local venues for assistance with an initiative that not only provides safe warm environments but the capability of bringing people together throughout the winter.

WHERE CAN I GO?

This leaflet will contain a few of the scheduled weekly events but please be on the lookout for the Warm Spaces Heart up and down the high street as other venues show their support for our community.

Science Group

At the meeting on December 6th the Science Group listened to a fascinating talk by member Tony Yeates about ITER, the International Thermonuclear Experimental Reactor. This large, long running cooperative venture is based at a site in Provence where scientists and engineers of many countries are working to produce reliable, controllable and safe fusion power by fusing two isotopes of hydrogen Deuterium and Tritium. The former is extracted from sea water, and Tritium is manufactured from Lithium. If successful, the heat generated from the plasma created



could power turbines for a fraction of the fuel input now used from conventional sources and create virtually no atmospheric pollution. (1 gram of the Deuterium/Tritium mixture can produce the power output of 11 tons of coal) Given the extremes of heat, cold, hurricanes and floods experienced worldwide this year, the success of this project is desperately needed.

The EU, China, India Japan, Korea the US Switzerland and yes, even Russia, are all collaborating despite the political difficulties. The UK remains an important partner, though Brexit has caused some problems.



At the heart of the project is a 30m by 28m containment vessel, manufactured in India and assembled by German engineers, where highly charged plasma, excited by and controlled by huge, supercooled magnets, releases its power. Complex cooling systems then take this heat and transform it into a manageable steam that could power turbines to produce electricity. At this site however, there are no turbines, for the complex exists to show that the physics and engineering can actually do the job required. Its work is at the cutting edge of scientific knowledge. The problems

that must be overcome are complex and some of the brightest minds of today are working on it. In Tony's view, its success is vital for the survival of the planet.

The talk was held in the same week as the USA announced that it had finally managed to create a positive fusion power output by a different route, bombarding a small amount of Deuterium and Tritium with immensely powerful lasers. Whatever the outcome and whichever technology succeeds, the world needs a breakthrough that can be transformed into power stations on the ground. A site in Nottinghamshire has been earmarked for the first, small-scale plant when the technology advances sufficiently to make this a viable concern.

For more information go to www.iter.org

The group is now holding its monthly meetings in the Main Hall at the TCC. This extra space gives us a chance to broaden our membership by welcoming other u3a members to our meetings and to share some of our ideas about Science and Technology. You are very welcome to come to our next meeting on Friday 20th January at 10:30 when Pete Broad and Paul Bujac will be talking about 'Perception'.

The Ukulele Group

The Ukulele Group went along to the Oaklands Nursing Home, Chester, on Tuesday, 13th December, to entertain the residents and treated them to a mixture of the songs from their (and our!) young days and Christmas songs and carols. Many in the crowded conservatory were able to join in enthusiastically and seemed to thoroughly enjoy our efforts. In truth, I think we got as much heart-felt pleasure out of it as did the residents. A worthwhile venture indeed.



Shortly after we arrived back we had a call from the Iddenshall Hall Care Home inviting us to perform there - our fame must have travelled fast! As a result, 8 ukulele players sang and played their hearts out again the following Tuesday to an equally receptive audience - and it seems we have a couple of bookings for Easter! We are not yet ready for party or wedding receptions but watch this space..... (Just joking!).

Keith Barker



Striders Christmas walk

On Wednesday 16th December, during the spell of arctic weather, the intrepid striders set out on their Christmas walk. Clear skies and sunshine greeted the day but the temperature was -6°C.

The walk commenced at the Pheasant in Burwardsley. All arrived safely, although the road conditions were a bit concerning. We set off at speed to keep ourselves warm. Soon we were so entranced by the beautiful snowy landscape around us, glistening in the morning sunshine, that all thoughts of the cold were forgotten.



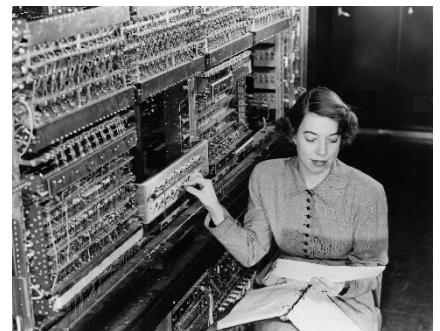
The pathways were reasonable with only occasional slippery patches. It was a delight climbing up and down the Peckforton hills, savouring the good company and the panoramic views.

After traversing some very frosty stiles, with much hilarity, we arrived back at the Pheasant where some were joined by partners to swell our numbers to 30+ for a very festive and excellent Christmas lunch. Now looking forward to tackling the walk programme for the New Year.

The Striders are the most energetic of the walking group but there are others that cater for different levels of fitness. All offer a wonderful and sociable way to keep mobile and to benefit from the peace and tranquillity of the natural world. Go to the website for more details.

Computer group

Our u3a Computing group, which has been meeting virtually, eg using Zoom, for almost 3 years since Covid appeared, will shortly be moving to meeting up in person. This change will be an opportunity to invite other u3a members to come along and see what we do. We cover a very wide range of IT topics, exploring new systems and applications, and we are always happy to help each other out with problems. Anyone who would like to come along to see what we do is very welcome.



The next meeting is on Wednesday 1st February at 10am in the Committee Room, Tarporley Community Centre. Please let me know (paul.bujac@gmail.com) if you would like to join us.

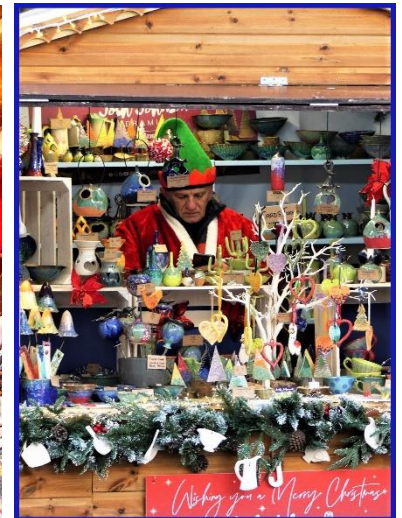
Table Tennis

On 13th December, the Kelsall Table Tennis group held their annual Mixed Pairs competition and festive lunch. The draw was randomised by pulling names from a hat. There were two leagues of five which played each other and the winners of each league played to find the overall winner. The winners were Lynda Lightowler & David Benn, winning a bottle of fizz. The runners up were Viv Sutton & John Williams, who won a box of chocolate biscuits. After the competition, there was a Christmas lunch at the Morris Dancer for those who wished to start the season's celebration.

U3A play table tennis in Kelsall on a Tuesday morning, and in Tarporley on a Monday morning.



Some Christmas images from the **Digital Photography Group** taken at the outdoor market in Chester.



u3a Christmas outing

Thank you, Edward Baskerville for the prose and Jane Lewis for the poem, about this event.

Forty or so members joined “Fernando and Ruby” (aka Edward and Liz) for a hilarious few hours at The Queen Hotel Chester on 7th December. We were entertained with music and songs from the delightful ABBA inspired films by a couple who encouraged participation from the moment we arrived. A “tinsel and turkey” party, I suppose, with a very well presented three course lunch. Following our turkey and Christmas pud, we took to the dance floor to more of those unforgettable tunes. There must have been close to 300 people attending the Greatdays sponsored event, from an assortment of organisations across the county. This coming year the theme will be “The Beatles” and judging by the compliments from those attending “Mamma Mia” we shall certainly be making a return visit to the Queen Hotel in December 2023!



(Look out in the February Newsletter for more about the trip to Buxton on Saturday 5th August for Gilbert and Sullivan’s “The Yeoman of the Guard” and an opportunity to explore a little of this spa town.)

Dancing Queens

U3A travellers, travelling to their ‘Waterloo’,
 Stepping out on to The Queen’s Hotel steps,
 As memories began to wobble, began to whirr,
 Forget mince pies and vol-au-vents, ‘gimme’ some ‘
 Voulez-vous’,
 Soon we settled at our group’s table,
 The first entree was a pre-meal quiz ,
 To create a name for our quiz team,
 Someone quizzically suggested, ‘Floppy Hats’,
 Soon hats were produced as women raved,
 ‘Gimme, gimme’ a floppy hat before mid-noon,
 Hearing the music, ‘knowing the time is right’,
 We began ‘ pushin through the darkness’,



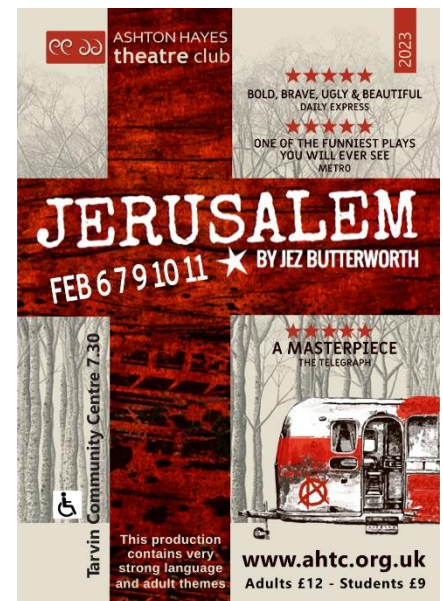
To fully emerge as dancing queens,
 Pinching toes, pinching notes from past times,
 Swirling Inn-Betweeners throbbing to the Abba beat,
 All sharing 'a song to sing'
 Thank you Fernando,
 'Thank you for the music, for giving it to us'.

Amateur Theatre at its best.

Ashton Hayes Theatre Club never shy away from tackling complex pieces and their next production at Tarvin Community Centre in February is the acclaimed play by Jez Butterworth, Jerusalem. This piece has been called "the greatest play of the 21st century"

Tickets are available from the Ashton Hayes website

If you know of an event in the Tarporley and District area that you think will be of interest to u3a members, please do send the details to me, Sue Hardacre at bandshardacre@btinternet.com for possible inclusion in the newsletter)



A poem to raise a smile...

We peace-loving folk of Chesh-eer,
 Now welcome another New Year.
 Whatever it bring,
 Despite everything,
 We resolve to remain of good cheer.

In Chester there's a bright-painted clock
 And to snap it the tourists do flock;
 But if they want it to chime
 They'll be there a long time
 'Cause the silent thing has no tick-tock.

A pedantic club member named Ross
Couldn't sleep – he would turn and would toss.
Apostrophe?
Or not to be?
Or what was it that made vicars cross?

Keith Barker Jan. 2023

A very Happy, Peaceful and Healthy New Year to you all.

To respond, or contact any Committee member please phone
the Secretary, Liz Carter, on 01829 732863 or email Tarporleyu3a@outlook.com

Tarporley & District U3A is a Registered Charity – No 117137

A bit of a bonus.....

I have received some photos of the excellent Open Day back in September
I do hope you enjoy these reminders of an excellent occasion.







