

SANDBACH U3A



Cool
pond
lilies
make a
splash

Stop Press Your committee needs your talents! If you would like to contribute to the work of U3A in some way, any way, we want to hear from you. Please email the secretary at secretary@sandbachu3a.org.uk

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Group Sign Up Day

Sign up day this year will be on **Wednesday August 29th at the Wesley Centre, between 10am and 12 noon.** You'll be able to talk to group leaders, sign up for groups and get information about trips and events. There'll be a help desk where you can talk to an experienced U3A member, talk about other possible groups you might be interested in and make suggestions for additions or changes to the U3A programme.

It will be possible for new members to join and for existing members to re-enroll (£10), **but** it is quicker if you use the website, post or the library **before sign up day.** For on line joining or rejoining there is an update about the **SWISH system** in this Newsletter to help you. It is likely there will be a queue at the Wesley Centre and you need to be a member, before you can sign up to groups.

You will be able to get into the building through the front and rear doors, but the car park off Wesley Avenue will be for disabled drivers only. There is public parking in Chapel Street, on The Commons and near Waitrose, as well as short term parking on the street.

If anyone feels they can offer help on sign up day, I'd love to hear from you. You can contact me at secretary@sandbachu3a.org.uk I look forward to seeing you all in August.

A final reminder. Although most groups close at the end of May some, like Walking Football and the Sunday Lunch club, continue over the summer. It's worth checking with your group leader to see if there are any meetings in June, July and August. Both Walking Football and the Sunday lunch group have places available for additional members.

Sandy Boyle

Last Member Meeting



The last Member Meeting before the annual summer break was held on Monday 7th May in the Town Hall.

The speaker was Janet Bradshaw, talking and dressing up for just over an hour as she related her work and long association with Tatton Park. There were no questions for the speaker so the host and Chair, Arnie Laing, asked the audience if they could guess his connection to Tatton Park?

Fellow Committee Member, Kevin Dean, jokingly (we think!) and to the amusement of those present shouted out, 'Are you a descendant of an illegitimate child of the previous Tatton landowner, Lord Egerton?' This, however, was denied and declared incorrect by the Chair!

But, as not even the speaker guessed, Arnie then explained that his late father was an original member of the Parachute Company which, during WW2, took off at the then - Ringway Airport (now Manchester International Airport) and did their first parachute practice drops into Tatton Park, where a monument now commemorates this event.

Thanks go to Alice Holmes and her excellent tea lady team for their sterling work at these monthly meetings.

And so, the Monthly Member Meetings now stop for the summer, recommencing in all their glory on the first Monday of September.

Arnie Laing

First Aid Course for U3A Members

A First Aid Course will be held at Bradwall Village Hall on the 8th October from 10:00am to 4:00pm. Numbers are limited to ensure effective course teaching but, subject to demand, further sessions will be held.

Most of our groups meet in locations near to the town centre that can be quickly reached by the emergency services and so, initially, we would like to give **priority** to those groups who go out of town (e.g. walking, cycling, bird watching, etc.).

The cost for the training will probably be £2, plus an additional cost if you would like a First Aid booklet to take home with you.

If you are interested in attending a First Aid Course, please:

email barrie.hacking.u3a@gmail.com

or leave a message in the U3A box in the library, giving your contact details and the group(s) to which you belong.

Thank you

Barrie Hacking



The Musings of a Simple Cake Eater

I'm Mike Reilly, Leader of the *Rusty Riders Cake and Gossip* group. Whilst being Leader makes me feel so very important, more importantly, I really see myself as just the group's admin officer. I took over the reigns from the previous incumbent, Peter Cuthbert, last Spring after he rather shockingly announced to us that after 'just 6 years' of running the group he was going to stand down. I know! What can I say?

I mean, Peter had us all so well trained: **You will turn up every month, barring holidays; Rain, put a waterproof**

on; No, you will not overtake the leader; Yes, you will hand over your 50p every month without being asked. And, his pièce de résistance, a real Marie Antoinette moment, '**Qu'ils mangent de la brioche**' very roughly translated for our little group as '**You will eat cake!**'

There were some slight issues with my plan.

Smallwood - is that the little copse next to Bigwood?
Rodeheath - No, not yet, but I will do as soon as I can find it.
Jodrell Bank - I'm with Barclays myself.
Ettiley Heath - oh yes I remember his yacht, 'Morning Cloud' wasn't it? Ahh, you've guessed! My local knowledge is somewhat lacking and, sadly, I don't ride a tandem. But, each month, I sit in front of the OS website and doodle my way from Sandbach to a local eatery and back again, download it to my walking gps and strap it to my handlebars. Each month the group turns up smiling and follows me, idly chatting and laughing along the way whatever the weather - I don't think they realise how many times I go wrong squinting at my little screen, or perhaps they've just got used to my response when they do notice, '**It's not just a ride, it's an adventure!**'



If you're having a good time, who actually cares? That's very much the ethos of our little band.

We are a very friendly close-knit bunch, not cyclists, I like to think, just cakeaters (although Christine with her folding bike, camping gear and go anywhere attitude could quite easily put my motorcycling adventures to shame). Currently, we meet on the third Friday of each month, taking tiny

lanes, cycle tracks and railway tracks (loco-free) to keep us out of the traffic. Between 10 and 16 miles at a very leisurely pace is fairly typical, leaving no one behind en-route.

Enjoying some little cafe or bistro about the half way mark, our return is even more leisurely. This year, we ran right through the summer, as well, heading out to some really wonderful places, whose names just escape me at the moment.

Having so wetted your appetite for adventure, I'm sorry to say that the group is currently fully subscribed, although I am very happy to add your name to the waiting list. My contact details can be found on the Rusty Riders Cake and Gossip group's web page.

Mike Reilly, Cakeater

Special Offers for Members – U3A Exclusive!

With membership in excess of 1400, Sandbach U3A's buying power is becoming significant, allowing us to negotiate some attractive deals for members.

In addition to previously advised discount "offers" on **Train Travel, the Opera, Ballet and Theatre Live Streaming from London plus Silver Screen Cinema deals at the Crewe Odeon**, the following businesses are also discounting their services to members:

JD Hair & Beauty

54 Heath Road
Sandbach Heath
CW11 2JU

Donna, Helen and Tara are offering discounts to new clients on first appointments from June - September 2018

- 10% off any Colour, Cut & Blow Dry
- 20% off Cut & Blow Dry
- 20% off Gents Cuts

Vanessa is offering Gel Polish Nails and Toes at £35 instead of £42

Kelly is offering 10% off Gel Nails and Semi-Permanent Lashes on Fridays

Mention you are a member of U3A when booking in for your first appointment and then take your Membership Card with you.

DLP Paving & Fencing

This Sandbach-based firm is keen to support U3A members and has promised to provide an article about their services.

Full details of all offers can be found on our website, which will be updated as new offers and/or guidance becomes available.

SWISH Update – Have You Tried it?

More than half of our members have now renewed their membership for 2018/19 and have access to their own account areas on the website where they can check and update their own details. This access is particularly important as it is now **up to individual members**, rather than group leaders, to enter their own emergency contact details onto the system.

For those who haven't yet renewed, if you can find the email we sent you at the beginning of May the link will still work to allow you to pay online (£10). If you can't find it, please don't worry, as we will be sending another one in early August. If you think you may not have received the email, please let our Membership Secretary, Barrie Hacking, know as we may not have the correct address for you. Barrie can be contacted by emailing membership@sandbachu3a.org.uk

We are busily training leaders, to enable them to edit their own group details, add members to their groups and indicate how many vacancies they have. Quite a few groups have already been updated so why not pay a visit to the website and check the latest for your groups. When you are added, links to those group pages will appear in your profile, giving you quick access to their details. All groups should be functional in this way by early September.

Don't forget, if you renewed online and wish to have a membership card for 2018/19 you can either collect it at our occasional desk in Sandbach Library, at a member's morning when they commence in September, or at the **Group Sign-Up day on 29th August**.

Alan Casey

Bookworms Invade Member's Garden



It was 'Fun in the sun' as the **Thursday Fiction Book Group** rounded off its 2017/18 season with its annual social event. On a glorious June afternoon, we met to celebrate yet another good season of 'Group Reads'. In the beautiful setting of a member's garden and with a feast of an Afternoon Tea, we held a discussion on our most recent book choice and also made plans for the next term. It was a thoroughly pleasant way to round off the year, socializing with friends who all share a love of reading.

Chris Davies

Dementia Friends – Helping to create dementia friendly Sandbach



Dementia Friends is an Alzheimer's Society led initiative, which aims to increase dementia awareness and change the way the nation thinks, talks and acts about dementia.

Statistically, 1 in 14 of the country's population over the age of 65 is living with dementia. Assuming half of Sandbach U3A's 1400 members are over 65, that suggests that around 50 members may be living with dementia?

A **Dementia Friend** is someone who has attended a one-hour information session and has committed to an action that will make the lives of people living with dementia a little bit better. Anyone, of any age, can be a Dementia Friend and every action counts - from helping someone to find the right bus to spreading the word about dementia on social media.

Dementia Friends Champions are trained volunteers who encourage their family, friends, colleagues and local community to understand a little bit more about dementia, what it's like to live with dementia and then turn that understanding into action.

If you would like to find out more about Dementia Friends please visit www.dementiafriends.org.uk

Dave Whitworth



Watch this Space for more information about Dementia Friends and training programmes that will be available to members

Walking Footballers Shot

A recent photo shoot by **Don Rickards Photography Group** has recorded some original action by the Walking Football Group. Once posted on the Group pages for all to see, these shots attracted some incisive comment from those best-placed to appreciate the skills on display.



‘Very good inaction shots! Why were the photographers using such technical equipment? Surely a Kodak Brownie would have been up to speed and more appropriate?’

Barry

‘Some great action shots! Well, I say 'action' shots, good shots anyway. See you all later’. Cheers

Mike

‘Great photographs ... hope you’re all well’

Gary

‘Excellent array Arnie !!

My absolute favourite is Bernie scoring from a distance of two and a half inches and Mick completely beached!!! Keep going boys, we’ll look better with practice’.

Haydn

‘Great photos. Good advert for the WF group. Well done the photographers’.
See you later on.

Phil

Anon

Going Dutch – On Two Wheels

Holland, land of plenty: plenty of bicycles and almost as many Vans, Van Gough, tall folk, low land, canals, windmills and tulips. We haven't been to Holland before and since it is the flattest and most cycle-friendly country in Europe, why not do it on two wheels?

Bruges is delightful, a great place to start. We find the hotel's underground parking - take the bicycles off the roof first! This will be the car's home for the next week as we pound the pedals.

Leaving Bruges along the Damse Vaart canal, we'll head north to Sluis, just inside Holland, hit the windswept North Sea coast and follow cycle route LF1. From The Hague, we shall meander inland towards watery Amsterdam. Some 250kms to be done in four days, at very Rusty Riders pace. We'll smell the flowers and the salt air, try to 'keep right' and celebrate each day at decent hotels (no tents involved). The Medici Hotel sits just north of Bruges' central square, its name recalling the city's glory days and the interests of those influential Florentine bankers.



Our cycle way runs on top of the sea defences and, where a series of estuaries splits the coastline, both tidal barrages and ferries enable our crossings. Elsewhere, massive earth embankments keep the North Sea at bay and we can see the broad expanse of sand beyond, where occasional (vulnerable?) café/restaurants service sun seekers from the other side, the even lower land – unlike cyclists, residents around here don't enjoy 'sea views'.



I said it was flat ... many quiet cycle ways wind through the water-infused polders. We wrong slot at a multi-way junction and it takes me a while to realize that the sun should be somewhere else, if we really want to travel northeast. The price is an extra 10km and the navigator's customary slice of humble pie.





The shoreline of The Hague lies ahead and we follow a cycle way inland, through the outskirts of the city to find the Peace Palace. The glorious palace gates were a gift from Germany in 1914, shortly before the declaration of war. In a further ironic twist, having first proposed the idea of the palace in 1899 Tzar Nicholas and his family were murdered by the Bolshevics, just five years after its completion.



A few kilometers north of The Hague, the Keukenhof Gardens are a blaze of colour and design, based on this year's theme of *Romance in Flowers*. Some 400 years of tulip-ology lies behind these glorious displays.



Rembrandt self-portrait, one of the Rijk museum's many treasures. Whilst the semi-circular waterways rippling out from Amsterdam harbour define the city's geography, we are trying to master railway station geography. After two nights in the city, we are taking the train back to Bruges, via Brussels, and the knack of wielding laden bicycles up station escalators is quickly learnt. We exit at the wrong station in Brussels, but it's all in a day's work as we 'hop' onto the next train, almost immediately. Arriving mid afternoon, it's time for a coffee in the sunshine, then the half hour ride across Bruges, back to the Medici Hotel and journey's end, at least for today.

Golf for Anyone - £7 per session?!

Jeff Diggle has made arrangements for golf tuition classes at Malkins Bank GC with the new golf professional, Ian Seath. These two posters show the coaching sessions available to U3A members. The sessions include tea or coffee on arrival and are open to beginners and intermediate golfers (and, possibly, non-U3A members who may be considering joining).



So, if you have ever fancied your chances on the golf course, this is your opportunity to see if it's for you.

Please contact:

Iain Seath
 Head Professional Malkins Bank & Queens Park
 Advanced AA Class PGA
 Professional golf
 Certified Advanced Coach
 Mobile number is 07784 533033



If I Remember Correctly ...

This is the space where you can share your special memories, those life changing experiences and untold bits of personal history that you may wish to preserve and which others might enjoy. Please send your story (100-400 words) to newsfeed@sandbachu3a.org.uk

An elderly friend gave this reflective piece to another elderly friend; a tongue-in-cheek pining for missed opportunity draws out humour alongside wistful yearnings for the simpler things of life.

I'd Pick More Daisies

If I had my life to live over, I'd try to make more mistakes next time.

I would relax. I would limber up. I would be sillier than I have been on this trip.

I know of very few things I would take seriously.

I would be less hygienic. I would take more chances.

I would take more trips. I would climb more mountains, swim more rivers and watch more sunsets.

I would eat more ice cream and less beans.

I would have more actual troubles and fewer imaginary ones.

You see, I am one of those people who lives life more prophylactically and sanely and sensibly, hour after hour, day after day.

Oh, I have had my moments and, if I had to do it again, I'd have more of them.

In fact, I'd try to have nothing else.

Just moments, one after another, instead of living so many years ahead, each day.

I have been one of those people who never goes anywhere without a thermometer, a hot water bottle, a gargle, a raincoat and a parachute.

If I had to do it again, I would go places and do things and travel lighter than I have.

If I had my life to live over, I would start bare-footed earlier in the Spring and stay that way later in the fall. I would play hooky more.

I wouldn't make such good grades except by accident.

I would ride more merry-go-rounds.

I'd pick more daisies

By Nadine Stair

Despite the American English, I'm sure that many readers will relate to the sentiments shared here.

Extract from the Cheshire Fire and Rescue Service e-newsletter, FiRELiNK, May 2018 - a timely warning of the dangers of relying on fire detection devices that are not able to perform as you would expect.

Cheshire Police
ALERT



On-line Newsletter for Cheshire Fire and Rescue Service

Is your smoke alarm 10 years old?

We are urging residents living in homes built between 1992 and 2008 to have their hard-wired smoke alarms replaced.

Research into their longevity has concluded that hard-wired as well as battery-operated devices should be replaced every 10 years, or sooner if they do not respond properly when tested.

The manufacturing industry also recommends that smoke alarm detector heads should be replaced every decade.

Countless Cheshire homes are being protected by smoke alarms that are more than 10 years old, with misguided faith in hard-wired alarms being a particular concern.

Please note that U3A may be able to assist members with contacts for alarm fitting and we also hope to feature regular Crime Prevention topics in future.

Sunday Group

Make your weekends go with a bang! Join the newly established Sunday group meetings at the Summer House, Malkins Bank Golf Club, on the Third Sunday of each month.

We look forward to welcoming new members to join this fun get together.

Pam Thomas