

SANDBACH U3A



Could the 'gilets jaunes' be going soft? This dire warning was spotted recently in Belfort, France.

Sign Up Day, AGM and more - look inside to learn about up-coming events and what's happening in your U3A

Summer Quiz

Don't miss your chance to raise a toast to warm, sunny days with a bottle of wine. Simply, go to our quiz and send in the correct answers!

NEW GROUPS Each year, as our membership increases, we acquire individuals with knowledge, skills and talents. Are you ready to share your passion by starting a new group? If so, you're only a click away from the groups' co-ordinator. See inside for details of two new groups for September - Yoga 4 and a Special Café group. Another member has offered to launch a Philosophy Group with a touch of rigor. If any of these opportunities lights your fire, please contact groups.co-ordinator@sandbachu3a.org.uk



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Sandbach
& District
U3A

Group Gossip

Visit to Shugborough
Stately Home, May 2019

The 17th Century History Studies Group has now been running for six years and this outing was our third relevant field trip. Eleven group members and guests made the journey to this National Trust property on a rainy day in May. Renowned as the former home of Patrick, Earl of Lichfield, the visit included a tour of the famous photographer and Queen's cousin's 32 room private apartments where he made his home until his death in 2005. The main house and large estate, however, is a tribute to brothers George and Thomas Anson, the one a Royal Navy Admiral and the other a visionary who made Shugborough Hall into a very fine example of English architecture and interior design in the 1700s using the finance provided by his brother's riches from sea victories over the Spanish, French and Dutch navies. While it is rather a pity that much of the period furniture has been put into storage to create space for explanatory displays, there is still enough to convey an impression of the very fine craftsmanship employed at the time. The group restarts at the beginning of September in Sandbach Town Hall and meets monthly.

Ian Richardson

17th Century (Early Modern) History Studies Group



Group members during the visit



World map showing George Anson's naval campaigns



Viewing the interior of Shugborough Hall

Group Gossip

Brewing Appreciation Study Group

Visit to Merlin's Micro Brewery

The Brewing Appreciation Study Group (BAS) had a visit to our local brewery, Merlin's Micro Brewery, with a hot pot supper and beer tastings. Merlin is a small family-run brewery that has been supplying local pubs, bars and restaurants with traditional Arthurian-themed ales since 2010. Sue, David and daughter Sarah focus on hand-crafting a magical range of flavoursome ales for local customers, all while implementing green initiatives: the brewery is powered by 100% renewable energy from on-site solar panels and wind turbine, Merlin ale is sent out in either recyclable or reusable packaging, spent grain feeds the cattle on the adjoining farm and the spent hops and yeast go to fertilising the fields. The Merlin team have been recognised with several notable awards including the prestigious CAMRA Champion Beer of Cheshire as well as finalist in the CAMRA Champion

Bottled Beer of Britain. Locally, you can find their ales permanently on the bar at Chime in Hartford, The Fox & Hounds in Sproston, The Fox in Haslington, The Horseshoe in Alsager, The Three Greyhounds in Allstock, The Victoria Club in Holmes Chapel, The Wizard in Alderley Edge and many more in the surrounding areas. For sports fans, Merlin ales are also permanently available at Crewe Golf Club, Eaton Golf Club, Sandiway Golf Club, Elworth Cricket Club and Haslington Cricket Club.



David Peart introduces Merlin



We couldn't fit many more in!

Hanging on David's every word!



A great evening was had by members and friends with a full turn out of 21. After everyone had arrived and had a pint of Merlin's excellent beer in their hands, David gave us an interesting talk on how he and his family decided to set-up Merlin, followed by a question and answer session for some and more drinking for others! Attendees and the Merlin team all agreed it was a most enjoyable evening, BAS members look forward to many other visits in the future. **Steve Davies and Arnie Laing**

Nature and Environment

Falcon Freedom

What's in a Lane?

It's getting late. Soaking up the last of the day's warmth as we stroll along the quiet Cheshire lane, a determined rustling sound catches our attention. It's coming from the overgrown drainage ditch that runs beneath the wild hawthorn hedge to our left. Peering into the shadows, towards the bottom of the bank we make out the shape of a bird, precious wings spread wide in submission.

The young kestrel, I suspect, had spotted a mouse or a vole and gone to ground in hot pursuit. In so doing, it had become hopelessly entangled in the coarse, stringy grass lining the ditch. Barely able to move, it is now captive, awaiting its fate. The juvenile male (I think) becomes more agitated as I climb into the ditch, his head pivoting rapidly from side-to-side in an attempt



to ward off rescuing hands. Pressing his body gently into the grass, we begin to unpick some of the binding strands, sufficient to lift him clear. It takes several minutes to tackle the throttling threads pulled tightly around his neck and under his wings, whilst evading the defensive efforts of his scimitar-like beak. Gently tickling under his chin and stroking his head seems to provide some small measure of reassurance that we mean him no harm. Pulling the final length of grass through his feathers, he is free from his bondage and, so far as we can tell, he's unharmed. Raising him up, I release my grip on his delicate body and ... he's off, chestnut wings rising and falling in a lazy, sauntering, Sunday afternoon outing fashion. Not a backward glance, no flutter of joyful freedom glee, not a care in the world it would seem as he completes a gentle glide to settle on a tree stump, some distance away. There, he looks around and then inspects his plumage, deciding that a bit of personal tidying up, a quick preen, would be in order before resuming his life. His immediate vulnerability past, what sense would he have that darkness, soon, would have enveloped his plight - a time when cats and foxes are on the prowl - a time when the hunter would surely have become the hunted?

Editor

Neighbourhood Alerts

1/2

**Have you planned how you would Escape a Fire in your Home?**

Cheshire Fire and Rescue Service (CFRS) is supporting a national campaign to raise awareness of the importance of planning how you would get out of your home in the event of a fire.

Held throughout May, National Fire Chiefs Council's Escape Routes campaign highlights the fact that your chances of escaping a fire improve significantly if you have an effective plan of action.

Nick Evans, Head of Prevention at CFRS, said: "Planning what to do in the event of a fire is not just something that should be done at schools and workplaces, it should be done at all homes too. "Drawing up an escape plan so that everyone in your home knows what to do if a smoke alarm goes off during the night can be the difference between life and death. Yet an English Housing Survey commissioned by the Government has shown that only five per cent of households have planned an escape route.

"We fully support the National Fire Chiefs Council's Escape Routes campaign for May and hope that as many people as possible start planning what they would do if a fire started in their home."

The best way out of your home in the event of a fire is normally the one that you would always use, but in case that is blocked have a back-up route planned. Once you have planned the best routes make sure that you always keep the exits clear and your door and window keys where everyone in your home can find them. It is also extremely important for everyone to walk through and familiarise themselves with the escape routes and to know where to gather once they are out of the property.

Your escape plans should be practised as a family.

Nick added: "If children or adults with mobility problems live in your home, when devising your escape plan think of any difficulties they may have or help they may need getting out. Can they get downstairs on their own? Where is the best place for them to go if they can't get downstairs? Would they benefit from a torch to light their way or a stair rail?"

"Hopefully you will never have to use your escape plan, but if you are ever woken up by a smoke alarm sounding or by the sounds of what you think is a fire make sure that you follow our motto of get out, stay out and get the Fire and Rescue Service out by calling 999."



Planning to Escape a Fire in your Home (Continued)

In the event of a fire in your home:

- Wake all the members of your family and make your way out together through the nearest exit
- Do not waste time investigating or grabbing personal items
- Once you are outside the property get to a safe place and dial 999 to report the fire
- Stay outside of your home until fire fighters tell you that it is safe to return.

If you cannot use the pre-planned routes because they are blocked by fire:

- Move everyone into one room with a window and a phone inside it and close the door
- Call the fire and rescue service on 999
- Use bedding, tea towels, cushions, curtains or other fabrics to block smoke from coming under the door.

If you live in a high rise building:

- Make sure that you know its escape plan and where all the fire exits and alarms are
- Your landlord has a legal duty to give you a copy of the escape plan for your building, so ask for a copy if you do not already have one
- Keep exits clear both in your home and in communal areas
- All front doors to flats and doors on corridors and staircases in high rise buildings must be self-closing fire doors, so never wedge them open
- Count how many doors you need to go through to get out of the building, as during a fire smoke can cause confusion
- If your escape route is blocked by fire you should stay in your room if your building's escape plan stipulates that is the correct course of action - many high rise buildings are designed for people to stay in their flats in the event of a fire and for them not to try to escape.

Neighbourhood Alerts



Drivers Targeted with Fake Fines

What you need to know

Action Fraud has received an increase in reports and intelligence, where elderly victims are being targeted by individuals purporting to be police officers, or traffic wardens. The victims are being approached whilst parked in a car park and are told by the suspect that they have parked illegally or broken a speed limit and a photo has been taken of their car for 'evidence'.

Victims are advised that they will face a substantial penalty fine unless they pay a smaller upfront fee immediately. Victims, who opt for paying the smaller penalty, will be directed to a parking meter and asked to enter their card and PIN. These parking meters have been tampered with by the suspect in order to retain the card.

Once the victim inserts their card and are asked for their PIN, the victims are shouldered for their PIN by the suspect. Once victims input their PIN, the card is retained by the machine and victims are told by the suspect to seek help from the company who operates the parking meter or their bank.

What you need to do

- If you are suspicious about the **authenticity** of the fine, do not pay it until you have **verified** it with your local council.
- Always **shield your PIN** from view when using an ATM machine, and **never** share your PIN with anyone.
- If your bank card is retained by an ATM machine, contact your bank **immediately** to inform them.

Message Sent By Action Fraud (Action Fraud, Administrator, National)

See Around Britain

Volunteering Opportunities

Hello,

I am contacting you from **See Around Britain**, we are a registered charity which has set up a website www.seearoundbritain.com with the intention to provide photographic and detailed written information regarding a large variety of public venues throughout the UK. The information we provide gives a brief description, along with contact details, transport information and accessibility information so that potential visitors, including those with disabilities, can decide whether or not a venue is suitable for their particular needs. The charity currently has a number of exciting volunteering opportunities available and we feel they could be of potential interest to your members. In particular, we are looking for volunteers to write venue descriptions to accompany the backlog of photographs of various venues and/or submit photos or videos of new venues themselves, all of which can be done from home and online via our website. There are online video tutorials available to help volunteers, but we can also provide additional support via email.

If you feel this would be of interest to any of your members, we would be really grateful to hear from you (contact email address: cara_sab@outlook.com and/or support@seearoundbritain.com). Alternatively, they can register their interest and join directly via the website's volunteer section at the bottom of the About Us page, www.seearoundbritain.com/about-us. I understand that some University of Third Age groups have monthly newsletters; there would be potential to include a short addition to let your members know of these opportunities?

We look forward to hearing from you.

Thanks for your time.

Cara Crockett
See Around Britain



Note from the Editor: Sandbach U3A's policy on appeals from local charities and volunteer organizations is, where considered appropriate, to assist with raising awareness and seeking volunteers. It does not include providing assistance with or advertising for fund raising.

Need-to-Know



What's Happening in Your U3A?

Sign Up Day

This year, U3A Sign Up Day will be held on **28th August at the Wesley Centre, 10am - 12.**

Roll up and meet Group Leaders looking for folk just like you! This is your chance to see whether any vacancies exist in your areas of interest and, maybe, to try something completely different!

AGM Sandbach U3A.

Due to a prior booking taken at the Town Hall, this year's AGM will be a week later than usual, on **Monday 8th November 2019.**

Those present will also be treated to: a trip *Down Memory Lane in Sandbach*, by Pauline and Stephen Minshull

Sandbach Today 2019

Sandbach Today is a small voluntary organization formed to promote local groups and to raise awareness of what is available in the town.

This annual event will be held on **Saturday 21st September at St Mary's Church Hall, 9.30am – 1pm.**

Sandbach U3A will attend this event and we will require publicity material to be printed and several volunteers throughout the morning and also for the setting up of the display stand on Friday 20th September from 5pm- 6pm.

Chairman Spreads His Wings!

Congratulations to our Chairman, Arnie Laing, following his recent election to the North West Region Executive Committee of U3A, which he will represent at the National AGM in Nottingham this year. Alongside others at NWREC, he is also training to be a Trust Volunteer.

Vice Chair Needed

With two years remaining of his three-year tenure as Chairman, it's an ideal time to look to the future and fill the vacant position of Vice Chair.

Would you like to be more involved in our U3A and contribute to the future success of a growing organization? To get the ball rolling and learn more about this important role, please contact secretary@sandbachu3a.org.uk

Need-to-Know

North West Regional Events

Information for all events will be on the Regional website.

Updates will also be sent in the NW Region's e-newsletter. It is available to any member and they can sign up for this on the events page of the regional website or by contacting Gill Russell

Gillruss71@gmail.com. 0151 633 2796

The Regional Newsletter is also on the website www.u3asites.org.uk

FUTURE EVENTS

Committee Forum at Gateway, Warrington

July 16th. 10.30 – 3.30

For anyone interested in how U3A committees work.

Booking available via the website.

This event is free. Lunch is not included

The Big Sing at The Friends' Meeting House, Liverpool

September 5th. 10.30 – 3.30

For anyone who loves to sing. You don't need to be a member of a singing group or choir.

Registration now available. Details on the website

Cost £15. Lunch is not included.

Aspiring Playwrights

Lancaster University is offering an opportunity to take part in a writing activity, which includes a workshop. There is a prize.

The event is for over 55's.

Further details will be put onto the website and into the newsletter as soon as they are available.

Group Gossip

New Groups



We're not very good at talking about it ...
 If only we had discussed it before ...
 I suppose it's for the best ...



Have you heard of *Death Cafe*?

It's not as scary as it sounds! It's an opportunity for people to chat informally about all things related to end of life.

What it's not ...

Counselling - if you are grieving for a recently-lost loved one, this may not be the best group for you

Church - these chats are for those with any or no faith and there's no specific focus on religion

Commercial - no sign up for funeral plans or Will-making.

But it Is ...

Chat - favourite hymns, green funerals, making a will, cremation or burial?

Pub or Golf Club for the wake? *Abide With Me* or a bit of Elvis?

Coffee (or tea) and Cake!

Meet on the third Monday of the month, 10 am - 12noon.

Sessions start on 16th September 2019.

Shena will be at the sign-up day on 28th August if you want to find out more, or email her - shena@talk21.com

New Yoga Group - 4. We are offering a new yoga class, starting in September. Yes? Then, please contact groups.co-ordinator@sandbachu3a.org.uk or post your contact details into the U3A box in the Library. The class will be held on **Thursdays, 11.30am -12.45pm** at Sandbach Health & Fitness Studio, Sandbach Rugby Club. The Instructor is Caroline Webster. **Paula Reilly**

Group Gossip

A Treasury of Sound

What a way to round off the first year of the re-formed **U3A Choir** - a thoroughly enjoyable "Evening of Music" for a capacity audience. Of the various U3A music groups invited to take part, the Choir was delighted to share the concert with the **Guitar Group** and the **Ukulele Group**. (Sadly,

the **Tap Dancing Group** couldn't assemble enough members at this busy time - maybe next year!).

The Choir was put through its paces with a varied selection

of songs, in three-part harmony with piano accompaniment, ranging from Ivor Novello to Abba and Stephen Sondheim to Duke Ellington and including a politically corrected version of Baby It's Cold Outside.

The Ukulele Group lead the audience through a delightful series of songs - words provided for those who couldn't remember the words of these old favourites - as did the Guitar group who expected to perform one set but were requested to return for a second.

The audience enjoyed solos from Choir members who were brave enough to take on this daunting task!

During the interval, members of the audience tucked into their picnics with tea and coffee provided by the ever willing U3A refreshment team, and fruit punch prepared by members of the Choir.

One of the aims of the evening was to raise money for new music for the next season. Generously, the raffle (and sale of refreshments) raised £240 for music, which you can come and listen to at next year's concert.

All in all it was a very successful and enjoyable evening!

A couple of days after the concert, some members of the Choir visited *Turnpike Court* to discuss running a residents' choir for them. This will start to operate in *September 2019*.

In the words of one member of the concert audience, "Sandbach U3A can be proud of their musicians". **Why not join them?**

Stephen Davies

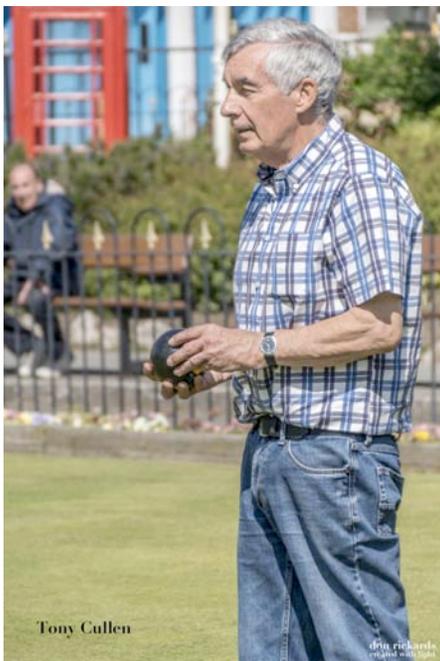


Group Gossip

Bowl - 2 - Win!!

Bowls Group 2 is run by Tony Cullen and plays each Tuesday from 10.00 am until noon. During the summer months we play on the lower green in Sandbach Park, but use the upper green on the second Tuesday of each month. Our winter bowling is inside the Town Hall. The current playing strength of the group is 26 with just over a third being ladies. Several players belong to League teams, but most of us simply play for fun. Under Tony's watchful eye, some of our leading lights are caught in action below.

Don Rickards



Tony Cullen

don rickards
created with light



John Costello

don rickards
created with light



John Bolshaw

don rickards
created with light



Keith Phillips

don rickards
created with light



Bernart Mottram

don rickards
created with light

SPECIAL CONCERT

In aid of the Coronary Care Unit at
The Royal Stoke University Hospital

7pm Sunday 27 October 2019

Featuring Fodens Brass Band &
Rhos Orpheus Male Voice Choir

An evening to be remembered



Victoria Hall Hanley

Tickets £20 (£28 to include coach travel to and from Sandbach)

Available from the first floor desk in Sandbach Library on the second
and fourth Wednesday of the month between 9.30 -11.30 am.

For further details telephone 01270 762157 or 07748 567735

www.atgtickets/stoke

Featuring our own Fodens Brass Band, current National Champions, bookings for this special event will be taken at the LIBRARY, First Floor, on 2nd and 4th Wednesday of the month. Jackie Timmins

Letters To The Editor

Share your news and views of U3A, our life and times, with members

Successful New Group Appeal!

Many thanks for including my advert for the 'Good Read 2' book group this month. It's been a great success and the group will be up and running next term, thanks to your help.

No need to put it into the next newsletter.

Best wishes

Geoff Pyke

Spreading the word! Ed

Power of Attorney

It has already proved very worthwhile doing Sandbach U3A. Not only have I got access to an excellent Pilates class, but have also made new friends by joining the choir.

However the icing on the cake has to be a refund of £180 from the department of justice for the overpayment of fees for our LPAs

Thank you, Jeff Diggle, for bringing this to my attention.

Libby Mooney

See Jeff's article (Spring Newsletter) Ed

Communicare Volunteer Drivers

Further to the previous message, I had an enquiry from a potential volunteer yesterday - yippee!!

Perhaps it will be a slow burn - I'll keep you posted.

Regards

Val West

Your Newsletter working for your community (Spring Newsletter appeal) Ed

Mystery Picture identified

Looks like an ice pattern to me.

Jo Saville.

Jo is correct.

In fact, it's the top of my car following an

exceptionally frosty night last year.

Gloriously ephemeral patterns. Ed



Communicaton Correction***

In my last appeal for members to send in their articles the email address was incorrectly stated as **gov** not **org**.

Please accept my apologies and if you had trouble sending anything to me, do try again using:

newsfeed@sandbachu3a.org.uk

Thank you *Ingrid* for drawing my attention to this! Ed

Summer Family Fun Quiz

Welcome to your Summer Quiz. Thanks, as usual, go to your Quiz Master, **Keith Pointon**, for setting the questions. A lucky winner could do as Angela Camfield did last time, walk away with a bottle of the finest wine that a small amount of money can buy - it's all about the taking part.

Email your answers to newsfeed@sandbachu3a.org.uk

The winner's name, alongside the correct answers, will appear in the Diary Update for August 2019

1	What first name has been given to the baby born in May 2019 to the Duchess Of Sussex?
2	According to the proverb, which month "comes in like a lion and goes out like a lamb"?
3	Which Irish-American dancer came to prominence as male lead and choreographer of Riverdance in 1994?
4	What is the name of the cleft in the face between the nose and upper lip?
5	Which bird has rock, collared and turtle varieties?
6	What was the surname of the shopkeeper played by Ronnie Barker, in the TV series Open All Hours?
7	In which British city could you find Waverley railway station?
8	Who was the brother of Flopsy, Mopsy and Cotton-tail?
9	What is the name of the title character in Shakespeare's The Merchant Of Venice?
10	Augusta is the capital city of which American state?

END OF SUMMER NEWSLETTER