



## TARPORLEY & DISTRICT U3A NEWSLETTER JULY 2019 – No 24

Tarporley & District U3A is a Registered Charity – No 1171370

*If you want to respond, or contact any committee member, please, write to Secretary, Tarporley & District U3A, c/o Tarporley Community Centre, High St, Tarporley, or email*

*[Tarporleyu3a@outlook.com](mailto:Tarporleyu3a@outlook.com) .*

Our next general meeting will be on Thursday 25<sup>th</sup> July from 9.45am at Tarporley Community Centre. Refreshments and the Trips table will be open from 10am.

Our speaker this month is **Dr.Diana Leitch** who will be telling us all about the History of Soap Making in Runcorn and Widnes 1803 - 1944. The proceeds of her talk will go to the charity Catalyst Science Discovery Centre and Museum Widnes, of which she is a Trustee. The discovery centre was founded in 1987 and is located in the last remaining building (Gossage's Tower) of the original 19th/20th Century chemical industry in Widnes.

*Ann Schuberth*

### MONTHLY MEETINGS – 2019 PROGRAMME of SPEAKERS

25 July	The History of Soap Making	Diana Leitch
22 August	The Mainwarings and Peover Hall	David Young
26 September	20 Years as a Radio Newsreader	Victoria Meakin
24 October	History of ARIGHI BIANCHI	Messrs. Bianchi
28 November	FIJI – The Way the World should be?	Sue Hardacre

IF YOU KNOW OF GOOD – ( i.e ENTERTAINING) – SPEAKERS please let Ann Schuberth know.  
[acschuberth@gmail.com](mailto:acschuberth@gmail.com) 01829 730501

### MEMBERSHIP RENEWAL TIME

Just as you thought that summer was finally arriving, here's a reminder our new membership year (Sept 1<sup>st</sup> to Aug 31<sup>st</sup>) will soon be here and we are now starting to take next year's subscriptions.

Those of you with email accounts (95% of the membership) will very shortly receive an email explaining how to renew.

Those without emails will find a form and instructions with this newsletter.

We will be at the July 25<sup>th</sup> meeting to take renewals.

Paul Bujac (Membership Secretary)

## TRIPS NEWS

**SOUTHPORT FLOWER SHOW** on AUGUST 15<sup>TH</sup> 2019 £30pp. **Just 9 places** are still available for this trip. This year's theme for the largest independent flower show in the country is **The Garden Party**, and attractions include: Shopping Village, Show Gardens, Garden Theatre, Entertainment, Food Festival.



To join us, bring your cheque for £30, together with your completed booking form (below) to the trips table at the July meeting. If you cannot print, simply write out the required details. Alternatively, ring Rosemary on 01829 262471. Booking must close on 26<sup>th</sup> July


## SEPTEMBER'S TRIP

It's hard to believe it, but the time has come for us to sort out the second visit to the AIRBUS FACTORY! This time we will be going to see a different production area as the Airbus 380 is being withdrawn. However, two other Airbus Planes are continuing in production and we will see one of them. This visit is on September 5<sup>th</sup> and places will be allocated to the first 20 members on the waiting list. I already have booking forms and security details for them and I will be contacting them to confirm the details shortly. This leaves some 13 members still hoping to go and we will be attempting to secure a date for a third final visit. We can take 20 on each trip **so I will be taking names for anyone who would like to join a possible 3<sup>rd</sup> visit at the Trips Table on 25<sup>th</sup> July.**



AS AN EXPERIMENT, WE PLAN TO OFFER A NEW KIND OF TRIP IN LATE **NOVEMBER**: a coach to MANCHESTER for a day out. What do we plan to do? Anything you like!

You might like to go to the Christmas Markets or – like me – do all your Christmas Shopping in one easy trip to the best shops around. As we only provide the coach, there is no real limit to how many we can take but it would be helpful to have some idea of likely numbers to calculate the cost and size of coach needed. If you think you might be interested, please add your name to the sign-up sheet on the Trips table, telephone me on the number above or email me on [davidarcher781@sky.com](mailto:davidarcher781@sky.com) . No date or cost available yet, so you are not committed at this stage.

As usual, there will be a **CHRISTMAS SPECIAL** trip in **December**. We are planning something rather different this year – I hope – so watch this space!  *Rosemary Archer*

## **INTEREST GROUPS**

### **LOCAL HISTORY**



The local history group has over 40 members and we have enjoyed some memorable visits over the last 4 years. Over the last year we have visited Peover Hall; Tattenhall Garden; Malpas, Tarvin and Tarporley Churches; Little Moreton Hall and Macclesfield Silk Museum. We have also been given some fascinating talks by some of our members. 22 members went on our

MOST recent visit, to the Walk Mill near Waverton, for a fascinating talk by the family that has owned it since the late 1990s. There has been a mill on the site for centuries but, when the current owners bought the farmland, there was no longer a mill building. It had been demolished in 1965, so they had a new mill constructed on the footprint of the old one, using pictures of the original. Many items were rediscovered on the site, including floor tiles, the damsel and the sack hoist. There is a lovely café, with the bread and cakes all made on site. The family has developed a thriving business supplying flour to bakeries in Liverpool and Manchester. *Liz Carter*

### **SCIENCE GROUP**

We have a new Science group that first started in January. We cover a broad range of science related topics, trying to cover the social impact of technology as well as the underlying science. We have covered topics such as global warming, plastics, nuclear fusion, energy and GPS systems. The more enthusiastic members give short presentations; the rest of us join in the discussions. We are still finding our feet but a key aim is to introduce ideas, and perhaps a little learning, to our members. New members would be very welcome. We don't all have technical backgrounds but we all have a curiosity about the world.

We meet on the 3<sup>rd</sup> Friday of the month. Our next meeting will be on the 20<sup>th</sup> September after the summer break. Please see the website for more information or drop me an email on [TarporleyU3A@outlook.com](mailto:TarporleyU3A@outlook.com).

*Paul Bujac*

## **SINGING FOR FUN – AND HEALTH!**

Anyone who loves to sing will probably tell you how good it makes them feel. It's no secret that singing reduces stress, improves your mood, and generally brings more fun into your day. But there are many different physical, emotional, social, and psychological benefits associated with singing that you may not realize. Endorphins are released when we sing which help to promote positive feelings. This is especially true when we sing with other people. Group singing also induces the production of oxytocin (the bonding hormone). This can reduce stress, anxiety and increase feelings of trust and well-being.

Sometimes, Ageing Well can be as easy as do-re-mi. That's right! You can Age well simply by singing, or better yet, singing with others. Research has shown that singing in a group can improve your mood, your brain health, and even your immune system. Have a look at the link below and then get along to the next meeting of the **Singing for Fun** group and get healthy. We meet on the 2<sup>nd</sup> and 4<sup>th</sup> Tuesdays of the month at 10am. Our next meeting is after our summer break, on 10<sup>th</sup> of September in the Arthur Meredith room in the Community Centre.

We enjoy Singing and we sound great together. I'm not sure if all of us stay in tune or sing the right words every time, but, like the Spice Girls and Boyzone - we sound better as a group! All you need is a sense of humour and be willing to "have a go". *Ken Wood*

<https://www.bbc.co.uk/news/av/health-15732780/singing-in-a-choir-brings-both-health-and-happiness>

## **NEW INTEREST GROUPS!**

As you all know, Tarporley and District U3A is not run for members by the Committee; it is run by members, for members and everyone needs to "do their bit" for it to work at all. WHAT IS "YOUR BIT"?

We have a great many Interest Groups, some large – some small, but there is always room for more. SUGGESTIONS are often made for new groups: ballroom dancing, line dancing, birdwatching, archaeology, German, boules, croquet, creative writing, amateur dramatics – the list is endless. Do you enjoy any of these – would you like to try them – or anything else?

We all have a lifetime of experience to share, and sharing interests is the lifeblood of the U3A. Some popular groups are full, including Theatre Studies, Art Appreciation, Local History, Book Group, Play Reading; members, particularly new members, are disappointed to find they cannot join these so second groups need to be formed. Who will start one? YOU – who else?

Plenty of experienced help is available for the would-be Convenor (really -not a scary title) and it couldn't be simpler.

## **A CONVENOR'S STORY**

### **Q. Why did you join Tarporley and District U3A?**

I moved into this area to be near family and when I joined, I literally knew no one at all. However, I had been a member of another U3A and I knew that was the way forward, so I joined the U3A and then one of the groups and gradually began to make friends.

### **Q. How did the Theatre Studies group begin?**

In my previous U3A a friend and I had been convenors of a cinema group. We were both mindful of the fact that as members we should contribute in some way to the running of the U3A and just threw ourselves into it. I was also a member of one of their four theatre studies groups and as theatre is my greatest interest, I was disappointed to find that there were no such groups at Tarporley and District U3A. So, innocently, I asked if anyone would be interested in a theatre studies group – it turned out there were quite a few!

### **Q. How did you become the Convenor?**

We had a meeting with the new groups co-ordinator of the time. I was a bit taken aback to find some very knowledgeable people in the room and felt sure any of them could run the group better than I could. However, when it came to the point at which we had to choose a convenor, we all fell silent! Lots of people didn't want to take it on and I wasn't sure I was up to it with the group I had found. But, after a pause, during which I realised that if I didn't do it, it wasn't going to happen, I heard myself volunteering.

### **Q. How long have you been the Convenor?**

The group has been running for about three and a half years and I couldn't tell you how many productions we have seen and discussed afterwards. I will try to count them eventually. Not everyone goes to every production, but lots do. I think I have only missed one myself through illness in all that time.

### **Q. Do you enjoy your role?**

It gives me great satisfaction to get the meetings organised and sort out what everyone wants to see. We have been quite ambitious because as well as theatres nearby, we have been to Shakespeare's Globe in London and try to go to Stratford on Avon each year. Being the convenor of this group is the single most satisfying and enjoyable thing I do. I love theatre and I love the people I go with!

### **Q. Would you recommend being a Convenor to someone who is considering it?**

Absolutely; the more you put in the more you get out, so don't be apprehensive, if you are thinking of starting a group. You will have initial support to set it up and you will make friends and have the greatest fun, so go ahead! *Raye Hurst*

Sounds complicated? Committee member Jim Spence is our new groups co-ordinator and he will help you to do all these things. Your group will have to pay for anything you need, such as room hire, though your initial meeting will be paid for out of our funds. We cannot

hire in outside instructors – mutual self-help is our guiding principle. If you are starting a second group for any subject, the convenor of the original group can also give you some advice to get you started, though your group may decide to do things completely differently. If none of us knows anything about the topic, there are U3A national advisers in all sorts of possibilities – you are not on your own.

WHO'S GOING TO START THAT GROUP YOU'VE BEEN LONGING TO TRY? YOU ARE – WHO ELSE? JUST COME AND TALK TO ANY MEMBER OF THE COMMITTEE.

U3A BOOKING FORM FOR SOUTHPORT FLOWER SHOW AUGUST 15<sup>TH</sup>

NAME /S:

MOBILE PHONE NUMBER:

PICK-UP POINT: Red Fox bus stop or Tarporley Community Centre (*please delete as necessary*)

Cost: £30 pp

**I HAVE READ & UNDERSTOOD THE GUIDANCE FOR TRIPS**

Signed

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*Booking number/s please leave blank*

