

Chairman's Chatter

I'm writing this at the end of April, just as the lovely warm weather is being replaced by the much cooler damp days. I felt that Spring had arrived and Summer was well on its way. Now the weather reminds me of a saying my mother always quoted. "Ne'er cast a clout 'til May be out". There is some debate about the meaning of this saying. It is agreed that a clout can be a piece of material or clothing. But does May refer to the month of May or does it refer to the May flower on the hawthorn bush, which blossoms from late April. Whichever it is I'm putting my warmer clothes back on. I can only hope that when you read this the sun is shining.

Our group leaders, or group convenors give their time freely for your benefit. They deserve our grateful thanks. It is marvellous to see such a wide range of activities in our U3A and I was very proud to receive compliments from visitors regarding the wealth of involvements available to members. We have had some new groups over the last few months but we can always support anyone who wishes to set up another one. We are a self-help group and we rely on members to arrange or attend groups.

On June 24th there will be a new members' meeting. I am looking forward to meeting with you and finding out more of your needs whilst telling you more about the principles of the U3A. We have also invited group leaders so that they can share information about what we have available. I hope to meet with a lot of you there. If you've not received an invite and would like to come, or if you have not yet confirmed your attendance, then please contact me by e mail on chairman@mbmu3a.org.uk or by telephone 0161 366 8223.

Shirley Hammond

First Aid Training for U3A Members

St John Ambulance (SJA) is offering U3A members life-saving skills at an affordable price. The Essential First Aid Course is a short 3 hour community course delivered by a SJA community trainers. It provides the basic knowledge to treat someone in first aid or save a life.

THE COURSE COVERS: Communication and casualty care. Care of an unconscious casualty
Looking after yourself & the casualty ... adult, child & infant resuscitation
Treatment of severe bleeding, chest pains, choking in adults and children

This course would normally cost £30 (inc VAT) per person but SJA would like to offer this to U3A members for £5 (inc VAT). This fee covers the cost of the trainer, equipment and certification.

HOW TO BOOK: The courses listed here are exclusive to U3A members. To book, members should call SJA Training Department on 0161 443 0106, 9am to 5pm, Monday to Friday. Quote the course reference for the one you wish to attend and say you are a member of Marple Bridge & Mellor U3A, and show your Membership Card when you attend the course. Payment will be taken at the time of booking by credit or debit card. Confirmation of booking will be sent to you by email or post.

STOCKPORT - COURSE VENUES AND DATES

Date	Time	Course Ref	Maximum Number
26/05/2015	10am until 1pm	MAN15G0589	14
04/06/2015	10am until 1pm	MAN15G0591	14
18/06/2015	10am until 1pm	MAN15G0592	14
30/06/2015	10am until 1pm	MAN15G0594	14
07/07/2015	10am until 1pm	MAN15G0593	14
28/07/2015	10am until 1pm	MAN15G0590	14

Outings Group

Booking at General Meeting - 19th May for 2 outings:

Wed. 19th August NATIONAL MEMORIAL ARBORETUM, LICHFIELD

The Arboretum was designed as a living tribute forever acknowledging the personal sacrifices made by the armed and civil services of this country. We first visited when it was newly opened and now there is much more to explore. Arriving in time for the daily Act of Remembrance (optional) at 11.00 a.m. in the Memorial chapel, our visit will include a land train tour; another optional tour by buggy goes to the riverside memorials and the Special Forces memorial at a cost of £5.50 (book on the day). You may of course want to follow one of the many trails independently. There is a restaurant for hot meals on site, a marquee for lighter snacks or you may wish to bring a picnic.

It will be an excellent day's outing arranged for us by Carol Rice .

Cost: £18.50 p.p. including land train, coach and gratuities
cheques only please payable to MB&MU3A (Outings)

Pickup Times: Rosehill Station 8.00 a.m. and thereafter at approx. 5 minute intervals at Regent cinema 8.05am, Marple Bridge bus stop 8.10am, Northumberland Arms bus stop 8.15am and Romiley Arms bus stop 8.20am. We will not have a comfort stop and aim to arrive at approximately 10.30 a.m.

Leave the Arboretum at 4.00 p.m. and arriving Romiley approx. 6.30 p.m

Friday 4th September MAGNA CARTA EXHIBITION AT LINCOLN CASTLE AND CATHEDRAL

A special exhibition costing some £22 million has been completed in the new-look Lincoln Castle this year primarily to commemorate the issue in June 1215 of the first Magna Carta. In the January newsletter the History Group outlined why we should recognise and celebrate what is recognised as being one of the most important legal documents in the history of democracy and so this combined outing has been arranged, comprising free flow entry around the Magna Carta vault, Victorian Prison and full medieval wall walk (with audio guide). Café facilities are available either at the castle or nearby. We then have entry to the Cathedral followed, perhaps, with a look at the shops in the Bailgate area (energy levels permitting !).

Price : £29.00 p.p. which includes coach, driver's gratuity, entrance to Castle and Cathedral.

Please note: There will be a lot of walking and a journey of more than 2 hours with a comfort stop. (Roy McCarthy coaches)

Pick up Times: 8.00 a.m. from Rosehill station with the usual pickups at approx. 5 minute intervals : Regent cinema 8.05 a.m., Marple Bridge bus stop 8.10 a.m., Northumberland Arms 8.15 a.m. Romiley Arms 8.20 a.m.

Organisers: George & Jenny Summers (427 2861) and thereafter telephone for details.

Cheque only please payable to MB&MU3A (Outings)

Friday 22nd May MARKS IN TIME EXHIBITION @ LEEDS UNI. AND LOTHERTON HALL

There are still places on this trip due to last minute cancellations - details on notice board and in January/March newsletter.

If you are interested please contact the organisers: George & Jenny Summers

Friday 3rd July ASAPH CATHEDRAL AND BODRHYDDAN HALL

Organisers: Ann and Tony Matthews for cancellations and reserve list.

Tues.4th August ANSON ENGINE MUSEUM, POYNTON

Further info. and booking form from organisers G & J Summers

Around the Groups

In each newsletter we will feature 1 or 2 groups that are part of our U3A

Crossword Group

Could this be said of our happy band of cruciverbalists? Yes and no (5,1,5,4)

That, as you may have guessed, is a cryptic crossword clue. The answer is "Never a cross word". (A "cruciverbalist", by the way, is a crossword addict.) The "happy band" is our U3A Crossword Group. Each month our leader fills a grid with words, and hands copies to the members. We take our copies home and think up clues for all the words in the grid. The next time we meet, we discuss the clues which we have devised as 'homework'.

With a few exceptions, each clue in a cryptic crossword consists of two parts: a definition and a cryptic way of writing the answer. The definition can come either the beginning or the end of the clue. The compiler's aim is to make a seamless join between the two parts so that the clue appears to make good sense, even though what is meant is nothing of the kind! You must say what you mean, but not mean what you appear to say!

The cryptic part can come in many forms. It can be a hidden word, or a word can be 'swallowed' by another to make a longer word. The answer may be built up from the first letters of the words in a phrase, or from alternate letters in another word or phrase. Probably the most popular cryptic device is the anagram, where the letters in the answer are jumbled to make an entirely different word. Other things to look for are homophones (words which sound alike, but are spelled differently), abbreviations like 'ER' (Elizabeth Regina) for 'Queen', and chemical symbols like 'FE' for 'iron'.

The solver's job is to spot which of these cunning devices has been used in a particular clue. See how many you can spot in our latest puzzle, which you can find on page 6.

Geoff Heath, Group Leader

Walking Group

Each week a select group meet in Brabyns Park and set off on a journey of exploration; they are guided by one of the group who has already explored the route they are about to travel. Sometimes they set off on foot, sometimes they get into a car or on a bus to start their journey. They are always cheerful (whatever the weather), because they have come dressed for the occasion and know that they have supplies to sustain them! Yes, this is the U3A walking group, open to every one in the U3A.

A recent article in Country Walking magazine reported new research published in the British Journal of Sport Medicine. The research found that the social dynamic of walking in groups brings additional health benefits over and above walking alone.

The article explained "the study by academics at the University of East Anglia indicated that people who walk in groups have a more positive attitude towards physical activity, enjoying a shared sense of wellness. People who joined walking groups registered statistically significant falls in average blood pressure, resting heart rate, body fat, weight, and total cholesterol. Lead researcher Sarah Habson explained that whilst the merits of walking are well known, the findings show that the dynamics and social cohesion of walking in groups may produce additional advantages. Group walking participants also reported feeling less lonely and depressed."

(You can read more about the research at: <http://uea.co/9JBART>)

So if you would like to join in some group therapy please join us!

We meet weekly on either a Tuesday or Wednesday. Walks are usually between 4-6 miles, of varied difficulty, and take about 2-3 hours. The walk programme appears in the Newsletter and can be found on the Website together with a picture gallery.

Walk grading: Very easy - more or less flat, a good surface, few stiles.
 Easy - small sections of hill, not rough, limited stiles.
 Moderate - typical of local terrain.
 Moderate+ - more climbing and or more stiles.

All walks meet in Brabyns Park for a prompt departure at 9 45 am. Car passengers are asked to contribute 10p per mile towards petrol costs.

Walking Safety: footwear (walking boots), clothing and equipment need to be suitable for the conditions likely to be encountered. This area is famous for changeable weather so you need to come prepared for all eventualities ! Bring your mobile phone and inform the walking guide of your phone number and that of an emergency contact. You should also provide your own first aid kit.

Refreshments: bring more than adequate food and drink for the length of walk and weather conditions; remember delays sometimes occur.

For further information see the mbmu3aNewsletter/Website or contact Judy Rhodes or Shelia Stafford walking group co-ordinators.

Jun / July Walks

Group Organisers/Co-ordinators Judy Rhodes = 0161 427 2045
 Sheila Stafford - 01663 810043

June Wed 3rd	Glossop, Whiteley Nab. Irene Riley	6m mod+	July Tue 7th	Black rocks/Bollinghurst Res. Sue Ward	5m mod
June Tue 9th	Chinley to Chapel-en-le-Frith. (bus pass) Sheila Stafford	5m mod	July Wed 15th	Chatsworth Park. Judy Rhodes	4m mod (D)
June Wed 17th	Longnor. Margaret Hogg	6m mod	July Tue 21st	Eccles Pike. Wendy Greenwood	6m mod
June Tue 23rd	Tegg's Nose. Jean Mitchell	5m mod+	July Wed 29th	Local walk. Val Tabron	easy
July Wed 1st	Curbar/Froggat Edge. Judith Lynch	6.5m mod+	<i>Reserve walking guides:</i> Judy Rhodes, Judith Lynch, & Betty Clee.		

New walkers please contact Judy or Sheila before attending a walk.

Badminton Group

The venue and time of meeting of the Badminton Group has changed.

The group now meet on Thursday afternoons, 2-4pm at The Offerton Leisure Centre, The Fairway, Offerton, Stockport SK2 5DS.

New members are welcome and anyone wishing to join the group should contact the Group Leader, Ian Wakefield, or just turn up at the Leisure Centre.

Rummikub Group

As from June the Rummikub Group will meet on the third Tuesday of each month, commencing on 16th June at Marple Methodist Church Hall, Church Lane, Marple.

Any new members wishing to join the group are welcome and should attend the meeting in June. For further information contact Shirley Hammond

MATINEE GROUP

Theatre Visits



'Noises Off' by Michael Frayn, Wednesday 17th June at The Octogan Theatre, Bolton
Ticket and coach £20

'Fallen Angels' by Noel Coward. Wednesday 12th August at the Theatre in the Lakes
Ticket and coach £28

'Kiss Me Kate' music and lyrics by Cole Porter, Saturday 31st October at the Plaza, Stockport
Tickets £13 NO COACH

'The Girls' the musical of Calendar Girls, Wednesday 20th January 2016 at the Lowery
Ticket and coach £40, Ticket only £34.50 **Last booking date 21st July**

As cheques are not always presented to the bank straight away, it is important to let us know if you have changed your bank account. If your cheque has not been paid in before this change, a charge can be incurred to the Matinee Group Bank Account. So please let us know of any changes, Thank you.

Jean Howells & Sue Humphris

DINING GROUP

Pat Walker has now taken over the running of the Dining Group. We would like to thank Ann Prophet for all the excellent work she has done over the past years, we have had some excellent meals and appreciate all the hard work Ann has done organising the events for us.

Dinner 8th March - Double Tree Indian Restaurant -The atmosphere was very good, service was excellent with very attentive staff which made it a very good evening for all. Many thanks to Sue and Rod Howell

Forthcoming Dining Group Experiences.

Dinner - Perugia at Woodheys —Wednesday 20th May 7.00pm for 7.30pm,
Still time to book at the May meeting.

Lunch - At Mellor and Townscliffe Golf Club -Thursday 28th May 12 noon for 12.30pm
Still time to book at the May meeting.



Afternoon Tea-The Gingerbread House Marple—Wednesday 17th June at 3.00pm Places are limited to 20 covers. Still time to book at the May meeting.

Dinner- The Stables Gee Cross Hyde Tuesday 7th July 6.30pm for 7.00pm which will consist of 3 courses plus Tea or Coffee for £17 Bookings will be taken at the May Meeting.

A £5 deposit to secure your reservation for all dining group experiences will be required at the time of booking, which is non-refundable.

Romiley U3A - Spanish Conversation Group

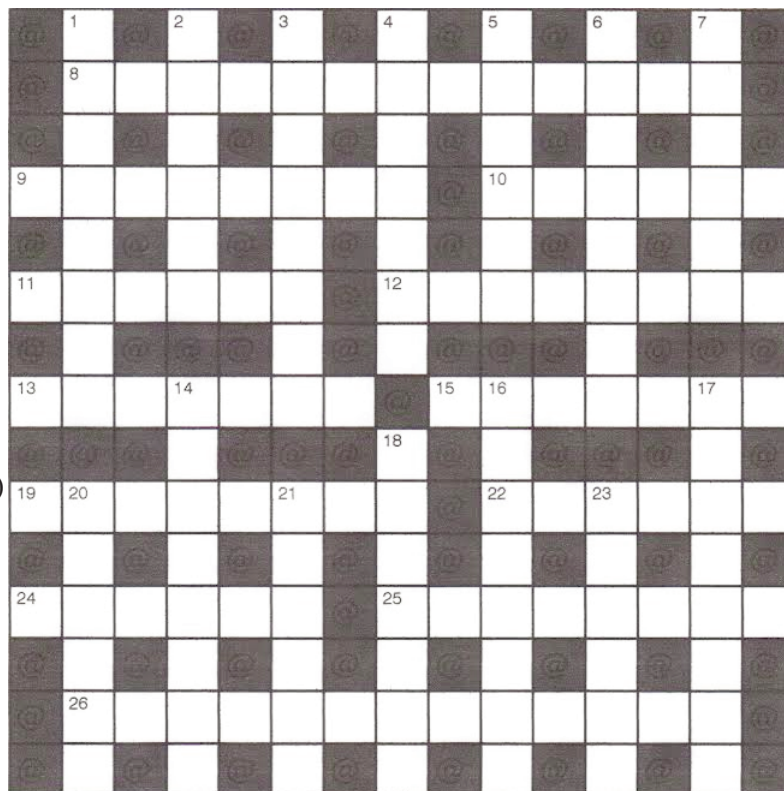
Romiley U3A have vacancies in the Spanish Conversation Group. Anyone interested in joining the group should contact the Group Leader, Eva Catlow on 0161 430 8911.

Crossword Compiled by Marple Bridge and Mellor U3A Crossword Group

Geoff Heath

Clues across

- 8 Tern's ninth egg broken. Reinforcement needed! (13)
 9 An impasse. Just get up and go! (5-3)
 10 Car surprisingly in first gear getting along more quickly (6)
 11 Into it regularly, frozen water gives warning of end of contract (6)
 12 Gel's easy to use for this visual aid (8)
 13 A set of rulers Andy exchanged with place for pigs (7)
 15 Insult originated as five fellows rolled over? Not true (7)
 19 Test case about container for tape (8)
 22 Invests on Weds by arrangement (6)
 24 Not so tightly packed in Waterloo service area (6)
 25 Somewhat curt, ain't reticent (8)
 26 What the heart beats for, disturbing lesser pub door? (5,8)



Clues down

- 1 Porosity could be having the same properties irrespective of direction (8)
 2 Borneo realises, under new electors, it starts being a sultanate (6)
 3 Pope said to be not guilty (8)
 4 Very loud duets played badly. Had enough? (7)
 5 Instruction: Do escort Eve regularly! (6)
 6 UCC liar altered letter to a lot of people (8)
 7 A man initially sends for reps (6)

Clues down (cont)

- 14 One who looks for true worth in bottom of glasses sorrowfully (8)
 16 Most violent if secret is broadcast (8)
 17 Four directions on bobbin seen in old cinema programme (8)
 18 Into the sunset runs first newest revolutionary (7)
 20 Old English degree after mother returned single cell (6)
 21 Vociferous attack from one in trade (6)
 23 Routed another way (6)

Meetings - FUTURE SPEAKERS

- | | | |
|-----------|-----------------|---|
| 19th May | Bernard Loveday | 'The Development of Medical Science' |
| 16th June | Alan Hayhurst | 'Prohibition' - the amazing story of America's thirteen years without alcohol |
| 21st July | Janet Bradshaw | 'Sweet Memories' |

Unless otherwise notified, the ordinary monthly meetings are held in St Paul's Church Hall, Compstall on the third Tuesday of each month at 9-45am (for coffee and socializing). To enable members to use the bus service, the business of the meeting will start at 10-15 and will finish at 11.45 am approx.

- * **When attending a meeting please have your entrance fee ready (£1) preferably in exact money**
- * **You should show your membership card when booking in at the monthly meetings and at U3A groups and other events.**
- * **Please do not park near the War Memorial, use the Etherow Country Car Park**
- * **Please remember to bring and buy books and C.D's at the monthly meetings.**

CONTACTS

Chairman: Shirley

chairman@mbmu3a.org.uk

Vice Chairman: Vacant

vicechairman@mbmu3a.org.uk

Secretary: Malcolm Moss

secretary@mbmu3a.org.uk

Minute Secretary: Joan Fogg

minutesecretary@mbmu3a.org.uk

Treasurer: Michael Paxton

treasurer@mbmu3a.org.uk

Group Co-ordinators: Alan & Kitty Watt

GroupCoordinator@mbmu3a.org.uk

Membership Secretary: Carol Rice

membershipsecretary@mbmu3a.org.uk

Speaker Organiser: Chris Brooke

Almoner: Pat Walker

almoner@mbmu3a.org.uk

Newsletter Editor: Malcolm Moss

newslettereditor@mbmu3a.org.uk

Outings: Jenny Summers

Wendy Atkinson

Outings@mbmu3a.org.uk

Other Committee Members

Tony Addy, Derek Hesketh, Ulla Mehta & Pam Taylor

Webmaster:

Tony Wolfendale

e.mail: webmaster@mbmu3a.org.uk

Website: www.mbmu3a.org.uk

National Website: www.u3a.org.uk

National Office:

The Third Age Trust

The Old Municipal Buildings

19, East Street, Bromley Kent, BR1 1QE

020 8466 6139

Newsletter

If you would like to see the Newsletter early go to our Website, www.mbmu3a.org.uk and click on the relevant Newsletter heading. You can also view past Newsletters on the website

Announcements

It is with regret that we record the sudden death of two of our members, Margaret Johnson and Liz Dykoff. We send our sincere condolences to their families.

Crossword Solution

Across 8 Strengthening; 9 Stand-off; 10 Racing;
11 Notice; 12 Eye-glass; 13 Dynasty; 15 Affront;
19 Cassette; 22 Endows; 24 Looser; 25 Taciturn;
26 Blood pressure.
Down: 1 Isotropy; 2 Brunei; 3 Innocent; 4 Stuffed;
5 Decree; 6 Circular; 7 Agents; 14 Assessor; 16 Fiercest;
17 Newreel; 18 Western; 20 Amoeba; 21 Trade;
23 Detour.

This Newsletter appears bi-monthly. The next edition will be published July 2015

Please send items for publication by email or disc in Microsoft Word.

to Malcolm Moss,

Email: newslettereditor@mbmu3a.org.uk

Any stories, articles or photographs of interest to members are welcomed.

You can read all issues of the newsletter on our website www.mbmu3a.org.uk

All contributions for the next edition of the Newsletter should be received no later than Friday 10th July