

News Sheet

March 2019

Cheadle Hulme



Speakers

Monthly Meetings are held on the first Thursday of the month at 2pm in St Andrew's Church, Cheadle Road, Cheadle Hulme, SK8 5ET.

7th March

Passports, Assassins, Traitors and Spies

Martin Lloyd

4th April

Extraordinary General Meeting followed by:

Beyond the Iron Curtain Russia, a vast land of bitter cold, secret police and danger.

Neil Smith

Annual General Meeting

The Annual General Meeting was held on Thursday 7th February and was attended by 67 members with 9 apologies for absence.

Reports

In what would be his last report as Chairman, Walt Denning said that this had been a busy year for the Committee. Work had been done on trying to attract new members and some Committee members had attended the Artisan Market at the Governors pub with the idea of raising the U3A's profile. While there were no tangible results from this exercise, it was useful to know that many of the attendees spoken to had a good appreciation of the U3A and its activities. Last June an Extraordinary General Meeting had been held to change the objects clause in the constitution to bring it into line with that agreed between the Third Age Trust and the Charities Commission. The most notable issue had been the decision to move the monthly meetings to St Andrew's Church. This had been driven by persistent discontent about lack of parking at the Methodist Church.

Errol Formilli asked what happened to redundant equipment. Walt said that the old laptop was still awaiting disposal and after the meeting Lynda Newton volunteered to find a new home for it.

The Chairman said that the Treasurer, Patrick Buttle, had been unwell for much of the year. He presented the accounts which, again, showed a loss as a result of further equipment purchases and the subsidising of the Christmas party. No further equipment purchases were planned or required. The auditor had been unable to look at the accounts through pressure of work but Alistair Gardner, the Treasurer of Bramhall U3A, had agreed to verify the accounts and this was acceptable practise for a small U3A. Walt expressed his thanks to Alistair and presented Patrick with a commemorative paperweight in recognition of his services to the Committee.

Pat Vermes thanked those members who have given time and energy to organising a variety of outings. Over the year we have enjoyed, theatre trips, visits to museums and stately homes, musical events and numerous social occasions. In May a group visited Adlington Hall, and July saw our customary outing to Clonter Opera for a performance of La Boheme. In September, a group ventured to The People's History Museum for an informative and thought provoking guided tour. This year's musical offering at the Stockport Plaza was a production of Me and My Girl and to round off the year, we paid a visit to Shugborough Hall. One or two trips are in the pipeline for this year, starting with a visit to Tabley House near Knutsford in May.

Jackie Chang's report noted that 25 new members joined in 2018 but more members had been lost in 2018 than previously mainly due to health problems and family commitments. This meant that the overall membership at the end of 2018 was 226 - a reduction of 7 on 2017. Each monthly meeting attracted 71 members on average. There had been a considerable drop in attendance at these meetings over the years. We hope that this new venue with its good parking facilities will prove more attractive and convenient and that the attendance will grow.

Bernadette Murray-Robb recalled a good and varied speakers programme. On only one occasion had the speaker failed to turn up which had called for some improvisation. She had already booked speakers up until September.

Election of Officers and Committee members

Unfortunately no-one had been nominated to fill the vacant post of Chair. Following an unsuccessful appeal to the members present, the Chairman said that an Extraordinary General Meeting must be called with the sole purpose of electing a Committee. Since a minimum of 21 days notice must be given to members, this would take place at the start of the April meeting.

It was agreed that in future the verifying of accounts should take place using the procedure adopted this year.

Following the meeting Pat Vermes announced the results of the Quiz and Tina Menges and some friends presented a series of amusing anecdotes.

Future Monthly Meetings

2nd May	Life in the Music A Journey through life featuring self-penned songs played on a variety of instruments	Andy Smith
6th June	Manchester's Lost District	Keith Warrender
4th July	The King's Tiger Rag Musical Entertainment	Roger Browne
1st August	Writing the Jack Castle series of adventure novels	Philip Caine
September	Fool's Gold Stories and music	Carol and Steve Robinson

Events

Visit to Tabley House

Thursday May 16th 2019

A visit to Tabley House, a fine Palladian mansion just outside Knutsford. There is a collection of English paintings, including works by Turner, Lely and Lawrence, as well as some fine furniture and a 17th century chapel which has a Burne-Jones window. We are planning to travel by coach, leaving Heald Green at 10.00 am and spending time in Knutsford before visiting the house in the afternoon.

Cost: £16 to cover coach and tip; £5 for guided tour.

Clonter Opera

Thursday July 18th.

Tickets for this year's performance at Clonter Opera have been reserved. This will be a production of Mozart's Don Giovanni and will take place on Thursday, July 18th at 7 p.m.

Tickets are £15 and car share will be arranged.

Groups

Local Amateur Theatre

Friday March 15th. Players Theatre. **Hindle Wakes** by Stanley Houghton.
Booking February 7th. Tickets £9.00. Start 7.45.

Friday May 3rd. Brookdale Theatre. **Sweet Charity** by Cy Colman and Dorothy Fields.
Booking April 4th, Tickets £9.00 Start 7.45

Friday May 24th. Poynton Players. **Straight And Narrow** by Jamie Chinn.
Booking May 2nd. Tickets £9.00. Start 7.45.

Friday June 21st. Stockport Garrick **A Funny Thing Happened On The Way To The Forum.**
Musical with music and lyrics by Stephen Sondheim and book by Burt Shevelove and Larry Gelbart.
Booking May 2nd. Tickets £10.50. Start 7.30.

Technology for Everyone

Meetings take place at Heald Green Village Hall starting at 2pm.

Tuesday 2nd April, 2019.

The History and Science of Prosthetic Limbs

Diana Leitch (postponed from October 2018).

Friday 10th May

Visit to a micro-brewery – further details to follow

Art Appreciation

Thursday 21st March – **Visit to Manchester Art Gallery – Leonardo da Vinci: A Life in Drawing**

Thursday 18th April

'Bauhaus 100'

Presented by Clyde Raine

Strollers 1

Wed. March 13th

Woodbank Park Stockport. Meet as usual at U R C , Swann Lane Cheadle Hulme at 10.15 for a 10.30 start. Easy walking, as much or as little as you feel like. Lunch at The Rectory

Contact Gillian Rowe

Strollers 2

Wednesday March 13th

For our first stroll this year, we are going to Dunham Massey's Winter Garden, and having lunch at the Vine pub. As usual we meet at Heald Green village hall car park at 10.15 to leave at 10.30a.m.

Walk leaders:- Margaret and George Rogers

Board Games

We next meet on Wednesday **22nd March** at Cheadle Library at 7.30 p.m.

We will play **Scrabble** and also, on **24th April**.

Organiser: Philippa FitzPatrick

Tuesday Dining

Tuesday 12th March Turquoise Cheadle. 6.00 for 6.15

2 courses £14.95

Organiser: Lynda Newton.

3rd Thursday Evening Diners

Thursday 21st March. We will dine at the **Cheshire Line Tavern**, Manchester Road, Cheadle: 6.30p.m.

There is a comprehensive menu. Food must be ordered at the bar and paid for on arrival. A table will be reserved for us.

Organiser: Walter FitzPatrick

Looking Back

Technology for Everyone - 5th February

On the afternoon of 5th February, 2019 24 members of this group listened to a very enlightening talk by Dr. David Das on the role of elemental iron in health and disease in the human body. Primarily it is used in the production of blood platelets which transfer oxygen around the body.

Iron deficiency (Sideropaenea) generally causes anaemia which manifests itself by tiredness, weakness, pale skin colour, shortage of breath, tingling in the legs, and several other symptoms. The best treatment is to eat more red meat as well as certain vegetables that contain high levels of iron such as spinach and cabbage, and also certain dried fruits and nuts.

Iron overload (Haemochromatosis) in the body produces similar symptoms to iron deficiency together with weight loss, joint and abdominal pains as well as liver and sexual dysfunctions. It is frequently caused by genetic errors and has no true cure. Bloodletting is frequently tried and does relieve the symptoms for a while because the body has to make up the blood loss and so will use up some of its stock of iron. It is important to have a blood test and also request a gene test as soon as possible if you suffer from any of the above symptoms.

Report by Roger Perry.