



Hello Cheadle U3A Members

Welcome to the **February 2016 E-news** - Keeping "In touch with ewe"!

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Items for the next E-news before 9am **Thursday, March 3rd** please.

Make it habit to visit our **WEBSITE** www.theadleu3a.org. It contains a calendar of events, information on activities, how to contact committee members, group leaders and much, **much** more.....

Help to keep our "hard copy" members up to date - be a "buddy". **SHARE** this information with a friend or neighbour if you know they are not on the internet. Why not drop them off a copy next time you pass so that as many members as possible receive this information update. We encourage you to use the **online PDF** file to print out a copy as this ensures the format remains accurate. You can click on the link at the **[top of this page](#)** to obtain a PDF copy of this e-News from our website!

Look out for our **(Doclinks)** and **(Photolinks)** click spots - let your fingers do the clicking!

AGM The next AGM will be held on Wednesday 27th April. Coffee/tea will be served from 10 am and the meeting proper will start at 10.30. With a bit of luck we should have completed the business by mid-day and the rest of the day is yours! Do please make a note of the date in your diary and come along and support your U3A and play your part in shaping its future.

MEMBERSHIP RENEWALS - PLEASE HURRY! - (Webpage)

For the last time this season a team of us will be at the February Coffee Morning ready and willing to renew your subscriptions. After that, it will be me on my own until next November.

Time is getting very short now, as the end of February marks the end of the Period Of Grace for 2016 renewals. Members who miss this deadline will, unfortunately, no longer be valid members of the Cheadle U3A. Their places within Activities may become available to others if there is a waiting list, and admission to some events might be refused.

To those of you who will be sending your renewal forms and cheques by post, please remember to put the stamped self-addressed envelopes in with them so that I can return your new cards as quickly as possible. If no envelope is provided, your cards will be available for collection at Coffee Mornings. Members who have paid by Standing Order but have not sent me an envelope can also collect their cards at Coffee Mornings, provided that their payments have been itemised on a U3A bank statement.

Membership Sec. Chris Beesley (07790 689173) - membership@theadleu3a.org

COFFEE MORNING February 10th, 10am - 12pm at the Guild Hall, Cheadle. (Webpage)

Committee members and Group Leaders will be available for consultation. Meet your friends, book and jigsaw exchange, book holidays and trips, buy homemade cards for charity, plus ***Cheadle Fairtrade Group** stall and lots more including a donation box for ****Cheadle Food Bank**. See below for more details *****Buy tickets for 1) "The President's Dance and Supper" to be held in the Guild Hall on Saturday 20th February 2016. 7.30 pm. Tickets £7 AND 2) "An Evening of Drama and Song" Sat 13th April - Cheadle Academy 7.30pm Tickets £5**

***CHEADLE FAIRTRADE GROUP** - Mary Blunt, Secretary.

We would like to thank Cheadle U3A, Dawn and her helpers, particularly, for using Fairtrade tea and coffee at your monthly Coffee Mornings and for inviting us to run a Fairtrade Stall there, too. Most members are now well aware of Fairtrade products, and are always very willing to try out many of the goods our stall provides. Dawn's helpers now have a wide selection of teas and coffees on offer, many of them Fairtrade. We are gaining a very faithful clientele! Takings of £440.85 for 11 months is an excellent total, and our local Traidcraft rep, Mrs. Ann Thorley, joins us in thanking all members for their continued support of Fairtrade. We hope to be able to provide a regular stall for you during the coming year and invite all members to look out in the local press for Fairtrade activities in Cheadle during Fairtrade Fortnight - 29th February - 13th March.

****CHEADLE FOOD BANK CONCERT**

Thank you for your continuing support - keep the donations coming in.

The Ukulele Group (UKE3A) is giving a concert in aid of the Cheadle Foodbank on Saturday March 5th at Cheadle Methodist Church in Chapel Street at 7.30 pm. Guest artistes include your very own Sarah Williams, accompanied by Rowena Dawson plus monologist Paul Lucas, another of our well-known members. All proceeds will go to the Foodbank. Tickets cost just £4 and are currently on sale from: **Barry Barnett (01538755796)**, **Paul Lucas (07773967530)** or **Roy Hedges (01538753568)**. They will also be on sale at the next coffee morning 10th February. Demand is likely to be high so try to get yours quickly for a fun night of singing and laughter and all for a very good cause.

PUB STROLLERS ([Webpage](#))

Date:	Details:	Leader:	Contact:
Feb 17th	Denstone Farm Shop	Shirley/Pat	01538 361929

RAMBLERS - ([Webpage](#)) - ([Gallery](#))

Wetley to Leek (11-01-16) (PhotoLink) Brocton and Bednall (25-01-16) (PhotoLink) Signs On Wetley Rocks To Leek(Jan 2016) (DocLink) Roaches (Feb 2016) (DocLink)	Rudyard Xmas Lunch (18-01-16) (PhotoLink) Gradbach (01-02-16) (PhotoLink) Signs Brocton and Bednall (Jan 2016) (DocLink)		
Date:	Details:	Leader:	Contact:
08/02/16	Hanchurch	Glynis	01538 752815
15/02/15	Smallthorne	Phil	01538 756256
22/02/16	Tittesworth	Peter D	01538 723556
29/02/16	Ellastone	Peter B	01538 722425

SHORT WALKS - NEXT WALK MONDAY 8th FEB HEM HEATH ([Webpage](#))

We have had a great start to the new year with unseasonal good weather for the first three walks. Long may it continue. Last Monday, 25th January, we were walking just to the south east of Cheadle. There are fantastic views over the town, views like these give our walks special purpose and make them more worthwhile. Our first special event of the year will be on Monday 15th February, we are returning to the Secret Diner at Sudbury Prison for our St Valentine's Day lunch. OK it is just after St Valentine's Day but it is as close as we can get. Later in the year we hope to run a coach trip again. The intention is for the coach to take us to a different location where we can begin our walk and then pick us up at yet another different location. This means we are not walking in a circle. It will be planned that there is a suitable place to have a late lunch before getting on the coach back to Cheadle. Previously we have been up to Miller's Dale to walk part of the Monsal Trail, and last year we ventured over to Great Hayward and Shugborough Park. If any one has any ideas where we may like to go this year (polite of course) let me know.

ALAN Short Walks Leader 01538 703161

ARCHITECTURE - *David Slade* - ([Webpage](#))

In our session on the 17th February we will be looking at the slow progression of architecture after the Roman Empire collapses. We look at the growth of Christianity and the adoption of Basilicas as churches in Europe, and as the form of the new churches as Christianity grows. In England the earliest masonry churches were Anglo Saxon so we shall look at those that remain today. The Normans invade and take over England and introduce sophisticated buildings such as castles, churches and houses in a style developed from the Roman which we call Romanesque. Some of these early churches in England become adopted as the seat of the Bishops and become the cathedrals that we love to visit today. So we look at the early form of Gothic which became such an important part of our church architecture. Once again I have included some videos and I hope you enjoy the session.

Contact: david.slade@theadleu3a.org .

TWO NEW CLASSES

1. FIRST AID/HEALTH CLASS - Wednesdays 3rd Feb, 17th Feb, 2nd March, 16th March at Cheadle Cricket Club 1pm - 2.30pm

Places are limited so it will be first come, first served. Please contact Janette to register your interest:

Phone: **07966 023 113**, Email: health@theadleu3a.org

2. A PIECE OF CAKE - Starting Monday 7th March

The group will be for people who like making cakes, sharing recipes and experiencing an Afternoon Tea. We will be meeting at Cheadle Cricket Club on the first Monday of the month at 2.00 - 3:30pm. The first meeting will be an introductory one. We are open to your ideas and the way forward. Come and enjoy. Contact Dorothy Dolphin - Phone: **01538 752 417**, Email: pieceofcake@theadleu3a.org

CINEMA - *Linda Keighley* ([Webpage](#))

Forthcoming Films at Uttoxeter Cinebowl. A special showing of the following film has been arranged for the U3A members:

"DAD'S ARMY", Thursday, February 11th 2016 at 10.30am - Duration of film: 100mins

The cost will be £3.60. Please arrive at least 15 minutes before the start time. Tickets can presently only be purchased immediately beforehand as advanced ticket sales for U3A shows are currently unavailable. Telephone and internet bookings are also not permitted. PLEASE TAKE YOUR U3A MEMBERSHIP CARD WITH YOU WHEN PURCHASING YOUR TICKET SO AS TO BE ABLE TO PROVE ELIGIBILITY TO ATTEND.

WRINKLY RIDERS Joan Charles - ([Webpage](#))

The cycle group will be planning their 2016 easy riding programme on MONDAY 29 FEBRUARY. All abilities and states of bikes welcome. We now have several electric bikers and have lots of fun with cafe visits.

Contact - Joan Charles, **01538 753545** or email cycling@theadleu3a.org

CARD CRAFT

Stella's class will recommence at Cheadle Cricket Club on Tuesday 12th April 2016 10am - 12 noon, every fortnight. New members can call Stella on **01538 702124** for more details.

MUSIC ENJOYMENT GROUP - Alan Lewis - ([Webpage](#))

Mon Feb 8th - Time for another G and S operetta so this week we will look at what is certainly one of their most popular comedic operas Ruddigore. Come along and enjoy this lighthearted piece with Sullivan's brilliant orchestration and Gilberts witty songs.

Mon Feb 15th - No meeting this week.

Mon Feb 22nd and Monday Feb 29th - One of Mozart's "big four" operas - no prizes for guessing the other three. For these two sessions we will look at his Magic Flute Opera. A fantasy opera but with his strong links with freemasonry it includes a strong input along these lines. As usual with Mozart packed with wonderful music and arias of all kinds as the story unfolds.

Mon March 7th - More ballet this week. Two short ballets by one of the giants of 19th/20th century music, the avant garde composer Igor Stravinsky. At its first performance in the early 19 hundreds in Paris his 'Rite of Spring' ballet caused riots in the streets so erotic was the dancing and the music to which it was set. A complete contrast to the classical ballets of Tchaikovsky etc with which the audiences were familiar. So different indeed you can't afford to miss it. This is accompanied by his Firebird ballet, not as controversial as 'Rite' but just as avant garde compared with what had gone before. Both ballets fit easily into our 2 hour session. Come along and enjoy this stunning treat from the Marinsky Ballet who we recently saw performing the Nutcracker.

Any queries please contact Alan Lewis, Tel: **01538 754208**, email: alan.lewis@theadleu3a.org or visit our [Webpage](#).

SOCIAL EVENTS 2016 - DATES FOR YOUR DIARIES

Tickets for all these events will be available at the Wednesday coffee mornings or by contacting Ann Mundy on 01538308049 or ann@themundys.org

*****PRESIDENTS DANCE AND BUFFET SUPPER** – SATURDAY 20th FEBRUARY, CHEADLE GUILD HALL, 7.30 pm £7 Come dancing with our retiring President Alan Lewis! A gourmet knife and fork 2 course buffet supper is included in the ticket price but please bring your own drink.

PRIZE WHIST DRIVE WEDS MARCH 16th 2pm DRAYCOTT VILLAGE HALL £2

You don't need to be an expert player but you do need to get your ticket quickly because numbers are limited to 40 players. Refreshments are included in the ticket price.

*****AN EVENING OF DRAMA AND SONG** SATURDAY 23rd APRIL - CHEADLE ACADEMY 7.30 pm £5

Our Drama Group ACT3A have penned their own 40 minute play which they will perform, followed by music from "Not Strictly Barbershop". Refreshments are included in the ticket price.

BARN DANCE - CHEADLE GUILD HALL - FRIDAY 6th MAY 7.30 pm £5

Live music from our U3A Folk Band "Weasel's Revenge" and caller Sylvia Fisher. Bring your own food and drink. This is a charity concert in aid of "The Woodlands Trust".

CREAM TEA SATURDAY MAY 21st CHEADLE GUILD HALL 2 pm £4

A chance to indulge in a delightfully delicious assortment of homemade cakes and pastries (forget the diet for once!), served with tea and coffee and a chance for a good hearty sing along with our Ukulele Group UKE3A.

CRAFT DAY - TUESDAY 25th OCTOBER 2016 - CHEADLE GUILD HALL 10 am - 4pm FREE ENTRY

Bring the grandchildren! There will be lots of crafts demonstrated and a chance to try them – fun for all ages.

BARN DANCE SUNDAY 6th NOVEMBER 2016 - CHEADLE GUILD HALL 7.30pm

Live Music from "Weasels Revenge" folk band with caller Sylvia Fisher.

QUIZ - WEDS 23rd NOVEMBER 2016 - CHEADLE GUILD HALL 7.30 pm

We are looking for a Quiz Master to organise and run this event – please contact Ann Mundy if you can help.

TRAVEL AND LANDSCAPE - Phil Boyer - ([Webpage](#))

We meet next on Thursday February 11th at 1.30 pm. This month the theme is Central Europe. Elaine Beardmore will present a recent trip to southern Poland including the tourist sites of Krakow, Auschwitz and the Tatra

Mountains. Then Phil Boyer will show 2 tours of Central, North and East Germany both made in the 1990s after Reunification. Both North Sea and Baltic coastal areas are covered as well as Berlin, Dresden and Colditz. All members welcome. For more details and photos see the Travel webpage.

Contact: TandL@theadleu3a.org

ICELANDIC HOLIDAY

Leek U3A are planning a trip to Iceland from 25th-29th September 2016. There will be a coach from Robin Hood coaches on the Macclesfield road to Manchester Airport. We will then fly with Easy Jet to Reykjavik. Two nights at the Center Plaza Hotel and two nights at the Hvolsvollur hotel. We will see the Blue Lagoon, Thingvellir National Park, Gullfoss waterfall, geysers, Eldfell volcano, glaciers, ice wall, the Westman Islands and the National Museum of Iceland. The cost is £1129.00. For more information go to the "Leek U3A website" and under "Events" you will find the Iceland brochure and application form. ([DocLink](#))

Contact: Tessa Abberley on **07596 778465**

LOCAL EVENTS

CHEADLE ARTS WEEK - Saturday 12th – Saturday 19th March. Anyone wishing to exhibit, put on an event for the Cre-8 Day, Showcase Day and High Street Gallery or any other enquiries please get in touch with Stella Heritage mrs.stellaheritage@gmail.com; 01538 702124; click here for info and forms:

CHEADLE ARTS WEEK Cre 8 Day form

Cheadle Arts Week Jazz Night flyer

CHEADLE ARTS WEEK Showcase Form

High Street Gallery form

LITTLE DRESSES FOR AFRICA UK

With over 800 dresses sent to Africa last year we are now planning to visit one of the orphanages in Ghana, in late Spring. This means we can take a lot more items with us, and ensure they get there! As well as pillowcase dresses we are planning to take the following items: children's new underwear (boys and girls, ages 4-14), boys elasticated shorts (don't have to be new but can't have zips or buttons), children's vitamins, children's toothbrushes. If you are able to help us by donating any of these items please call:

Nicole Watson on **01538 756510** or **07530 613760**.

Thank you for your continued support in helping us to give children hope.

One FINAL THOUGHT - contributed by Chris Beesley

Seenager

I am a Seenager. (Senior teenager)

I have everything that I wanted as a teenager, only 60 years later. I don't have to go to school or work. I get an allowance every month. I have my own pad. I don't have a curfew. I have a driver's license and my own car.

The people I hang around with are not scared of getting pregnant, they aren't scared of anything, they have been blessed to live this long, why be scared.

And I don't have acne.

Life is Good! Also, you will feel much more intelligent after reading this, if you are a Seenager.

Brains of older people are slow because they know so much. People do not decline mentally with age, it just takes them longer to recall facts because they have more information in their brains, scientists believe this also makes you hard of hearing as it puts pressure on your inner ear.

Much like a computer struggles as the hard drive gets full, so too, do humans take longer to access information when their brains are full.

Researchers say this slowing down process is not the same as cognitive decline. The human brain works slower in old age, said Dr. Michael Ramscar, but only because we have stored more information over time. The brains of older people do not get weak. On the contrary, they simply know more.

Also, older people often go to another room to get something and when they get there, they stand there wondering what they came for. It is NOT a memory problem, it is nature's way of making older people do more exercise.

SO THERE!!

I have more friends I should show this to, but right now I can't remember their names. So, please show this to

your friends; they may be my friends, too.

Happy 2016

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