



Hello Cheadle U3A Members

Welcome to the **June 2016 E-news**

Editor: Jenny Crump, jenny.crump@theadleu3a.org or telephone **01889 505674**
Items for the next E-news before 9am **Monday, July 4th** please.

Do visit our **WEBSITE** on a regular basis. 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!

RAMBLING GROUP - (Webpage) - (Gallery)

Bagnall (30-05-16) (PhotoLink)		Barlaston (09-05-16) (PhotoLink)	
Moneyash (23-05-16) (PhotoLink)		Toad Hall (16-05-16) (PhotoLink)	
Date:	Details:	Leader:	Contact:
6TH JUNE	YOULGREAVE	GORDON	01538 722634
13TH JUNE	HANCHURCH	GLYNIS	01538 752815
20TH JUNE	CRICCIETH, COACH 8 AM	ROSE/TERRY	01538 752057
27TH JUNE	ALREWAS	MIKE P.	01538 753979
4TH JULY	FIVE DALES	DAVE F.	01538 753572
11TH JULY	FOREMARK	MARGARET/GLYNIS	01782 396061
18TH JULY	LITTLE MORETON HALL	PETER D.	01538 723556
25TH JULY	ALTON AND DENSTONE	ROGER	01538 723165

SHORT WALKS - Avg distance 4miles (Webpage)

Date:	Details:	Leader:	Contact:
6-June	Rudyard Lake	Mel and Lesley Hall	757133
13-June	-	Janet and Phil Walton	-
20- June	Blore Pastures	Glenn, Pat and Dorothy	-
27-June	-	Tina and Bernard	-
4- July	-	Peter and Pam	-
11-July	Cheadle	Sue and Bev	-
18-July	Ilam	Alan and Beryl	01538 703161
25-July	-	Fay	-

PUB STROLLERS (Webpage)

Date:	Details:	Leader:	Contact:
June 15th*	Rose & Crown, Stanley Moor, ST9 9LL	Margaret/Michael	01538 755183
July 20th	TBA		

*Leaving Leisure Centre Car Park at 10:15

WRINKLY RIDERS - Joan Charles - (Webpage)

Morcambe Bay (09-05-16 to 12-05-16) (PhotoLink)			
Date:	Details:	Leader:	Contact:
June 8 (Wed)	Sawley Marina	Peter Lamb	01538 722912
June 22 (Wed)	Cannock Chase	Pam Lovat	01782 327981

For further details contact Joan Charles: cycling@theadleu3a.org

Wrinkly Riders Do Morecombe Bay

Cheadle (Staffs) U3A Cycling Group (The Wrinkly Riders) complete the Bay Cycle Way

In early October 2015 the BBC's Countryfile showed a piece about the newly opened 81 mile Bay Cycle Way from Walney Island in Barrow-in-Furness to Glasson Dock just south of Lancaster. Viewers were

shown a Countryfile presenter gliding along smooth level cycle ways with stupendous views of Morecombe Bay in the background.

The piece was seen by many of the Wrinkly Riders and was the hot topic of conversation during the next ride and also during the 'Baconfest' ride (celebrating the end of another successful cycling season with bacon butties). Eventually one of the group 'volunteered' to draft a provisional plan of the logistics so that the possibility of the group doing the ride could be examined.

The plan, containing several options was circulated, suggestions received and incorporated and a meeting of the group convened in early January 2016. A date and itinerary for the ride was agreed at the meeting and then circulated asking for confirmation of riders so detailed arrangements could be made. This activity produced three groups of riders; those who would complete the ride and use transport and accommodation as a group (the core), those who would complete the ride assisted by independent resources and finally those who could not complete the whole ride but would be in the area and join from time to time.

The core group dwindled to four riders who then tweaked the itinerary to suit transport and accommodation arrangements that were achievable for them. Accommodation was booked in Premier Inns at Barrow-in-Furness and Lancaster and supporting transport was provided by friends of one the core group. The route was plotted onto OS maps that were printed and laminated and was loaded into a GPS device to keep track of location.

On Monday 9th May the 'core' set off by car from Cheadle and assembled on Walney Island for a 1330 start to the first day's ride. We were met by another group member, a clear sky, a strong wind and a circus - with the flags out!

We were almost immediately pursued by a lady cyclist who wanted to closely inspect the logo on the back of the groups T shirts and then wished us well on the big expedition we were starting.

We had to navigate some busy streets in Barrow before crossing Morrison's car park onto the Dock to enter the world of tracks and minor roads that were to be our route for the next three days. We first hit the coast at Concle and were treated to the sight of some very energetic windsurfers speeding to and fro across the bay.

Then we proceeded along the coast - against the wind.... for a mile or so before following the 'Way' inland to gain a little height from which we could better appreciate the views across the bay! The terrain was 'mildly undulating' for a while and this might be a good time to mention that the navigator had the GPS under his T shirts to stop it flopping about so wasn't looking at it too often!!

About a mile and a couple of very steep hills after the village of Gleason, a pause for breath elicited the comment "this can't really[puff].... be an easy route for beginners[pant].... as advertised....." - a check of the GPS confirmed that it wasn't and that we'd taken a wrong turning!! It took an extra couple of miles and another steep hill to get back on track.... the navigator was advised he'd used up his one and only 'life' for the trip! In defence, there was a gap in the usually excellent route signage through the village.

We carried on up to and around Birkrigg Common before flying down the hill to Ulverston Sands to begin a bit of a plod to the end of the first day in Ulverston Centre, passing Conishead Priory which is now also the location of a gilded Buddhist Temple. After the shuffling of people and bikes back to Barrow we found a very well appointed Inn and enjoyed an excellent meal, during we took stock of the days' findings - it was windier and hillier than expected - and examining the plan of gradients for the next day, oh dear!

On Tuesday we were all up bright and early, keen to get to Ulverston to start the next section. Forewarned we started easily, pushing the bikes up the hill out of the town and after an all too brief freewheel down the dip, pushing again up the next hill. We were rewarded by a long cruise down to the river Leven to cross by a rather attractive pedestrian bridge.

A mile or so further on we encountered the most notorious feature of the Bay Cycle Way - Low Wood. Here starts a one mile long, 170 metres high unrelenting continuous climb up which the bikes had to be pushed. We were expecting it, we survived it, but it took far, far longer than expected and that prevented us spending time in a couple of the nice towns that we passed through later in the day.

Then a very long and much appreciated speed down to the town of Cartmel, home of the famous Sticky Toffee Pudding. After a cuppa and a tea cake we continued over the next hill to Grange-over-Sands where we stopped for a while on the promenade to enjoy a view of the bay before heading off - for yet another hill..... After 32 miles we ended the second day in the small town of Milnthorpe and after the usual shuffling settled down for our second night on the outskirts of Lancaster.

We were now looking forward to our third and final day, another 30 miles but with the promise of towpaths and disused railways - what a relief. At the start of Wednesday's ride from Milnthorpe we were met by a

group member who was staying in the area. He had cycled up the route from his campsite to meet us and regaled us with the news that the first part of our days ride would be..... hilly, but that after Carnforth would be easy. We told him, no worries, after the climb at Low Wood, nothing would be a problem - and it wasn't - well not much!

After a bit of jiggery pokery (the navigators expression for "I'm not sure how we get through the next section") we joined the towpath of the Lancaster Canal at Carnforth, with only the occasional halt to examine the wildlife before encountering the promenade at Morecambe. It was flat, broad and we had the wind behind us - what joy, and I do mean joy, it was great.

After a break for, surprise surprise, a drink and teacakes, we encountered one of the local celebrities:

From Morecambe there is a cycle 'super highway' that we followed to Lancaster, where we encountered a couple from the group who were staying in the area, who'd come to accompany us to the end. In Lancaster we crossed the River Lune by the Millennium Bridge and turned along its banks to our final destination, almost immediately meeting another couple from the group. We all rolled together down the disused railway line to Glasson Dock just pausing for a couple of photos by the river en-route.

That was it, a snack at the butty bar, collect the cars from Milnthorpe and then back home to Cheadle - all tired but happy, what next?

ARCHITECTURE (*Webpage*)

We look this month on the 15th at the beginning of what we know as Georgian. This is the period of the grand houses like Kedleston Hall and Holkham Hall, grand churches such as St Martin in the Fields, and the fine terraced town houses of London and Bath. A period of affluence but with ongoing wars with the Anglo-Dutch Wars, the American War of Independence, and the private wars in India. Influences from Europe brings ongoing Renaissance and Palladian architecture, well mannered and ordered resulting in the classical 'Georgian' of England. An interesting period as the influences from abroad can be seen to settle on an English form of architecture widely copied in America.

David Slade MA RIBA DPAGB (david.slade@theadleu3a.org) .

AFTERNOON TEA

We had a lovely time at the afternoon tea it seemed to me that most people enjoyed themselves. Without everyone's help this couldn't have happened. I have to say a big thank you to all our U3A cake bakers who donated the beautiful assortment of cakes, they were wonderful. Not forgetting our sausage roll and sandwich makers! All the food went so that speaks for itself.

Thanks also for the ladies and gentlemen who came and set up and put everything away, what would I do without you? Also thank you to Fair Trade and others who made a donation.

Last but not least thank you to Uke3A. We all enjoyed the entertainment, and being able to join in with the singing.

Dawn Maley

CONGRATULATIONS

Painting For Pleasure Group (Leader - Ken Bradshaw) - Weds am Thurs am & pm

The Group are pleased to announce that our member Mrs Fay Rowe has entered a watercolour painting 'Kiln Heat' in the recent Staffordshire Moorlands Open Art Exhibition 2016 at the Nicholson Institute Gallery in Leek. Fay was judged to be the winner of the Staffordshire Moorlands District Council Prize.

IMPORTANT NOTICE

Please remember there is no coffee morning in August!!

A DATE FOR YOUR DIARY - Viv Cowie - (*Webpage*)

Advance notice of the Art Club's Summer Exhibition, to be held in the Guild Hall on Saturday July 30th from 10am-4.00pm. Teas and raffle. All welcome!

More info next month.

Viv Cowie, Art Club Leader

CHEADLE CHESS GROUP (*Webpage*)

Chess - "Exercise for the Brain"

We are appealing for more people to join us. Ex. players and learners welcome, we will be happy to give tuition if required. We meet at the Guild Hall on Tuesday afternoons 2.00pm till 5.00pm

OUTINGS AND HOLIDAYS - Margaret Plant - ([Webpage](#))

Apologies - I'm sorry but due to unforeseen circumstances, The Leicester trip on Wednesday 20th July has had to be rescheduled to the following Wednesday 27th July. Sorry for any inconvenience.

August Tuesday 16th	Shrewsbury £11 Coach
September Sunday 11th	Ludlow Food Festival £14 Coach + Entrance
September Wednesday 28th	National Space Centre £11 Coach +£9 Entrance

A £5 deposit will be required per person per trip booked.

Please book with Margaret Plant at the coffee mornings.

Contact: **01538 752 756 - 07956 891 894** - email: trips.holidays@theadleu3a.org

SOCIAL EVENTS

Our next social event will be the Barn dance on Sunday November 6th at 7.30 pm in the Cheadle Guild Hall. Music will be provided by the U3A Folk Band "Weasel's Revenge" and the dances will be called by Sylvia Fisher. Tickets are just £4.00 and will be on sale at coffee mornings.

QUEEN'S 90TH BIRTHDAY CELEBRATIONS

Cheadle Methodist Church is keen to invite everyone to join in their celebrations of the Queen's 90th birthday. Members are busy making plans for the weekend of 11th and 12th June 2016. On Saturday, 11th June there will be an exhibition and displays in the Church and the Church Hall showing the Queen's faith and changes over the 90 years of her life. Admission to this is free and refreshments will be available. On Sunday 12th June there will be a special celebration service at 10.45 am to which everyone is welcome. So - book these dates in your diary now!

BATH LIFT FOR SALE

Bargain at offers around £550. Used once; cost £1600. Effective for right person.

Details from Phil Silk **01538 757020**

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Please report any issues to our Webmaster: webmaster@theadleu3a.org
