

KANUTA

Newsletter
August 2022

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From the Chair

Thanks to all those members who attended our AGM and talk on recycling on 14th July. I'd particularly like to thank the Speakers' Committee for arranging the informative and entertaining presentation from Lisa Collas at Cheshire East Council.

Although we are glad to be able to meet face-to-face and this now feels more 'normal', please remember that Covid infection rates are still very high and some u3a members have concerns about close contact including hugging, shaking hands or car sharing.

You will see below that both the Speakers' Committee and the Technical Team are looking for new members. They provide an opportunity to meet different people and learn new skills, or use your old skills. Any help you can give would be much appreciated – neither role is particularly arduous, so contact the members indicated below to find out more.

There is no members' meeting in August. In September we will meet on the usual day (second Thursday in the month), but rather than having a speaker we will be holding our annual activity groups' showcase. This is a great opportunity for members and your non-member friends to find out more and get involved in some new activities. Members' meetings with a speaker will resume in October, with Claire Hart speaking on Inherited Metabolic Disorders.

On Thursday October 27th we will have two presentations as part of our new 'Hidden Talents' initiative, organised by Tony Axon. The first presentation will be from Tony, and the second from Mike Regan on behalf of the Geology Group. Please do put the date in your diaries and you can read more about this below.

Very best wishes

Mark Barley

Members' Meetings

Knutsford Methodist Church
Second Thursday of every month starting at 2.15pm

- 8th September** **Groups Showcase event and social** to start at the earlier time of **2pm**.
This will be a similar format to last year providing the opportunity for groups to promote their activities to members and non-members. Tables will be allocated to each group to display visual or other information.
The event will be supported by banners and other publicity material outside the entrance to the church to attract members of the public. We also hope to promote the event in local media.
Tea and biscuits will be available.
If you know of any friends or relatives who might be interested please invite them along. Last year's event was successful in attracting new members to various groups and we hope this will be repeated this year.
- 13th October** **Claire Hart** will give a talk entitled '**Inherited Metabolic Disorders in the UK – history, diagnosis, newborn screening and treatment**'.
Claire gave us a talk on Zoom during lockdown which was very interesting so we've asked her back to speak to us in person.
The talk will cover the following: inherited metabolic disorders are genetically inherited conditions that impair the ability to make or break down a variety of chemical compounds within our cells, with clinical consequences. There are hundreds of different disorders;, some so rare they only affect a few people in the whole world while some are common enough to warrant screening all newborn babies for them. This talk is about the history of the discovery of these disorders, why and how we can test or screen for them and how some can be treated.
- 10th November** **Julia Marwood** will give a talk on '**Adolphe Valette: the Manchester Impressionist**' who was an inspiration to L S Lowry. The talk will explore the life and work of an artist whose fine work and inspirational teaching are finally receiving the recognition they deserve.
- 8th December** **Norman Harris** – topic to be decided.
- 12th January** **Andy Keaven** from Cheshire Police. Further details nearer the time.



Calls for Volunteers



Speakers' Committee

At present the speakers at our Members' Meetings are booked by a small committee who pool their ideas and share responsibility for booking speakers. We are a friendly group who support each other. In this way the task of booking speakers is shared so the amount of work it takes is not onerous but it is a task which is vital to the life of our u3a. We're looking for new members so we can hopefully generate new ideas for speakers for the future.

If you'd like to find out more please contact **Sue Allan** 01565 632904, info@knutsfordu3a.co.uk.

Technical Team

The main task of the technical team is to provide both sound and visual aids at the monthly Members' Meetings and at the forthcoming quarterly 'Hidden Talents' meetings. We do this by using the permanently installed user friendly equipment at Knutsford Methodist Church.

On occasions we also help activity groups to use the Knutsford u3a audio / visual equipment at their meetings.

In both cases, the equipment used requires practical rather than deep technical skills. Ideally members of the team should have a good basic knowledge of Windows-based computers. Our experience is that learning to use the equipment is best done by watching others use it and then reverse the roles.

We need several more members to give cover for holidays etc.. Will you join us?

For more information please contact **Tony Roberts** or **Robert Watson** by email: info@knutsfordu3a.co.uk or by phone: Tony 07803 615916 Robert 07711 030557



Hidden Talents



Do you have a hidden talent?

You are one of over six hundred members of the Knutsford u3a, many of whom have had exciting and challenging lives. During your life, you will have enjoyed educational experiences and adventures through your occupation, hobbies, travel, sports, and holidays that might well interest our members. If so, here is the opportunity for you to entertain, amuse and educate, your u3a friends by re-living some of your interests, activities, personal contacts, contributions and the adventures that have made you who you are.

As you are aware, the Knutsford u3a 'Hidden Talents' meetings are a new enterprise, they will be held in the Methodist Church on certain Thursday afternoons. They will be in two parts; a presentation/talk from one of our members, 30-40 minutes (including questions,) followed by a 30-40 minute presentation by one or more of our activity groups, with tea and biscuits to follow.

The first meeting is on **Thursday October 27th, 2022, at 14.15**. Tony Axon will give a lecture entitled 'How flexible endoscopy revolutionised the treatment of Gastrointestinal diseases' and Mike Regan (on behalf of the Geology Group) will present on 'Natural Resources For The Electric Future'.

According to u3a regulations, *we are not allowed to remunerate our own members* for contributing to our meetings (unlike the 'guest speakers' invited for our regular members' meetings) so volunteer 'Hidden Talents' lecturers will be providing their contribution gratis in support of our 'self-help' ethos.

Those members (or activity groups) who would like to contribute by delivering a 'Hidden Talents' presentation please email me giving a brief description of your intended contribution and a few details about yourself.

Tony Axon

info@knutsfordu3a.co.uk



Theatre and Music Trips



THE NORTHERN CHAMBER ORCHESTRA
will perform
BEETHOVEN'S VIOLIN CONCERTO
and his
'EROICA' SYMPHONY
'Revolutionary music on an epic scale'

Saturday, 15th October 2022
The King's School, Macclesfield

Cost, including travel **£32 each**
Coach departs the bus station **6.40 pm**

The Northern Chamber Orchestra, the oldest professional chamber orchestra in the North West, established in 1967, has gained a formidable reputation for its exciting and engaging concerts. For many years they have had regular, monthly concerts in Macclesfield and elsewhere. They are now moving to the brand-new, purpose-built auditorium of The King's School at Macclesfield and this is their opening concert there.

An exciting programme with Beethoven's Violin Concerto, followed by his Eroica Symphony, in what I hope will be an excellent venue. The concert will be conducted by Delyana Lazarova, Assistant Conductor to Sir Mark Elder at the Hallé. She is joined by the violinist, Jennifer Pike. Born locally, Jennifer was the youngest ever winner of the BBC Young Musician of the Year in 2002 and a major prize-winner in the Menuhin International Violin competition. She is now in demand as a soloist all over the world.

To reserve a place, use the **dedicated booking form** on page 10 of Kanuta.



Outings



HOGHTON TOWER, PRESTON

Wednesday 24th August

**Cost £40 includes travel, morning coffee, entrance to the Tower and gardens, buffet lunch with tea or coffee.
Coach departs 9.00 am.**

Today's Tower might have been built in 1565 by Thomas Hoghton but it was far from the first; previous structures here date all the way back to 1109.

The hilltop location from the heart of Lancashire which made Hoghton Tower strategically crucial for centuries, now guarantees, on a clear day, brilliant views to the Lakes, the Irish Sea and Wales. Kings, queens, artists and authors have all been regular visitors adding their stories and a national perspective to what has always been a unique and inspiring setting. If the Tower had kept a guest book you would find the signatures of, among others, William III and Queen Mary, Dickens and Shakespeare.

Hoghton Tower, a Grade I listed building, is the ancestral home of the de Hoghtons. Its history, when told by the tour guides, is an entertaining, revealing and human story of why Shakespeare was here, how King James I 'knighted' a loin of beef, and exactly which 'Peaky Blinders' scenes were played out at the Tower.

To reserve a place, please complete the **dedicated booking form** on page 9 of Kanuta

News from the Groups

Singing Group

We will restart our singing sessions on Tuesday 20th September at KMC from 2pm - 3:30pm (£2 per session). I look forward to seeing everyone after our summer break - new members are very welcome to join. No singing or music reading experience is necessary, just a willingness to relax and join in as we work our way through a variety of song styles.

Kath Scott

Recorder Group

The Recorder Group will recommence on Wednesday 7th September at 2pm at 61 Boothfields WA168JY. New players are very welcome: you need enthusiasm, a descant (or other) recorder and a music stand if possible. We play a variety of music and are hoping to get a programme together to perform for other U3A members next year.

Carol Goodwin 07811570463 info@knutsfordu3a.co.uk

Scrabble Group

The Scrabble group will not be meeting during August. The first meeting of the new session will be Friday 16th September in Knutsford Library at 2pm. New members would be welcome to join this friendly group.

Avril Slade 01565 633997



u3a Holiday in Northumbria



On Sunday, 12th June, bright and early, 30 u3a members set off at 9am sharp on a coach trip to Northumbria for 5 days. Margaret Hinde and Lynda Harris had organised the trip through Simply Groups travel agent. We had a driver, Ron, who also acted as courier and drove us to all the places visited in this interesting and beautiful county of Northumbria.

After a brief stop at Tebay service station we went on to visit the Bowes museum for a conducted tour around the French style chateau / museum with its wonderful collections of furniture, ceramics, art and many other works which had been collected by a fascinating couple, John and Josephine Bowes in the 19th century, well worth the visit. We then continued to our base, the White Swan Hotel, Alnwick, famous for its original oak panelling, stained glass windows, and revolving entrance salvaged from the RMS Olympic, sister ship to the ill-fated Titanic.



The morning of Day 2 was devoted to exploring Alnwick and its main attractions of formal gardens, castle and renowned, amazing Barterbooks bookshop housed in the former railway station. Some chose to visit the castle and gardens and others fitted in an exploration of Alnwick and the bookshop. The afternoon was devoted to another garden, Howick Hall and Arboretum, which we all agreed provided a pleasant contrast to the Alnwick garden's formality, with its less structured planting schemes and 'wilding', fitting in with current approaches to gardening.



Day 3 was a fine day and just right for a visit to Lindisfarne, Holy Island, so we could see the scenic coastal views and the castle in the best possible weather conditions. Some chose to visit the castle, others to walk and take in the views and enjoy the fresh air and atmosphere. Those interested, visited the small, enchanting, walled garden in the shadow of the castle designed and built by Gertrude Jekyll in 1911.

In the afternoon of day 3 we went on to Bamborough where there was a choice of a conducted tour of the castle or a Farne Island Cruise. Thankfully the weather was kind and the sea calm and the cruise took us from Seahouses out to the islands where we saw (and smelt!) thousands of seabirds some nesting and many flying and swimming on the hunt for their next meal.



In beautiful weather on Day 4 we made a morning visit to the picturesque, peaceful harbour town of Amble. Many chose to walk out along the estuary where fish was available fresh off the boat and interesting 'pods', small stalls, were selling a variety of goods and refreshments. The sea views along the coastline were spectacular in the blue sky and sunshine.

The afternoon visit was to Cragside House, Gardens and Estate, the creation of Lord Armstrong, a Victorian inventor and industrialist. On our tour of the house we saw many interesting features including lights and lamps originally lit by hydroelectricity, a passenger lift, fire alarm panels, telephones and a Turkish bath suite and many home comforts built before their time. The gardens were challenging to explore because of the steep paths to be negotiated but very picturesque nevertheless.



We had an early start on our last day to fit in more exciting visits on the journey home. We stopped at the Angel of the North, the iconic feature of public art in Gateshead.

The afternoon featured a visit to Newby Hall and Gardens, near Ripon, where our guide's most entertaining stories brought the history of the house and its occupants to life. If you were quick you could also fit in a tour of the award gardens, a river tour, a miniature train ride and visit the teddy bear museum, home of a selection of Giles Brandreth's collection of bears!

Then it was homeward bound with our trusty driver, Ron, who delivered us back to Knutsford bus station after a week of most enjoyable whistle stop adventures.

Richard and Eileen Martindale



Booking Forms

PLEASE use a **separate booking form** and a **separate cheque** for each outing

- Write the name of the outing on the back of your cheque
- Make your cheque payable to Knutsford and District u3a
- Send a stamped, addressed envelope if you want your reservation confirmed
- Send your form and cheque **to the organiser as noted for each event**

Unless you send an SAE, you will only be contacted if your booking was NOT successful.

For further information contact the organiser (details on the appropriate booking form)

BOOKING FORM – HOGHTON TOWER and GARDENS – Organised by Lynda Harris		
<p><i>Please note for insurance purposes, people attending this outing should be members of the u3a.</i></p> <p>I/We would like to book place/s at £40f.00 each and enclose a cheque for £</p> <p>Event: Hoghton Tower and Gardens, including morning coffee and buffet lunch</p> <p>Date & time: Wednesday 24th August 2022, 9:00 am</p>		
Name and Address <u>with postcode</u> of all attending		
Phone number for track and trace	e-mail	Phone number In case of emergency on the day
Please give details of any food allergies relevant to our lunch		
Send this completed form and cheque made payable to Knutsford and District u3a to Lynda Harris, 10 Lindop Close, KNUTSFORD WA16 8AY Telephone 01565 621058		

BOOKING FORM – The Northern Chamber Orchestra – Organised by Margaret Hinde

Please note for insurance purposes, people attending this outing should be members of the u3a.

I/We would like to book place/s at £32.00 each and enclose a cheque for £

Event: The Northern Chamber Orchestra at The King’s School, Macclesfield

Date & time: Saturday 15th October 2022, 6:40 pm

Name and Address with postcode of all attending

Phone number
for track and trace

e-mail

Phone number
In case of emergency on the day

Send this completed form and cheque made payable to Knutsford and District u3a to
Margaret Hinde, 1 Warford Hall Drive, Great Warford, Alderley Edge, SK9 7TR Telephone 01565 872643