

# KANUTA

Newsletter  
August 2024

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## From the Chair

Following our AGM on 11th July, for those who did not attend, I would just like to reiterate my thanks to all my colleagues on the Committee for all their hard work and their enthusiasm during this year. They have all given me a great deal of support during my first year as Chair of our u3a.

My thanks also go to the many people who help on our various sub-committees, particularly the members of the Technical Team who support all our events, members of our Outings and Visits Committee and Speakers' Committee and to Terry Griffiths who produces Kanuta for us. Thanks are also due to all our Group Leaders and other helpers. Without the hard work and enthusiasm of all these people our u3a would not be nearly as successful as it is.

As supporters such as these start to feel (after many years in most cases) that they need to step back from whatever role they have undertaken in our u3a, we need new people with new ideas to take their places. People often feel that running a group is more responsibility than they want to take on but a group should not rely on one person to organise everything they do, group meetings should be a joint effort with input from everyone in the group so that, if the Group Leader is not available, someone else can run a session. Sometimes, if money is involved in any way, Group Leaders could do with someone to help with the admin side of running a group. If payments are involved in a Group to which you belong perhaps you could consider offering to help in this way.

I hope you are all enjoying the summer which, as I write, seems to be showing signs of finally arriving and, if your Group takes a summer break (or even if it doesn't) I hope you will all take up or continue your u3a activities in the Autumn with renewed enthusiasm. Why not come along to our Showcase Members' Meeting on 12th September to see what other activities we have on offer.

If you have any ideas for new groups that we do not currently run or want to join one that is full why not contact our Groups Supporters, Stuart Allan or Marian Goddard via [info@knutsfordu3a.co.uk](mailto:info@knutsfordu3a.co.uk) and they will be able to find out whether there is any interest amongst the other members for starting such a group and will give help and support.

**Sue Allen**  
**Chair**

## Knutsford u3a Committee members 2024/2025

Name	Role	Email address
Sue Allan	Chair	chair@knutsfordu3a.co.uk
Adrian Long	Treasurer	treasurer.knutsfordu3a@gmail.com
Mark Barley	Secretary	secretary@knutsfordu3a.co.uk
Stuart Allan	Joint Groups Supporter	groups.supporter@knutsfordu3a.co.uk
Roger Brown	Publicity	via info@knutsfordu3a.co.uk
Irene Hardy	Events Co-ordinator	via info@knutsfordu3a.co.uk
Helen Smith	Membership Secretary & Accessibility Officer	membership@knutsfordu3a.co.uk
Wendy Brooks	Refreshments Rota Co-ordinator	via info@knutsfordu3a.co.uk
Georgina Blackburn	Welcome Co-ordinator	via info@knutsfordu3a.co.uk
Anthony Axon	Speakers Committee Chair	via info@knutsfordu3a.co.uk
Marian Goddard	Joint Groups Supporter	via info@knutsfordu3a.co.uk
Tony Roberts	Beacon Administrator	beaconadmin@knutsfordu3a.co.uk

## Showcase Event

**Knutsford Methodist Church  
Thursday 12<sup>th</sup> September starting at 2.15pm**

As in previous years we are holding our Showcase event where our Activity Groups will have stands within the Knutsford Methodist Church to present their activities to members of the public and also to give our own members, particularly those who have recently joined, an opportunity to see the wide range that is available to them.

Also, Activity Group Leaders and Committee members will be present and will be pleased to talk to people who may have questions.

If you have any friends, relatives or neighbours who may be interested in joining our u3a please invite them along.

# Members' Meetings

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

There is no meeting in August.

**12<sup>th</sup> September** **Groups Showcase event** and social – see separate notice above.

**10<sup>th</sup> October** **Dr Helen Naylor**, tour guide, geologist and historian will speak on “A coffee-fuelled revolution.” She will explain how the arrival of coffee in England during the 1600s stimulated the birth of businesses, charities, and some of our great art institutions and will also weave in the tale of King’s Coffeehouse in Knutsford!

**14<sup>th</sup> November** **Joanna M Williams** will speak on “The Great Miss Lydia Becker Suffragist, Scientist and trailblazer.” Fifty years before women were enfranchised, a legal loophole allowed a thousand women to vote in the General election of 1868. This surprising event occurred due to the feisty and single-minded dedication of Lydia Becker, the acknowledged but unofficial leader of the Women’s suffrage movement in the later 19th century.

**12<sup>th</sup> December** **Nicky Patterson** will speak on “Air Traffic control”. Nicky has been an Air Traffic Controller for the last 25 years. She works at Manchester Airport providing Tower and Approach radar services to arriving and departing aircraft. Her talk will explain what goes on behind the scenes and how they move over 2.5 million aircraft through UK air space each year!



## Dates for your Diary



### 2024

Friday 22<sup>nd</sup> November

Tuesday 26<sup>th</sup> November

Trip to **Christmas at Chatsworth.**

Matthew Bourne's '**Swan Lake**'. Tickets will be on sale in early September.

Wednesday 11<sup>th</sup> December

Sunday 15<sup>th</sup> December

**Christmas Lunch** at The Clink Restaurant in Styal

Bridgewater Hall, 3 pm. **Christmas Carols** with the Halle choirs, both young and old!

### 2025

Thursday 13<sup>th</sup> February

Liverpool Empire theatre, matinee 2.30 pm. '**Chicago**', the well-loved musical.



## Hidden Talents



The talks are held in Knutsford Methodist Church at 2.15pm prompt. Please aim to be seated by 2.00pm.

We will be starting our Winter Season of Hidden Talents on **Thursday November 28<sup>th</sup>** at 2.15 pm.

**Peter Sharratt**, one of our members from the BBC, will give a presentation about Martin Bell (the man in the white suit) who was elected MP for Tatton in 1997. It was Peter who was responsible for the filming at that time when Knutsford became a household name!

### Call for volunteers

Our u3a committee is keen to continue the successful “Hidden Talents” presentations we started in 2022 and are seeking volunteer speakers or groups for 2025.

The meetings are similar to the members’ meetings we hold on the second Thursday of the month in the Knutsford Methodist Church. They start at 2.15pm, last (with questions), for about fifty minutes, and are followed by tea/coffee and biscuits.

Previous presentations have included interesting occupations, travel, adventure, science, cancer, music and BBC. If you would like to entertain the u3a for an afternoon we would love to hear from you.

We intend to hold the next three Hidden Talents meetings on the fourth Thursday of November 2024 (see details above), January and March 2025.

Our Hidden Talents programme began in 2022 and we have had nine presentations including one earlier this year hosted by our u3a choir together with our recorder group. All the meetings were well supported.

Tony Axon is secretary of the Speakers Committee and can be contacted via [info@knutsfordu3a.co.uk](mailto:info@knutsfordu3a.co.uk) or by telephone on 07947 741 467.



## Your Kanuta



Kanuta is published 5 times a year, usually at the beginning of February, April, June, August and November

Submissions from members are welcomed. So, if you have an article you’d like to share with your fellow u3a members – preferably related to the u3a and its activities – please submit it to [newsletter.knutsfordu3a@gmail.com](mailto:newsletter.knutsfordu3a@gmail.com) before 23<sup>rd</sup> of the preceding month. Illustrations are also welcome BUT please do not submit them directly by email. Instead, send a note saying what illustrations you have and you will receive instructions for uploading them to the photo archive.



# Theatre and Music Trips



## The Company of Wolves

Adapted from a short story by Angela Carter

**Wednesday, 9<sup>th</sup> October, 2024, 7:30 pm**  
**The New Vic Theatre, Stoke**

**Cost, including travel     £40.00**  
**Coach departs 6 pm prompt.**

This is a New Vic production, (they are generally very good!), which has been adapted from a short story written by Angela Carter in the 1980s and which was subsequently made into a film of the same name. As I don't know any more than that about it, I will quote from the New Vic brochure!

“Imaginative staging, evocative soundscapes, spectacular acrobatics and theatrical invention combine to bring this gripping horror story to life..... In this rare stage version, ‘*The Company of Wolves*’ is filled with danger, desire and suspense – a story of terror and transformation unlike anything you have experienced before”.

So, it's something different maybe?

To reserve tickets for this production please book via our [On-line Tickets](#) page or send your cheque, made out to Knutsford U3A, to Margaret Hinde, 1 Warford Hall Drive, Alderley Edge, SK9 7TR, together with a completed booking form (see page 13).

Any remaining tickets will be on sale at the Members' meeting on Thursday, September 12th.

**Margaret Hinde**

## Hallé Concert at the Bridgewater Hall

**Sunday, 13<sup>th</sup> October, 4 pm**  
**The Bridgewater Hall, Manchester**

**Cost, including travel,     £38.00**  
**Coach departs 2.30 pm prompt.**

### **Dvorak's Cello Concerto and Brahms Symphony No 3.**

This looked such a lovely programme, I couldn't resist it! A Sunday afternoon; it should be a very relaxing time to go.

Albert Gerhardt, ‘*one of the finest cellists around*’ (*The Guardian*) performs Dvorak's celebrated Cello Concerto, a joyous piece, followed by Brahms' triumphant third Symphony.

To reserve tickets for this production please book via our [On-line Tickets](#) page or send your cheque, made out to Knutsford U3A, to Margaret Hinde, 1 Warford Hall Drive, Alderley Edge, SK9 7TR, together with a completed booking form (see page 13).

Any remaining tickets will be on sale at the Members' meeting on Thursday, September 12<sup>th</sup>.

**Margaret Hinde**



# Outings



## Visit to St Giles Church, Cheadle, Staffs and to Trentham Gardens

**Friday, 6<sup>th</sup> September 2024**

**Cost including coach travel      £25.00**  
**Coach departs the bus station      9.15 am**

The day will start with a visit to the Gothic Revival Church of St Giles in Cheadle, Staffordshire primarily to view the beautiful decorations by Augustus Pugin.

The journey will then continue on to the award-winning Trentham Gardens where you will be free to explore the beautiful gardens, the shopping and garden centers or to enjoy a peaceful walk around the lake.

NOTE - Refreshments are not included.

To reserve places please book via our [On-line Tickets](#) page or send your cheque, made out to Knutsford U3A, to Marian Goddard, 1 Devis Way, Knutsford WA16 0GY, together with a completed booking form (see page 12).

**Marian Goddard**

## News from the Groups

### **Lunch Club**

The new Lunch Club had its first meeting at the Lost and Found at 12.30 on the 21st June and would like to welcome further members.

If you are interested in further details please contact me via [info@knutsfordu3a.co.uk](mailto:info@knutsfordu3a.co.uk)

**Beryl Roberts**

### **Recorder Group**

The group is taking a summer break until Wednesday August 28th when we will start our fortnightly meetings at 2.15 at 61 Boothfields.

**Carol Godwin**

### **Scrabble Group**

The group meets in Knutsford Library. Members of the group will be at the Showcase Event in September and will be happy to talk to anyone interested in joining.

**Patricia Bramich**

## News from the Groups

### Tai Chi Group

Do you want to do a gentle, low-impact exercise that can help maintain strength, mobility, flexibility, concentration and balance? Then Tai Chi is the perfect activity for you. Tai Chi is suitable for you whatever your level of fitness and you will leave each session with a feeling of calm and inner peace.

We hold two Tai Chi classes every Tuesday at the Knutsford Sports Club on Mereheath Lane at 2pm - 3pm and 3pm – 4pm and we have places available for both sessions starting in September.

The sessions are run by a Senior Instructor Member of the Tai Chi Union with many years of experience.

We welcome new members and would love to see you in September whatever your level of fitness. Please let Philip Smith the Group Co-ordinator know if you would like to come by phoning him on 07801 310399 or dropping him an email via [info@knutsfordu3a.co.uk](mailto:info@knutsfordu3a.co.uk)

If you are interested please do not delay as we would like to know numbers ASAP

### Philip Smith

### Cryptic Crosswords Group

The group, which commences its Autumn Series of meetings on September 10<sup>th</sup>, warmly welcomes new members.

For those who are already familiar with Cryptics there is a friendly, informal Improvers section (free) on fortnightly Tuesdays, 11 a.m. to 12. Venue : Heath Room, Town Council Offices, Toft Road. This section would also be ideal for crossword fans of yesteryear looking for a “refresher” course.

For anyone who might like to explore moving on from General Knowledge crosswords to Cryptics, there is a Beginners' section which meets on the same Tuesdays, 2 to 3 p.m.

TASTER SESSION FOR BEGINNERS SEPTEMBER 17<sup>TH</sup>

Why not come along to this free, 1 hour talk about the world of Cryptic Crosswords? (in the Heath Room, see above, 11 a.m. to 12).

The leader will provide an introduction to Cryptics and show how to crack them. Although they can be considered a bit daunting and impenetrable, nevertheless, with a little guidance you can start solving them and embark on an amazing tour of our language....new words and expressions, alternative meanings and imaginative anagrams.

Solving them can also provide a sense of achievement, humour and, perhaps most importantly, mental stimulation— which is thought to be very beneficial these days!

Would any members who wish to attend any of these meetings kindly contact me on 07785 925825 or via [info@knutsfordu3a.co.uk](mailto:info@knutsfordu3a.co.uk)

### Brian Wreford

## News from the Groups

### Yoga Group

Do you want to improve your bone density and increase your core strength whilst lubricating your joints and relieving back pain and tension? Then Yoga is for you.

The Yoga group is up and running at a new venue - Jubilee Hall just next to Booths Supermarket. Parking is free and easy – you can park in Booths Car Park for up to 2 hours.

The Group will restart in September on Wednesdays at 10.30-12.00 and we would welcome new members.

Our qualified Yoga coach is Cathy King. Cathy is also a member of Knutsford u3a and her classes are aimed at u3a members.

You won't be standing on your head but you will be strengthening your body and soothing your unconscious!

If you would like more information, please contact Dot Long on 01565 632067 or 07879 290088 or by email via [info@knutsfordu3a.co.uk](mailto:info@knutsfordu3a.co.uk)

**Dot Long**

### Walking Group 3

On a lovely sunny Thursday in July the group, led by Elizabeth and Trevor Hosking, did a wonderful 5 mile walk from The Boar's Head in Higher Poynton.

13 of us plus one dog (the lovely Willow) set off on a short stretch along the canal before crossing fields, a stream and through woodland to enter Lyme Park near the main entrance. We walked up to the Cage (hunting lodge). It was quite a climb but the views from the top were well worth it.



After a coffee stop to admire the 360 degree views we descended and left the park near the house. The way back was through undulating farmland and a wood to the canal and across to the pub. A very good (and reasonably priced) lunch was our reward for a very varied and delightful morning's walking.

**Sue Allan**

### Walking Group 4

If you've been tempted by the previous item, perhaps give another of our walking groups a go. Group 4 only walks around 3 miles, and never very far from Knutsford. We go out on the 1st and 3rd Fridays of the month. If you are interested, please contact me by email via [info@knutsfordu3a.co.uk](mailto:info@knutsfordu3a.co.uk)

**Allan Jones**

## News from the Groups

### German Conversation

The German conversation group meet every two weeks and we are lucky to have Christa Chadwick, who you may know was born in Germany, as a wonderful member of our group.

So on Friday 31<sup>st</sup> May, as it was a landmark birthday for Christa, we had a small party, all in German of course. Bratwurst was served homemade by Peter West and cooked on the BBQ, Marion Leighton brought Sauerkraut und Apfelstrudel in addition to various German delicacies, and we enjoyed sparkling wine and a super Geburtstagskuchen! (birthday cake). After an interesting hour of German exercises and discussion the morning ended on a wonderful high, singing Happy Birthday. A very Happy Birthday Christa.



Adrian Long

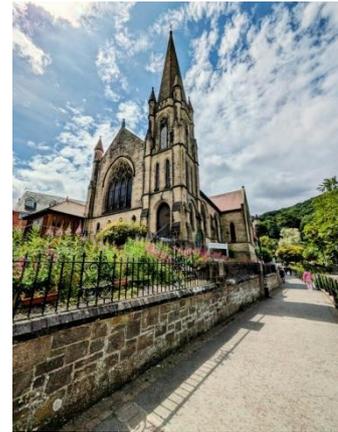
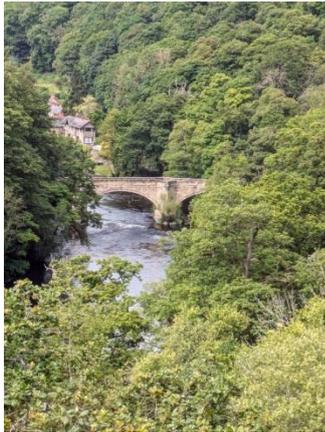


# Outing Report



## Pontcysyllte Aqueduct and the Llangollen Heritage Railway

On the 21 June forty members of the Knutsford u3a went on the trip to the Pontcysyllte Aqueduct on the canal boat Little Star. We took in the marvellous views from this historical structure as we floated across the Thomas Telford 'Stream in the Sky'.



After this fabulous trip we were taken to Llangollen where we had time to look around the pretty town and find some lunch in one of the many cafes and restaurants before boarding the heritage train for a scenic journey to Corwen where the coach met us to return home to Knutsford.



There are many more excellent photos from this trip in the Archive [here](#), in the folder "Llangollen - June 2024".

**Irene Hardy** (text) and **Sandra Stonehill** (photos)

## A Holiday in Shetland and Orkney

It is worth reading the adverts in the u3a magazine!



Having just returned from ten days in Shetland and Orkney, with Jona Tours, we recommend it to anyone who is interested in remote and beautiful scenery, World Heritage Neolithic sites, World War History, art galleries, craft galleries, unexpected surprises. You will probably have heard of Scara Brae, but who has heard of Jarlishof on Shetland? - magnificent!

Our local Tour guide lives on Orkney. He is very knowledgeable about both islands, also very kind and helpful. He looked after us all so very well, as did the driver of our coach, a cheerful Shetlander.

This was a tour limited to twenty people, and, as Jona advertises her tours in the u3a magazine, it was a group of like-minded people of similar age. Her attention to detail is impressive, she has been running tours to Iceland for years, and this one for a long time.

She finds interesting places, not on the main tourist route, as well as the obvious ones, some expert guides too. We stayed in two excellent hotels, comfortable with good food, certainly not the usual rather average "tour group fare". Absolutely everything is included, apart from alcohol, we even had pocket money on the days when we found our own lunch.

We were able to get some idea of island life and the strong sense of community which exists on both islands. Shetland is a long way North, only 6 degrees of latitude south of the Arctic Circle, Orkney is much closer to mainland Scotland.



Each consists of a group of islands with linking road bridges or ferries. You are never far from the sea. We were there in July, the weather was fair, often a cold wind, temperature between 12 and 16 degrees, with sunny intervals. We had not expected to come back with a suntan! We came back with happy memories of so many wonderful people and places.

Our photos show (from the top)

- Sumburgh Head (Shetland)
- The Italian Chapel (Orkney)
- The Ring of Brodgar (Orkney)

There are more photos in the Archive [here](#), in the folder "Shetland & Orkney - July 2024"

**Margaret Joscelyne and Margaret Hinde.**



