

U3A Cookery Group

Co-authors: Mary Bale and Carol Robinson

The U3A Cookery Group has been running for two years now on a monthly basis and has 12 members. We began with the premise that members shared an interest in food and were willing to swap ideas, share recipes and want to try some new things.



It is not possible to teach cookery classes – we meet in members' houses and are therefore restricted by space – but we encourage members to try out recipes that they may otherwise avoid. And we get to taste the results as members bring along their cooked items for everyone to try. We have eaten some delicious food in the last two years!

In the summer months we have a picnic and barbecue and during the cooler months we try out more

seasonal food such as soups, casseroles or warming food. Some other themes have been regional cookery, low calorie meals, use of leftovers, Christmas nibbles and interesting sandwiches.

It is a relaxed and informal group of like-minded and friendly people. And unfortunately we all enjoy it so much that there are no vacancies for new members at present.

So how about setting up your own cookery group? We'd be happy to help with ideas etc. Home cooked food is truly one of life's great pleasure and is so much healthier than ready-cooked meals. Why not give it a go?

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U3A DIARIES 2020

Diaries should be available at our October and November coffee mornings and speaker events. These are £2.75 each. If you wish, you can reserve one by emailing: secretary@formbyu3a.org.uk (please indicate when you expect to collect your diary in your email).

Groups News

Linda Sharratt has taken over as Acting Groups' Secretary and can be reached on groups@formbyu3a.org.uk or 01704 878232

If you wish to join a group and there are currently no vacancies, please contact the Groups' Secretary

Bridge 9: has vacancies for members to play Duplicate Bridge. Meetings take place in members homes and members take it in turn to host. Members would also be welcome to go a reserve list to play occasionally in which case they would not be expected to host.

Please contact Barbara Hills babs.hills@yahoo.com 01704 834212

Beginners Golf: A new Golf Group has started up which is aimed at beginners. The group meet weekly on Wednesday mornings, 10-11, at Formby Golf Centre on Moss Lane, and are given tuition by golf professional, David Lloyd at a driving range. The cost is £6.00 paid directly to David Lloyd on the day.

For further details please contact Bob Campbell on 01704872591 or by e-mail bob.c@blueyonder.co.uk

Family History 3 has 2 vacancies and meets once a month on Monday morning. The experience of the group members is very varied, from complete beginners to very experienced family history researchers. We operate on a self-help basis and we also include visits to archives, talks by invited speakers and computer workshops. Please contact David and Glennis Poole 01704 872284.

Boules: It has been suggested that a second Boules Group should be set up to play on Wednesday afternoons at 2:00pm at Formby Pool. Please email the Groups' Secretary if interested.

Chess For Beginners introduces beginners to Chess, or helps members improve their play.

For further information please contact Ray Derricott on 876661.

Folk Group: will be entertaining members with their highly successful musical dramalogue the "Bill Tasker" show at the forthcoming monthly November meeting and are also planning to tour the show locally this autumn. They plan to perform a new show about Thomas Fresh early next year. Freshfield was named after this highly colourful mid -19th Century character who worked for Liverpool Council as the "Inspector of Nuisances" and grew asparagus on his fields behind Freshfield Station. Please contact Group Leader, David Davies, tel: 875563 or e mail davkar@tiscali.co.uk for information.

Gardening Group 1: meets on the 2nd and 4th Fridays of the month from 10:15am to 12:15pm to discuss a wide range of issues, including garden problems, topical jobs, propagation and to swap plants. Occasional visits to other gardens may be arranged.

For more information please contact Mike Belshaw on 874940.

Poetry Appreciation: A new group is forming. Members will bring along 2 poems based on a topic the group has chosen previously. There will be an opportunity to

read the poems aloud and for everyone to join in a discussion about each one. Topics will be very varied in scope. No knowledge of poetry is needed, just an enthusiasm to learn and join in. The Group will meet monthly, the day and time will be agreed by members at the initial meeting.

If you are interested in joining this group, please contact: Linda Sharratt, indigo4943@gmail.com or telephone 878232.

Ukulele Group: meet at The Fernley Centre, St Joseph's, Blundell Avenue, on Saturday mornings from 10 -11:30 and people are very welcome to join us, whether beginners or experienced musicians.

Please contact Pat Harwood on 877047.

Vacancies: There are also vacancies in the following groups: Art, Bird Watching, Board Games, Boules, Bowls, Bridge Groups 1, 3, 8 & 22, Canasta 4 & 5, Current Affairs, Cycling, Floral Art 1 & 2, Gardening 3, Guitar, Golf, Local History 6, Lunch, Needlecraft, Science, Scottish Dancing, Scrabble 2, Swimming, Table Tennis, Walking 2, 5 & 6, and Whist.

Your yellow 2019 membership card should be shown at all meetings.

To All Group Leaders: Just a reminder that every Group has its own 'information page' on the Formby U3A website which is accessed by clicking on the Groups tab at the top of the page and then clicking on the alphabetical listing of groups. Some of these pages seem to need updating. Could all Group Leaders please check their page and e-mail any additions or amendments to the Group Secretary.

Group Reporting: A reminder that we need to include groups income and expenditure in our results from 2019. Many groups do not need complete monthly reports because they either don't have any income and expenditure or amounts are very small (less than £100 per year) or the monies in and out occur on the same day. However these groups need to submit an annual statement to the Treasurer stating why they do not need to report – if you haven't already done so would you email the Treasurer with this information please (treasurer@formbyu3a.org.uk) or send a letter to Formby U3A, PO Box 216, Liverpool, L37 1XQ, or speak to the Treasurer at the monthly coffee morning.

If your group does have income and expenditure and you're not already reporting, would you contact the Treasurer who will talk you through the straight forward requirements.

Welcome To September's New Members

Barbara Brook	Sue Cooke	Andy Corlett
Barbara Corlett	Jane Douglas	Joyce Ford
James Fowler	Ann Gallagher	Kevin Greenall
Linda Greenall	William Livingstone	John Millen
Anne McKay	Ian Robinson	Rosemary Tootill

Floral Art

Author: Pauline Hall

We are a small group of people who share a love of flowers and arranging them to make attractive displays. We would like a few more to join us to learn from each other and practice our skills. No previous experience needed so why not give it a try. We work with a variety of media - flowers, foliage, grasses, plants, silk etc and try out different ideas and themes. We meet on 2nd Wednesday of each month in Group members homes. For further information contact Pauline Hall 01704 879820



Forthcoming Music & Theatre Events

Author: Eileen Jones.

These events are open to all paid up U3A members. Can I please remind you to book tickets as early as possible, to avoid both your disappointment and our financial loss on the event. We have to pay for the tickets some months in advance. It is extremely helpful if you pay for tickets when the initial booking is made. Please write the event name and your telephone number on the back of the cheque. If you cannot attend an event let us know as soon as possible and we will attempt to sell your ticket to someone on the waiting list. **The coach usually leaves The Cross House bus stop at 6:15pm. Prices include ticket and transport.** Any variation on these details will be specified with the event detail.

Thurs 28th Nov., "The Nutcracker," Liverpool Empire. An English National Ballet classic, it is danced exquisitely to Tchaikovsky's magnificent score and tells the delightful story of how a young girl's enchanted present, a beautiful, wooden nutcracker doll comes to life and leads her on a wonderful Christmas adventure, defeating the evil Mouse King and eventually arriving in a magical kingdom. £40.

Dave Irving can be contacted, if necessary, on 630192.

Forthcoming Outings Group

Author, Ann Blackman, Phone 871127.

Outings are open to all paid up members of the U3A. All we ask is that you have the ability to get on and off the coach independently. We cannot be responsible for providing assistance. The coach can accommodate mobility aids which are kept in the luggage compartment on the bus.

Owing to increased demand, we cannot reserve tickets: **Tickets will be allocated**

on a first come and paid for – first reserved basis. A separate cheque is required for each outing and ***it is essential that members include their telephone number with each booking.*** Several cheques have been received with no information and I have struggled to identify what they are for. If no contact details are provided, I am unable to contact people when outings are fully booked.

Bookings and information are available at U3A monthly meetings, or coffee mornings. Alternatively please send a stamp addressed envelope to: Ann Blackman, 9 River Close, Formby, Liverpool L37 6DJ, enclosing a separate cheque for each outing made out to ***Formby U3A Outings Group***, having your name, address and telephone number ***on the back.*** Whilst Ann can also be contacted by e-mail at: outings@formbyu3a.org.uk bookings will not be accepted by e-mail.

Thursday Oct 17th Salmesbury Hall tour and Calf's Head.

Tickets £18.00 include return coach journey, morning coffee & biscuits at Salmesbury Hall, followed by a guided tour. We then travel to The Calf's Head, one of your favourite venues, for an excellent & late lunch which is also included in the price. Depart Cross Green 9a.m.

Thursday Nov 21st Bents Garden Centre Warrington

Tickets £8.00 include coach travel and gratuities

Join us to see one of the most spectacular Christmas displays in the country. You will have an opportunity to buy decorations or just enjoy the day and get new ideas.

Bents garden centre opened in 1937 and provides products for indoor and outdoor living. Outdoor displays include plants, garden furniture, sheds etc. Indoors there are various area exhibits including furniture, food hall, gifts, and clothing as well as the extensive Christmas displays. In addition there are a number of eateries to choose from. Food is not included in the price.

Depart Cross Green 9a.m.

Wednesday December 11th Blackpool Tower

Tickets £30.00 include coach and gratuities, entrance to the tower, circus and afternoon tea in the ballroom with Wurlitzer organ played by John Bowdler

We arrive mid-morning giving you time to explore the town or go immediately into the tower to explore the facilities including eateries, bars, shops lounges and ballroom.

The ticket price includes entrance to the circus which provides a unique combination of fun and excitement with high wire thrills, mind blowing balancing acts and death defying stunts.

We then transfer to the ballroom for the afternoon tea dance. We will be entertained by the resident organist John Bowdler playing the Wurlitzer organ giving you the opportunity to dance or just sit enjoy the music and watch others.

Depart Cross Green 9a.m.

Formby U3A 2019 Xmas Show featuring:



at

Holy Trinity Church Hall
Rosemary Lane, Formby, L37 3HA

on

Wednesday 18th December 2019

Doors open 1.00pm, show starts 1.30pm



Come & hear some wonderful seasonal music
Sit with friends and enjoy a complimentary glass of wine and
mince pie

Tickets £2.00 each

Are available at October & November speaker meetings and
coffee mornings – subject to availability. Only 200 tickets
available.

Enquiries: Email 1stofficer@formbyU3A.org.uk or telephone
Linda 0151-929-3927

Monthly Meetings

Are at 2:00 pm in Holy Trinity Parish Hall, the second Wednesday of each month.

Parish Hall alternative access: To avoid the front steps, an entrance at the rear of the building can be accessed by following the footpath to the left of the main doors.

October 9th Ian Cheeseman; My life as a BBC Reporter. Ian worked for BBC Radio Manchester for 23 years and covered many of Manchester City games (home and away) for over 40 yrs.

November 13th The Folk Group perform 'The Tasker Show' in the Holy Trinity Church. A production of the Tasker Show written by David Davies. Bill Tasker was a local eccentric WW1 veteran who lived in Formby Sandhills and died in 1966. Well known songs are played and sung.

Dec 18th (3rd week) .Sing Me Merseyside - Xmas Show. This is a ticketed event and will take place in Holy Trinity Parish Hall. For further details and ticket information see the advert in this newsletter.

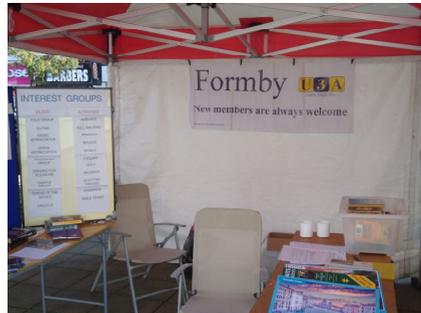
Jan 8th Louise Rooney "Move it or lose it!"

Please remember to bring your current YELLOW membership card to all events, including group activities.

Coffee Mornings are from 10:30 to 12:00 on Thursday, Oct 10th and each Thursday, the day after the monthly meeting, **except Dec. 12th**. These are held in the Workshop, Holy Trinity Church, with free coffee and the chance to pick up information about other groups and meet some of your Committee.

Formby Friday Market

Several Formby U3A committee members manned a stall at Formby's market throughout the day on Friday 13th September to promote our activities. Despite the inauspicious date(!) the weather was kind to us and we were able to speak to many members and potential members, giving advice and information about what Formby U3A is and the many activities they could get involved in by joining one of our 100+ groups.



Formby U3A Committee

2019-20

Chairman	Frances Taylor (2017)	577205	chairman@formbyu3a.org.uk
Secretary	Keith Jacques (2018)	870906	secretary@formbyu3a.org.uk
Treasurer	Anne Rodmell (2019)	621835	treasurer@formbyu3a.org.uk
Membership Sec.	Christine McIlraith (2018)	874787	membership@formbyu3a.org.uk
Group Secretary	Linda Sharratt <i>acting</i> (2019)	878232	groups@formbyu3a.org.uk
Officers	Linda Smith (2019)		1st officer@formbyu3a.org.uk
Co-opted	Lillian Coop (2019)		2nd officer@formbyu3a.org.uk
Co-opted	Robin Hawthorn (2019)	808227	5th officer@formbyu3a.org.uk
	(year appointed to the Committee)		

To Help You

An **audio version of the Newsletter** is available for members who are visually less able and is distributed through the post. If you are aware of any Formby U3A member who would prefer to receive an audio version of the Newsletter, please let a member of the Committee have their details.

If you: have changed your address, telephone number, or e-mail address, or now have an e-mail address and wish to subscribe to electronically receiving the Newsletter, or

no longer wish to receive e-mails from Formby U3A, or
have an enquiry about your membership card, or subscriptions,

please contact membership@formbyu3a.org.uk or write to: Membership Secretary, Formby U3A, PO Box 216, Liverpool L37 1XQ Please remember to include your full name and address, or your membership number.

Discounts: Formby U3A has negotiated discounts for members with local firms. A list is on the website, or is available from the Secretary.

Contributions informing members of your group and its activities are always welcomed.

Please send contributions to the Editor, e-mail: newseditor@formbyu3a.org.uk No e-mail providers guarantee 100% delivery rate and if, 7 days after submitting an article you have not received an acknowledgement one of the e-mail systems failed, so please try again.

Formby U3A Committee would like to remind contributors that it is their responsibility and not the Editor's to check their submitted articles for the grammar, spelling, punctuation etc. Contributors' names should be given.

Photographs submitted must be members' own photos as copyright of third parties' photos remains with the owner and the Newsletter cannot publish such photos.

Please ensure that all people shown in photographs are aware that photographs are being taken for inclusion in the Newsletter.

Previous Newsletters: are available at: www.formbyu3a.org.uk/newsletters.html

The deadline for articles for the next Newsletter is midday Thursday, 19th October at the latest.

The next Newsletter is due to be distributed by e-mail and be on the website early November. Paper copies can be collected at the monthly meeting & coffee morning.