



# UP2DATE



**MAGAZINE OCTOBER 2025**

## MAGAZINE OR NEWSLETTER

Unbelievably it was in June 2014 that I compiled your contributions into my first copy of UP2DATE which then was eight pages long. This was after Jean Budd had compiled the newsletter for many years. Over the last eleven years it has increased from eight to sixteen pages, all thanks to your contributions. We even managed to produce an edition every month during the first year of COVID. Did we really have so much time on our hands?

During this time it has been known as both a magazine and as a newsletter, in fact although many of the issues are labelled newsletter many of us refer to it as a magazine. So I decided to investigate.

**Magazine:-** Periodical publication with a variety of content including articles, stories and pictures.

**Newsletter:-** Report with news and information on a specific topic.

So I think that, based on the variety of types of articles you send me, magazine describes best the publication we put together three times a year. So we'll call UP2DATE a magazine from now on.

This edition contains reports of activities some of us have completed with the u3a but we also have a poem, a marathon for charity and an alternative NATO alphabet.

So a **big thank you** to everyone who has contributed to this edition, please keep your contributions coming. As I have said in the past, I enjoy compiling the magazine, the most stressful part is drumming up the contributions. Keep up the good work.

## EXPLORING DUMFRIES AND GALLOWAY

On the 1<sup>st</sup> May this year, twenty six members of Stockport u3a set off for a four day holiday in Dumfries and Galloway in beautiful weather. We were to stay at the Holiday Inn in the historic town of Dumfries.

After a coffee stop on the way we by-passed Dumfries and went onto Threave Gardens, a Scottish National Trust Garden, where we were to have lunch and time to enjoy the extensive landscaped gardens.



Many of us walked down to the Victorian walled garden, one of the finest examples in southern Scotland, which has produced fruit, vegetables and cut flowers since 1872. Originally for the "big house" now it supplies the Terrace café with produce for its menu.



As our visit was relatively early in the gardening year as we walked through the gardens we enjoyed the rhododendrons, azaleas and the beautiful startling blue of the Meconopsis (Himalayan poppies). After a cup of tea, a visit to the shop we made our way back to Dumfries and the hotel.

The second day of our holiday saw us visiting Dumfries House, which despite its name, is not in Dumfries but away to the north in Ayrshire. The house is one of the Adams brothers' finest achievements and has stayed with the same family since it was built. The stunning interiors showcase a unique collection of Chippendale furniture, both original and those made to the specifications in Chippendale's catalogue.



The latest to inherit the property decided to sell and was on the verge of splitting up the house and contents when the then Prince Charles stepped in and with support of others the property was saved. A great variety of projects both in the house and the estate mean that it is beginning to pay its way. After guided tours around the house in smaller groups with enthusiastic and knowledgeable guides we entered a dining room, King Charles' favourite, where we were served with

soup, sandwiches and cakes.

After lunch we walked down through the estate, many of us to the walled garden which is one of the most exciting new garden developments in Scotland. As with the people in the house, the gardeners working here were happy to stop and answer our questions. Luckily, for the likes of me, there were plenty of places to stop and rest as the estate is well spread out with plenty of walking.



And then the journey back to the hotel. After dinner Ann treated us to quizzes in the lounge, a great source of fun.

On the Saturday we went first by a scenic route to Sweetheart Abbey, and learnt the reason behind the abbey's name. Monks named it Dulce Cor in memory of Lady Dervorguilla who founded the Abbey in tribute to her husband. When she died she was buried with her husbands embalmed heart in the Abbey's sanctuary. After the visit we went across the road for coffee and homemade shortbread biscuit.



From here we went to the historic town and artist's colony of Kirkcudbright on the Galloway coast. Many of us visited Broughton House and gardens. The garden stretched from the house to the estuary, full of spring flowers, and a lovely seating area overlooking the water.



On Sunday we left the hotel where we had received such great hospitality and started to make our way home. We called in Gretna Green and the famous Blacksmith's shop, where the traditions of marriage here were explained and two of our number agreed to tie the knot again. After a coffee and some retail therapy we finally made our way south stopping off at the Shap Wells Hotel for a light lunch

And finally home after a very busy and interesting four days.

Article Ruth Faulkner    Photos Vivian Bath and Google

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Many thanks to everyone who has contributed to this magazine, as usual the variety of articles makes it a pleasure to put the magazine together. Deadline for the next issue is 31<sup>st</sup> December 2025 to the below addresses.

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Don't forget you can always check out activities and keep up to date if you use our website.

## THE ALTERNATIVE NATO ALPHABET

During a recent Cryptic Crossword session our glorious leader Ruth proudly recited the Nato Phonic Alphabet to all and sundry within earshot for some unknown reason. This made me think. After some research on the 'tinternet I found that WW2 radio operators, mostly out of the battlefields of Tobruk, El Alamein and Monte Cassino, under hazardous conditions had to often repeat what they said by slowly spelling words out. What evolved was mostly as follows, although there were some regional and time variances as the conflict progressed.

<b>Alpha</b>	<b>November</b>
<b>Bravo</b>	<b>Oscar</b>
<b>Charlie</b>	<b>Papa</b>
<b>Delta</b>	<b>Quebec</b>
<b>Echo</b>	<b>Romeo</b>
<b>Foxtrot</b>	<b>Sierra</b>
<b>Golf</b>	<b>Tango</b>
<b>Hotel</b>	<b>Uniform</b>
<b>India</b>	<b>Victor</b>
<b>Juliet</b>	<b>Whiskey</b>
<b>Kilo</b>	<b>Xray</b>
<b>Lima</b>	<b>Yankee</b>
<b>Mike</b>	<b>Zulu</b>

I am trying to create a modern example, a more P.C. version with some first drafts as shown and would welcome any suggestions from our members.

(Read out loud as radio operator would.)

<b>A</b> ffordable housing	<b>L</b> for 'n safety
<b>B</b> for my time	<b>O</b> for a lottery win
<b>C</b> for miles	<b>R</b> for Mullard
<b>I</b> for Engine	<b>V</b> for Las Vegas
Article. Rodger Moss	<b>U</b> for Joyce

## A MUSICAL AFTERNOON



Once again there was an open invitation to join the Music Making Group for their summer open rehearsal held at St Peters Parish centre. The group is run by Sheila Fleming and Roger Wyatt who chooses and arranges the music depending on the instruments available. On this particular afternoon the variety of instruments included:-

two trombones, one saxophone, one cornet, one bass clarinet, five Bb clarinets, one flute, two recorders, a violin, a piano and percussion.

We were treated to a wide variety of music- from early works such as Greensleeves (perhaps) composed by Henry the Eighth, Chanson de Matin by Elgar to Kiss me Kate, Hullo Dolly, Some Enchanted Evening, Blue Moon, Swinging Safari and finished with an energetic Highland Cathedral.

Sheila recited a comic monologue from her store -poor Albert-this time Runcorn Ferry or "Tuppence per person per trip". The afternoon finished with delicious tea and cakes and plenty of time for socialising.

A collection was taken in aid of the charity "Music for All" who donate instruments and award grants towards the purchase of instruments and tuition to meet the musical needs of disadvantaged individuals and groups. The total amount collected on the afternoon was £250.00

A most enjoyable afternoon and our thanks to the music making group as we look forward to their next open rehearsal in the New Year.

Article: Louanne Collins

Photographs: Ruth Faulkner



## **THE U3A MUSIC-MAKING CONCERT (NO.2)**



Oh, what a lovely afternoon and brilliant concert of amateur musicality from Roger Wyatt and his enthusiastic colleagues. From 007 to Thomas Morley ("The Dying Swan" resurrected), ingenious orchestrations, everyone in tune and on time. Every melodic line clear as a bell; what talent we have!

And a good audience maintained attentive silence throughout. Keep it up guys.

Ray Higginbotham

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### **WELCOME TO NEW MEMBERS**

We would like to extend the hand of friendship to all the people who have joined in the last four months since our last edition of UP2DATE.

Kathryn Alcock

Susan Elias

Carol Ambrose

Ruth Hambrey

Pauline Angell

Alan Hayes

Catherine Booth

Denise Jones

Angelia Camilleri

Anne Morley

Richard Carrutu

Linda Paice

Wendy Carter

Tony Shaw

Glenda Davies

Geoff Thomason

Andrew Dean

Gillian Waite

Caroline Deighton

David Wellings

Gloria Dudson

Gillian White

We look forward to getting to know these people and encourage them to join our groups. All group leaders can be contacted through the website and will be happy to give information about their groups.



## MY MARATHON SUMMER

This year brought the Diamond Wedding Anniversary celebration for Jeanette and myself. Of course it was a very special occasion in itself, but also a way of raising money for our charity, Forever Friends of Uganda.



I decided to push myself to my limits with a sponsored walk: **From Where We Met To Where We Live.**

That is the 32 miles from Sheffield to Stockport.

The training went well but, at 82 years of age, I still worried that I might have taken on a mountain too high.

The first morning took us up onto the moors at Ringinglow before descending into the Hope Valley. On Day 2 we headed for Castleton and up Winnats Pass.

Friends and family were brilliant in support over the three days of the trek. Hallam University waved us off and the Dog and Partridge at Great

Moor gave us a hero's welcome home.



And ..... we earned much appreciated funds for our good cause.  
And ..... do you know? Perhaps surprisingly. I really enjoyed it.

Four weeks later and it was time for our scheduled visit to **Uganda**, to meet our friends and colleagues, the children we support and of course to inspect the progress made since our last visit.



We have been helping to give an education to children who can't afford to go to school for 22 years, with some wonderful success rates. Our supporters currently sponsor 130 children, from nursery school to university.

This is Helen, from a poor family and now off to University



It was a non-stop 9 days with a TV interview right from the off on Day 1.

Day 2 was a day-long Founders Day at (our) Golden High School. A brass band led us all on a walk through 2 villages. Then there were dance competitions and speeches; all finished off with a football match.

We had days at our primary school (Little Angels) and at Golden where we photographed all of our sponsored children to help those supporting their education to follow their progress. We also cut the ribbon to officially open the recently funded staffroom.

A special event for me personally was the distribution of football kit generously donated by Stockport County.



Then as always, we spent lots of time bargaining for hand-made Ugandan crafts which we sell in Stockport to raise funds for our work.

And after all that .... we were certainly ready for our return home for a well-needed rest.

Article and photographs Keith Mills

## HISTORY TRIP TO LEEDS



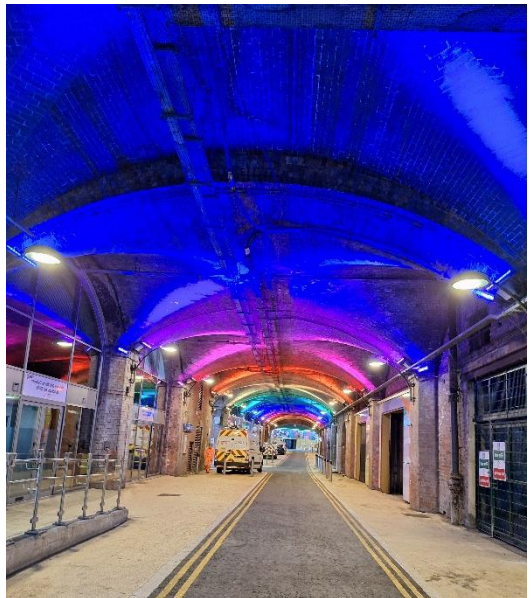
We spent the morning at the Thackery Museum and followed by free time in Leeds city centre.

The museum is amazing and very user friendly, lots for children to do too.

On arrival in the city centre, we split into mall groups and went in search of food. After a spot of lunch my group visited the undercroft at Leeds Railway Station, the corn Exchange and then had a brief wander through the impressive Victorian arcades.

Article and photographs

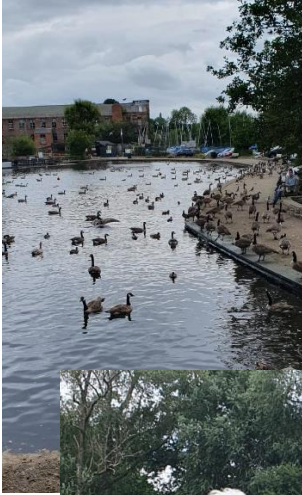
Wendy Bailey



## AMBLE TO ETHEROW PARK

On the 27<sup>th</sup> August twelve members of the u3a met at Stockport bus station to catch a bus to Etherow Park where we were going for an Amble.

We set off up one side of the lake looking at the water birds and stopping for a short time to watch some remote-controlled boats.



Most of the group walked as far as the weir at the top of the park. Time for a photo shoot and then back along the other side of the river to the café for a quick bite to eat.





And as you can see we had a really fun time, although what we were laughing at I have no idea. The forecast had been for rain but luckily it did not materialise and spoil our day.



On our way back to the bus we spotted a Blue Plaque which explained how Etherow Park had been saved and given everybody such a great place to visit.

Article Ruth Faulkner

Photographs Sherry Whittaker



### ANNA

Shall I compare you to an Autumn e'en?  
By fireside reading Dickens, Tolkien Yeats  
And watching Hercule Poirot solve the crime  
Then kneeling down to pray and up to bed.

Shall I compare you to a Spring, past noon?  
On Kinderscout, Goyt Valley, Tatton Park,  
The boots, the anorak and the woolly hat,  
We climb by Scotland's lochs and Ireland's cliffs.

Shall I compare you to a summer stroll?  
Along that portobello prom, and sands,  
Ice cream; and sailing on the Firth of Forth,  
Dun Laoghaire round to Howth, O'Connell Street.

You made my life so happy, darling love,  
Recall what happy times we had, my Irish love.

By Ray Higginbotham

