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comments and suggestions:-

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Introduction

We are in the midst of peak summer holiday period, though given the length of the heatwave this year it has felt like that for some time.

This is, as ever, a quiet time of year with so many people on holiday. As a result there are no talks this month so the newsletter is thinner than usual. There are 4 talks in September, the first of which is on the 1st - an interesting talk on Fighting Organised Crime at the Cheadle & Gatley Open Group.

As there is other information and items of interest to pass here is this months newsletter.

Let's talk about the future of Wilmslow



Town Council are inviting residents to join an informal community conversation about the future of Wilmslow town centre.

The Future of Wilmslow – a community conversation will give local people the opportunity to meet Wilmslow Town Mayor, Councillor Sally Harrison, and other Town Councillors, share their views and find out more about plans and ideas for the town.

The events will focus particularly on the **Wilmslow Public Realm Vision Prospectus** – a strategy for rejuvenating the streets and spaces in Wilmslow town centre. The Prospectus sets out a vision for how Wilmslow's public spaces and town centre could evolve, and the Council is keen to encourage residents to have their say on what they would like to see for the Town's future.

The community conversations will be informal, with residents able to simply pop by the Council's stall for a chat, ask questions and share their ideas. Come and have your say.

As well as talking about the future of the town centre, residents will have the opportunity to meet members of three groups working on important aspects of Wilmslow's future – Wilmslow BID / Wilmslow's Way Better, the Wilmslow Neighbourhood Plan Implementation Group and the Lindow Moss Landscape Partnership.

Residents can meet the Wilmslow Town Mayor, councillors and group representatives at: **Wilmslow Street Fest, Bank Square, Friday 4th September, 5pm–9pm or Wilmslow Artisan Market / the end of Grove Street, Saturday 19th September, 11am–4pm**

Upcoming Talks

Monthly Talks- 2.30 pm Church Hall, Wilmslow Reformed Church

9th September - Special Session : 2pm AI for seniors- Introduction to AI

23rd September: History of Christie Hospital - Dr David Poppitt

28th October: Tatton Parks Last Baron Egerton - Judy Copley

25th November: Retired Barrister Turned Author - Simon Michael

9th December: Our Christmas Carol

Science Group - 2pm Wilmslow Library

15th September: Electronic Flight Technologies- future prospects. Dr Yagya Regmi, Manchester Fuel Cell Innovation Centre, Manchester Metropolitan University

20th October: Life and death of a star. Peter Cadman. Cheadle U3A

17th November: MOFs- Metal-Organic Framework Materials: Applications and Future Technologies. Prof Martin Schroeder, Department of Chemistry, University of Manchester

Further details are available on the website: www.wilmslowu3a.org.uk

Cheadle & Gatley u3a Technology for Everyone Group - 2pm Heald Green Village Hall, Outwood Road, Heald Green, SK8 3JL

1st September: Fighting Organised Crime

6th October: Medical Technologies - Prof Andrew Weightman, University of Manchester.

This is an Open Group at Cheadle & Gatley u3a. Cost £3 including tea/coffee and biscuits. Please take your membership card or membership number with you.

News on Artificial Intelligence

Nasa has been using infrared cameras to scan the sky for more than 10 years amassing 200 billion rows of measurements. Astronomers were limited to analysing only a small amount of information at a time. An AI program has now been developed to assess the entire dataset at one time.

London is a global leader for using AI to push forward the boundaries of scientific inquiry. We are about to enter “a golden age of scientific advancement”.

Scientists are using AI to:-

1. Radically speed up work researchers could do
2. Create novel compounds - materials that had never been made before
3. Identify new antibiotics
4. Improve flood forecasting
5. Create new protein shapes to hunt for treatments for disease and antibiotic resistant infections. This allows proteins to be designed that have never existed in nature. Scientists can specify a molecule to attach a virus or neutralise a toxin and AI designs proteins to fit the brief.

In 1929 Einstein said “Imagination is more important than knowledge. Knowledge is limited. Imagination encircles the world”. Whilst AI models can answer questions with dazzling speed they can’t dream up the questions worth asking - yet. That spark is ours alone and likely to stay that way for many years to come. It’s human curiosity driving science and AI is extending the boundaries of that creativity by helping us do more.

Interest Groups

A new Wilmslow u3a group has started - **Bowling Group 2**. They meet every Tuesday afternoon 2pm until 4pm at Alderley Edge Park, until the end of the summer season, 30 September.

You would be made very welcome. Bring your bowls and a Jack if you have them and join us for a cuppa, biscuits and a chat. NO FEE.

Secondly, the **French Conversation Group** has a waiting list and there appears to be some interest in starting a second group.

If you are interested in joining either group please contact:

Pat Lee

Interest Groups Coordinator

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Old Wives Tales

The terminology “**old wives’ tale**” remains a well-understood and commonly used expression, though some speakers choose alternatives if they want to avoid any unintended age or gender related connotations. In more formal writing people might instead say: folk belief, traditional remedy, popular myth, common misconception or folk wisdom (if it has some validity).

Whilst many of these “tales” have no basis in truth there are a number which do have a foundation in reality. For instance:-

- ♦ Honey as topical medicine. It’s actually used in hospitals now for certain kinds of wound dressings. It’s anti microbial and protects infections to the wound.
- ♦ Ammonia on a mosquito bite - dab a bit of ammonia on it, and don't touch it, count to 120 seconds, and the bite is ‘gone’.
- ♦ A cut onion rubbed on insect bites takes away the sting. It works on wasp and ant bites instantly.
- ♦ When rain is coming, your joints hurt.
- ♦ Gathering herbs by the light of the moon- some plants, pollinated by moths, have their most potent oils at night to attract night insects. So if you need it at its strongest, pick it at night.
- ♦ Red sky at night, sailors’ or shepherds delight - red sky appears when dust and small particles are trapped in the atmosphere by high pressure. This scatters blue light leaving only red light to give the sky its notable appearance. A red sky at sunset means high pressure is moving in from the west, so therefore the next day will usually be dry and pleasant.
- ♦ If you have bad back pain or a broken rib and have to sneeze, look up. It hurts less.

There are others!!

Plant Identification Workshop

We have been asked to share details of the above which might be of interest to some members. Please note these workshops are not endorsed by the u3a and details are provided for members information only. It is up to you whether you wish to get involved.

What's That Plant? – Plant Identification for Beginners

Saturday 22 August | 10am–1pm

Grappenhall Heys Walled Garden, Cheshire

£28 per person

This practical, hands-on three-hour workshop is designed for gardeners and nature enthusiasts who would like to become more confident identifying plants.

We'll look at the features that help us recognise different plants, explore how to use plant identification resources effectively, and practise identification using plants growing around the Walled Garden. No previous botanical knowledge is required.

The workshop is part of a new monthly programme of practical gardening and plant-focused workshops at Grappenhall Heys Walled Garden. Each session explores a different seasonal theme, combining plant knowledge with practical gardening and natural history.

More information and booking details are available here: <https://www.estuarybotanics.co.uk/courses/whats-that-plant-plant-identification-for-beginners/>

Our future workshops and dates at Grappenhall Heys are:

Saturday 19 September | Seeds, Fruits & Other Autumn Treasures

Saturday 24 October | Discovering Trees

Saturday 21 November | Roots, Soil & Winter Prep