

# HIGH LANE U3A NEWSLETTER

[www.highlaneu3a.org.uk](http://www.highlaneu3a.org.uk)

Editor  
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At the High Lane U3A Annual General Meeting on 11<sup>th</sup> February 2009 the following committee members were appointed:-

**Chairman – John McCartney**

**Vice Chairman – Louanne Collins**

**Secretary – June Gibbs**

**Treasurer – Derek Hill**

**Membership Secretary – Margaret McDermott**

**Committee Members – Brian Burke, Pat Christopher, Richard Clark, Brian Farquhar,  
Mike Snape, Walter Mason**

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Please note the following dates and speakers for the next four months:-

March 11 <sup>th</sup>	Speaker - David Taylor – Topic – ‘Wild Life On The Farm’
April 8 <sup>th</sup>	Speaker – Tony Taylor – Topic – ‘Crown Prosecution Service’
May 13 <sup>th</sup>	Speaker – Tony Bonson – Topic – ‘Macclesfield Canal’
June 14 <sup>th</sup>	Speaker – Ann Metcalf – Topic – ‘Wizard, White, Ladies and Worms’

## Dining Group



**The** first meal of the High Lane U3A Dining Group for 2009 was a three course lunch at the Pinewood Menzies Hotel, this was enjoyed by 27 members, and we would definitely recommend this venue. The next date is to be a two or three course (you choose - how much can you eat) lunch on Thursday 9<sup>th</sup> April at The Midway, Newbridge Lane, Stockport. This was voted pub of the year 2008. Following the Midway a booking has been made on the Judith Mary canal restaurant on Tuesday evening the 16<sup>th</sup> June. Please see Margaret or Jean for more information or to book. We are located at the back of the hall at meetings and can be seen before and after the meeting as well as in the tea break.

STOCKPORT COLLEGE TOWN CENTRE CAMPUS

SUMMER SCHOOL 2009

13<sup>th</sup> - 17<sup>th</sup> July 2009

Session	Day/Date	Time	Duration	Cost
Russia	Monday 13 <sup>th</sup> July	10 – 4pm Lunch 12-1pm	1 day	£15. 00
Microsoft Word and Clip Art.	13 <sup>th</sup> &14 <sup>th</sup> July	10 - 4pm Lunch 12 - 1pm	2 days	£25. 00
Al-Andalus: Islamic Spain	Tuesday 14 <sup>th</sup> July	10 – 4pm Lunch 12 – 1pm	1 day	£15. 00
Computing - Creating a Calendar using photographs	Wednesday 15 <sup>th</sup> July	10 – 4pm Lunch 12 – 1pm	1 day	£15. 00
Computing - introduction to searching the internet and using email	Thursday 16 <sup>th</sup>	10 – 4pm Lunch 12 – 1pm	1 day	£15. 00
Fashion Corsage	Thursday 16 <sup>th</sup> July	10 – 4pm Lunch 12 – 1pm	1 day may be a small charge for materials	£15 .00
Card making Quilling	Friday 17 <sup>th</sup> July	10 – 4pm Lunch 12 – 1pm	1 day may be a small charge for materials	£15. 00
Youth Justice: Punishment versus Rehabilitation	Friday 17 <sup>th</sup> July	10 – 4pm Lunch 12 – 1pm	1 day	£15. 00

There is a possibility of a “Healthy Living Course.”

Booking forms for all courses will be available at the April meeting

## Churches & Pubs 2009

### Visits Arranged – All Wednesdays



#### **March 18 St Oswalds, Ashbourne**

- Cockayne & Boothby tombs, outstanding stained glass, daffodils in season in Churchyard
- Pub Olde Gate @ Brassington (near Carsington Water)
- Meet for departure from Village Hall at 10am

#### **April 15 St Michaels Macclesfield**

- Originally medieval, rebuilt in Victorian Gothic. Famous Savage Chapel
- Pub Church House @ Sutton
- Depart Village Hall at 10am

#### **June 3<sup>rd</sup> St Mary the Virgin, Clumber Park Notts.**

- Bodley's Gothic Masterpiece
- Pub To be decided
- Depart 9.15am

As usual, please inform Steve Reynolds if you wish to come

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#### **Philosophy Group**



The group met on Monday 19 January and the topic was A Positive Mental Attitude [ PMA]. Philosophy advises a follower to improve her/his quality of life and Socrates informed us that 'an unexamined life is a life not worth living.' We expanded this by adding that one must then act upon the results of the examination and improve one's life. So we decided to explore the possibilities of PMA as a means of improving one's life. The underlying principle of PMA is as the old song goes, '---accentuate the positives and eliminate the negatives ---.' It is important to realise that PMA is not a state; but a journey that becomes a way of life. When, with practice, one becomes proficient in PMA then one has the opportunity to write your own 'Book of Life'. It is a central theme of PMA that learning to learn involves the full range of your abilities in your job role and in your non-work life. We should experience our existence as the progressive development of our individuality in terms of clarity, achievement and authenticity. That is why PMA can be sub-titled 'The Road to Self-Enlightenment.' We then looked at how often we, and others, used negative expressions in our everyday lives and how these expressions can have a depressing effect without our realising it. I then introduced the group to a relaxation technique that can be used in any situation and only the user is aware that they are using it. The question of when to start using PMA was raised and I said that one can always find excuses not to implement PMA . Once I was lost upon the Pennines and fortunately met a local farmer and I asked him the way to Stockport. He replied, ' If I were going to Stockport I wouldn't start from here.' Here is where we are and there is not any better time to start your PMA programme. Future meetings will further explore PMA.

Liam Canavan

## Walking Group



David Lloyd reports – “Our first walk of the 2009 season, led by Walter Mason, was billed as a Mystery Walk of 6 to 7 miles. It proved to be more of a “Mist” ery! We gathered at the village hall in decidedly poor visibility. Twenty one members set out, growing to twenty two, when Walter’s wife joined us part way round.

This was a very “green” walk, as we abandoned our cars at the outset, and walked from our meeting point. Crossing the A6, we cut through the estate, past the Woodside tennis club and into the Bollinhurst Brook valley. Almost immediately we experienced sections of muddy conditions, which were to be a recurring feature throughout much of the walk, courtesy of heavy overnight rain. We entered Lyme Park to join the trail through Elmerhurst Wood, and made our way along to the timber yard for a coffee stop. This was taken alfresco by most, but perhaps one or two took advantage of the warmth of the coffee shop!

Our break over, we continued through the park towards the East Lodge, with distant sightings of Red Deer en route. The mist continued to prevail, but there were some breaks of blue on occasion. From East Lodge we followed field paths skirting the Bollinghurst and Horse Coppice Reservoirs. The higher reservoir was very low, and lower down we noticed in passing, that the old water treatment works had been transformed into a luxury mansion, with multiple garages. The final part of the walk led back through the lower part of the park, past Ryles Wood and Middlecale Farm to join the Macclesfield Canal, and eventually our starting point at High Lane. Muddy boots abandoned, we drove to the Dog and Partridge for an excellent carvery meal to successfully round off an enjoyable day. Thanks Walter.”

### February Walk

Thirteen members turned up for the 5 mile walk, which started at Nelsons Pit in Higher Poynton, and was led by Brian Farquahar. Leaving the car park, we walked up Lyme Road and along a fairly strenuous uphill moorland track, past the first of many old stone farmhouses on the route. Passing through a kissing gate, we entered Lyme Park, where we paused to watch volunteers rebuilding old dry-stone walls. Just before Lyme Hall, we turned right through another gate, leaving the open moorland for the sheltered dell of Pursefield Wood, where we had a coffee stop.

After a short rest, we carried on through the wood, eventually coming to the lodge at West Parkgate, where we left the Park and turned left through the hamlet of Green Close. We had a short stop here to admire the old Methodist church built in 1861 and the old miners’ cottages. Going ahead on a tarmac road for a few hundred yards, we turned right onto Redacre Hall farmtrack, but just before reaching the farm we crossed a stile on our left, into a field, and along an almost non existent overgrown footpath.

Eventually we reached Lockgate Stud Farm, where we could have taken a short cut to the Macclesfield canal, but as everyone seemed fresh and keen to go on, we crossed a stile into another field. Unfortunately this field was very boggy and few of us got across without sinking ankle deep into the mud! Passing through a gate, we swung right at Woodend farm, along a footpath and down onto the canal side. Walking along the towpath, we came to Lyme View marina, where we left the canal, up onto the road to the Miners Arms.

The Miners Arms was originally a 400 years old farm building, which had been turned into a pub in the mid nineteenth century to cater for the thirsty miners of that period. What’s good enough for the miners was good enough for us, so we stopped here for a leisurely lunch from their ‘credit crunch menu’.

As we left the pub it was just starting to rain, so we headed back along the Middlewood trail for the last part of the walk, to the Nelson Pit car park, from where we had set out. Many thanks to Brian for leading his “maiden” walk!

## Discussion Group

The subject of Honours was introduced by Pam Curley: What are they, who gets them, why are they awarded and how does one get nominated for an Honour?

Does one get rewarded for doing Good Deeds, for knowing the right people, for being in the right job, for risking life and limb for one's country, for bringing home glory and success? Why is there a graded system, an O.B.E. for some, an M.B.E. for others; perhaps a Knighthood or Dame for a better reward or even a Lordship? We didn't know all the answers but it was great fun speculating.

On the 25th Feb Marlene Brookes opened the meeting with the topic of Feminism. Its origins, history and partial successes, as well as its failures were discussed. The existence of the "glass ceiling" both in commerce and industry was barely acknowledged. The role of the mother in history was considered to be of paramount importance in shaping society. but was that society one in which all women can consider themselves to be of equal worth to their male counterparts? And what of marriage? Judging by the settlements of recent high profile divorce cases, perhaps the pendulum has swung too far in the opposite direction. All these points and many other aspects of feminism were discussed by the one male and six female group members; so guess whose view prevailed?

Jim Mc Dermott.

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## HERITAGE GROUP

### VISIT TO RENISHAW HALL 22nd MAY

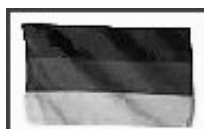


The balance of the cost (£17.50) is now due and we would be grateful if this can be paid at the March Meeting. Cheques preferred.

Also, it will be possible to pre-book a main course lunch and we will have details at our table.

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## German



We continue to meet most Fridays. Recently the proceedings have been interrupted by the antics of new puppy Sandi, but it has meant that we have learnt lots of dog and toilet-training related vocabulary.

## TRAVEL GROUP



We have had to cancel the original holiday to Belgium because of lack of sufficient numbers.

We now have an alternative version (joining with another group)

4 nights at the Europe Hotel Ostend September 20th to 25th.

Dover/Calais crossing. Visits to Tournai, Bruges, Ypres and Sluis.

Ron Shaw's coach with pickup in High Lane.

£379 half board sharing twin room. Single supplement £49.

## CROATIA

7 nights October 18th to 25th. Flight from Manchester Airport to Dubrovnik.

Hotel Cavtat about 12 miles from Dubrovnik (local bus and boat service)

Several interesting optional excursions.

£478 half board sharing twin room. Single supplement £84

Margaret Mcdermott

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## Needlework



A group of us visited the Needlework and Craft Exhibition at G-Mex on 6th February, less crowded than usual because of the bad weather. Our next meeting will be on Thursday 12th March.

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As I shall be on holiday from the 25<sup>th</sup> April until the 9<sup>th</sup> May would you please be so good as to have all contributions for the May newsletter to me by the 21<sup>st</sup> April, I realize this is rather early and could be difficult for some groups, please accept my apologies. Jean Drinkwater