

FROM THE EDITOR

Welcome to the fifth edition of the new style High Lane U3A newsletter. As with the previous edition this edition will be available only by email and on the web. Hopefully members can share it with their friends who may not have access – post a copy though their door perhaps.

I'd like to thank members who have sent me contributions; please keep them coming. Please feel free to share some of your interests or something about what you have been doing during the months since we were last able to meet. Please send ideas, suggestions and contributions to me at newslettereditor@highlaneu3a.org.uk

The information here is up to date as I write but things are changing almost by the day so please accept my apologies if the information is out of date, the link doesn't work or for any other problems. It is sad to see that some of the small gains we had made are disappearing. In the last week, cases have risen in our area by 40% from 6 per 1000,000 people to 15 per 100,000 people. The Evening News reports this is mainly younger people and mentions some cases in a care home.

I was very surprised that none of our members are limerick writers!

However, this month, the Photography group has organised their annual exhibition for you to enjoy. Of course, this year is very different – so the exhibition is being held on our website. Photography group members have each selected eight pictures they hope you will like – and will vote for! With the excellent assistance of Jeff, our webmaster, the photos are now on the website. Just click the **PHOTOGRAPHIC COMPETITION** link on the website.

www.highlaneu3a.org.uk.

To view a photo in all its glory, just click on it. You will need to scroll down the page to see all the photographs. There are 64 altogether and we would like you to vote for what you think are the three best pictures. To do this email your choices to Jeff at webmaster@highlaneu3a.org.uk

There are some prizes for members, which will be picked at random from those who enter. The closing date for entries is Friday 21st August. There will also be a small prize for the photographer who took the winning picture. The results and prize winners will be in the next Newsletter and will be published on the website.

FROM THE CHAIR

It's time for another of our lockdown newsletters and I must thank Diane once again for her hard work and skill in producing another edition. Without doubt it has been a great help to us in isolation and made us feel back in touch with our friends in High Lane U3A.

It is a really frustrating time for the committee as we have had to cancel speakers and social events to say nothing of holidays and our group meetings. We all share in your disappointment and look forward to something like a return to normality. Is there "Light at the end of the tunnel" or is it an oncoming train?

On a positive notework on the modifications to the village hall in response to Government guidelines is almost complete now. It is hoped that the hall will be opening when this is ready, but capacity will be much reduced.

Thank you to all those members who are keeping their groups up and running by all kinds of means. The groups are the life blood of U3A. Meanwhile keep safe and sane and we hope to see you soon

Compensations of Lockdown

1. Long lie-ins to start the day
2. Observing the changes in the garden
3. A healthier bank balance

The easing of Lockdown

1. Catching up with family members at last
2. Getting my hair cut!!

Sheila Harrop

From U3A National Office

We are working very hard to keep our members updated on the latest Government and NHS guidance on Covid-19 pandemic as it relates to U3A.

We recently (31 July) issued the revised guidance in a mailing to U3A committees for dissemination to their members. The latest update highlights the need to remain vigilant and review local lockdown regulations to determine whether this guidance still applies in your area.

The Third Age Trust Advice Manager, Jane Bailey said, "The road ahead during this transition phase towards coming out of lockdown is clearly going to be complex and will require us to watch for any changes that occur. "At this time, we need to take measures to plan for the future easing of restrictions while remaining cautious and not taking unnecessary risks."

As U3A members, you can find this updated guidance as it relates to U3A on the NATIONAL Office website. www.u3a.org.uk

TELEPHONE AND E-MAIL SCAMS

URGENT NOTICE

The National U3A is aware of a phishing email which appears to have been distributed among U3A contacts. The email will appear to have been sent by someone in your email address list, so someone you probably know. The email contains a blue box with the word Preview in it and wants you to click on it. **DO NOT OPEN OR CLICK ON IT.**

If you have tried to open it or clicked on it then please let us know so we can help you sort this out. Please email national.office@u3a.org.uk or call one of our team on 0208 466 6139. Our staff team will note your details and help you accordingly.

The email should be deleted from your inbox and from your deleted folder and you should change your password.

Les reports that there are many scams about not least Corona virus testing. Only one rule there it's free so don't part with any money.

TV Licensing

More recent though is an up to date interface for the old TV licensing scam.....don't get caught out.

Visa Fraud

This was around last year but has resurfaced. It seems to be targeting over 60s. The recorded message says a payment of £600 has been made on your Visa card. It then asks you to press various keys to speak to an agent. The aim, as always, is to get bank details from you.

Just hang up.

Covid scams

Offering fake products to cure or prevent Covid-19
 Offering fake holiday refunds for individuals who have been forced to cancel their trips.
 fake websites set up to claim holiday refunds.
 Fake sanitisers, face masks and Covid19 swabbing kits sold online and door-to-door.
 Attempting to get money from consumers by claiming they are collecting donations for a COVID-19 vaccine.
 And many others



FROM THE TREASURER

As some of the groups hire the Village Hall as well as for the main monthly meeting, I thought it would be ideal to let members know what work, in brief, the Hall has undertaken to try and open. Mike, the Chairman explains here what has been done and what will be required should the Hall open. I will also remind you that we, as the U3A, are also bound by the Third Age Trust and their Insurers as well as the government guidelines on large and or small groups.

Les Birks



The Village Hall was closed on March 23rd in line with Government guidance. Although it is still closed, the Management Committee has been working hard to put safety measures in place to comply with Government instructions regarding sanitising and social distancing.

All fire and safety checks are up to date and the water, although turned off has been run in every area every week to avoid contamination. The best quality hand sanitisers have been fitted in three areas with signage and the hall will still be cleaned on a regular basis as normal. However, the onus, provision and cost for sanitising and safety must be on the hirers of the hall which unlike council buildings is a lock up run purely by volunteers with no paid staff.

The main issues are that group leaders must manage their own members, recording all who attend, ensure cleaning and sanitising of all areas and any equipment used eg tables and chairs which must be wiped clean before and after every use. This has required the purchase and construction of table trolleys, allowing a certain number of tables to be left available in the halls as well as chairs accounting for social distancing. Groups will be expected to purchase spray sanitiser and disposable cloths/wipes to enable them to undertake the process and ensure total cleanliness of the Hall, equipment and disabled toilet if used.

Locks have been fitted on the chair stores, main toilets and kitchens as these areas would also need to be cleaned and sanitised before and after use which is quite a chore. Social distancing is also still necessary so plans must be put in place to ensure this is adhered to.

It is hoped that the hall can be opened soon but this depends on how many groups are able to commit to these guidelines and return making it viable. It is obviously also governed by the regulations from the government itself and/or local lockdowns.

Mike Morton
Chairman
High Lane Village Hall

LOCAL INFORMATION

Emerging from lockdown

The big news of a couple of weeks ago was that hairdressers and barbers had reopened. On the first day, the queues for barbers in Hazel Grove were impressive. Hazel Grove Library has reopened with reduced services and hours. A new Italian restaurant has opened where the Cock-a-Doodle-Do restaurant used to be and seems to be doing quite well.

Eat out to help out

Nearly all our local pubs and restaurants have signed up for the Government £10 eat out to help out scheme. You can get a 50% discount on food or non-alcoholic drinks to eat or drink in up to a maximum of £10 discount per diner every Monday, Tuesday and Wednesday between 3 and 31 August. You can eat in as many times as you like. You do not need a voucher to use this scheme and you can use it at the same time as other offers and discounts. There is no minimum spend. You cannot claim discount on alcoholic drinks or service charges.

If you have any local information, please let me know so we can share this with our members.

WALKING

Many walking group members have been busy exploring local footpaths during the early phase of lockdown. Now we have more scope to go further afield may I remind you all of the vast reservoir of information on proven walks we have done in the past. We will never be short of ideas on where to go having consulted this treasure trove. Just visit our High Lane U3A website and explore the wealth of detail on where to go and what to see. Go to <http://www.highlaneu3a.org.uk/> and click on: **WHAT WE DO/Walking/Year**. Detail is available for each year from 2006 to 2019. You will find many happy years of walks to peruse; a fascinating archive. Most of the photographs enlarge if you click on them.

I appreciate that many U3A members are not looking for full walking group type outings but still wish to get some exercise. May I suggest the following areas for easy strolling, mainly on the flat ground.

Poynton Pool: Superb lakeside walk on flat ground. Parking off the main road at Anglesey Drive.

Chadkirk Chapel and Country Estate near Romiley: A pleasant short flat circular walk set in peaceful and tranquil grounds. The historic Chapel dates back to 1307. Parking available on LHS on Vale Road.

New Mills Torrs Riverside Park: A dramatic gorge walk steeped in an industrial past plus the spectacular Millennium Walkway. If you have not been there it is well worth a visit. Park at Hague Bar carpark and walk along the flat bank of the river Goyt to the Torrs.

Torkington Park, Hazel Grove: Circular mainly flat walking (look out for the "secret garden" by the house). Parking available off Torkington Lane, behind Torkington House or the Rising Sun area off the main A6.

Macclesfield canal at High Lane (both Marple and Poynton directions, along the tow path it's rewardingly flat!). Parking at High Lane village hall, if required.

Happy Walking!

Stay safe and enjoy being out and about.

David Burke

CURRENT AFFAIRS

BBC Radio 4, Radio 5 Live and the World Service have broadcast a series of programmes called Rethink on how the world should change after the pandemic and which are continuing in August. They are also on BBC Sounds. Contributions were from a wide range of people: The Dalai Lama, The Pope, Prince Charles, Tim Berners-Lee, Andy Murray, Jonathan Sumption (historian and senior judge) Lady Hale (President of the Supreme Court), Brin Eno (musician) etc. etc.



Has there been a refocus on who and what we most value in society? Members of the group have listened to the broadcasts and sent their comments.

Most of us agreed with Brian Eno who pointed out that those countries that had a better outcome in dealing with the virus have female leaders such as New Zealand, Germany, Taiwan, Finland, Denmark, Belgium, unlike the macho men in some other countries.



We thought that Governments should have learned that the sharing of knowledge and actions with the public, while admitting to what they did not know or their mistakes was more likely to gain trust which is essential.

- The Pope's comments, with which we agreed, were focussed on the worldwide poor and he challenges "hypocritical" political leaders to wake up to inequality and that there is now an opportunity to give the poor dignity.
- Peter Hennessey said that our new priorities should be social housing, technical education more apprenticeships and to combat climate change. The 2020s could be one of the most creative and productive times in our history,
- Prince Charles' point was about the importance of Nature and that farming should be changed from industrial to organic and be done by many individual small farmers. One fact he quotes is that one million animal species are at serious risk and will be lost unless we address the damage done to our planet.
- The historian Margaret McMillan stressed the importance of globalisation--of Powers working together. A global crisis requires a global response but recent events have shown that this is not likely to happen. As each country tries to revive its economy there will be no holds barred and distrust between nations will reappear.

The pandemic has certainly confirmed who are the most important workers--NHS staff, Care Home assistants, those in food production and distribution in supermarkets, and public transport. Why are these the least well paid?

The changes suggested by the various contributors to the Rethink programmes will only happen with a government that has concern for all people in all parts of the UK, less individual self-promotion, more concern for ecology and less for acquisition of personal material wealth. But that is a big ask!!

Margaret McDermott

BRIDGE

Our Monday afternoon 1.30 pm sessions are continuing and new people are joining us week by week. We now have around 24 players; more players will be very welcome. Please contact me if you would like to join us online.

Diane Saxon

This is a hand from a recent session. West is declarer and no-one is vulnerable. West passes. What should North open? How will the bidding go? what should be the contract and how would you plan the play?

The screenshot shows a bridge hand interface with the following details:

- Hand 24** (top left)
- North (N):** Ben Marple
 - ♠ AKQJ1053
 - ♥ QJ84
 - ♦ K5
 - ♣
- West (W):** goodwood1
 - ♠ 8
 - ♥ A10976
 - ♦ Q9632
 - ♣ 84
- East (E):** Robert3836
 - ♠ 74
 - ♥
 - ♦ AJ108
 - ♣ AKJ7652
- South (S):** DiSax (level 2)
 - ♠ 962
 - ♥ K532
 - ♦ 74
 - ♣ Q1093
- Table:** A central table with columns labeled W, N, E, S.
- Score:** 0 - 0
- Contract:** 4♠ North

MEMOIRS

We are still missing our face to face sessions, which are great fun and most stimulating. It's often the case that hearing a reminiscence from someone else can trigger a memory of your own, but we are still writing and sharing our efforts online.

Last month we heard how different High Lane Village was 50 years ago. Another entry was about a damp cheerless flat where the ice formed not just on the inside of the window but on top of the candlewick bedspread. Not a good start for newlyweds!!!

Some of us have still not left our schooldays behind. Others remember their first years at work. All contributions are enjoyed and appreciated. We have seen some changes in our lifetime, that's for sure.

Sheila Harrop

Memories Tonsorial

13 May 2020

I have been a refugee in Worcestershire for over eight weeks. I only came for a week but a couple of days after arriving the whole country was put under 'lockdown' because of the corona virus. As I came with a limited supply of underwear the importance of mail order became very apparent. However, when the postman knocked this morning and left a parcel on the doorstep before retreating rapidly to the safety of the road, there was a surprise in store. My son in law had ordered a set of hairdressing equipment because we were both beginning to look like Catweasel. The surgery was performed without anaesthetic by my youngest granddaughter who is in the middle year of a PE and Coaching degree. This obviously stood her in good stead for the task, which she performed admirably.

Whilst in the recovery room with a cup of tea my mind wandered to when I was conscripted to the Royal Armoured Corps at Catterick. We were given a lecture on the do's and don'ts of army life, during which the sergeant informed us as follows: "We are not very strict on haircuts so long as all we can see below your beret is pink skin". We were subsequently marched off to the regimental barber, a sadist, who ensured we complied with the Sergeant's instructions. Later in my service when I was serving in Berlin with the Royal Military Police a bloke in our section used to cut our hair very well. He was a brick layer from Glossop.

I delved deeper into my memory, to my childhood in fact; when my Uncle Frank used to come round to our house and we would have a haircut evening or 'pow night as we called it (POW prisoner of war). There were five men and children to have haircuts: myself, my dad and brother Ewart; Uncle Frank and Don, my cousin.

Frank was a 'jack of all trades' he had a small greengrocery business, supplied cinders for fuelling greenhouses on local allotments, made wreathes and bouquets and laid red carpet at church weddings. We children used to help deliver the cinders and lay the red carpets. We had the red carpet at my wedding. I laid it myself on the Saturday morning though I can't recall who took it up afterwards. Returning to 'haircut night' Frank would bring any onions which were past their sell by date, (although sell by dates were decades away) and had started to sprout. Mum used to boil them and serve them for supper with butter and pepper. They were the best part of POW night but unfortunately had a soporific effect and we frequently overslept the following morning.

Addendum 25 July 2020

Perhaps I should explain why I went to the Midlands. The Friday before going down I had a pacemaker installed as my BPM was hovering around thirty seven so my daughter decided I needed some 'TLC' and insisted I should go home with her. However, I eventually was allowed home as the pacemaker needed some fine tuning which was done at Stepping Hill Hospital and now I am ticking over at fifty BPM. With regard to Prisoners of War: my uncle Frank used to go to Northenden for vegetables to sell in his shop. We got them from a small farm, which is now part of Wythenshawe Park. There were Italian Prisoners of War working there and my Mum used to feel sorry for them because they were 'only young lads'

Brian Gane

BALLROOM DANCING

This month the dancers were given a link to Waltz Hover Corte, and there was a reminiscence about the group meal we might have had, except for covid19! Towards the end of the month Dance Studios were allowed to reopen, which has caused a few dancing shoes to start vibrating!

Walter Mason

CINEMA

We continue to find and share films that are being shown on TV. This month, members of the group have watched these movies.

The Post

What a delight it was to see Tom Hanks and Meryl Streep again in 'The Post' on Saturday 25th July (Ch.4). Although it is a film many of the Cinema Club saw in 2017 it is well worth re-visiting, especially with the freedom/licence of the press so topical.

I found I was gripped from the very beginning to the end. It is a good prequel to the Watergate scandal showing the attempts of journalists, including the owner of the Post and her editor, to publish the Pentagon Papers which exposed a cover-up of government secrets spanning decades. For anyone who missed it try to see it on Demand/Catch-Up.

Irene Taylor

Three billboards outside Ebbing Missouri

I thought this was an excellent film and was a wonderful expose of the human condition, the fact that most people are a mixture of good and not so good qualities. Most of the characters were in this mix of personalities, how they could behave good or bad depending upon the circumstances of their lives and also what people said to them. I think it also shows how guilt can be a great motivator for good or bad. As the viewer, you can find yourself wanting something bad to happen to someone, even though you know it's wrong. One of the quotes in the film was, 'Anger begets greater anger' which is so true but bearing that in mind when necessary is easier said than done.

Pam Curley

Boyhood

This film charts the development of the child Mason, from the age of six to eighteen. It was filmed at intervals from 2001 to 2013 using the same cast, so you observe all of them growing older. It shows you the world through a child's eyes, which is touching and troubling at times. In particular I felt huge sympathy for the divorced mother who was working to improve her own education while caring for and disciplining the two children single handed.

The film was well received and gained nominations and awards. Highly recommended

Sheila Harrop

MRS AMERICA – BBC2

I've recently been watching MRS AMERICA which I've really enjoyed and which has inspired me to find out more about the feminist movement of the 70s. At the time I was at home with three small children and teaching evening classes 4 times a week so had little time to pay much attention to what was going on, so I'm making up for it now.

Gloria Steinem was (and, at 86, still is) one of the leading lights of the movement, possibly best known for saying, "A woman without a man is like a fish without a bicycle," but she had many other wise statements which are worth passing on:

- We can tell our values by looking at our chequebook stubs.
- Writing is the only thing that, when I do it, I don't feel I should be doing something else.
- It is more rewarding to watch money change the world than watch it accumulate.
- I have yet to hear a man ask for advice on how to combine marriage and a career.
- Planning ahead is a measure of class. The rich and even the middle-class plan for future generations, but the poor can plan ahead for only a few weeks or days.
- We've begun to raise daughters more like sons but few have the courage to raise our sons more like our daughters.

Marlene Brookes

RSC MERCHANT OF VENICE

Screened on BBC4 last week, this was the last of the RSC Culture in Quarantine series, a production from 2015 directed by Polly Findlay. A modern take on the play, it received pretty poor reviews, but I actually enjoyed it. It moved along at a good pace and I thought the court scene was very well done. Jonathan Pryce as Shylock gave an impressive performance notwithstanding being repeatedly spat on by other characters. There were one or two unusual features; I wasn't sure what the ball rolling around on the stage was telling me and the friendship between Antonio and Bassanio was more like a gay relationship potentially leading to a somewhat uncomfortable ménage à trois with Portia.

Diane Saxon

CHURCHES AND PUBS

Time is getting on this year and the way things are going I cannot see us doing any visits with Churches and Pubs as there are too many things to take into consideration before you even leave the house. I don't think we will be able to start again till next year. As I have said before you can either have the money back or leave it till next year. Your choice.

I have also asked before if anyone has any ideas for when we restart where to go and at the moment, I have only had one suggestion. Any more ideas?

Regards

Paul Kenneth

READING – this appears to be Crime fiction month!**A PLACE OF EXECUTION by VAL McDERMID.**

Ms McDermid is well known for several series of detective stories but this is a stand alone novel originally published in 1999 about the disappearance of a teenage girl called Alison Carter from a remote Derbyshire hamlet in the early sixties. Some of her books, particularly the "Wire in the Blood" series are somewhat gruesome. This is less so but is definitely not a cosy mystery with a nice tidy ending, being described in the publisher's blurb as a riveting psychological thriller.

The first half of the book details the investigation into the girl's disappearance led by dogged, upright Detective Inspector George Beckett. Several characters refer to his likeness to Jimmy Stewart. He smokes enough cigarettes to horrify Fag Ash Lil but despite this survives into retirement. In the late 1990s he is approached by a journalist, Catherine Heathcote, who has become intrigued by the Alison Carter Case and is writing a book on it. The second part of the book recounts her research into the earlier events and is particularly strong on the emotional fallout and mental turmoil continuing decades after the original events. I thought that the book is extremely well written but there is a very unlikely coincidence towards the end of the type much used by the writers of detective novels. Ms McDermid, however, is a good enough writer to pull it off.

Although originally from Kirkcaldy in Fife the author lived in the Manchester area for some years and the result is a novel grounded thoroughly in the Peak District. If it had been written more recently it might have been described as Derbyshire Noir. The following quote gives some idea how well she uses the sense of place:

"Within 40 minutes he was panting on the rounded summit of Mam Tor, high on the ridge where limestone meets millstone grit, the White Peak on his right, the Dark Peak on his left. He turned to face the dark crouch of Kinder Scout, its intractable moorland blocking any vista north. He swung through 90 degrees and looked along the ridge past Hollins Cross, Lose Hill Pike and the distant pimple of Win Hill with Stanage Edge and Sheffield invisible beyond. Then another ninety degree turn to gaze at the white scar of Winnats Pass and the dips and rises of the limestone dales beyond."

With the exception of Alison Carter's fictional hamlet home everywhere else in the story is factual and the early 60s setting accurately evoked, recalling a time when there were remote parts of the Pennines where you couldn't get a TV signal but there was a bus service. I don't think it is giving too much away to say that although the Moors Murders are mentioned, Beckett realises fairly early on that this is not linked.

I thoroughly enjoyed this book, especially a very tense, beautifully described courtroom scene.

Ian Pearson.

JACKSON BRODIE SERIES by Kate Atkinson

I am a big fan of detective fiction and we all have our favourite sleuth. Mine, without a shadow of a doubt is Jackson Brodie. He is the brainchild of Kate Atkinson and features in five books. I imagine him as not only shrewd but tall, dark and handsome of course. He is a private investigator, whose unorthodox techniques land him in trouble with the authorities, needless to say, but he wades through the "red herrings" and clues to get to a solution in the end.

The author has wonderful, credible characters and writes with a lightness of touch so that you feel a sense of real loss when you reach the end of the book.

First in the series is "Case Histories". I have just re read her second Brodie book "One Good Turn" which finds him at the Edinburgh Festival where he meets all kinds of "luvvies" to say nothing of local villains and conmen. Enjoy

Sheila Harrop

MARY RUSSELL SERIES by Laurie King

Laurie King is a New York based write of crime fiction. Among many other, she has written 14 books in the Mary Russell: Sherlock Holmes series. Mary Russell starts as Holme's apprentice and part way through the series marries him. Their adventures them all over the world. I am currently enjoying the latest book, Riviera Gold, which is set on the Cote d'Azur in the Jazz Age. This combines my love of crime fiction with my love of the region so I couldn't ask for more!

Diane Saxon

LOCKDOWN!

Today is my 120th in lockdown. At the start I was full of good intentions. I made a list of jobs. I made a list of skills I would learn. I made a list of all the people I would contact.

Our house is still in strict shielding and we do not anticipate this changing soon.

So, I decided to review my lists.

I have crossed off one item on the first list. I have crossed off five Items from the second list. And I have been in touch with ...too many people to count.

I crossed 'clean windows and wash curtains' off the first list.

From the second list I have:

- baked my first ever quiche.
- learnt how to zoom.
- learnt how to have a three-way video call on WhatsApp.
- learnt to play bridge online.

But my greatest pleasure has come from downloading and learning Minecraft, a game which my grandson is obsessed with. I now have the right vocabulary to use in conversation with him via WhatsApp.

The first list of jobs can wait until the autumn. Then I might start clearing out.

Or maybe not!

Carol Traffon

GARDENING

Selected from the many of the groups interchanged pictures, are photos from Chis, Ruth, Maureen, Walter and Lynda, as well as 4 pictures of Arley Hall Gardens now open without pre-booking and looking lovely.



Walter Mason

John McCartney is keeping us up to date with his tomato crop. He reports a good crop this year although he says they are slow to ripen. Here are the first fruits; they look just like real ones!



Why shouldn't you tell a secret in a garden? Because the potatoes have eyes and the corn has ears!

<http://www.jokes4us.com/peoplejokes/gardenerjokes.html>

If tomatoes are a fruit - Then ketchup is a smoothie.

TODAY'S RECIPE

FATHER'S FIDGET PIE

8 oz Shortcrust pastry
1 small onion
1 teasp. Salt
Half teasp. Pepper
Half teasp Mixed spice
1 rounded tbsp. Salad Cream
2 tbsp Sweet chutney
1 large cooking apple
1lb Sausage Meat

Line a deep dish pie plate with the half the pastry.

Chop onion finely, mix with sausage meat, seasonings, spice, salad cream and chutney.

Mix well and spread half on pastry, cover with sliced apple and put remaining mixture on top.

Cover with pastry lid and brush with beaten egg.

Cook at Gas 6, Elec. 200°C, Fan 180°C for 1 hour 15 mins. Take out of oven and re-glaze and return to oven for 15 mins.

The recipe stipulates salad cream, but I would think mayonnaise would be OK.

Pat Gorie

There are many variations on the recipe for this pie with various types of pork and some with a mashed potato topping. It appears to date from Anglo-Saxon times and the name possibly comes from the smell when cooking, or from the term "fitched," meaning five-sided, which was said to be the original shape of the pie.

PHOTOGRAPHY

U3A EYE Photography project

<https://u3a.org.uk/learning/u3a-eye>.

The most recent theme was Blue. 15 photos are selected for displaying on the website. Here are a couple



The Photography group monthly competition for July, A FRONT GARDEN, was an easy victory for Derek (On the Right Lines), with Diane (Pampas) and Jeff (Before the White House) 2nd Equals, just ahead of Walter (Slate Well).

I wonder if these gardens belong to some of our members – do let me know (ed)!



The next big event, following a suggestion from Diane, is an online exhibition/competition with 64 photos from our group to choose from. We hope you will take part in this and vote for what you think are the best photographs. There are more details of the exhibition and completion in the editorial on the first page of the newsletter.

Our August competition is AN ITEM OF FURNITURE.

Walter Mason

See what you can do with Photoshop

Margaret sent me this photograph and I decided to investigate. I found that in 2018, the photograph was hailed as one of the ‘photos of the century’; the image rapidly went viral. Within a few hours of its sharing, Nadav Ossendryver, the creator, wrote an article with the title “How to Make Your April Fool’s Joke Go Viral!” and loaded it onto his website on the following day, 2 April.



Diane Saxon

QUIZ

We are still doing quizzes every fortnight. The first this month was set by Marlene. We had Only Connect walls, actors with missing consonants which proved pretty tricky, a series of connections and pictures of chocolate bars! Here is one of the walls for you to try

BANQUO	X-RAY	ORLANDO	ANAHEIM
MRI	IAGO	ECHO	TOKYO
QUEBEC	CAT	HONG KONG	PAT
PARIS	ROMEO	ULTRASOUND	JULIET

For the second July quiz, the group chose a couple of quizzes from the U3A Quiz advisor, Chris Wright. He is a member of Madeley U3A and has been publishing a quiz on the National U3A website every week since lockdown started – a big job. I chose an Islands of the British Isles quiz where all vowels had been removed; all members of the group did really well on this one. For the other quiz I chose pictures of vehicles used in films or TV programme; here we did much less well. See if you can recognise any of these.



Diane Saxon

Everyday forgetting in healthy adults across the lifespan: A new online study

University of Hertfordshire

Have you ever thought about how often do you forget things in everyday life, especially in comparison to your friends and people in other age groups? No matter how good your memory is, you may forget something or make errors when carrying out your daily tasks. Such errors are mostly dismissed as a nuisance, but they can occasionally be frustrating or even have negative consequences (e.g., a missed appointment). The aim of this new study is to explore the frequency of different memory errors across different age groups in the general population and to explore how we view everyday memory functioning in others.

Any person, aged 18+ who speaks either native or fluent English, can take part in this study. Taking part in this study is entirely voluntary. Agreeing to take part does not mean that you have to complete the survey. You can withdraw at any stage without giving a reason.

What is involved and how long will the study last?

If you decide to take part, you will be involved in the study for 30-40 minutes. After providing your consent (at the bottom of this page), you will be asked to complete the online survey about a variety of everyday memory errors you might have experienced, as well as how often you would expect people of different age groups to experience these memory errors. We will also ask you to complete some questions about yourself, your mood and daily life.

What are the benefits of taking part?

By taking part you will help us obtain new information about the most frequent memory failures in everyday lives of healthy adults and how they may differ in different age groups. This new information will be particularly useful for clinicians when assessing memory impairments in various clinical populations (e.g., people with traumatic brain injuries or dementia).

Contact details at https://herts.eu.qualtrics.com/jfe/form/SV_3eZn0v07Oxlj2fP

ART

National Gallery

Picture of the Month. Poplars on the Epte: Monet's favourite view of poplars on a river in Normandy
<https://www.nationalgallery.org.uk/paintings/picture-of-the-month/picture-of-the-month-august-2020>

Escape to the Beach: a curated look at seaside paintings.

https://www.nationalgallery.org.uk/stories/a-curated-look-beaches?utm_source=wordfly&utm_medium=email&utm_campaign=NG_2020August_Newsletter_M&utm_content=version_A

National Portrait Gallery

Many of us have been to the BP exhibition/competition at the National Portrait Gallery. This year the exhibition cannot be visited in person, but we can see the portraits and even vote for our favourite.



Exhibitors

This year the Gallery received 1,981 entries from 69 countries. After digital and physical judging rounds, the final exhibition comprises of 48 works, including the four prize winners.

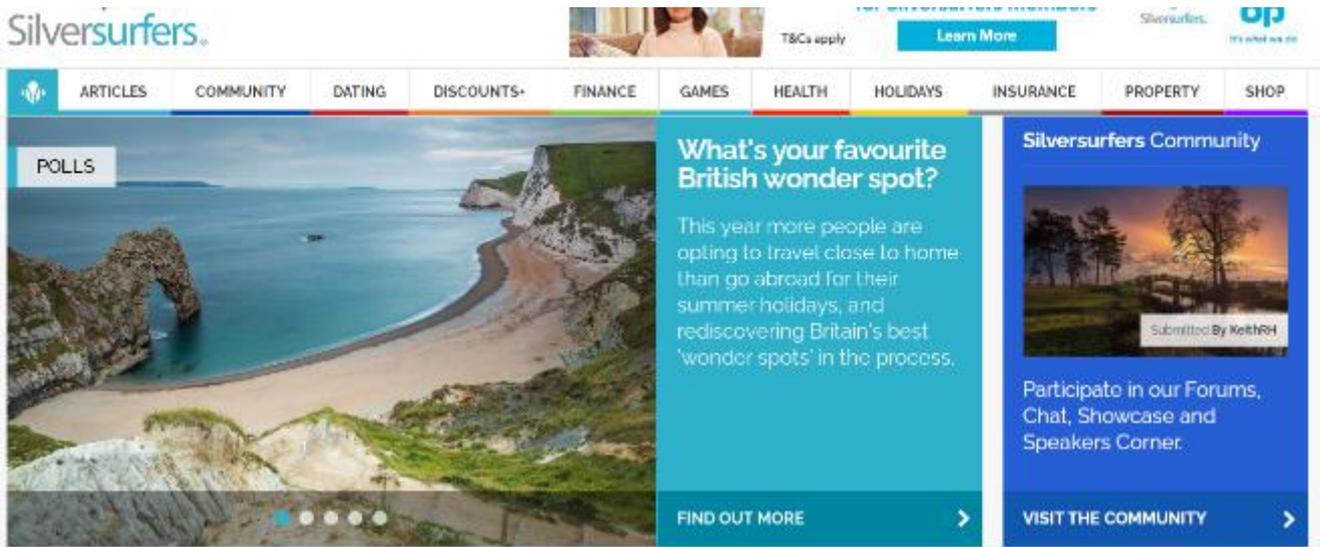
Do you have a favourite from this year's show? The Visitors' Choice offers online exhibition goers the opportunity to vote for their favourite portrait in the show. Cast your vote below.



Every year the BP Portrait Award Visitors' Choice offers exhibition visitors the opportunity to vote for their favourite portrait in the show. Everyone who votes in the Visitors' Choice will be in with a chance of winning a Rembrandt Excellent Oil Colour Box Set worth £1,050 or one of the three runners-up prizes of an Artists' Oil Colour Bamboo Box Sets worth £115, courtesy of Cass Art.

You can cast your vote via the exhibitors' page <https://www.npg.org.uk/whatson/bp-portrait-award-2020/exhibition/exhibitors/>. Votes cast by Sunday 23 August 2020 will be counted towards the final vote, and the winning works will be available to view online from 28 August.

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This website is designed to be an entertaining, trusted website and social network putting people in touch with each other, providing them with information, offers and discounts tailored to the over 50s. You can read articles, watch videos etc without registering but will need to register to gain access to the Silversurfers community, chat, forums, and exclusive offers and discounts.

1. Arley Hall and Gardens, Cheshire (arleyhallandgardens.com)

In their list of the 10 best gardens to visit this summer, Arley Hall is number 1!



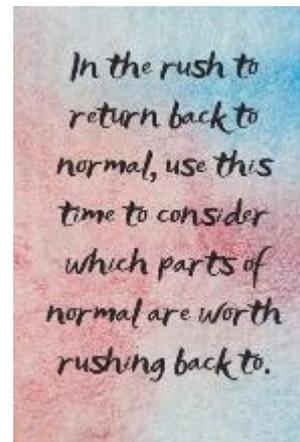
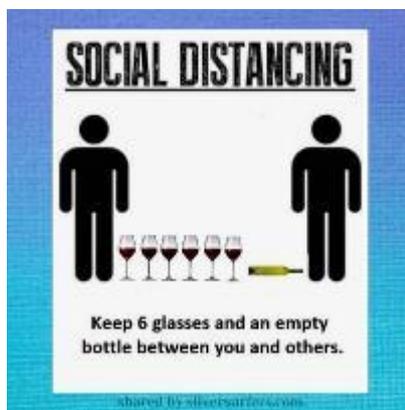
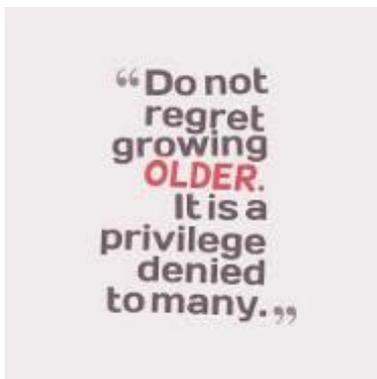
SNIPPETS

DID YOU KNOW?

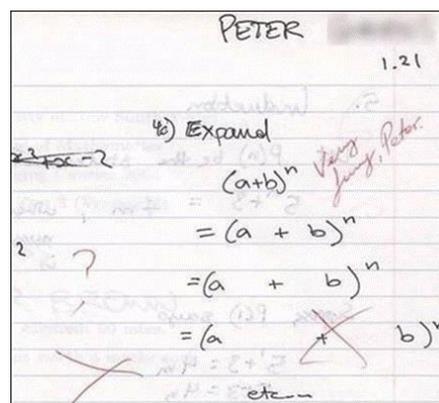
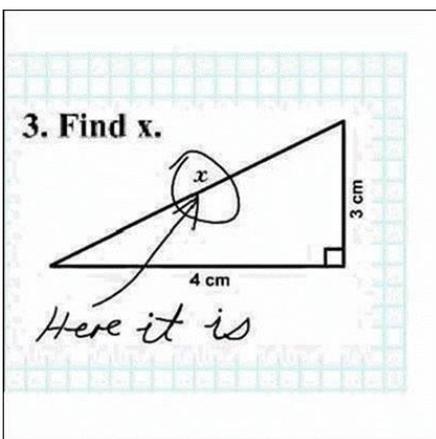
On 1 August

- 1498 Christopher Columbus became the first European to reach the South American mainland in what is now Venezuela
- 1774 J B Priestly discovered oxygen although he called it dephlogisticated air. Lavoisier in 1777 gave it the name oxygen.
- 1834 the Slavery Abolition Act became law, outlawing slavery in the British Empire

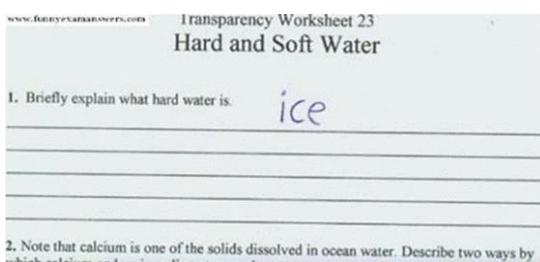
Some thoughts sent to me by Margaret and Mavis.



Maths



Science



History

Where was Hadrian's Wall built?
Around Hadrian's garden

Rory versus the robot

<https://www.youtube.com/watch?v=Ft2fLuz9mFO>