

FROM THE EDITOR

Welcome to the August edition, the seventeenth, of the monthly High Lane U3A newsletter. Well, at last, we can report that restrictions have been removed and it is now legally possible for groups to meet up again. However, we are aware that attitudes vary across our members with some keen to get back to face to face groups but many still concerned about the high level of cases and hospitalisations being reported daily. We welcome back all those who feel able to attend whilst fully respecting those who prefer to bide their time.

We will expect all those who attend face to face meetings to be double vaccinated or to have a recent negative Covid test. We ask you to follow all relevant public health advice, eg wearing of face masks in enclosed indoor spaces. As has been the case for some time, any member who is feeling ill, displaying Covid symptoms, has received a positive test result in the past 10 days or has been instructed to isolate must NOT participate in u3a meetings, trips and events. Any member who subsequently tests positive (within 7 days of attending) is asked to advise their group convenor(s) or meeting organisers so that all other attendees may be informed.

There is detailed advice for members and group leaders at <https://www.u3a.org.uk/advice/running-your-u3a-covid-and-beyond/england-activities-advice>

This edition contains some information about the AGM and a plea for members to join us in helping to run our u3a, some reports from our local groups, some news from National Office, plus some light-hearted items.

The newsletter is being sent out by email and will also be on the website. The July Newsletter Express from National Office is also being emailed with this edition of our newsletter.

The next issue will be September 2021 so please send your contributions to me before the end of August via newslettereditor@highlaneu3a.org.uk

Diane Saxon



Images from the floral marquee at RHS Hampton Court festival

A PLEA TO MEMBERS: PLEASE READ THIS!

Managing our u3a

Firstly, repeating the plea from the last edition, we need members to volunteer to help with running our u3a. High Lane u3a has been a great success and will be celebrating its 21st year in

2022 but this success has depended on a small number of very committed people who have been managing our activities for many years now. Please don't just read this and move on; instead, please think about how you might help. If we cannot fill officer and committee posts, we will struggle to maintain our activity and our u3a will gradually fade away.

We have lost some members from the Committee during this last year and are very keen for new members to join the Committee. The Committee meets about six times a year usually on Monday mornings. Meetings are informal and new ideas are welcomed. This is your chance to get involved in the relaunch of your u3a as it gets going again after lockdown.

As lockdown has been released, we have all been thinking and wondering about when and how our group activities can get going again. Unfortunately, as well as losing members from the Committee, we have also lost some group leaders so we need members to get these groups going again – and it would be great to have some ideas for new groups.

Please feel free to contact the Editor or any of the Committee members to discuss how you can help.

Think about helping your u3a
We need you to find a way
Joining Committees
Planning activities
Could be just what would make your day!

AGM

The much delayed AGM will take place on Wednesday 8th September 2021 at 2.00pm in the Village Hall. As is usual, Group Leaders are invited to speak about their group(s) if they wish. Officers and Committee are to be elected at this meeting and as said above please think seriously about how you could help with this. There is a nomination form on the last page of this newsletter.

As for the EGM, only members who have renewed their membership for 2021 will be entitled to vote at the AGM. Membership renewal was due in February. If you have not yet renewed your membership, it is not too late! Please do so without delay so you are sure of continued access to our activities and newsletters. A renewal form is on the website or please contact Margaret McDermott, the Membership Secretary.

GUIDANCE FOR FACE-TO-FACE MEETINGS.

Your Committee met last week and the restarting of our interest groups was a major item on the agenda. The following information is for all group leaders and their members and we hope you find it useful.

1. Group leaders should carry out a risk assessment of the venue and activity which should cover the following points. There is no need to send to the committee but please let us know when your group re-starts. Members of the group should be informed of the guidelines/safety measures of any particular venue that you use, including

- i. Encourage the use of hand sanitiser if appropriate
- ii. Ensure adequate air flow
- iii. Wiping down of any equipment used if this is required by the venue.
- iv. Maintain social distancing where possible/appropriate

2. Name and telephone numbers of attendees should be recorded for track and trace. Records should be kept for 21 days.

3. If members have not been fully vaccinated, they should have proof of a negative Covid test before attending ANY u3a meeting, wherever that may be. Advice is that tests should be taken twice per week. Members could be asked to show their vaccination cards as proof of vaccination. This may be of help to those running groups in their own homes. Please note we cannot insist on double vaccination but can insist on a recent negative test.

As with all things in our everyday lives there has to be an element of accepted risk. We are all aware that Covid has deemed that we be extra vigilant and safeguards were put in place over the past 18 months to protect us all. We have now been given our 'freedom' but with that comes responsibility. How we choose to act upon this freedom is up to each individual. All members must take personal responsibility for their own safety and should take heed of any safety measures set out from any u3a venue used before making the decision to attend or not.

At this time many members are anxious about resuming their activities and we can only set out current guidance from the National Office. In addition to this we recognise that some members who hold meetings in their own homes may not feel comfortable to resume their groups at the current time.

Currently there is u3a insurance cover but this may change when the insurance is renewed. We shall of course inform members of any changes when or if they occur.

GROUP LEADERS – UPDATING YOUR GROUP DETAILS

As we restart our groups, we know some groups have been discontinued, changed leaders, venues or day/times. Can you send any changes to the editor please so the groups list can be updated? If a group has been discontinued, is there anyone who can take over and get it going again?

Changes also need to be sent to our Webmaster, Jeff Mortimer (webmaster@highlaneu3a.org.uk), so that the information on your group page can be updated. As was mentioned in the last edition of the newsletter Jeff has given our website a bright new look. It would be good if we could also refresh our group pages with information about what we do and some images if you can. There are some good examples on other u3a websites. One of our fellow GM network u3as, Salford u3a, has some nice examples. Is it easy for people to contact you if they are interested? To facilitate this, you can get a group leader email address for your group. If you don't have one, you can get this from Jeff. Any enquiries from the website will then be emailed to you.

FROM U3A NATIONAL OFFICE

Events

There are a number of workshops, webinars and interactive sessions delivered by members for members, which are free to join. Note that, from past experience, many of these may well be already fully booked. You can find them here <https://www.u3a.org.uk/events>

Don't forget – if you attend one of these events, I'd love a short review for the newsletter (Ed).

Learning programmes

Battle of Britain

<https://www.u3a.org.uk/learning/national-programmes/battle-of-britain>

Birdwatch

<https://www.u3a.org.uk/learning/national-programmes/birdtrack>

Cuisines of the world

<https://www.u3a.org.uk/learning/national-programmes/world-cuisine-cookery-challenge>

Maths Challenge

<https://www.u3a.org.uk/learning/national-programmes/maths-challenge>

and many more! Details of all of these learning programmes are on the National u3a website at <https://www.u3a.org.uk/learning/national-programmes>

MONTHLY MEETINGS

Following on from our AGM we hope to be able to continue with monthly meetings for the rest of the year, subject to the guidelines discussed earlier.

The programme is

Oct 13th Carol Redfern "Blood Bikes"

Nov 10th Canon Michael Burgess "For Better or Worse"

Dec 8th Christmas Party

Sheila Harrop

MORE SCAMS

The Third Age Trust sent this information about the latest scams. Below are two experiences from u3a members who contacted us to share with other u3as.

A u3a member got in touch with us to tell us she had received a phishing email supposedly from Norton, an anti-virus software company, about payment to renew an account she does not have. It says that they will deduct over £220 unless she cancels within 48 hours. If you receive an email like this, please don't click on the links and please take independent advice before paying any unexpected requests for money.

A u3a member got in touch to tell us about a company who had taken extra money out of her bank account without her knowledge. The company involved specialises in products aimed at older adults. She contacted the bank who stopped any further charges on the card from the company and gave advice on what to do next, eventually the company paid back the money.

Please encourage your members to check their bank accounts regularly and immediately report any suspicious debits that they do not recognise. Most banks are able to put a stop to any charges and give advice on how to get refunds where appropriate.

The usual advice applies.

- Don't click on links in unsolicited texts or emails
- Do not press 1 or follow any other instructions given in an automated message
- Don't give any personal or account information to a cold caller
- Never follow instructions from an unsolicited caller to download an app or software which would allow them to access your computer remotely
- Report to Action Fraud <https://www.actionfraud.police.uk/>

GROUP REPORTS

ART

We have started. Whoopee! The first day was really good. 14 people rolled up including two new faces as well. The day was very lively. In reality, I don't think it was about painting and drawing but catching up on the gossip. We are going to carry on through August where we usually close for our Jollies so onwards and upwards.

Do you fancy a go at painting or drawing – even if you haven't done it before? Come and join us. We are very friendly and socially minded. We have all the kit, so you don't need to fetch anything; just yourself.

Brian Chadwick

CINEMA

Cinemas are now open and some members have ventured to the cinema but group visits have not yet restarted. Sheila has been diligently selecting films for us throughout lockdown. These are her recent recommendations.

The films which I have chosen for this week may not suit everybody!!! They are both remakes of much-loved classics. "Pride and Prejudice" the later, post Colin Firth version, starring Keira Knightley. It's showing on Saturday, July 31st on BBC2 at 6:30p.m.



The second is the feature film of "Dad's Army". I found it interesting to see other actors playing the familiar roles. The story is pretty poor but it's a pleasant light film. It's showing on Weds 4th Aug on ITV3 from 8.00 to 10.00 p.m.

I hope you enjoy them

Sheila Harrop

CANASTA

Due to personal circumstances I will not be restarting canasta till September. I will be in touch with members beforehand to decide an exact date.

Les Birks

CHURCHES AND PUBS

After having a real committee meeting face to face and talking about various subjects I can't visualise Churches and Pubs starting again till next year. If anyone would like to discuss anything about the group, please feel free to contact me.

Regards

Paul Kenneth

BRIDGE

National bridge events are starting to happen and some local Bridge clubs are beginning to open up with face to face sessions. However, we know that not all members feel comfortable about restarting face to face sessions; there are particular problems with the nature of the activity. We have decided to continue with our online sessions on BridgeBase online and Realbridge for the time being. It looks like these may be needed for some months yet. We will keep the situation under review and keep members informed. We can accommodate more players in our online sessions. Do get in touch if you are missing your bridge and would like to join us.

A bidding question.

Dealer is E. NS are vulnerable.

What should be the contract? How will the bidding go? (A possible answer is on page 15)

	♠ Q9	
	♥ Q8	
	♦ QJ1092	
	♣ J732	
♠ AK		♠ J10753
♥ AK753		♥ 109
♦ 8765		♦ AK3
♣ AK		♣ 954
	♠ 8642	
	♥ J642	
	♦ 4	
	♣ Q1086	

Diane Saxon

BALLROOM DANCING

This group is making a slow return towards normality. A risk assessment was circulated, and after "freedom day", a gentle restart was made in the new venue of Hawk Green reading rooms. Initially this will suit our expected lower numbers. After an 18-month break, we will need to relearn many of our favourite dance moves! But it could be an ideal time for any budding dancers to join our friendly group.

Walter Mason

CROWN GREEN BOWLS

Crown Green Bowls has re-started as a u3a group. We play at Torkington Park on a Tuesday & Thursday at 10am till midday, any members that would like to give it a try are most welcome. Further details can be found on our website.

Andre Lister

QUIZ

We continue to enjoy our monthly quizzes via email but, Government rules permitting, hope to get together for at least one of our summer meetings. July was deemed too hot but we will try again!



Please contact me if you are interested in joining us.

Here is a short Words quiz for you to try. Can you work out the five words from the letters given?

- 1 _ _ _ RIX (6)
- 2 _ _ _ HSH _ _ _ (9)
- 3 _ _ _ _MUN_ (8)
- 4 _ _ GGU _ _ T (8)
- 5 _ _ _WW_ _ _ (8)

And what are these ologies.

- Etymology
- Vexillology
- Nephology
- Epidemiology
- Selenography
- Limacology

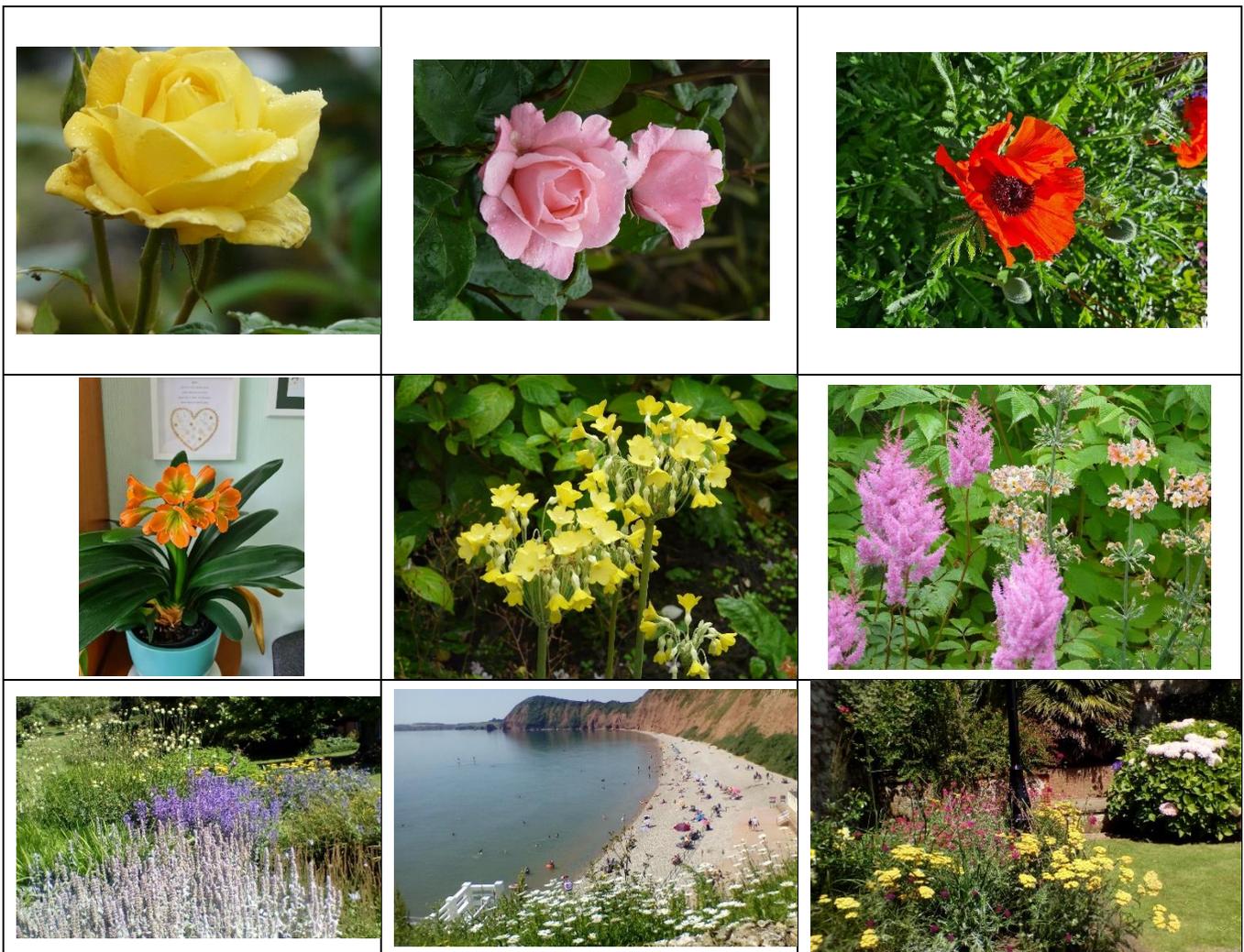
Answers on page 15.

Diane Saxon

GARDENING

The gardening group is gradually changing from weekly exchange of flower pictures, through informal small groups, towards larger meetings in members' gardens. But a formal restart awaits a long delayed annual meal and get-together, before a 2022 programme is considered.

Next month there may be updated pictures of the new Bridgewater Garden, as several members make individual visits there, but in the meantime a few pictures from members, and one or two from the group leaders visit to Sidmouth in Devon, will have to suffice.

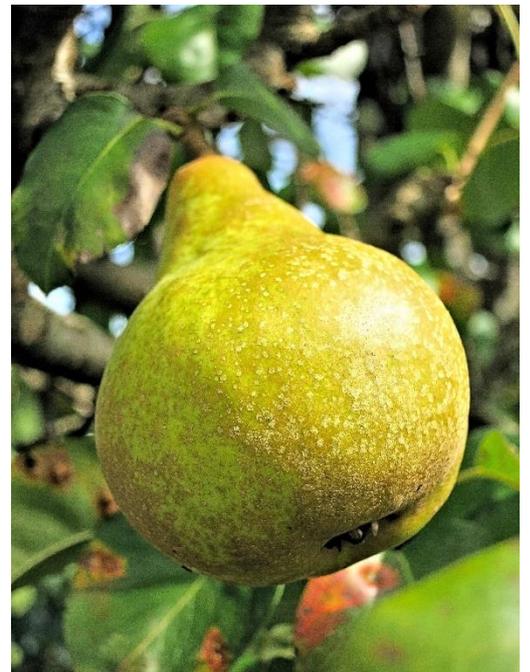


Walter Mason

PHOTOGRAPHY

This month's subject was 'Fruit. Group members produced a range of interesting and attractive pictures. Winning photographs were:

1st. Apples Susan. 2nd. Figgy in the middle Derek. 3rd. Packham Pear Diane



The subject for next month's project is 'Clouds'. Look out for our cloudy pictures.

Jeff Robinson

TRAVEL

IRELAND

The visit to Ireland from September 22–26th can go ahead. The UK is part of the Common Travel Area (not part of the EU or Brexit!) so we do not have to quarantine or be tested. We just have to be double vaccinated or have a recent negative test. If anyone else would like to join the group please let me know. Could be your first holiday this year!!

A jolly Irish fellow named Hugh
Was arrested for saying, "Look, Snoo!"
"What's snoo?" they would cry,
And he'd always reply
"Oh, nothing much, what's snoo with you?"

*There was a young man of Japan
Whose limericks never would scan.
When they asked him, Why?
He said, with a sigh,
"It's because I always try to get as many words
into the last line as I possibly can."
Author Unknown*

LLANDUDNO

Having been deprived of our usual holidays and outings for months a group of us were very pleased to join Betty Upham's Wives Group from St. Thomas' Church. July 23rd was a hot sunny day when we left High Lane by coach and arrived in Llandudno to a wonderful cool breeze from the Irish Sea. It was a very leisurely day, nothing energetic. A stroll along the pier where Professor Codman's Punch and Judy Show established in 1860 still exists, plenty of stops for tea, a paddle in the sea, fish and chips---- We even found an Edinburgh Woollen Mill, popular with many of our members, which we thought had gone into administration. Apparently a few shops left, mainly in Wales.

At one point in the afternoon a few of us sat on a bench opposite a cafe watching the world go by. Some people were enjoying a meal outside when, out of the blue, a flock of seagulls arrived and snatched some of their food. Lots of shrieks and screams! They are so big and difficult to drive away. After they had left the pigeons came to pick up what the seagulls had dropped.

Many thanks to Betty for organising such an enjoyable day out.

Margaret McDermott

Book Bingo

Great to see that Libraries have reopened. Have you come across this in your Library? I don't know what the prizes are!

STOCKPORT LIBRARIES PRESENT

BOOK BINGO

ADULT SUMMER READING CHALLENGE 2021

Book less than 150 pages	Book made into a film or TV show	A Crime or Thriller novel	A classic you've been meaning to read	Book with a one-word title
Book set in two different time periods	Book that is part of a series	A Best-Seller	Book about summer or the beach	Book published this year
Book of poetry	A book set somewhere you want to visit	FREE	A debut novel	A DIY book (gardening, cooking, crafting, etc.)
Book in translation	A banned book	A biography or memoir	A book more than 500 pages	Book that won an award
Book recommended to you	A collection of short stories	Book by an author of a different race, ethnicity or religion from you	Book by your favourite author	YA (Young Adult) novel

Complete a bingo line (horizontal, vertical or diagonal) by reading a book that fits the description in each square of the line and filling in the form overleaf.

Hand in completed sheets by August 31 to be entered to win one of our fabulous prizes.



STOCKPORT
METROPOLITAN BOROUGH COUNCIL

SNIPPRTS

WOMEN'S FICTION PRIZE 2021

Still on the book theme, this is the shortlist for the Women's Fiction prize. The winner will be announced on 8 September.

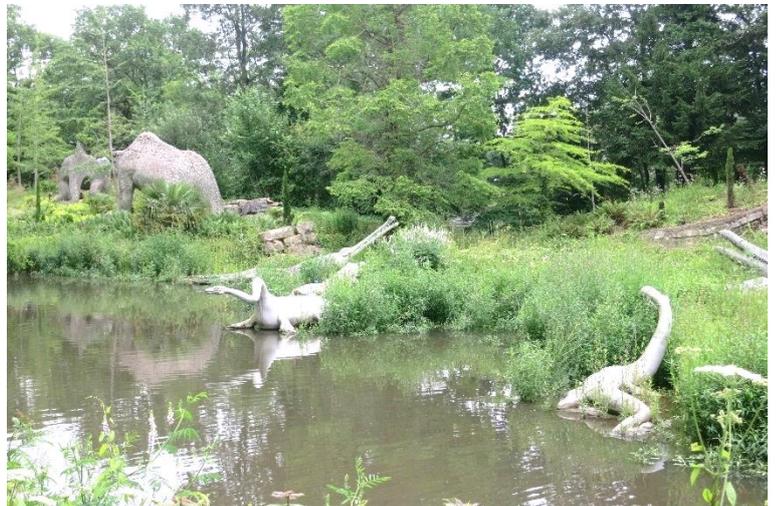
Please write a review for a future newsletter if you read any of these.



DID YOU KNOW?

There are dinosaurs in Crystal Palace?

And they've been there since 1855. They were modelled from fossil remains. The sculptor, Benjamin Waterhouse Hawkins, was a natural history illustrator and sculptor of international reputation. The sculptures are set in a landscape designed by Joseph Paxton. You can find them in a corner of the huge Crystal Palace park. It's a peaceful place to sit and reflect.



There are some 30 statues, not all are dinosaurs and the statues include plesiosaurs and ichthyosaurs discovered by Mary Anning in Lyme Regis, as well as pterodactyls, crocodilians, amphibians and mammals, such as a South American Megatherium (giant ground sloth) brought back to Britain by Charles Darwin on his voyage on HMS Beagle.



And to finish

Thanks to Barbara and other anonymous contributors

An old couple decides to retire for the evening. The husband was almost asleep as his head hit his pillow, but his wife felt a little romantic and wanted to talk.

She says, "You know, when we were courting, you liked to hold my hand".

Wearily, he reaches across and holds her hand for a few seconds, and then tries to get back to sleep.

A few moments later she says, "After that, you used to kiss me softly".

Mildly irritated, he turns over and gives her a peck on the cheek and again settles down for the night.

Thirty seconds later she says, "Then after that, you used to bite me lightly on my neck".

Angrily, he throws back the bed covers and gets out of bed.

"Where are you going?" she asks.

"To get my teeth!"

Unknown

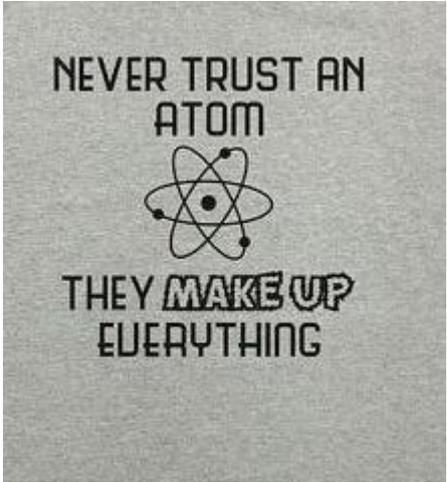
From Christ Church,
Woodford parish magazine
for Aug/Sep2021

Whoopee! Lockdown is over!
So life is back in clover...
Time to plan a get-away?
Now they'll allow us to jet away
But will any of us get further than Dover?
Anon.

Got thrown out of Coffee Club. I turned up wearing a tea shirt.

Tried to buy a camouflage shirt the other week, but I couldn't find any.

A teacher asks the class, "Can you use a sentence with the word 'fascinate'..?" One of the pupils replies, "I have a shirt with ten buttons but I can only fascinate".



Answers to Word Quiz

- 1 MATRIX
- 2 DACHSHUND
- 3 CHIPMUNK
- 4 ZIGGURAT
- 5 SLOWWORM

Ologies

- Words
- Flags
- Clouds
- Health
- Moons
- Slugs

Solution to Bridge question.

This is the likely bidding

W	N	E	S
		P	P
2NT	P	3♥	P
3♠	P	3NT	P
P	P		

West has 21 points so will probably bid 2NT to show their point count. Some Wests may bid 2C but the hand is reasonably balanced even though it has two doubletons.

With 9 HCP to partner's 2NT bid, E has 9 points and a 5 card spade suit so will bid 3H to transfer partner to Spades.

West completes the transfer by bidding 3S. East knows that with at least 29 points they must be in game so will bid 3NT. East also knows they do not have enough points for a NT slam. There may be a slam in Spades but West has only two spades so will pass.

Realbridge reports that EW can make 11 tricks in Hearts or Spades but can make a small slam in NT. Most played it in 3NT making 11. The 11 tricks are easy but can you spot the 12th? To make the small slam you need to end up in the West hand and make the last heart.

High Lane u3a

OFFICERS AND COMMITTEE NOMINATIONS FOR 2021

As of summer 2021, the only officer still in post is our Secretary, Lynn Arnold. All other posts need to be filled this year. All Committee members need to be re-elected. New Committee members are very welcome.

If you wish to nominate any member for the Officers' posts or for the Committee, please complete the form and return it to the Secretary, Lynn Arnold, by 31 August 2021. Please ensure you have the permission of the person you are nominating. For this year signatures are desirable but not required.

	NOMINEE	SIGNATURE OF NOMINEE	NOMINATED BY	SECONDED BY
Chair				
Vice Chair				
Treasurer				
Committee Member				