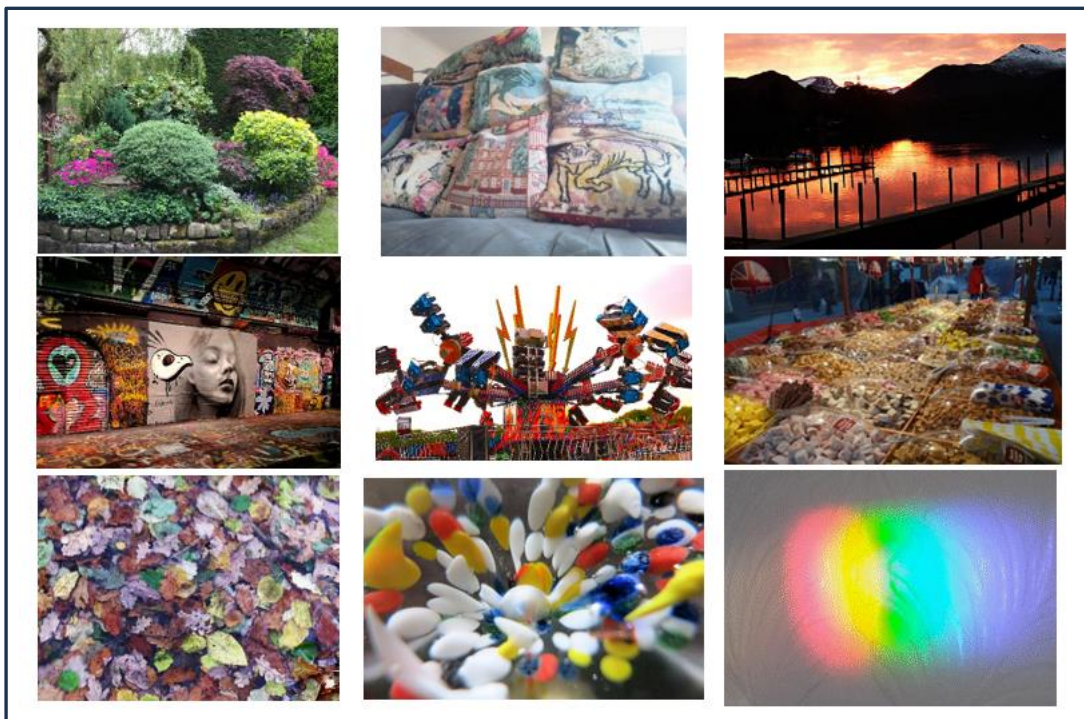




Newsletter

December 2024



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Nomination form for Officers and
Committee 2025

*The Officers and Committee would
like to wish all members
a Happy Christmas and a healthy and
interesting New Year.*



FROM THE EDITOR

Welcome to the December edition of the High Lane u3a newsletter. As always, thanks to the group leaders and members for their interesting articles and photographs and a warm welcome to our new members. There are several festive activities taking place this month, including our Christmas party with afternoon tea and seasonal entertainment. This month's cover is a selection of the multicoloured photographs from the photography group November competition.

You will be pleased to hear that the membership fee for next year is unchanged at £8 or £12 if you wish to subscribe to the u3a Matters magazine. You will be able to renew your membership at the January and February meetings. This year you will only need to complete a renewal form if there are any changes to your contact details.

I'd like to thank those members who have sent me contributions throughout the year; it's great to read all these stories. Particular thanks go to the group leaders who regularly send me information about what their groups are doing. I really value your input and the photos you send me.

For 2025, please don't be shy. Please feel free to share some of your interests, items you have found that you think would be of interest to other members, places you have visited, books you have read, films you have seen; your jokes, photos, poems; the list is endless.

Attached to the newsletter email this month is the latest u3a Friends bitesize newsletter. This contains information from national u3a plus reports of activities taking place in u3as across the country.

The next issue of our newsletter will be January 2025. As usual, please send contributions to me at newslettereditor@highlaneu3a.org.uk by 30 December

Diane Saxon

Christmas limericks

During lockdown you may remember our limerick phase? Walter was a keen writer. I've found some seasonal ones that may amuse you. Always happy to receive more!

A turkey named Mike,
Knew Christmas he would not like,
He planned a great scheme,
To flee the festive dream,
Now he roams the Peak District by bike!

When Santa arrived in High Lane
He thought he might be insane
Not a child in sight
Oh what a night
No need to go there again!

Santa, on his yearly quest,
Found cookies, always the best.
With whisky on the side,
He'd take it in his stride,
A well-deserved snack, no jest.

With thanks to poemsplease and copilot

FROM THE CHAIR

As another year comes to an end your committee is thinking of events for next year and we welcome any new ideas. I think we have had three excellent evening events this year. Two of which we have not tried before, the beetle drive and the quiz night. Along with the music evening we had three very entertaining evenings.

Also, any ideas for new groups or old groups that can be revived would be welcome. We are lucky at our u3a as we have a large hard-working committee which a lot of u3as struggle for.

Don't forget that the December meeting is the Christmas party and entry is by ticket only. The entertainment is supplied by Roger Browne from Manchester Jazz and the refreshments are from our local catering specialist Reflections. If you haven't got a ticket and need one, please contact a committee member.

I hope you have enjoyed your u3a this year and are looking forward to 2025. I hope you all have a very happy Christmas, and the committee looks forward to seeing you all next year.

There will not be any Kurling after the Christmas party.

Paul Kenneth

MONTHLY MEETING

The speaker at the November meeting was Lisa Robinson Hall. She kindly stood in at the last moment as the original speaker booked for this month was unable to attend. Lisa's talk was entitled Health and Wellbeing.

She posed the question What is health and gave us a few pointers to help us to enhance our feeling of wellbeing including keeping hydrated and correct breathing techniques. Lisa involved everyone in a relaxation session which was very effective. Some people even fell asleep!

December 11th is the Christmas meeting when the entertainer is Roger Brown. This is a ticket only event.

Kath Wareham

LOOKING AHEAD TO 2025

Managing our u3a

As you will know Officers and Committee members are elected at the AGM in February. Our current officers are willing to continue in their roles for 2025. Committee members are re-elected each year.

If any current members of our u3a are interested in helping to run our u3a, you will be welcomed with open arms. The Committee meets about every two months and manages our meetings, social events and, of course, our finances. You could talk to one of the existing Committee members to get more details of what the role entails.

If you would like to join us in running your u3a, there is a Nomination form on the final page of the newsletter. This needs to be signed by the member being nominated and by the members who are nominating and seconding them. These should be current members of the u3a but not currently Officer or Committee members. The completed form should then be sent to Lynn, our secretary, by the date of the January meeting.

The programme of meetings

DATE	SPEAKER	TITLE
8 th January	Colin Mail	Lyme: Science & Superstition, Leeches and Leghs
12 th February		AGM
12 th March	Brian Groom	Made in Manchester: The story of the city that shaped the modern world.
9 th April	Philip Caine	From Barrow to Baghdad and back again.
14 th May	Eric Newton	The Life and Times of a Busker.
11 th June	Sue Holden	...and the band played on.
9 th July	Joy and Kevin Siddall	DNA of British Musicals
13 th August	Frank Pleszak	The bombing of New Mills and Hayfield.
10 th September	Pete Turner	Through the eyes of a Magician.
8 th October	David Seddon	Why do we go to School?
12 th November	Lynn Moores or Nick Sheardown	Stockport Magistrates
10 th December	Joy and Kevin Siddall	Christmas Party: Crooning at Christmas.

u3a Matters

The u3a Matters magazine is available to all members. There are five issues each year: February, April, June, September and November. It contains news from the Trust and u3as across the country. There are regular sections including letters from members, a competition, crossword, bridge notes and maths puzzles, information and advertisements relevant to u3a members.

Snippets from the Winter 2024 edition of the u3a magazine

- u3a news
- holiday and travel discounts
- prize draw
- chocolate recipes
- messages from subject advisors
- A new research report Learning through Life (see banner at the right)
- Message from the new CEO Iain Cassidy – he is aiming to raise the profile of u3a so that anyone in their third stage of life knows who we are and the benefits that come from joining.
- u3a Friends Extra information (see below)

GROUP NEWS

ART

Some more examples from our Pastels workshop in October, several people are making them into Christmas cards.



We're having another workshop in December, again with Jeremy Ford, but this time it will be an Owl in Watercolours.

Hopefully all the originals will be on display at our annual exhibition on Saturday 22nd February 2025 in the Village hall.

We're hoping for a good turnout again, it's been a lovely friendly event over the last few years, and we've appreciated the support we've had from the u3a members and lots of local people too.



Put it in your diary and don't forget your cash for cakes and coffee and maybe an original artwork for your wall.

Madeleine Hennessey

CHURCHES AND PUBS

Churches and Pubs continues to flourish. We will have visited another five churches and pubs by the end of the year. A big thank you to all who have helped kept the group going. Jean and Rodger, Dorothy, Dave and Gill, Pam, Ron and Janet, thanks.

The last visit of this year is Wednesday December 4th when we are going to St. Christopher's, Pott Shrigley, followed by lunch at The John Millington, Cheadle Hulme.

Hopefully we will have more visits to look forward to in 2025. If you have any ideas for Churches for next year, please let me know.

Paul Kenneth

CRIME FICTION READING

Our book for November was Original Sin by P D James. This book dates from 1994 and is the ninth book in the Adam Dalgliesh series of novels. In the first novel of the series, Dalgliesh is a Detective Chief Inspector but by this time he is a Met Police Commander based at New Scotland Yard, London. He is an astute educated person who maintains a helpful calm approach. In his spare time he writes poetry.

The novel is set in London, by the Thames in the Tower Hamlets, where the city's oldest publishing house, Peverell Press, has its offices in a Venetian palace. The novel is divided into several 'books'. The first book sets the scene with details about the characters and issues withing the Peverell Press and it is not until Book 2 that Dalgleish appears on the scene. The pace then hots up and the bodies arrive with increasing frequency. Most of our group felt this first book was too long but persevered to what is a rewarding ending where all is revealed. The setting of this old house and its position on the Thames is one of the features of the novel and is evocatively pictured by the author.

Anglia TV televised this and other Dalgleish novels in 1997, starring Roy Marsden as Adam Dalgliesh.

Our book for December is Trouble in the Cotswolds by Rebecca Tope.

We have space for a few more members. Do get in touch if you are interested in joining us.

Diane Saxon

CURRENT AFFAIRS

The Current Affairs Group meets every month to discuss issues generally in the news. We have a good chat, a cup of tea or coffee and slice of cake then generally go home with smiles on our faces and so it was this month. Issues discussed this month were –

Birth Rates – It was announced birth rate has dropped to 1.4 per family.

This could be attributed to the following reasons –

Women waiting longer for various reasons to start a family.

The high cost of childcare.

The high cost of buying / renting a family home.

Availability / location of suitable housing.

Problems furnishing the family home.

Problems associated with the purchase of the home – getting a mortgage.

Mothers waiting longer in paid employment – (towards middle age) before giving up their independence to start a family.

Effects of recent budget – Higher cost of living – Hospitals/NHS financially not in good positions Stepping Hill Hospital was mentioned.

Inheritance tax will affect farmers passing on farming land. However it was agreed general public will be below the threshold for inheritance tax.

Newly elected President of USA – Donald Trump – Too early to see how the Trump presidency will be, but one issue of concern was will he withdraw the support USA gives to Ukraine – we thought this was very possible.

The next meeting will be Tuesday 3rd December at 10.30am

Trevor Kinvig

GERMAN

The German Group has continued to meet most Fridays. Our numbers have decreased since the glory days when there were 14 in the group. A regular 7 meet but in the new year we are likely to lose two members who will be moving south to be nearer their families.

On 5th December we will be celebrating Christmas with a meal at the Red Lion.

Marlene Brookes

GARDENING

On the 20th November, the Hanging Gate, Chapel-en-le-Frith welcomed its first customers to its rooms, newly decorated for the Christmas period. Snow lay on the ground outside as 15 members of the High Lane u3a Gardening Group enjoyed the atmosphere inside. Meals were well up to expectations; we almost had the place to ourselves, and the occasion made the perfect introduction to the Christmas season to come.



Only a couple of snags marred the day. 199 buses were having an off day, so four of us were a course behind the others; and group leader Walter had an off day steering Freda's wheelchair back home - in the dark after the 199 delay. So, some first aid and a check-up was needed. Fortunately, no lasting damage.



The group now goes into hibernation till our 2025 Spring get-togethers, always ready to welcome new members.

Walter Mason

READING

The Reading Group has nine regular members who meet on the first Monday of the month. Members take it in turns to choose the books for discussion and our choices have certainly been varied in the past year. In November we discussed THE ROTTERS' CLUB by Jonathan Coe which met with approval from most members and in January we will be discussing THE GRAPES OF WRATH by John Steinbeck.

On 9th December we will be celebrating Christmas with afternoon tea at the home of one of our members who always serves up some delicious food and we hope to hear some entertaining readings from members of the group.

Marlene Brookes

QUIZZING

The quiz group met this month to tackle Angela's somewhat delayed quiz. We had questions for all interests including rounds on Landmarks and Doctors and one where all the answers were fruits. We had a lot of fun teasing our memories with things we used to know or think we should know.

A brief extract for you

- In which city will you find the Petronas Towers?
- Which doctor has written about his experiences in the National Health Service?
- Who wrote The Big Sleep?
- Which was the Beatles first hit record?
- Which two wives did Henry VIII divorce?
- In which county is the Oval?
- What is a slow worm?

Our next meeting will be 23rd January 2025 when we are looking forward to Monica's quiz.

This group would welcome some new members. It's a very friendly group and we have time for a chat over coffee and cake. Please come and join us. Do get in touch if you would like more information about the group.

Diane Saxon

MEMOIRS

Nov 5th, 2024 (meeting no. 58)

This meeting covered lots of memories.

First of all there was a lovely poem dedicated to Barbara Speake and her contribution to the Memoirs group.

- A continuation of people who met in different countries and a photo album with photos of them.
- Another trip back to Kenya but not on safari this time. This was about working for a charity organisation and teaching the children there.

That was a reprise of the of the 'Memories of the Memoirs Group' mentioning stories of the last five years.

- Three poems, one about a hangover which we were assured, was not autobiographical, another about curtains, which included the Iron Curtain, and the last one was an attempt à la Spike Milligan for a nonsense poem.
- An account about a brick air raid shelter, and his father building Lancaster bombers. Memories of picking up shrapnel and American soldiers, taking over the schools.
- Memories of Wakes week when all the Mills shut down for cleaning and employees had to take their holidays. There was an amusing account of a mishap on the big wheel.
- One member had found her original handwritten notes from our earliest meetings which she had now typed up and put in chronological order.
- A return to supply teacher days and the need to become more computer literate.
- There was an account about a teaching career spanning 40 years and the various changes in education. A couple of famous ex-pupils, including Jason Manford and the irony of him, playing a headteacher in Waterloo Road.

These accounts triggered lots of discussion.

The next meeting is Tuesday, December 3rd at 2 pm in the village hall.

QUOTE for the month from Abraham Lincoln

In the end it's not the years in your life that count. It's the life in your years.

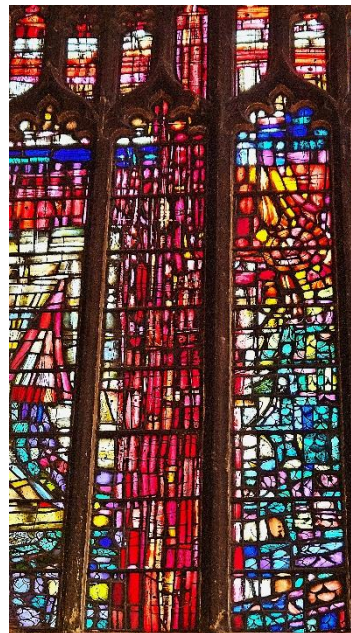
Barbara Kenneth

PHOTOGRAPHY

The Photography group continues in the form of a monthly online competition. Each member submits three entries on the chosen monthly theme, then they are voted on by the members.

This month's theme was "Multi coloured".

Diane coming 1st with Buddha, 7 points, Ken 2nd with Manchester cathedral stained glass, and Tony coming joint third with himself, Barrows and Nuremburg stained glass, 5 points each.



December's comp is themed "Chocolate". If anyone else would like to submit some pictures, you would be very welcome.

Please send them by 17th December to photographygroupleader@highlaneu3a.org.uk and I will include them in the competition.

Ken Jackson

u3aEye continues – the current theme is **illumination**. The deadline for submissions is 12pm on Thursday 23 January 2025. Why not try submitting a photograph? You can submit your photo and see previous themes via the [u3aEye link](#).

SHORT WALKS

High Lane u3a Short Walks Group – 16 November 2024

Not the Dirty Dozen, but a dozen all weather walkers parked on Counting House off Buxton Old Road Higher Disley. Views non-existent but off the group went, in good spirits, down Cork Lane passing cottages and coming to the Seven Springs outdoor centre. Down a rough path meeting a road where the group had a photo stop with sheep looking through the gate.



The Group came out opposite Mudhurst Lane a short distance on road walking took us to the Muslin Cottages in old Disley and onto a parish path leading to Gritstone Trail.

Another photo stop – the telephone box not in use, an item of many in the cottage garden. Taking the Gritstone trail towards Disley encountering bikers and three horses with their rain hats on we had a quick coffee stop in the drizzle close to St Mary's church (Wedding Bells were being rung). We descended Red Lane taking the reservoir road turning off onto another parish path and Green Lane seeing the Old Vicarage of St Mary's Church. Retracing our route along the Gritstone trail and the parish path brought us again past the Muslin Cottages down Buxton Old Road to our vehicles.



A big thank you to Deirdre for organising this walk. Not the originally intended one – but interesting.

The Wednesday 18th December walk is from the Navigation Pub in Buxworth – Both Walking Groups. Walking along the Peak Forest Canal to Whaley Bridge, up the incline (gentle slope). Down to the A6 under railway bridge into memorial park under dam and back down to Whaley Bridge via Reservoir road. At Whaley Bridge canal basin, a different way back, some may wish to climb the road and across fields – could be muddy, others can go on firmer surfaces, back to the Navigation Pub. If you wish to partake in a meal, please let me know your choice of menu. The menu can be e-mailed to you.

Ruth Smith

TRAVEL

Kings Lynn April 11th–14th. Balance at January meeting
Isle of Wight July 7th–13th.



If there is sufficient interest, we can arrange Ireland and another river cruise. Please let us know if you are interested.

Margaret McDermott

WALKING

Walk Wednesday 27th November 2024. Adlington Area

Weather: Fine. Walkers: 17.
A leisurely 6.5 miles.

We started at The Legh Arms, picking up a path at the end of Wych Lane, which took us through paddocks to a dairy farm. It was very muddy at this point, but we all survived!

Shortly after the farm, we had morning tea in St John's Church grounds (permission had been requested earlier) then on to the Peak Forest Canal.



Only on canal towpath briefly, into a paddock, muddy at the end of this field but ok. Eventually the walk came to the road, and we stayed on this until we reached the church grounds where we had lunch! After lunch, the walk returned on the earlier paths, getting back to cars about 1.30.

Sandra Barber

NATIONAL OFFICE LEARNING EVENTS

This is a selection of the events this month. Each session lasts about one hour. All are free on Zoom and are normally very well attended.

4 December 11am	Exploring the Universe with the James Webb Space Telescope
4 December 4pm	The tech involved in balancing the power grid with mega battery storage
6 December 10am	Artificial Intelligence: Present and Future
10 December 10am	Flight inspirations
13 December 2pm	The Paradigm of Plate Tectonics – a Lesson in Geology
17 December 11am	The Hard Science of Herbal Medicine
20 December 10am	Illuminating Hope: The Transformative Power of Christmas

Click [here](#) for details and to book a place.

Event for Bridge players – Introduction to Duplicate Bridge for Improvers

10am 15 January 2025

Duplicate bridge is a competitive form of bridge where you and your partner are not only competing against the opponents at your table but also against everyone playing in the session. The aim of this [event](#) is to introduce you to the fundamentals of playing duplicate bridge and explain how it differs from bridge played in a more informal setting (e.g. rubber bridge). At the end of the session, you should be able to decide whether you would like to try duplicate bridge for yourself and will provide you with some options for playing should you wish to give it a go.

The event assumes some knowledge of the game of bridge and would be suitable for:

- Anyone who is self-taught and has played social bridge with friends who is curious about duplicate bridge
- Anyone who is undertaking or has completed a bridge course and is considering how they may wish to carry on playing bridge
- Anyone who has attended a duplicate bridge session but would like some more background on how it is organised and conducted.

And to finish!

Merry Christmas

What is every parent's favourite Christmas song? Silent Night!

Why did Rudolph have to attend summer school? Because he went down in history.

What did Adam say on the day before Christmas? "It's Christmas, Eve!"

What happened to the man who stole an Advent Calendar? He got 25 days!

What did the wise men say after they offered up their gifts of gold and frankincense?

Wait, there's myrrh.

With thanks to Good Housekeeping [100+ hilarious Christmas jokes for kids and parents](#)

HIGH LANE u3a

OFFICER AND COMMITTEE NOMINATIONS FOR 2025

The Officers and Committee for 2025 are to be elected at the AGM on 12 February 2025.

If you wish to nominate a member for any of the roles, please complete the form appropriately and return it to the Secretary, Lynn Arnold, by the date of the monthly meeting on 8 January 2025.

Please ensure you have the permission and signature of the person you are nominating.

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

Note: people nominating and seconding must be members of High Lane u3a and not currently an Officer or Committee member