

FROM THE EDITOR

Welcome to the sixteenth edition of the new style High Lane U3A newsletter. It was a pity that, as we expected, restrictions were extended but I guess, after this long time, we have all been able to find a way that works for us and isn't too restrictive. And, of course, it's Wimbledon week so that will need a good few hours!

This edition contains some information about the EGM and a plea for members to join us in helping to run our u3a, some reports from our local groups, theatre and film reports, some news from National Office, plus some lighthearted items.

This newsletter is being sent out by email and will also be on the website. When you visit the website you will find a new bright look, the results of a redesign by the Webmaster, Jeff Mortimer. We hope you like it. The June Newsletter Express from National Office is also being emailed with this edition of our newsletter.

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

Diane Saxon

EGM 7 June 2021

The EGM took place on 7 June. There were no votes against the proposed changes to the Constitution, so this was accepted. The new Constitution is now on the website. Your Committee will now be able to arrange an AGM to elect new Officers and Committee members. As for the EGM this will be done by email/post and a Zoom meeting. The date is yet to be agreed but members will receive 21 days notice of the AGM.

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, 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.

A PLEA TO MEMBERS: Managing our u3a

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. Please don't just read this and move on; instead, please think about how you might help us with this. Please feel free to contact me or any of the committee members to discuss joining us.

FROM U3A NATIONAL OFFICE**u3a day**

The June newsletter reports that there were over 64 pieces of publicity for u3a across the UK in the media this month, including many local pieces thanks to the enthusiasm, commitment and energy of u3a members. Trustees, members and our CEO Sam Mauger could be heard on local radio throughout the country in the week leading up to 2 June and the day itself. Nationally the movement was featured with its fashion survey in the Daily Express, the Daily Star, Channel 5 and 5 Live Radio.

You can read more in the June newsletter <https://us9.campaign-archive.com/?u=656ad5962b370cc9e2731d1ed&id=089e343e74>

Advice for groupleaders re restarting group activities

National Office has produced a set of guidelines and answer to some of the questions you may have been asking about restarting groups. This is the current advice; this is likely to be updated after 19 July.

3.1 What is the procedure I must follow in order to resume my interest group activities face to face?

It is imperative that we follow the government guidance as we move through the steps of lockdown easing. Their aim is to be guided by the evidence at each step of the road map and we must follow their lead and recommendations at all times, remaining vigilant and flexible to their latest guidance whilst planning for the return journey for the members in our various interest groups.

To summarise the u3a procedure for resuming an activity or interest group is as follows:-

1. Inform your committee of your plans and preparations for resuming
2. Where appropriate download and follow a relevant Risk Assessment from a National Governing Body for your sporting activity (see links below) or use an appropriate u3a risk assessment template for your activity.
3. Inform your members of what to expect and how to prepare for returning
4. Ask members to complete a personal assessment (pre-attendance) before attending.
5. Please ensure you are following the most current government guidance on social distancing and maintaining Covid-secure requirements at all times. For instance, you may be required to continue to keep a register of participants for 21 days after the activity for Track and Trace beyond the roadmap.

There is much more detail at <https://www.u3a.org.uk/covid-19-advice-on-u3a-activities/897-covid-19-advice-on-u3a-activities-in-england-u3a-kms-doc-074>

Events

National Office reports that u3a's relationship with leading organisations, built up over many years, has meant we are in a position to offer selected national events online ensuring that learning is still available to our U3As and their members. This includes events with the National Gallery, Royal Institution, Guildhall Art Gallery, and the British Library (for which there may be a charge). We are also offering 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).

Cuisines of the world

With international travel restricted for so long, we are inviting members to adventure across continents, without leaving the comfort of their own kitchen.

Calling on the specialist culinary skills of the u3a membership, we will be throwing a spotlight on different world cuisines – sharing recipes, tips, tricks and stories to get your tastebuds tingling.

We invite you to try the recommended recipes, in the hope that you will be transported by your tastebuds, that the flavours will incite fond memories or that you will have the excitement of trying something new.

If you have a passion for a particular cuisine, especially if you have family recipes or if you have lived in the country, let us know [here https://u3auk.wufoo.com/forms/world-cuisines-cookery-challenge/](https://u3auk.wufoo.com/forms/world-cuisines-cookery-challenge/)

We hope this challenge will inspire you to get cooking and bring hope for the future. What better way to celebrate the cultures of our world whilst we have to remain grounded? Food is a universal language after all!

Learning programmes

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

A night at the theatre

This week I took a step towards a more normal life with something we all used to take for granted. A visit to one of our local theatres – The Garrick in Stockport. They were doing a play by John Godber– September In the Rain. A clever choice as it needs just two actors (and very little in the way of staging) which I'm sure made rehearsals much more Covid safe. It was a very positive experience with the staff being attentive to government guidelines re social distancing, number of seats available, track and trace etc as well as being very welcoming. They were as happy to see us back as we were to be there!

I don't know if it was the subject matter of the play or our job status, but the audience was all of a certain age. (Over 60!) The play is set in Blackpool from the 50's onwards. The two actors played a couple who had holidayed at Blackpool for many years and their memories of those times. It brought back a lot of memories for me although I must admit to never staying in a Blackpool guest house. My childhood holidays were spent in Southport or Cumbria (or sometimes even as far afield a Cornwall!) Blackpool was for days out. I can still remember the reward of a penny for the first of us to spot the tower and another penny for the first to spot the windmill. I'm not sure how young people would react to this play as they will have no point of reference to it. Would make for an interesting discussion though.

I was aware there would be restrictions but they all felt sensible and were explained by the staff. Every alternate row of seats was cordoned off and only two seats together were available with two empty seats between each pair. Our drinks orders were taken and served to us in our seats both before the performance & in the interval. This was a benefit I wasn't expecting 😊 A shame it wouldn't be practical to continue this when the theatre is back to full capacity.

Although I enjoyed the evening enormously and am grateful to the Garrick for all their efforts it will be even better to get back to restriction free entertainment. Hopefully before too long.

Chris Edmunds

CINEMA

Cinemas are now open with limited numbers but until we feel it is safer to return, Sheila has continued to diligently seek out and circulate interesting films for us to watch. This was one of the recent finds.

VICEROY'S HOUSE

I thought this film was excellent as it highlighted the complex social and political issues: It certainly highlighted the imperialist attitude to the indigenous population, which did not show us in a very good light. The decision to partition India was strongly influenced by the understanding between Britain and the Muslim League, that in the event of partition, the League would ensure that the British would be able to continue to have access to India from the Middle East. Another important issue was also that the Muslim League would be hostile to Russia in its attempt to gain access to a warm sea port. In many ways Mountbatten had been given the poisoned chalice, whatever decision he made would have resulted in civil war: something which the British could not afford to get involved in after the end of WW11. There were of course parts of India where the Muslims and Hindus did have a friendly a co-existence, but there was also a lot of friction as could be seen with the 'staff' at the 'House'. The big mistake the British made was that they did not start an organised withdrawal many decades earlier.

Pam Curley

BRIDGE

We are continuing to enjoy our Monday afternoon sessions on BridgeBase online. It looks like these will still be needed for some months yet; earliest dates being proposed for the return of face to face bridge seem to have slipped from mid-July to later in the year, possibly early Autumn. We can accommodate more players. Do get in touch if you are missing your bridge and would like to join us.

Diane Saxon

ART

A message from Brian – As soon as we can, we will get started. I haven't done any painting or drawing for years it seems and is! if anybody has any bright ideas, contact me and I will have a look at it. We, of course, can always have some new faces as well.

Hope to see you soon

Brian Chadwick

PHOTOGRAPHY

This month's subject was 'Lights'. Group members produced a range of interesting and exciting pictures. Voting was very close; just one vote between each position. Voted first was Bridge in Bruges – Jeff



There were three equal 2nds.
Evening stroll – Susan



Night shopping – Diane



Tunnel of lights – Walter

The subject for next month's project is 'Fruit'. We look forward to another set of tasty photographs.

Jeff Robinson



GARDENING

This month's selected pictures from the gardening group. Thanks to Lynne, Ruth, Deirdre, Chris/Jackie, Sam/Irene and Lynda who have offered pictures to send round the group during June.



Walter Mason

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.

Please contact me if you are interested in joining us.

This is from the Times, 26 June 2021.

Tennis Quiz

Can you answer the five concise clues below using the letters in TENNIS RACKET only?

- 1 Chemical element (7)
- 2 Coy, taciturn (8)
- 3 Fruit (9)
- 4 Winter sports person (3,6)
- 5 Fleetingness (10)

Answers on last page.

Diane Saxon

MORE SCAMS

Citizens Advice report that an estimated 36 million adults have been targeted by scammers since January this year. Over-55s are most likely to be targeted, but those 34 and under are nearly five times more likely to fall victim to a scam than their older counterparts. Messages related to fake deliveries are still the most common scam and because the amounts are small people are likely to fall for this one.

A few variations on familiar themes recently. One telephone message is delivered by a well-spoken man who could easily be a bank person – except it's a recorded message so that's unlikely. The message reports that there are two bigish transactions on your account with the usual exhortation to press 1 to speak to the fraud team.

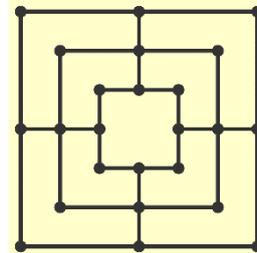
The usual advice applies.

- 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/>

DID YOU KNOW?

Nine-men's Morris

I came across this as the theme of a recent crossword. I always thought it was a dance done by men wearing skirts! Apparently not. I discovered it was an ancient strategy game played in Ancient Rome and Egypt and appearing in Shakespeare. Each player has nine men or pieces and the board looks like the one you can see here. The objective of the game is to capture the opponent's pieces by forming lines of three of your men, a bit like tic-tac-toe or noughts and crosses.



I even found a site where you can play the game online!

https://www.mathplayground.com/logic_nine_mens_morris.html

For the tennis fans among us

Watching tennis at Queen's with a
smoked salmon blini
Washed down with a vodka martini
Now it's all been and gone
And who was it that won?
Yes! The magnificent Matteo Berretini!

And now Queen's is done
We're already into Wimbledon
Who will triumph this year?
Not Andy or Roger I fear
My money's on the smug Serb number
one.

And to finish – Dad jokes

The world's best dad joke can be revealed after thousands of "funny" fathers battled it out in a competition that was no laughing matter. More than 2,700 gag-loving dads submitted their very best – or worst – jokes in celebration of Father's Day.

#BestDadJokes was trending on Twitter as fathers battled it out to win the Aldi Mamia Best Dad Joke competition. Stand-up comedian Mark Watson was enlisted to judge the competition and picked father-of-two Austin May from Bedworth, Warwickshire, as the overall winner. His winning joke was:

I once hired a limo but when it arrived, the guy driving it walked off!
I said "Excuse me? Are you not going to drive me?"
The guy told me that the price didn't include a driver...
... so I'd spent £400 on a limo and have nothing to chauffeur it!

Among Mark's other favourite entries were:

- Why did the man fall down the well? Because he didn't see that well!
- What did the pirate say on his eightieth birthday? "Aye Matey!"
- Someone has glued my pack of cards together – I don't know how to deal with it.
- What do you call a zombie who cooks stir fries? Dead man wok-ing
- I was wondering why the frisbee kept looking bigger and bigger, and then it hit me
- I was stood behind a customer at an ATM and he turned around and said "could you check my balance?" – so I pushed him. His balance wasn't that great.
- Why did the scarecrow get an award? Because he was out standing in his field!
- What did the daddy buffalo say to his son when he left for work? Bison
- Two guys walked into a bar. The third guy ducked.
- What do you call a blind dinosaur? A Doyouthinkhesaurus!

Answers to Tennis Quiz

- 1 ARSENIC
- 2 RETICENT
- 3 NECTARINE
- 4 ICE SKATER
- 5 TRANSCIENCE