

u3a High Lane

Newsletter

October 2023



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Did you know?

FROM THE EDITOR

Welcome to the October 2023 edition of the High Lane u3a newsletter. In this edition, Margaret has been looking back at Travel group activities and has produced a very impressive, mega list of all the holidays and outings since the start of the group in 2002. We have a report of the recent monthly meeting where the imminent telephone switchover was explained and the first look at the programme of meetings for 2024. Margaret Riley has shared her enjoyable and interesting experience at the summer school; perhaps this will encourage more to get involved. Tony Berry tells us about an eco-exhibition and repair shop at St Thomas' church and we have reports of activities from our groups and from national u3a office. The picture below is encouraging members to share their opinions on what you would like from u3a and how u3a might develop in the future.

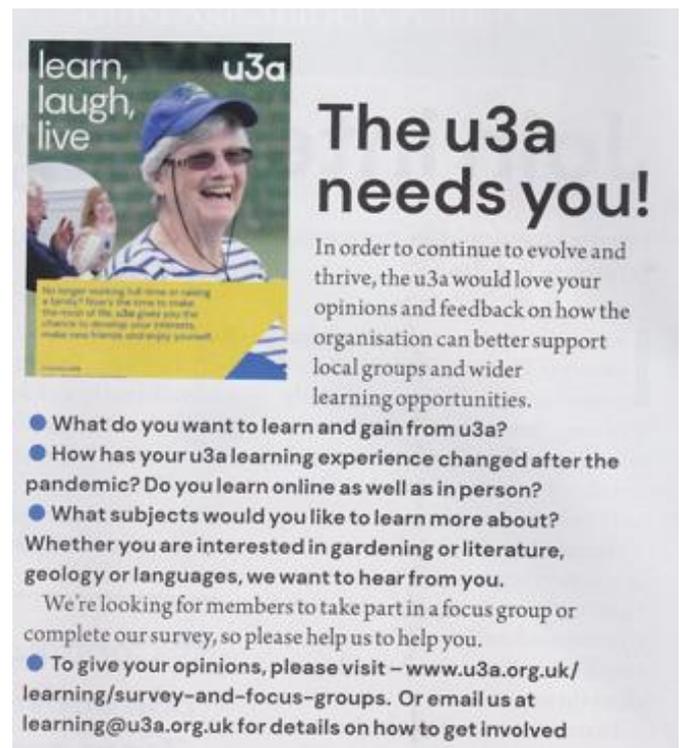
As ever, I would like to thank all the contributors for their interesting and informative contributions. Please keep them coming. I have again delved into the archives for this month's cover photo which shows a walking group from 2014. Please do tell us if you remember this time.

The National Office bitesize newsletter is not available in PDF format this month so I cannot send it out with our newsletter as I have previously. You can read the September newsletter [here](#). This includes news from happenings during u3a week (16-24 September) and a new film from Hayling Island u3a. Our u3a organised a coffee morning for members and prospective members and it was good to see you all there.

This is your newsletter. I am always pleased to hear from individual members as well as well groups - please feel free to share some of your news, your interests, or items you have found that you think would be of interest to other members. This could be places you have visited, books you have read, films you have seen; your stories, anecdotes, photographs, recipes, poems, limericks, jokes; the list is endless.

The next issue of our newsletter will be November 2023 so please send your contributions to me by 27 October 2023 at newslettereditor@highlaneu3a.org.uk

Diane Saxon



learn, laugh, live u3a

The u3a needs you!

In order to continue to evolve and thrive, the u3a would love your opinions and feedback on how the organisation can better support local groups and wider learning opportunities.

- What do you want to learn and gain from u3a?
- How has your u3a learning experience changed after the pandemic? Do you learn online as well as in person?
- What subjects would you like to learn more about?

Whether you are interested in gardening or literature, geology or languages, we want to hear from you.

We're looking for members to take part in a focus group or complete our survey, so please help us to help you.

- To give your opinions, please visit - www.u3a.org.uk/learning/survey-and-focus-groups. Or email us at learning@u3a.org.uk for details on how to get involved

AUTUMN MUSIC EVENING

An evening with Anthony John Clarke

Village Hall, Friday November 17th.

Belfast born, he is recognised as one of the top singer-songwriters on the acoustic/folk scene. He has 12 albums and 3 singles to his name. He has played at folk clubs and festivals all over the UK and beyond, including Australia, USA and Europe.



He provides entertainment of the highest quality singing very witty and humorous songs and telling funny stories. We are very lucky to get him as he has many bookings for this year and well into next year.

The evening will include a choice of hot pot, lasagne or vegetarian option supper followed by apple pie and cream. You can bring your own drinks and glasses.

Cost is £20. We have already sold 55 tickets and just 25 remain. Don't miss your chance – you can get your ticket at the October meeting.

Paul Kenneth

THINKING ABOUT RECRUITMENT

An article in the latest issue of Third Age Matters (Autumn 2023) highlights the fact that u3a membership across the country is overwhelming female; nationally, 70% of members are female, and our ratio is much the same. Recent research found that women were much more likely to belong to interest groups and attend u3a events.

The findings showed that most men joined with their partners whereas most women joined on their own. However, other research shows that when men joined in activities and events, they experienced physical and psychological health benefits. u3a recognises the challenge of attracting and recruiting more men – it may be that a different recruitment strategy is needed. Any thoughts?

MONTHLY MEETING



The speaker at the September meeting was Professor Nigel Linge from Salford University whose talk was called *When the lines go dead. Preparing for the PSTN switch off*. He told us that the technology used to provide traditional landline phone calls is outdated and will eventually fail. He gave us a very interesting and informative history of the evolution of the telephone and explained that this was the next stage. This involves the telephone providers upgrading the landline network, known as PSTN (Public Switched Telephone Network) from analogue to digital which means that voice calls will be carried the same way as data over a broadband connection. The current network will close at the end of 2025. He suggested having a look at www.futureofvoice.co.uk which explains everything. This talk was very informative and well received.

The next meeting will be on Wednesday 11th October when the speaker is Dean Mottershead asking the question *Have you got the right Will or do you have a Will at all?*

Kath Wareham

PROGRAMME OF MEETINGS FOR 2024

DATE	SPEAKER	TITLE
10 th Jan	Kate Heller	Hand Bell Ringing
14 th Feb	AGM	
13 th Mar	John Hooley	Royal Yachts
10 th April	Caroline Melliar-Smith	Camera Rolling
8 th May	Kevin and Joy Siddall	The DNA of British Musicals
12 th June	Keith Warrender	Underground Manchester
10 th July	David Seddon	Romanticism
14 th Aug	Nicholas Minshull	Legal Power of Attorney
11 th Sept	John Wallace	Ten Thousand Years of Bling (Alderley Edge)
9 th October	Maria Grimsley	Born in a Trunk
13 th Nov	Kim Wright	Children's Air Ambulance
11 th Dec	Roger Browne	Entertainer

Once again, thanks to Sheila for coming up with what looks like a varied and interesting programme.

ECO EXHIBITION AND REPAIR SHOP

at St Thomas' Church on Saturday October 14th 11am to 2.30pm

We need to make bigger steps to save the planet and reach Zero carbon in 2050.

There will be information stalls on lighting, green energy; from Stockport homes, Climate Action in Marple, the Horticulture Society and the Allotments. The repair shop will also be open for small tools and clothing repair.

Admission is free but you are invited to make a donation to a local food bank.

St Thomas is actively pursuing its green agenda and has been awarded a Bronze level award (from A Rocha) to mark its progress to date. St Thomas's is about to submit for evaluation for the next level, a Silver award.

Tony Berry

u3a NORTH-WEST SUMMER SCHOOL

Earlier this year, I enrolled on a 3-day architecture course at the University of Cumbria in Carlisle, having spotted an article in High Lane u3a newsletter.

So, on a Tuesday afternoon in August, I unpacked in my ensuite student study bedroom – perfectly adequate – and went to meet my tutor and fellow twelve ‘learners’. Clyde, now retired, had practiced as an architect and lives in Heaton Moor where he has a regular slot on their u3a timetable. His dry sense of humour appealed to me. Starting with Roman times and finishing with the Shard, he explained to us how architecture had evolved over the ages, using different building materials and techniques; his illustrated lectures were punctuated with relevant film clips. All in all, we had many hours of interesting talks and discussion; a visit to look at Carlisle cathedral’s architecture was included. Everyone was friendly and eager to learn. A quiz, wine-tasting and wonderful illustrated talk filled our evenings.



I set off for home on Friday lunchtime. Glossing over the evening meals, I’d had a really good break, met interesting people and enjoyed being back in the classroom but don’t yet feel capable of designing an extension. That’s for the next summer school!

Margaret Riley

Email warning

Once again, there are strange emails floating around our u3a community. If you receive an email that looks odd even if it’s from someone you know, it may be a phishing scam. If the message has an odd title or is asking for money, you can be pretty sure this is a scam. You should avoid clicking on any links that are in the message. Just delete it.

GROUP NEWS

ART

The art group has restarted after the summer break. We will be looking to restart our monthly challenge which we can all do in our own style and medium. If you would like to join this lively friendly group, please contact Brian Chadwick. We would welcome new members of all abilities. We meet on Thursday afternoon – 1.30– 4 pm. Come along for a chat and a cuppa if you are interested.

CHURCHES AND PUBS

6th December Bowden church and the Jolly Thresher.
A deposit is required to book your place.

Paul Kenneth

CINEMA

There are 3 new films being shown at the Regent and other local cinemas in the coming weeks which may be of interest.

"A Haunting in Venice" starring Kenneth Branagh as Poirot, which is adapted from the Agatha Christie story. This is showing from Friday 22nd Sept to Thurs 28th at 7.45pm with matinees on Sat 23rd at 4pm and Sun 24th at 2pm.

"The Great Escaper" starring Michael Caine and Glenda Jackson. This is based on the true story of a D Day veteran who went missing from his care home. It is on from Friday 6th Oct to Thurs 19th Oct with a matinee on Sat Oct 7th at 4pm and Sun 8th at 2pm.

"The Miracle Club" starring Maggie Smith is about a group of Irish ladies who make plans to go to Lourdes. It is showing from Friday 20th of October to Thursday 2nd Nov with a (charity) matinee at 5pm on Sun 22nd of October.

All the evening films at the Regent start at 7.45 p.m. You will no doubt be seeing a lot more about them in the coming weeks. I hope you get to see them.

Sheila Harrop

CRIME FICTION READING



Our September book was *One Corpse Too Many* by Ellis Peters, the second book in the Cadfael series, published in 1979. A medieval mystery novel set in the summer of 1138.

In that year, King Stephen successfully besieged Shrewsbury castle held by William FitzAlan for the Empress Maud during the period known as The Anarchy. During the siege, all of the surviving defenders were hanged. Cadfael, a Benedictine monk of the nearby Shrewsbury Abbey discovers a murdered man hidden amongst the slain. He sets out to solve the mystery of this extra body and along the way helps a young girl escape the siege. and discover the motives of Hugh Beringar, her betrothed fiancé.

Cadfael books were televised by ITV starring Derek Jacobi as Brother Cadfael. *One corpse too many* was one of the first to be aired in 1994.

Our book for October is the *Monogram Murders* by Sophie Hannah. This is the first book in Hannah's series of Hercule Poirot books, continuation novels featuring characters created by Agatha Christie.

GARDENING

Early September saw the gardening group have a very pleasant get-together in Lynda's garden. 17 of us enjoyed Indian Summer sunshine on her large patio, with an attractive backdrop of tall cosmos and solidago "Sparkler" framing the rear garden with specimen trees around. In the front garden a mass of white Japanese Anemone gave a spectacular show.

Unfortunately, Walter's pictures are stubbornly refusing to download from camera to computer, so no floral pictures this month.

A final September visit planned for Walkden gardens fell foul of bad weather, the remnants of tropical storm Louis, so the group will rest on its laurels till Spring - except for a Christmas meal planned for early December.

Walter Mason

MEMOIRS

June joined us for this session to show us her book of memoirs. This project had been arranged for her by her family to keep her occupied during the Covid shutdown. We enjoyed hearing about it and admired the book.

Lynda shared with us a "spoof" collection of holiday postcards organised by a colleague. She and her husband had made the mistake of calling their house "The White House" and they had had half a dozen cards from holiday destinations saying how much their house and garden had been admired from the air. They had even received one from the Clintons!! These cards were hilarious!!

Strangely enough, Bryan's offering concerned his move to the fingerprinting section. where one of his tasks was to get the fingerprints of a poltergeist. Another spoof. All innocent fun until the press got wind of it!!

After the tea break, the theme of music cropped up and choices ranged from Elvis Presley and Abba to the Last Night of the Proms. In the course of the chat Radio Luxembourg and Dansette gramophone players were mentioned.

We will continue the musical theme next month.

Sheila Harrop

QUIZZING

This month's quiz was quite a challenge, and we thank Angela for the interesting mix of questions.



Some for you

Who discovered penicillin?

Which is the brightest star?

Which fruit has the same name as an animal?

What was the name of the apartment block where Del Boy lived?

And do you know the currencies of Malaysia, Hungary, Singapore, Poland and Switzerland. I didn't!

We have lost some members recently and really would welcome some new members. The meetings are very sociable, and we have nice cakes. Please contact me for details.

Diane Saxon

PHOTOGRAPHY

The Photography group subject for September was Neon lights.
The results were

Joint winners: Dunham – Diane and Quays – Diane

Third: Famous Plaza – Ken and Tasty Combo – Ken



The subject for October is Halloween. If you fancy having a go, please get in touch.

Advanced technical skills are not necessary. All you need is a camera or a phone that will take pictures.

Jeff Robinson

TOUR OF BRITAIN



Members of the group were out taking photos as the Tour of Britian whizzed through Hazel Grove and onto Marple. Walter comments "as the riders turned off A6 onto Carr Brow, and the first of the hilly sections, a group of 5 cyclists had opened up a 3-minute advantage, which they used to win "mountain climbs" and maintained till the final 2 or 3 miles of the stage in central Manchester. I must admit to never having owned a bike, and the sight of the peloton massed together so hazardly at speed, did not tempt me to buy one now! No wonder they have crashes!"

TRAVEL



The Travel Group was one of the first to start in 2002. Since then, we have visited many countries and places of interest in Europe and the UK. This is a list of holidays and the member who organised them.

2002	Cambridge Amy Summers.
2003	Edinburgh A.S.
2004	Bath A.S.
2005	London A.S.
2006	Kent Margaret McDermott
2007	Durham M.McD.
2008	Bray Ireland M.McD.
2009	Rhineland Germany M.McD.
2010	Norfolk Ruth Smith Adriatic Cruise M. McD.
2011	Baltic Cruise M.McD. Normandy M.McD. Isle of Man R.S.
2012	Norway Cruise M.McD. Tuscany M.McD. Cardiff R.S.
2013	Dresden M.McD. Northumberland R.S.
2014	London Sue Harlin, Vienna M.McD. Ennis Ireland R.S.
2015	London S.H. Blairgowrie Scotland R.S. West Cork Ireland M.McD. Turkey and Holy Land Cruise M.McD.

2016	Suffolk R.S. Edinburgh S.H. Donegal Ireland M.McD. Stratford S.H.
2017	Cornwall S.H. Westport Ireland M.McD. Berlin M.M.cD.
2018	Southwell R.S. Dorset S.H. Youghal Ireland M.McD. Shrewsbury R.S. Budapest M.McD.
2019	River Cruise Germany M.McD. Gloucester R.S. Somerset S.H. Wicklow Ireland M.McD.
2021	Hampshire S.H. Sligo Ireland M.McD.
2022	Kent S.H. Tralee Ireland M.McD. Lincoln R.S. Rhine Cruise to Switzerland M.McD.
2023	Nidd Hall Yorkshire S.H. Carlisle R.S. Mullingar Ireland M.McD.

There are some places left for the visit to LLANDINDROD WELLS on April 19th – 22nd, 2024, staying at the Metropole Hotel £349 + entrance fees. Single supplement £75 £60. See Ruth on the Travel table.

WALKING

Wednesday 27th September 2023

Bollington, Macclesfield Canal, River Dean Valley, Waulkmill Waterfall, Rainow, Oakenbank

This 5-mile walk led by Ed Rowbottom was full of pleasant surprises – beautiful landscape – fascinating industrial archaeology – ever changing interesting scenery. The route had a few short ups and downs in keeping with the undulating character of the area and several easy gate stiles and some ancient stone pinch stiles, all easily negotiated by the 23 attendees. Walking surfaces were good and sound, one long field had a paved pathway – initially laid for the millworkers' benefit. The dry bright weather conditions at the start of the walk slowly deteriorated as the wind strengthened but mercifully the serious rain came after we had finished!



David Burke

NATIONAL OFFICE LEARNING EVENTS FOR OCTOBER

Some talks you might want to book. These are normally very well supported. All are free via Zoom. Click here for details and to book a place.

<https://www.u3a.org.uk/events/educational-events>

- 5 October Royal Presence and Royal Presents: A Commonwealth History
- 9 October The Commonwealth War Graves Commission and its Archives
- 12 October Odd numbers and There and Back again: tales of two beautiful number patterns
- 13 October Live Cookery Demonstration – Autumn recipes
- 16 October Meditation and Mindfulness – new six-week course
- 18 October Family History: Why the whole family matters
- 25 October How our thinking skills change as we age and what we can do about it

A reminder that the first ever Interest Groups Online Fair will be taking place from Monday 2 to Friday 6 October. Details were in the previous newsletter or you can find them on the IGO's page [u3a - IGO Online Fair Schedule](#)

POSITIVE AGEING

u3a has shared two new conversations with members and academics exploring positive ageing, how it can be embraced and what barriers prevent people from ageing positively. Liz Ervine, u3a's Trustee for Scotland, and Sandi Rickerby, u3a's Trustee for the North East, were joined by academics, Dr Melanie Lovatt, Dr Alan Gow, Shelagh Young, Susan Murray and Dr Dwight Tse. The panel discussed how confidence can be a barrier preventing people from taking positive steps that might help them to have a more fulfilling later life – like joining u3a or other social organisations.

Both conversations are available to watch on the u3a [YouTube channel](#).

This conversation is part of u3a's ongoing work to change the narrative around ageing. Find out more about this work on [Our Impact page](#).

INFLUENCING AND SOCIAL CHANGE

u3a is developing the movement's voice to make a social impact. Read more about ongoing projects on the Impact page which is available on the National u3a page. Influencing and Social Change [u3a - Influencing and Social Change](#).

This two-part introductory training is for u3a members who would like to have more of an influence in their community and take part in social action.

The first part of this interactive training will introduce the diverse ways to create change in our communities, share some u3a examples, explore areas to consider when taking action, and provide participants with the opportunity to exchange ideas and discuss how they might take action.

The second part (6 weeks later) will provide members with the opportunity to follow up and connect with other members to discuss any steps they've taken and any challenges or where further support may be required. The first part will be delivered in person, the second part will be online.

The next introductory session is on Monday 23rd October 14.00–16.30 [Click here to register](#).

DID YOU KNOW...?

10 October 2024 is Ada Lovelace Day (ALD) This day is an international celebration of the achievements of women in science, technology, engineering and maths (STEM). It aims to increase the profile of women in STEM and, in doing so, create new role models who will encourage more girls into STEM careers and support women already working in STEM. Launched in 2009 as a celebration of women in science, the event promotes programs that encourage girls and women to pursue careers in STEM. It features the flagship Ada Lovelace Day Live! 'Science cabaret' in London, UK, at which women in STEM give short talks about their work or research in an informal, theatre-like setting.

Ada Lovelace was a leading 19th century mathematician and daughter of the famous poet Lord Byron. She is widely known as the first person to recognize the potential of early computers and published the first example of what is now known as an algorithm. Lovelace recognized that computers could do more than simple number-crunching, opening the door to complex functions and ushering in the modern era of computing.

