

u3a High Lane

Newsletter

September 2024



Inside this month

From the Editor
From the Chair
Entertainment evening
Monthly meeting
Group activities
u3a week
u3a National events

FROM THE EDITOR

Welcome to the September edition of the High Lane u3a newsletter. As always, thanks to the group leaders and contributors for their articles and photographs. In this edition, we have information about upcoming events as well as reports from our interest groups and a report from this year's Travel group holiday to Ireland. This month's cover photo is a selection of scenes from the holiday. Thanks to Ged Wilson for the photographs.

u3a week takes place this month and there are some additional learning events that you might like to join. Details of these are at the end of the newsletter.

I always look forward to hearing from members so 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.

We are pleased to welcome some new members to our u3a this month and look forward to meeting you at our meetings and interest groups. Your contributions to the newsletter will be very welcome.

Attached to the email is the National Office bitesize newsletter for August. This contains reports of many varied activities taking place in u3as across the country.

The next issue of our newsletter will be October 2024. As usual, please send contributions to me at newslettereditor@highlaneu3a.org.uk by 27 September.

Diane Saxon

FROM THE CHAIR

Just a reminder about attending meetings or group sessions. Covid is still about so if you have a cough or a cold please stay away so you don't pass your symptoms on to other people.

Also, a reminder to all groups who use the hall. Please make sure the inner door is shut or manned at all times till the meeting starts.

Thanks

Paul

Entertainment evening on Friday October 11th

For this year's entertainment evening we are having guitarist Josh and fiddler Bob. They both play for The Mighty Craic Irish band and The Lucky Fifteens; both have excellent reviews. They have played at the Cheltenham festival and supported The Dubliners, The Fureys and Hothouse Flowers.

Josh and Bob will be playing Irish music and also some 60's music for us.

We shall be having a meal before the entertainment starts.

The menu is as follows

Main course

Irish Tavern Pie with a pastry top, beef cooked in Guinness with carrots, onions and shallots with red cabbage

Or

Chicken breast in a creamy leek sauce with new potatoes

Dessert

Apple pie and cream

Or

Chocolate Roulade

Please bring your own drinks and glasses

Doors open at 6.30pm and we aim to eat at 7.15pm

Ticket price is £25. Hope you can join us. Tickets on sale from July meeting.

Don't forget to bring some cash or your chequebook to the monthly meeting so you don't miss out on the events.

Pub Quiz night

Some 30 quizzers enjoyed a competitive but fun evening at the recent Quiz Night hosted by the Quiz group. A range of question categories were included with the questions written and asked by members of the Quiz group. Teams were pretty competitive, and the final result was very close. Congratulations to the winning team – they know who they are!

MONTHLY MEETING

We had a very informative talk from a consultant from the Co-op Financial Services. He provoked thoughts about how we wanted to dispose of our assets. He also drew our attention to taxes that can be due postmortem. As well as disposing of our assets there is also the issue of decision making for our health care if we are unable to make them for ourselves, which is also covered in a Lasting Power of Attorney. This talk would have made us reconsider whether we have in place the necessary documentation to ensure our assets and care decisions go to the right destination

Pam Curley

Carver Theatre

In September the Carver Theatre is presenting Snake in the Grass. I am going to the matinee on September 28 starting at 2pm. If anyone would like to join me, please see me at the next meeting or contact me by phone or email. The price is £13, and I am happy to get the tickets. We are lucky to have this theatre on our doorstep and at a time when we are losing so many facilities. It is good to support what we have.

Dorothy Neillands

Hazel Grove Brass Band

This item was left over from the previous edition. Thanks to Walter for the contribution. Hazel Grove Brass Band gave their annual concert in the Secret Garden a little earlier than previous years. But the standard of playing was high, the sun was shining, and several High Lane u3a members enjoyed a very pleasant afternoon.



GROUP NEWS

ART

I took this photograph of the house next to a church when visiting a friend in Prestatyn. I haven't known this friend long, as I met them at a very close friend's funeral in July last year. I also wasn't sure how we would get on due to our past relationships with the deceased. I took her up on her offer to spend time with her at her home in Prestatyn and we are now in regular contact with each other.



On returning from my time in Wales in May 2024, I decided to use the photo I took as inspiration for a mixed media piece. I have been attending the U3A Art Group for almost a year now and have found it a very supportive environment for creativity. The space we use is perfect for drawing and painting as it is well lit and has ample room for everyone to work on their projects either big or small. It is really helpful to have the opinion of the other members of the group, as they often spot things I cannot see, and advice is always offered in a kind and supportive way.

Attending this group has really helped sustain my creativity and ensure I find the time to do some artwork once a week. I have really missed attending the sessions over summer and look

forward to going back again.

I sent a copy of the finished artwork I created using neo colour, ink, pencil and collage to my friend in Wales to see if she would like it. I am happy to say she loved it and I will be giving it to her when she comes to stay with me overnight in September.

Jo Massey

The online Paint and Draw activity continues. August's topic was: Different sizes. You can view the art works [here](#) and will see that there are paintings from members of many u3as on many subjects. The theme for September is: "Freedom". Deadline for submissions: 25th September 2024. Follow [this link to submit your photos](#).

BRIDGE 1

Wednesday 28th August was Chris Gibson's 90th birthday, and to celebrate the occasion Chris brought strawberries and cream for all to enjoy at the Thursday afternoon Bridge group. There were 22 of us playing Chicago bridge in the Village Hall.

Chris started the group over 20 years ago, initially at the Tennis Club, with Sheila Burke providing tea, coffee and biscuits since the start. Sheila did us proud with an excellent selection of cakes topped with 90th numerals candles. (Individual candles would have posed a fire risk.). Doreen, who celebrated her 90th birthday a few months ago, thanked Chris for his service to the Bridge group; without his fortitude and efforts, we would not have a thriving group today. Several of the inaugural members were there to wish Chris well – and to eat the cake and strawberries...

Chris responded by thanking the group for their continued support. In early 2024, Chris passed the mantle over to Linda Dale, who now runs the group, still supported by Sheila. We play Chicago and Duplicate Bridge on alternate weeks. Prospective new members should contact Linda.

Photograph by Sheila Kenny
Words by Brian Ward



CHURCHES AND PUBS

St Mary the Virgin Church Disley

£250,000 NEEDED. CAN YOU HELP?

St Mary the Virgin Church Disley, where prayers have been said for 500 years, needs £250,000 to restore the building.

On what was once common land where anyone could graze their animals, Sir Piers Legh of Lyme Hall built a Chantry Chapel around 1524 to pay priests to say prayers for his wife. The West Porch, Tower, and ceiling of the Nave are the only parts remaining.

Our group was divided into two, taking turns in the chapel and the grounds where we were ably educated by members of Disley Historical Society. We learnt of the Legh family who became Barons Newton from 1892, have graves there and that the current Lord Newton attended the celebration in July. Donations from the Orford family of Disley included the beautiful Renn organ which will be played at a fundraising concert in October.



There are four areas of graveyards including graves with dates 1630 and 1632. There are also War Graves. An amusing story was about Joseph Watson, born 1648, a park keeper at Lyme whose gravestone is in the Nave. He died aged 103 and was said to drink a gallon of beer a day! He is reported to have driven 12 brace of stags from Lyme to Windsor Forest to win a bet of 500 guineas.

Despite our donations for the tea, coffee and cake, I think there is still a way to go to reach the £250,000 restoration appeal. There is a Ceilidh Night at Disley Golf Club October 12th and Christmas Tree Festival Week from 30th November. There is a crowd funder link: <https://www.crowdfunder.co.uk/p/disley-pcc-500>

Following our visit to the church, we made our way down the hill to the Rams Head for a delightful two-course lunch with tea or coffee. It was the perfect way to conclude our enjoyable day out.

Sandy Mclean
Dorothy Neillands

Churches and Pubs meets Memoirs

The Churches and Pubs visit to St Mary's Church in Disley took me back to the early 1960's when I lived in Disley opposite the station in a large semi and I was the youngest of five children. My father was religious before the war but understandably, after his RAF service, was less so afterwards, however, he never forgot the teachings the Bible gave us as we moved towards adulthood. Within those teachings were Sunday School on a Sunday morning followed by a few years in Disley Church choir, morning and evening service and choir practice early evening in the week.

My brother and I, youngest of five children, were not angels, far from it, getting into scrapes on a daily basis however our time in the Choir taught us a lot and I think it's only right that I share the skills I learnt during my time in the choir as my father would wish me to.

Pyrotechnics

We learnt a lot about this area especially near bonfire night. We had choir practice early evening in the week, and someone would usually bring bangers and the favourite area for ignition was the vestry door keyhole. As the youngest members of the choir and having strict parents I will add we were not responsible for ignition or the resultant door repair but this did lead us on to the second skill we learnt.

Escapology

Having watched the vestry door firework display we had two ways of escape so this is loosely translated as "doing a runner". A bit like "knock and run" but with a bigger bang. Very close to the vestry door is an embankment which after ignition of aforementioned pyrotechnics became a slide which aided our getaway towards the area of the White Horse pub car park, and from the angry choir master. For obvious reasons we couldn't all go in the same direction and this leads on nicely to a more modern skill which some of you may know about but have not yourself tried.

Crowd Surfing

Well, I must admit that the choir were well ahead of their time. Crowd surfing is popular at rock concerts however prior to this, as early as the 1960s we were able to bush surf. The difference was we were able to run down the cobbled path near the vestry and dive into the bushes and surf our way, on top of the bushes, down to a lower part of the path. Needless to say, one or two garments had damage on occasion which would need explanation to my parents but that was far easier than the wrath of the choir master and vicar.

Woodwork

It was disappointing that some of the choir stalls had been removed when we visited and replaced with part of the stage and on the right-hand side where we sat as the junior choir they had some form of wood rot.

Our woodworking skills were probably better described as drilling as the then vicar who shall remain nameless was not well liked, his sermons were not at all enjoyable in fact the choirboys were less than impressed. This ultimately meant that to entertain ourselves the hooks on which the kneelers were hung in the choir stalls, very often, and I mean very often, were unscrewed and ended up in a different position. This gave the effect of an attack of giant woodworm. It was evident that over the 60 years since we were choirboys our woodworking skills had not damaged the wood too much.

Industrial action

Following yet another telling off from the vicar, this time for chewing toffees in his long hell and damnation sermon, we noticed the following week in our rendition of "Come down oh love divine", a rendition well worthy of our angelic voices, that he was sucking a polo mint. Yes, the "holy mints" you know the ones, the mint with the hole. This did not go down well with the junior, oh so angelic, choir members resulting in industrial action the following weeks in the form of a sit in during services at the back of the church. I did notice this was never mentioned at Churches and Pubs as an historical event in the church but must be a one off in the church's history.

Negotiation skills

We used an intermediary in the senior choir to negotiate a return which took a few weeks. Like all action we stood our ground until the vicar apologised.

Gymnastics

Now this is one you wouldn't expect such a skill to be available to the average choir boy and when I revisited the church, I was astounded that this event had happened. So much so I checked with my brother to make sure I wasn't imagining it. One of the choir, who shall remain nameless as he still lives in the village, soon realised he could run down the aisle hop on the back of a pew and jump, clinging on to the balcony then climb over to the organ area. An area where we were not allowed. A very difficult skill which bearing in mind the recent Olympic events could of course come in handy in later life should your career be projected towards athletics, gymnastics and of course cat burglary.

Who would have thought that just being a simple choir boy would help me in so many ways in later life. Oh, and I forgot to add we could sing as well.

Les Birks

Churches and Pubs Next visits

October 2nd. Taxal church. St. James'
Lunch at the Beehive, Coombes.
Book at September u3a meeting.

Wednesday December 4th. St. Christophers Church, Pott Shrigley
Lunch at The Aviator, Woodford Festive Menu
Deposit of £10 for the above meal is needed by the September meeting. The balance of £22 can be paid by October or November meetings.
If you require any further information on the group, just ask or send me an e-mail.

Pam Cooke

DINING

The August Dining group meal was at the Devonshire Arms in Mellor. This traditional country pub is situated in a beautiful part of the country and has years of history behind it. It is privately owned, and they have an excellent chef.

We enjoyed a three-course meal (the mushrooms in cheese sauce was the best I have ever had) and there was only praise for the rest of the food. We finished with tea or coffee. The service was also excellent.

There was a surprise for us when a member of our u3a popped in our room to say hello. He had been there with a friend and had been surprised to see so many faces he knew arriving. Maybe next time he will join us when he saw what a good time we were having

Dorothy Gerrard
Dorothy Neillands

GERMAN

After quite a long summer break we will be starting up again on Friday, 6th September.

Marlene Brookes

MEMOIRS

We had a lively meeting in August after a two-month break.

- There was an account of a holiday in America just three weeks after 9/11
- An account of time in Iran
- A poem about the rebuilding of an Austin Healey 100 and an account of later of the rebuilding of a Healey 300
- An account of a lifetime support of Manchester City Football Club
- A beautiful and meaningful poem entitled 'What If'
- Three more poems, one about being unfairly arrested on his 18th birthday and having to pay £1 fine the following morning for being drunk and disorderly, the second poem was about a holiday to Butlins with his mates, the first holiday without parental supervision (one can imagine what they got up to) and the last one was about his first job.
- A very interesting account of 'The things I grew up without'. We all remembered no car,
- or telephone, fridge, hairdryer, bathtub or ball point pens
- An account of meeting a Russian woman and becoming pen pals
- An account of police work involving specialist equipment to retrieve fingerprints from plastic and some cases involving tragic deaths.

There was a lot of discussion triggered by the readings.

The next meeting is on Tuesday 3rd September.

Barbara Kenneth

READING

The Reading Group met at the beginning of August to discuss I AM PILGRIM by Terry Hayes, a very long and violent novel about terrorism and detection. After initial misgivings, most of us were drawn into this very exciting story and it rapidly became a page-turner. The writer is a script writer in Hollywood, so it is surprising that this has not yet been made into a film.

Our next meeting is on Monday, 2nd September when we will be discussing THE SONG BEFORE IT IS SUNG by Justin Cartwright.

Marlene Brookes

CURRENT AFFAIRS

1. Should Winter Fuel Benefits Be Stopped?

We agreed that it should have been means tested from the time it was first given. It is pointless giving extra funds just based on a person's age when they may have enough money. There is concern for those people who will be just above means test income and so miss out but there always must be a cut off and it should be regularly reviewed.

2. Should Olympic Gold Medallists be given £50,00 Prize money?

We decided it was appropriate as the participants must go through considerable hardship to achieve their standard. The money is provided by sponsors not the government. It is like all sports where amateur status has become open e.g. Tennis. The winners do deserve the money.

3. Are Just Stop Oil Jail Sentences excessive?

Yes, when compared to the criminal activity seen on our streets recently. A sentence is required to deter them, but it was considered too extreme.

4. Riots – What are our thoughts?

We feel action must be taken to close the social media organizing the riots e.g. X with Elon Musk and Tommy Robinson. We were heartened to see the communities coming together to clear up in Southport, Sunderland, etc. after the rioting which showed a mixed community being integrated.

5. What do we think of USA Presidential Candidates?

We sadly feel that Trump is most likely to win but we all hope we are wrong and would prefer Kamala Harris to be the first female President of the USA. We have grave concerns of what abuse, of a President's powers, Trump will carry out if he is elected.

6. Why Are Demos Happening?

We believe they are organised not spontaneous, and the right-wing social media should be closed down and held accountable. We feel the Muslim community needs to integrate with the general population and this should be promoted by being shown at events e.g. news as was the clear up in Southport.

Sue Rowarth

PHOTOGRAPHY

The photography group continues with a monthly themed competition. If anyone would like to join the group, they would be most welcome. Contact me, Ken Jackson, via the u3a site, email (photographygroupleader@highlaneu3a.org.uk) and I will include you in the emails sent out.

This month's competition was Dereliction. Some excellent photos. The results were:

- | | |
|---|---------------------------------|
| 1...Overgrown sheds | 7 points, Jeff |
| 2...Bad parking | 5 points, Jeff |
| 3...Caravan holiday and Red car with Junk | 4 points each, Jeff and Pamela. |



Well done Jeff ,almost a clean sweep, and Pamela. Thanks for all your entries. Next month's topic is CHURCHES AND CHURCHYARDS, entries by September 19 please.

Ken Jackson

SHORT WALKS

September walk 21st September.

Meet: 09:30 High Lane Village Hall or 09:45 Marple Ridge Quarry Car Park.

Directions: Turn right out of the Village Hall Car Park onto Windlehurst Road to Hawk Green. Turn right at The Crown and continue up to the junction. Turn right and follow the Ridge, pass the houses on right and left to the quarry on the left.

The Walk: An easy walk of about 3.5 miles through hamlets, woods, over fields and Disley Golf Course and along the Peak Forest Canal. There are 3 stiles, one that can be avoided by walking down the road, one easy stile must be climbed and one which can be either climbed or ducked under. There are great views of The Goyt Valley and beyond. The walk starts from the Marple Ridge Quarry on Ridge Road walking down to Kitling House (formerly The Romper"), through Ridge End Fold and then across the fields to Wybersley Road. Cross into Turf Lea Road and walk through the village.

Turn into the site of Turf Lea Madder Works (the valley can be muddy after heavy rain) and up through Stanleyhall Wood onto Disley Golf course, continuing to the club house. Cross the fairways and follow the path to the canal. Take to canal towpath to Plucksbridge Road. Leave the canal and climb Hollinwood Lane back to Kitling House and the Quarry.

Ruth Smith

August short walk



Meeting most folk on Arkwright Road, Marple the group, led by Shelagh Stokes, stopped at the Lime Kilns. Following an unmade road we came to the Peak Forest Canal. A very pleasant walk took us to Plucks Bridge where we descended down Plucks Road to cross over Strines Road,

through woods speckled with sunshine and down to the Roman Bridge (Victorians named this bridge over the river – not the Romans).



Onward along the unmade road until reaching the weir where the group stopped for a 'drink break' with the railway viaduct above us. The group continued passing the cafe, (open very infrequently now, sadly for walkers) with the Roman Lakes on our right.

Further down the pot holed road the remains of the mill gave the group time to read the information boards, afterwards bracing ourselves for the climb back on the tarmac road, no one seemed puffed out when we reached Arkwright Road. Thank you

Shelagh Stokes

TRAVEL



Forthcoming holidays

[River Cruise October 3rd-19th Information at September meeting.](#)

IRELAND AUGUST 26th -29th

After an early morning departure and a short flight we landed in Dublin where our bus driver was there to meet us and take us to Powerscourt. The mansion was built in 1730 on the site of a medieval castle, owned by the Powerscourt family until the 1960s, destroyed by fire in 1974, renovated and is now mainly retail units. The main attraction is the absolutely stunning grounds. We strolled through magnificent iron gates to a walled garden full of beautiful herbaceous plants surrounding us with fragrance and colour.



The highlight for one of our group was the eucalyptus trees with their distinctive mottled trunks and wonderful aroma, a truly sensory garden. They had been planted by Mrs. Bob Hawke on a visit from Australia. Many famous people have planted trees there including King Charles when he was Prince of Wales.

NATIONAL 1798 REBELLION CENTRE

The entrance to this very modern building was across a wooden bridge with dates carved into the wood of revolutions in America in 1775, Holland in 1785, Poland in 1791, Russia in 1793 and Sardinia in 1798.

The impressive exhibition downstairs was in a series of rooms showing how the privileged wealthy classes lived with excess and plenty contrasting with the ordinary folk with barely enough to



eat, ragged and insufficient clothing for weather protection and living in hovels. This was the situation throughout Europe and to a large extent in the rest of the world giving rise to general unrest. There was restlessness in Ireland in 1796. This and the French Revolution brought about debate between Thomas Paine who wrote the Rights of Man and Edmond Burke who favoured Democracy. The American and French Revolutions brought about support for a group called the United Irishmen. Wolfe Tone was one of the leaders who sought French help to try to overthrow English rule. Boats set out from France to Cork but bad weather forced the ships to return to France. The intended capture of Dublin was a failure and many were arrested, tortured and executed. General Lake was sent to Ireland to crush the rebellion and on June 21st. there was the Battle of Vinegar Hill in which 1500 men, women and children were killed. Overall 20000 people in Ireland died.

The legacy of 1798 brought about: 1801 Act of Union 1916 Easter Rising 1919–21 Irish War of Independence 1922 Anglo-Irish Treaty 1922–23 Civil War. A Tree of Liberty was planted in Enniscorthy in 1798.

IRISH NATIONAL HERITAGE PARK

Our next visit was to this 35-acre open air museum, owned by the Irish State, which displays 9000 years of history from the Stone Age, Early Christin Ireland to the Viking and Norman Invasions. Authentic reconstructed buildings and guides dressed in medieval costumes took us on various tours. One of the most impressive buildings was one with a very high roof where the guide showed us a display of Viking weapons and armour. Because the weather was drizzling with rain it seemed to make the place more in keeping with its history.

DUNBRODY FAMINE SHIP

A lovely fine day today. The 1840s saw many families leave their homes and arrive at ports desperate to escape the famine and hope for a better life in North America. A family of Quakers in Wexford called William Graves & Sons engaged in business and did charitable deeds to help these people. One ship, the Dunbrody, which we visited at the quay in New Ross had bunk beds to enable families to travel steerage. It was very cramped and food was strictly rationed. A strict regime was enforced and they were only allowed on deck for thirty minutes each day. Medical supplies were carried and illness was treated where possible. The company registered fewer deaths than any other. The returning vessels carried cotton, molasses and other commodities which increased their enterprises. The company's three sons continued to be based in London, Savannah, N. Carolina and Wexford.

WATERFORD CRYSTAL

We were led through the various stages of production, marvelling at the craftsmanship of the workers who had eight years of training before qualifying. Prior to going on the tour I noticed a man working on engraving miniature American footballs with the names of the teams who had played in a tournament in Dublin. He asked my opinion of his design, and I said it looked unbalanced and should be more symmetrical. He agreed and started again. After the tour I returned to see his progress and was shown the finished project using my suggestions. An American lady was so impressed she purchased one for €69. I am still waiting for my commission!



Suir Valley Railway

Thursday was a bright sunny day. We travelled on our minibus to Kilmeaden Village where we were met by helpful volunteers and boarded the Waterford Suir Valley Railway. Leaving the station we passed by the ruins of Kilmeaden Castle, Mount Congreve Gardens and the Magic Wood (home to fairies and leprechauns, but we didn't see any)' After passing the Lime Kilns we began our return journey. The Suir Valley is green and peaceful and the train runs alongside the wide Suir River. A restful morning.



LISMORE HERITAGE CENTRE

Virtual Reality enabled us to see the castle and its grounds and the Blackwater River in all their glory. The castle was renovated by the Duke of Devonshire in the 1800s. Many people either owned the castle or stayed there over the years including Sir Walter Raleigh, Robert Boyle (Boyles Law), Fred Astaire and John F. Kennedy. It is now owned by the Cavendish family who also own Chatsworth, Lismore is a pleasant village with a beautiful cathedral, the castle and its gardens and an excellent Heritage Centre.

SEAL RESCUE CENTRE

The weather was warm and sunny on our final day. The Seal Rescue Centre is a charitable organisation dedicated to the rescue, rehabilitation and release of sick, injured and orphaned seals. The tour guide, surprisingly from North Carolina, told us how seals picked up plastic thinking it was fish, became entangled in fishing nets or abandoned by their mothers and were rescued by the centre. We saw the baby seals in the hospital being cared for until they were ready for release, Apparently they were fed on fish soup!

AVOCA



Our final visit was to Avoca Woollen Mill. Established in 1723, all the weaving is still done there and one of the original looms is still in use. In the 1920s the mill was taken over by the Wynne sisters, Emily (designer) Winifred (weaver) and Veronica (business). They grew plants to produce dyes so that the

wool could be coloured. Since then, the mill has changed hands several times and gone on to be the very successful business it is today. It is run by dedicated craftspeople who have worked there for many years. The entertaining guide explained how the warp threads were put on the loom by a skilled worker and then woven over and under by the weft threads. Martin, one of the workers, then operated the machine with his feet working with amazing speed and we watched the shuttle flying from side to side across the warp threads. A single weaver can produce up to 18 metres of cloth per day by this method. In another room was a power loom which of course speeds up the process. Eventually the material goes to the fringing machine and is then inspected and washed. Washing is to remove lanolin from the natural wool but has to be sent to Donegal because Wexford water is too hard. The final stage is to cut into scarves wraps and blankets. The company is to take on apprentices so that the traditional skills are not lost.

Pam Cooke, Ann Daniels, Margaret Jones, Irene Podolanski, Janet Vockings, Margaret Williams, Margaret McDermott

WALKING

28th August 2024 Macclesfield Forest

Arriving by various scenic routes through the Cheshire countryside, sixteen (intrepid!) walkers gathered at Trentabank Visitor Centre. Initially we walked on paths that took us between Trentabank, Ridgigate, Bottoms and Teggsnose Reservoirs before we began our ascent into Macclesfield Forest which was once a royal hunting ground.



Unfortunately, the misty weather obscured some of the far-reaching views over the Cheshire Plain but as we entered the pine forest, we became very aware of the silence and pervading atmosphere that surrounded us as we walked on.

Descending gradually and then more steeply we took refuge from the few spots of rain in the isolated St Stephen's Forest Chapel. It dates from 1673 and is recorded in the National Heritage List for England – a very beautiful building and well worth a visit.



We then descended steeply on a stony path and into the woods that surround the Visitor Centre before adjourning to the Leather's Smithy Pub for a rushed but very welcome drink.

Shelagh Stokes

u3a Week: 21 – 29 September 2024 – Bring a friend

This is an annual event to showcase the activity, learning and fun which takes place across the movement every day. It is a celebration of positive ageing, highlighting our members' lived experience.

There are some additional talks this month to celebrate u3a Week. Online events are normally exclusive to u3a members – but for u3a week, if you know someone who you think could benefit from being a part of the u3a movement, please encourage them to come along.



The Development of Barnsdale Gardens

24 September 2024

Join Nick Hamilton for an informative and entertaining talk about continued development of Barnsdale Gardens over the last 28 years.



Upgrade Your Brain: Dementia-proof your diet and lifestyle

25 September 2024

Get ready to learn how to optimise your brain for better mood, memory, sleep and stress resilience.



The Secret Lives of Garden Bees

26 September 2024

Would you like to know more about the wild bees in your garden? Come and join us for presentation/talk with award winning writer and author Jean Vernon.

Booking page is here [u3a - u3a Week](#)

NATIONAL OFFICE LEARNING EVENTS

| | |
|--------------|---|
| 12 September | Mods and rockers |
| 13 September | City Streets, Scottish Islands and Silhouetted Hills: Bet Low |
| 17 September | Staying safe online |
| 23 September | AI News |
| 24 September | Introduction to cryptic crosswords |
| 26 September | Decimals old and new |
| 3 October | The Unification of the British Isles: A Lesson in Geology |
| 4 October | Vincent Van Gogh |
| 10 October | Visualising Statistical concepts |
| 11 October | The Vital Role Chemistry has to play in Saving our Planet |

These are free on Zoom. All you need to do is book a place and turn up at the start time. Click [here](#) for details and to book a place.