

FROM THE EDITOR

Welcome to the September edition, the eighteenth, of the monthly High Lane U3A newsletter. It is good to see that some groups are now meeting up again. We welcome back all those who feel able to attend whilst fully respecting those who prefer to bide their time.

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

The newsletter is being sent out by email and will also be on the website. The next issue will be October 2021 so please send your contributions to me before the end of September via newslettereditor@highlaneu3a.org.uk

Diane Saxon

REMINDER: PLEASE READ THIS!

From the last edition, I'm sure you will recall our plea for members to help on the Committee and with running our group activities. So far we have had one response which is a great start but we would welcome more members willing to help. So – any late offers – please get in touch. You can email the Editor or Secretary, Lynn via (secretary@highlaneu3a.org.uk).

AGM

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

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

We will expect all those who attend face to face meetings to be double vaccinated or to have a recent negative Covid test. We ask you to follow all relevant public health advice, eg wearing of face masks in enclosed indoor spaces.

As has been the case for some time, any member who is feeling ill, displaying Covid symptoms, has received a positive test result in the past 10 days or has been instructed to isolate must not participate in u3a meetings, trips and events. Any member who subsequently tests positive (within 7 days of attending) is asked to advise their group convenor(s) or meeting organisers so that all other attendees may be informed.

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

MONTHLY MEETINGS

Another reminder. The programme for monthly meetings is

Oct 13th Carol Redfern "Blood Bikes"

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

Dec 8th Christmas Party

GROUP LEADERS – UPDATING YOUR GROUP DETAILS

And another reminder. Can you send any changes re leaders, venues or day/times. to the editor please so the groups list can be updated? Please let us know if a group has been discontinued. Is there anyone who can take over and get it going again? Changes also need to be sent to our Webmaster, Jeff Mortimer (webmaster@highlaneu3a.org.uk), so that the information on your group page can be updated. Try and make your group page look welcoming and interesting!

HIGH LANE NEIGHBOURHOOD PLAN REFERENDUM

The Neighbourhood Plan for High Lane has been approved by an independent examiner and Stockport Council and now has to be endorsed by the residents. Those of us living in High Lane will have received voting cards by post. The date of the referendum is Saturday, 16th September. It will be organised by Stockport Council and the polling booths will be at the Village Hall and High Lane library. Hard copies of the plan are available at the libraries of High Lane, Hazel Grove and Marple.

I hope that you will go along and register your support for the plan which aims to preserve the village for future generations.

Sheila Harrop

Third Age Trust AGM

The Third Age Trust hybrid AGM took place both as an in-person meeting at Kenilworth whilst simultaneously broadcasting to members across the UK, ensuring that all members could take part.

At the AGM, the new members of the Board, elected by the movement, were announced. This includes Dr Liz Thackray, the Chair of the Third Age Trust, the body which supports over 1,000 u3as across the UK. Liz says, "I feel excitement at the prospect of having a part to play in the future of our movement. Over the past 18 months we have weathered many storms, but u3as have shown originality and agility in adopting new technologies and ensuring members are enabled to continue to be part of our vibrant community. I do know the u3a will grow and prosper as we share experiences and learn from each other, enjoying the friendship and support we are famous for and go forward determined to overcome whatever challenges cross our path."

A longer article with Liz Thackray is in the September issue of our members' magazine, Third Age Matters. If you would like to receive the magazine, please contact the membership secretary. It is incredible value for money!

Also announced at the meeting were the new Vice Chair, Michaela Moody, Treasurer, Derek Harwood, amongst other officers. This AGM followed on from the 2020 AGM which was the first virtual AGM for the Trust.

Across the movement, u3as are holding their own AGMs and looking at how to include as many members as possible. The Third Age Trust AGM is a great example of how the u3a movement is embracing new technologies to enable further inclusion.

I attended the AGM from my office at home. The software was new to me but it worked very well. I could see and hear the speakers clearly and there were odd glimpses of the delegates, socially distanced, in the room. I was able to vote on resolutions and post questions to the speakers. We were told that online and actual attendees represented 17% of the membership.

After accepting the minutes of previous meetings, the out-going Chair, Ian McCannah, presented his report. Ian talked about the contrast between the two halves of his period as Chair; firstly the pre-Covid time when he was able to visit u3as and meet members and the later phase when interaction was largely via Zoom.

Some figures I noted: Over 250,000 copies of each edition of TAM are sent out to members. Trust u3a (see next page) has 100 groups and over 1000 members.

The retiring Treasurer, Richard Teare, reported there is an unexpected surplus due to reduced expenses during Covid. Overall membership has declined by 19% so far this year.

The central registration fee will increase in April 2022. Reserves have risen to over £1.7million. He also said that new software was being made available so that treasurers of local u3as could view their accounts online in realtime.

There was a roll call of local u3as by years since inception. We were on the 20-year list (we celebrate our 21st this year). Many u3as have been in existence for over 30 years and around 20 for over 35 years, including Stockport u3a.

Trust u3a

I had heard of Trust u3a but didn't know anything about it, so I have done some research and sent off my membership fee. Trust u3a is an online u3a that offers the opportunity to join groups, talks and courses. It was set up as a way to join u3a online whilst face-to-face contact is limited and also to offer opportunities to new members while local u3as were not meeting. The membership fee is £10 or £5 if you are a member of a local u3a such as ours. If you join Trust U3A, you become part of the u3a community and have access to many benefits including national learning resources.

Virtual interest groups to join are developing all the time. Like any u3a, group activities are run by members for members. There are so many groups that this screenshot is hard to read but you can see it and click on the links that interest you here

<https://u3asites.org.uk/trustu3a/groups>

Group List			
*Ancient Greek Myths	*Birds of Prey & Owls: Course	*Climate Crisis and Solutions	*Drawing Workshop
*Egyptology Talks	*Introduction to Zentangle	*Law for Fun	*One-off Talks
*Start-up Poetry Writing 2	*Zentangle Art	Ancient Rome & the Roman Worl	Armchair Archaeology
Armchair Travellers	Art Appreciation (Shared)	Arts and Crafts	Aspect of psychology
Astronomy	Book Club	Bridge: ThirdAgeBridge	British Cemeteries
Cercle français	Chess Group Goes Live!	Coding Cafe	Countdown to COP26
Cracking Cryptic Crosswords	Current Affairs Discuss Group	Dance Exercise	Deutsche Klasse
Discussions in philosophy	Early Women Doctors Research	Eco Group	Eco Matters
Elementary Japanese	Fashion (Hybrid)	Fashion 2	Fun with Maths
General History	German Group	History through the Ages	Hooked on Classic Books
In your neck of the woods...	Italian for Beginners	Latin	Latin for Fun
Latin II, Beginners	Latin, Intermediate	Modern Conversational Greek	Modern Film Discussion
More Fun with Maths	Music and Poetry	Music,Fashion,Culture 1950-80s	Parliamo l'italiano
Philosophy Discussion Grp	Poetry Patch	Popup Poetry	Psychology
Quizzards	Rambles in Philosphy	Read, Write, Discuss; variety	Recorder Consort Group
Recorders 1 and 2	Recorders, Intermediate	Science in the News	Science Technology and Society
Shakespeare – Exploring	Short Story Reading Group	Singing for Joy	Smartphone Photo Art
Spanish for Absolute Beginners	Spanish Group 1	Spanish Group 1B	Spanish Group 2
Talking Art	Teatime Talks	Ukulele - Getting Started	Welsh conversation practice
What are you reading?	What are you reading? 2	What are you reading? 3	Wine!
World Beliefs Discussion	Write compelling nonfiction	Write fiction? Develop skills	Write, share, compare

Diane Saxon

National Office events and programmes

There are a number of workshops, webinars and interactive sessions delivered by members for members, which are free to join. This month there are talks and workshops on Art, Crossword compiling, Guide dogs, Yoga, Maths, Egyptology, Royal Queens and Geology.

Note that, from past experience, many of these may well be already fully booked. You can find them here <https://www.u3a.org.uk/events> Don't forget – if you attend one of these events, I'd love a short review for the newsletter (Ed).

Learning programmes

Highlighted this month is **Learn, Laugh, Move**

YOGA	CYCLING
	
<p>Book onto workshops, learn about different yoga practices, the health benefits, find out what other u3a groups are doing and get in touch with us.</p>	<p>Read stories about a vast range of bikes and routes, united by the physical and social benefits of cycling with a u3a group. Tell us about your group!</p>
DANCE	FOLK DANCING
	
<p>Our u3a Subject Advisers for Ballroom Dancing, Gill and Greg Greenhalgh share their passion for ballroom and latin dance and how this has evolved within u3a.</p> <p>Tell us about your experience of dance in u3a!</p>	<p>FOLK DANCING IS FUN</p> <p>Ann Taylor, Subject Adviser for English Fold Dance, shares the joy of Folk Dancing.</p>

Other learning programmes are available at <https://www.u3a.org.uk/learning/national-programmes>

MORE SCAMS

Fake police calls

In this scam, the offender purports to be a police officer, and claims to be investigating a fraud on their bank account. They may also claim to be from the victim's bank, again stating they are investigating fraudulent activity on their account. The offender asks for account information, including card, security and PIN numbers. Sometimes the offenders will ask victims to 'key in' their PIN number into the phone – the number is then captured by the offenders.

Track and trace scam

Fraudsters are calling victims saying they are from the NHS Test and Trace service and try to elicit very sensitive and personal information. They have also been known to state that the victim has been exposed to an infected person and that they need to pay for a COVID-19 test. They also tell victims that failure to pay for the test is a criminal offence. Remember that the NHS will not contact you in this way – and Test and Trace tests are free.

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/>

FROG TRAIL

Stockport again has a Summer frog trail. This time as well as in the town centre, there are some in surrounding areas such as Bramhall, Romiley, Cheadle, Marple and Torkington Park. The frogs are in place until 26 September.



GROUP REPORTS

ART

Hurrah we have started and have already had four sessions. On the fourth session we started again with our posh biscuits and cups of tea and coffee on the request of Betty Smith. Great fun; the gossip was brilliant.

Come and join us and do some painting and drawing, Even if you haven't done it for years. Thursday afternoon 1.30 till 4pm. You don't need any painting kit; just yourself.

Brian Chadwick

BRIDGE

DO YOU ENJOY PLAYING BRIDGE? NEW MEMBERS INVITED!

Bridge Group 3 meets each Wednesday morning at 9.30 to 12.00 at Hazel Grove Bowling and Tennis Club on Douglas Road. We are now recruiting new members who feel reasonably confident playing Duplicate Bridge with friendly people. The Club is not suitable for Beginners, however, as lessons are not given.

We are following all U3A guidelines with regard to Covid. Members must be vaccinated or able to provide proof of a recent Covid test.

If you are interested in coming along to meet us, please contact me at bridge3@highlaneu3a.org.uk

Joan Waters

The Monday group restarted on Monday August 9th. As reported by many bridge clubs resuming f2f play, numbers are down but we expect them to rise slowly as members become more confident in the safety of the activity.

Please contact the group leaders for more details.

CANASTA

We are due to restart Canasta on Tuesday 14th September 7pm at the Royal Oak and weekly thereafter. Look forward to seeing you there.

Les Birks

CHOIR

Together again – at last!

U3A choir will finally sing together face to face again with effect from Friday September 3rd, and we can't wait! It seems hard to believe that it is now more than 19 months since we last met in person to sing, but restrictions for singing indoors have been amongst the last to be lifted, hence the long hiatus. Since we last met, we have sadly lost two of our members, Eunice Beesley and Geoff Bradbury, the former to Covid and the latter to an existing illness, but now the vast majority of choir are looking forward to returning.

During the long absence, we have had regular Friday afternoon Zoom sessions which have been fairly well attended, and members have patiently sung along on mute – but it's just not the same! We also had a small gathering in my back garden a few weeks ago – much chatting and cake and some Prosecco, but strangely no singing!

Margaret (Glynn), Derek (Jones) and I all visited High Lane village hall last week and were very reassured by the additional safety measures which are now in place. We will be rehearsing in the large hall now, which gives us plenty of space to maintain safe distances. As required by U3A I have completed a risk assessment and have also put together a one page of "Dos and Don'ts" for the choir, designed to keep us all singing safely.

Of course it will all feel very strange at first and might take us a little while to get back to feeling confident and to our previous standards, but the most important thing is that we will be together and will be singing again, which is so good for our emotional and physical well-being.

Julie Sutton

CURRENT AFFAIRS

We will be restarting on September 15th. Contact Margaret McDermott for details.

DINING GROUP

First the good news, the Dining Group has not disbanded. However in the present climate we do not think it advisable to restart until later in the year. We still have money in the bank from members for our last meal in March 2020 which we were unable to attend due to Covid, we can either refund this money or carry it over to our next booking. If anyone wants a refund we will be at the AGM on September 8.

Looking forward to seeing you all then.

Dorothy Gerrard
Dorothy Neillands

FAMILY HISTORY

Our Family History Group had our first meeting since lockdown on 23 August 2021. It's over 18 months since we last met so everyone had stories to share. From two members finding they are related to royalty to one who's family secrets would qualify them for the Who Do You Think You Are programme.

We are a small group but all are extremely enthusiastic to learn more and share their knowledge. We would welcome new members, whether you are just starting or have already done some research. We meet at my house on the 3rd Monday of each month at 2pm.

Please get in touch if you would like further information.
familyhistory@highlaneu3a.org.uk

Sue Harlin

GERMAN

The German Group has had three meetings so far; two in our garden and last Friday in our conservatory (with the door open) as it was so cold. We have kept in touch during lockdown with monthly emails including recommendations for films on TV, emails and cartoons sent me by friends in Germany. We had a couple of meetings in the park last summer when restrictions were eased, and several members have popped by this summer for coffee and a chat in the garden.

Marlene Brookes

GARDENING

The garden group is continuing to circulate garden pictures around but is also starting to view gardens in a more organised way. By invite, members have been visiting each other's gardens, whilst making individual visits to public gardens. Hence the pictures from Lynda from her garden, from Sam and Irene from Arley, and from Chris and Jackie from Bridgewater. Arley is always a favourite garden and pleases everybody, whilst Bridgewater has had more mixed reports. Plenty of colourful flower beds, but difficult to follow a logical route to see them.



Walter Mason

MEMOIRS

The Memoirs Group has met on a couple of occasions, now. We are using the small hall in the Village Hall on the third Wednesday of the month from 2.00 p.m. It is so good to be sharing our memories again and to move forwards. The next meeting is Wednesday 15th September. Please contact me via the website for details.

Sheila Harrop

MUSIC APPRECIATION GROUP

We are back!! Margaret McDermott has kindly agreed to host our meetings at her house, as before, and we held our first get-together on Tuesday, 17th August. The theme for the choice of music was an obvious one – “Celebrations”. So we began with the last movement of Beethoven’s 9th Symphony (the “Ode to Joy”) in a recording made in Berlin on Christmas Day 1989 to celebrate the fall of the Berlin Wall. That led us on to music by Bach, Holst, Khachaturian and Poulenc – as usual, a truly mixed bag of old favourites and something slightly less well known.

We hope this is the first of many more opportunities to listen to great music together. Our meetings are usually on the third Tuesday of the month from 2.00 to 4.00 pm.

Irene Merson

QUIZ

We continue to enjoy our monthly quizzes via email and as yet don’t have a date for meeting up face to face. Unfortunately, we have lost some valued members during lockdown. Please contact me if you are interested in joining us.



Here is a short Book quiz for you to try. In which books do these characters appear?
Answers are on page 16

Miss Havisham
Tinkerbell
Christian Grey
Hermione Grainger
Gollum

Arthur Dent
Sansa Stark
Professor Henry Higgins
Scarlett O’Hara
Charles Ryder

Diane Saxon

READING

We have kept in touch during lockdown with monthly emails, recommending books we have read. It is noticeable that we have all been doing a lot of comfort reading: detective stories and nothing too profound. We had our first proper meeting in our garden on July 26th to plan the coming year, starting with meeting on September 6th at Kath Wareham's house when we will draw up a list of books for the next six months. Anyone interested in joining us can contact me by phone or email. (details on the list of groups.)

Marlene Brookes

TRAVEL

IRELAND September 22nd -26th

You will need two certificates

1. NHS Covid Pass either from the NHS website or phone 119. You will be sent a letter.

Please do this in the next few days.

2. Irish Passenger Locator Form. Can only be done online.

The website is COVID-19 Passenger Locator Form Gov.ie

To be completed THREE DAYS before departure. You should receive an email receipt.

Any problems contact Margaret McDermott

HAMPSHIRE Postponed to June 2022

LINCOLN Postponed to October 2022

HALIFAX Day visit. Cancelled. Refunds available.

Day visit to Cromford

Sunday 24 October. Morning narrow boat cruise and afternoon tour of Cromford Mill.

Approx cost £30 pp (includes cruise, mill visit) and coach from High Lane car park.

Contact Ruth Smith

Cromford is an historic village, part of which is designated as a World Heritage Site. Cromford is associated with Sir Richard Arkwright as the birthplace of the Industrial Revolution. Arkwright built the world's first water powered cotton mills here and pioneered the factory system.



Image from wikimediacommons

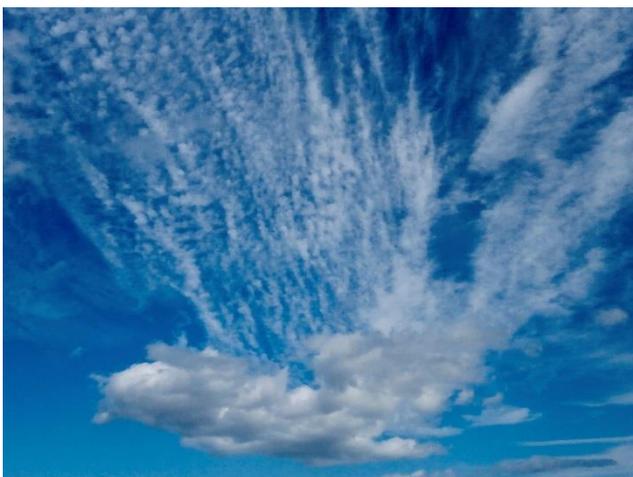
Margaret McDermott

PHOTOGRAPHY

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

1st. View over Disley Jeff. Joint 2nd. Blast out Derek and Dusk on the bypass Diane.

The subject for next month's project is 'Animals'.



Jeff Robinson

POETRY CORNER

Thanks to Stewart Bradley for a new poem.

Life's Sad Loser

*Is he really the only sad person he asks – who's endured a life full of such trouble
Or are there in fact others out there – battling within their own problem filled bubble
Many folk seem to sail through life – with just a rainbow perched on their shoulder
His shoulder meanwhile got the weight of the world – getting heavier as he got older*

*How come so many people he groans – land on their feet come what may
While others like him have to battle with life – day after day after day
For the former life seems simply a breeze – a bowl full of ripe red cherries
While for those lesser souls such as he – life is neither easy nor very merry*

*Trying drugs thought by some – to be Hallucinogenic and the odd session of Hypnosis
He's tried all types of cures for bad luck – but perhaps it's his own sad psychosis
Despite all the effort and no little expense – not to mention the ongoing strife
He's finally accepted his oh so sad lot – and just hopes for a better next life*

*He has no wish to come over as someone – forever moaning and blaming
Nor to appear that he really enjoys – all his own whining and complaining
But should reincarnation one day – be available to all mankind for free
He'd insist on a guarantee of good luck – before he could possibly agree*

*Until that unlikely scenario arises – and so far he's been offered no date
He'll continue his life with a frown on his face – still fearing his possible fate
He says that he's waited a lifetime – for his share of good fortune to come
But fears if he fell into a barrel of nipples – he'd pop up sucking his thumb*

HUMOUR CORNER

What are you doing today?
Nothing
Didn't you do that yesterday?
Yes but I didn't finish!

When were your good old days?
When I wasn't good, and I wasn't old.

The good old days were when I
could have an opinion without
offending someone.

A flea and a fly in a flue,
Were imprisoned, so what could they do?
Said the fly, "Let us flee!"
"Let us fly," said the flea,
And they flew through a flaw in the flue.
Anon

One Saturday morning at three
A cheesemonger's shop in Parea
Collapsed to the ground
With a thunderous sound
Leaving only a pile of de brie.
Anon.

DID YOU KNOW?

Where did Sudoku come from?

I guess that like me you knew it originated in Japan, but what was its genesis? It's inventor died in August aged just 69. This is from his obituary, the Times Wednesday August 18 2021. In 1984, Maki Kaji came across a drably named game called "Number Place" in an obscure American magazine and spent half an hour placing numbers in the boxes of the puzzle's geometrical grid. "It was a very interesting puzzle, fun to solve and I fell in love with it," he recalled. As the publisher of the Japanese puzzle magazine Tsushin Nikoli, which he had founded four years earlier, he set about adapting it for his own readers.

Kaji made a number of significant adjustments and came up with a grid of 81 squares, divided into nine blocks of nine squares, some of which already contained a figure, leaving the puzzler to fill in the empty spaces so that the numbers one to nine appear once – and only once – in every row, column and block. He named it "Suuji wa dokushin ni kagiru", meaning "numbers should be single and unmarried" and it first appeared in his magazine in 1984. The puzzle swiftly became known by the abbreviation, sudoku, and Kaji as its "godfather".

Historians have argued over the antecedents of Kaji's creation. Some claim a prototype version arrived in the Arab world from China via India in the 8th or 9th century, while others credit the 18th-century Swiss mathematician Leonhard Euler. However, Kaji's iteration of the puzzle took it to new levels of refinement and sudoku became a sensation in Japan, a country where the language and alphabet are ill-suited to crosswords. Sudoku hit the UK in 2004 when the Times started to publish puzzles.

And to finish: more of life's imponderable questions

Why is a building called a building when it is already built?

Why is there only one Monopolies and Mergers Commission?

If one of the synchronised swimmers drowns, do they all drown?

Why is a doctors surgery called a practice?

What was the best thing before sliced bread?

New and improved? if it's new it can't have been there before but if it's improved it must have been there before.

How do you draw a blank?

Where does weight go when people lose it?

What is an occasional table the rest of the time?



Answers to book quiz

Great expectations

Peter Pan

Fifty Shades of Grey

Harry Potter

Lord of the Rings

A hitchhiker's guide to the galaxy

A game of thrones

Pygmalion

Gone with the wind

Brideshead revisited