

e-mail the Editor:-
newslettereditor@highlaneu3a.org.uk

JULY 2011

10th Anniversary Steam Train Outing, 19th June 2011



48 members assembled on the platform of Bury's Bolton St. station, along with many other passengers, for the trip of a lifetime(?) on board the East Lancs Railway steam hauled train. The train buffs amongst us watched with fascination as the 2 Pullman dining cars were attached to the rest of the train. It was like watching something out of the 1950s' and we half expected John Betjamen to appear on the platform clutching a copy of "Trains and Buttered Toast". After the photocall, masterminded by Eric Harlin, we were escorted to our seats by the steward to begin our journey and Lancastrian lunch.

Menu

Egg & Prawn salad
Roast loin of Pork with apple & apricot stuffing, seasonal vegetables
Oaty fruit crumble
Coffee & chocolates

The food was good, the plates were warmed and the staff who served were very friendly and hospitable.

For several years we used to drive up the M66 (usually in the rain) to look after our grandson in Rawtenstall. It was such a pleasant change to be transported by steam at leisurely pace and in good weather through the Rossendale valley, waving to everyone and calling at the exotic stations of Summerseat, Ramsbottom, Irwell Vale and Rawtenstall.

Then it was back to Bury and on to Heywood. A 20 minute stop here for those who wanted to stretch their legs before completing the journey back to Bury.

The whole trip took about 2 and a half hours, the atmosphere was convivial throughout, with plenty of time between courses for chat and observation.

A warm vote of thanks was given by Ken Bentley and endorsed by everyone to Louanne and Steve for organising such an excellent anniversary outing.

Ann Reynolds

“A SPEAKERS A TO Z TRIBUTE POEM” 2001 TO 2011

A had **Annapurna**, Gentle Trekking to the hills
Alison Uttley's Derbyshire Childhood, surely not New Mills.
Accordionist for background music, not for pop and jive.
Abseiling Into Record Books, but did **Arrive Alive!**

B had **Bottoms Up**, it's written on my card,
Earlier t' **Black Museum**, down in Scotland Yard
The same man talked on **Banking, In A Gentler Age**
B also **Burns** the poet, Scotland's favourite sage.

C, **Curiouser Curiouser, Glimpses of Chatsworth** we did see,
Our Ken had worked in **China**, tried no **Chinese Medicine** or tea,
Crown Prosecution Service was frightening, if you'd been really bad.
Cheshire Myths and Legends, That Certain Age, restored us all to glad.

D had **Dinosaurs** in a **Donkey Sanctuary**, that's a strange **Dating Game**.
Ken Dodd and the Art of Humour, he achieved comedian's fame.
Then tales of a **Dunham Housekeeper**, who certainly wasn't shy.
While **Down Under Manchester**, there's more than meets the eye.

E for **Elizabeth Gaskell**, Cranford, Knutsford, here we come.
While in **The Great Escape**, all tried to go and get to home.
Every Picture tells a story, the speaker tried to say.
In **Theatre Entertainment**, same story, a different way.

F for **Follies to Fantasy**, and then an Antiques Fair,
Forget Me Not Lane parts 1 and 2, so it became a pair.
Food Technology gave food for thought, **Folk Singer** made us hum.
Footpath Preservation good for walkers, so they can go and come.

G had **Garden Design**, where **Guide Dogs** don't dare to mess,
Then a talk of snow and ice, it was called **Glacier Express**.
Joyce Grenville charmed, and **Golden Age of Popular Music** too,
Then a talk for the Welsh friends, **Growing Up in Wales**, look you!

H found the **Humour of Language** so we could have a laugh.
Also **Hotel Security**, all the happenings, and many a gaffe.
I, **I'm Here To Help You** said the man from Stockport Police
And an expert in **Inheritance Tax**, so our cash IR don't fleece.

J **Jane Austin** of Bronte fame, and a **Journey Down the River Dee**,
K again **Ken Dodd** and the Art of Humour, no more K's for you to see.
L **Life Reflections on Teaching**, and **Lyme Gardens** just up t' 'ill from Disley,
L for **Local History**, fascinating cottages, but t' weather 's always drizzly.

M could be the **Macclesfield Canal** or **Macclesfield Silk** to make your gown,
Perhaps **Manchester Down Under**, or **Manchester Meander** round the town.
N had only **Normal Process of Ageing**, to adult from little child.
O just Fun of **Orbit**, and for culture **Oscar Wilde**

P had 3 at once, **Puddings, Pomander and Polish**, from Dunham Hall
And **Paramedics in the Peak District?** Hopefully none of us had had a fall.
Q. No Q. Just the queue to come in the hall, was it half a mile?
And R had lots of **Regional Humour** to give us all a smile.

S had **Stockport Police**, and **Special Branch**, tough men not munching salads.
Did a **Solicitor in Secret Britain** see **Singing Waiters** singing ballads?
Twice, **Penny gave Small in a Tall Persons World**, but in her talk stood tall!
But did a **Light Hearted Look at Public Speaking** drive the audience up the wall?

T's Memorable **Theatre Moments** might be just **The Things People Say**
T also featured things thrown away in **Magic of Toys** one day.
U was tricky, **Growing Up**, and **I'm Here To Help You** (U) for crime.
V was trickier, but **Vernon Park** and **Vexillology** came in nick of time.

W's **Wizards, White Ladies and Worms; Wood Carving** on the last.
X . Is that the **Glacier Ex(X)press** going over the ice so fast?
Y needs inspiration, **5 Years In Teheran**, a long time.
Z **Zapotec Indians** brings apt end to close this little rhyme.

Walter Mason

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CROWN GREEN BOWLING SECTION



The Crown Green Bowling Section continues to meet at Torkington Park each Thursday morning. We have a very enthusiastic group of players and following the U3A Open Day more new members have joined us and have been very welcome.

We are planning a repeat of last years Round Robin competition which will take place at the Conservative Club, High Lane on Monday 1st August. If you wish to play and your name is not on the list, please let me know. The number will be made up of the regular U3A members who play at Torkington Park and U3A members who play at the Conservative Club. There will be a small charge for lunch and the expenses of the day.

Margaret Evans
Group Leader

Ballet Appreciation Groups



The Ballet Appreciation Group is now set up and will be split into two groups of 6-8 people for the purpose of comfortable seating. The groups will meet, usually 1st Friday and 3rd Wednesday of the month commencing 1st July and 20th July 2011.

Two taster sessions have already taken place and both groups enjoyed the programmes presented.

Hopefully over the coming months we shall enjoy a whole range of ballets including Traditional, Modern and Contemporary performances by various worldwide ballet companies.

The presentations viewed in the two taster sessions were a mixed bag of enjoyable ballets, not generally shown on the U.K. ballet circuit. Details of the programmes viewed are as follows:

1. **American Ballet Theatre** – Featuring Mikhail Baryshnikov's "A-Z of Ballet" including:
 - "A Little Ballet" - Music by Glazinov (Candlelight & Romance describes this lovely ballet).
 - "The Sinatra Suite" - Classic Hits. (Evening Dress is the order of the day in this ballet).
 - "Push Comes to Shove" (A very quirky ballet, lots of fun and my favourite).
2. **The Royal Ballet Co.**
 - "Hornpipe Selection" – Music: Sea Shanties (If you enjoy the "Last Night at the Proms", this ballet is for you)
 - "Faust" - Music by Gounod. (Lovely music and very romantic).
3. **American Ballet Theatre**
 - "Stars & Stripes" – Music by Sousa. (Who would ever think you could perform a ballet to marching music, it is fabulous).

Thought you might like this little poem with a twist at the end!

The Ballet



Dancers practicing in the wings,
An orchestra tuning up their strings.
Audience settle in their seats,
Whilst children eat sticky sweets.
Ballerina arrives on stage in full flight,
Only to realise her partner's
nowhere in sight.

Sheila Hall

CHURCHES AND PUBS

Church of St Mary & St Barlok,

plus the Manor House, Norbury near Ashbourne, 4th May 2011



Our second trip this year took us to Norbury which is on the south side of Ashbourne. When we arrived at the Church we were greeted with refreshments. The Church, well hidden from the road, has a fine 14th-century chancel and its 15th-century tower and nave fills the eye. The form of the Church is curious with a tower rising over the South Porch. The tower is flanked on each side by an aisle and clerestory bay, such that the whole South aspect of the Church looks like a deliberately symmetrical composition. To the East is a magnificent decorated chancel of which the patron, Nicholas Fitzherbert, was most proud. The nave is modest. In the nave floor is a Saxon shaft carved, most unusually, with a human figure blowing a horn.

The font is a good example of early English work, and is dated about 1200. It would have stood in an earlier Church, and so is older than any of the structure which surrounds it today. In the South chapel is a 14th-century tomb chest bearing a Fitzherbert with crossed legs and a sheathed sword. The glass in the windows is mostly original. The east window recently restored, shows apostles, saints and Fitzherberts with roughly equal status. The side windows are as yet unrestored and dirty but will one day form the finest collection of glass in the county.

There are three bells in the tower and they can be chimed by one person using their foot in a loop on the centre of the rope and another bell rope in either hand they can also be turned to give a peal of bells.

When we came out of the Church we visited the Old Manor, which is in the Church grounds. This was arranged by Dave Coson who had kindly arranged our Church visit and who then had arranged with the National Trust to open up the Old Manor House and to have a guide for us. This Manor House belonged to the Fitzherbert family who had done so much for the Church over many years.

After we had finished our busy morning we then travelled the four or five miles to the Cock Inn in the village of Clifton where everyone had an excellent lunch. To complete the day the weather was warm and sunny all day.

Paul Kenneth, Churches and Pubs.

Holy Trinity Church Ashford in the Water



Ashford in the Water is believed by many to be “the prettiest village in Derbyshire” and I am sure the 35 of us who visited would not disagree.

The village was an ancient settlement which appears in the Domesday Book as “Aisseford” meaning the “ford of the ash”

Part of the church dates to around 1205 but there was probably an earlier wooden church on the same site. It has been added to over the centuries and was rebuilt in 1868-70

We were warmly welcomed by John Foster, one of the Churchwardens and a bell ringer, who gave us a brief history of both the village and the church. He pointed out the most interesting features for us to examine in closer detail at our leisure

The oldest part of the church is the Norman tower which houses seven bells, one of which, the small Sanctus bell, is rung each week during the consecration of Holy Communion. It has been given the nickname of "ting –tang" bell but locals call it the "pancake" bell.

Items of note include the Ashford marble table which won a gold medal at an exhibition in Derby, the Royal Coat of Arms above the tower arch from the reign of George first and an octagonal chalice-shaped font of the same period as the arch, 1370 -1440. (The font was removed to a local garden but was restored and replaced in the church).

An ancient custom that used to take place in the village was that of hanging a funeral garland from the roof of the church. Four of these "maiden's" garlands have been preserved and still hang in the church. The earliest is said to be in memory of Anne Howard who died in 1747 aged 21. Twelve years ago another garland was constructed and hung to honour a well respected member of the church community.

As we left the church we saw that the main pathway through the churchyard is flanked by yew trees, thought to be 500 -600 years old and we also examined the remains of the preaching cross which dates from the 15th century and which is still used each year during the well dressing ceremony.

We than strolled down to the Ashford Arms for an enjoyable lunch.

Our thanks to Paul for his meticulous attention to detail which ensured another highly enjoyable and instructive day out

Louanne Collins

-ooOoo-

GERMAN GROUP



We will be continuing our meetings up to the 22nd July and then we'll have a break until September. In recent weeks we have learnt that the best way to frighten away wolves is to use heavy metal music and have read about the full extent of Elizabeth Taylor's medical problems, courtesy of a German lady in Bramhall who passes on magazines. We hope to arrange a meal out before our summer break and are looking into the possibility of a trip to Berlin in the autumn.

NEEDLEWORK GROUP



Despite needlework being mainly a winter pastime, our members have been busy, knitting and embroidering cushions, making scarves, cards and bookmarks. We'll be taking a break now until September.

Marlene Brookes

Discussion Group by Jim McDermott

On the 1st June the subject of Information was introduced by Pam Curley. The number of channels through which information reaches us is increasing in this digital age; we now have newspapers, books, radio, television, the W.W.W., Wikipedia, Wikileaks, e-mail, spam, Facebook, Twitter, You Tube, adverts everywhere, junk mail and of course word of mouth e.g. gossip. One definition of information is 'Facts learned about someone or something', but that leaves us with a problem: is it a true fact or is it a fact because somebody says that it is? Sometimes the facts published in newspapers are obviously fiction (Remember the journalists's maxim "Never let the facts get in the way of a good story"?) but how many alleged facts get through undetected? We can only guess. The late Pontius Pilate allegedly asked "What is truth?" (John 18.38). No answer is given in John and we have grappled with the question ever since. Newspapers, Governments, various pundits, people with something to sell, books, magazines and other forms of media etc., all have their own interpretation of what the truth is. Some of the radio and T.V. output can be accepted, after a critical evaluation of course, but the W.W.W. should be treated with caution. We are inundated with 'information', there is far too much of it and we cannot possibly either assimilate it or evaluate it. So what are we left with? Ignore most of it, filter the remainder and try to evaluate it as it affects us. None of us in the group has had first hand experience of Facebook, You Tube or Twitter so we could not comment but it is generally known that they are classed as Social Networks and do not claim to be publishers of facts, only opinions and gossip. We concluded that "information" does not necessarily inform and should always be accepted with a healthy criticism.

On the 29th June Margaret McDermott introduced the subject of Mr. Cameron's proposal to have the happiness of the nation measured. How? By giving the Office of National Statistics two million pounds to do the job. What motivated this urge to know how happy or otherwise we all are and then to tell us, is not known. Britain is far wealthier today than it was 50 years ago but happiness levels have declined according to various opinion polls. The story of wealth failing to translate into extra happiness is the story of the Western World. Just how many unhappy billionaires are there? Many organisations including the U.N. and the E.U. have attempted to compare the happiness rate of different countries. The Office for National Statistics has been asked to develop new measures of national well being, the aim being to cover the quality of life of people in the U.K. and environmental issues as well as the economic performance of the country. To develop these measures a survey was undertaken in which people were asked what matters most in their lives and what is important for measuring the nation's well being. The findings are supposed to be reported in July 2011.

The chief statistician, Jill Matheson will be setting the questions following this survey. We discussed many aspects of Mr. Cameron's proposal including of course, should two million pounds be spent on this subject? To what profitable use can the results be put? Mr. Cameron said that there is more to life than money (which is easy to say when you have a few millions in the bank) and where have we heard that before? When one is rich it certainly helps one's happiness index. However without a job and money in the pocket it is difficult to do the things which bring happiness.

The previous Government under Mr. Blair attempted to measure the quality of life but abandoned the idea after it proved too difficult. The French President Sarkozy has also launched an enquiry into happiness employing Nobel Prize winner, economist Joseph Stiglitz. Sarkozy's proposed gauges include measuring how much time people spend sitting in traffic jams, the ratio of working hours to leisure time and whether men and women are treated fairly. The big problem with all such measurements is that they are concerned with subjective well being which is a highly individual concept. What should be done with the data is a major challenge. There are many comments on these ideas one of which is attributed to Norman Smith, chief political correspondent for BBC Radio: "The danger is that a happiness index becomes a misery monitor. An excuse for people to whinge about how unfair life is to them. Secondly the risk is that it is seen as a woolly headed distraction. A self indulgent fad at a time of spending cuts, job losses and Benefit changes."

A lot of information came from the holiday to the Isle of Man, below is a sample – sorry there is not enough room for all and apologies to those whose reports are not printed – Ed

U3A's Visit to the Kingdom of Mann –
Monday May 16th to Friday May 20th.

Off we go on a wet grey Monday morning. A visit to the newly opened Brockholes Nature Reserve with its Floating Visitor Village broke our journey and gave us all a taste for a great day out later on in the Summer when it is more established. Having boarded at 1.45pm, the journey seemed long, the ferry crowded – what will be at journey's end?

A Country Club Hotel with superb rooms & local food (the wine is not bad either!).

Next day the weather is fair and our Isle of Man tour starts – what a gem, wherever



you look the scenery is a delight to the eye & lifts the spirit. Cregneish Folk Museum is our first stop.

Here we stepped back to see life on the Isle in bygone days. I could have happily stayed for a long time with the delightful needlewoman, sat in her cottage with the Manx cat sat by the fire, as she worked on a Manx bonnet, what skill – I came out relaxed & charmed.

Then on to the Sound by the Calf of Man – spectacular says it all, rugged rocks, choppy sea, seals, sea birds, cliff walks, viewing benches, it had everything. After a steaming bowl of lamb broth in the new Visitor Viewing Centre, we were off to Castle Rushen.

Here we had a guided tour which brought bygone days of the rulers of the time to life for us with various period vignettes. Just time for a walk round the Harbour & town of Castletown before returning to the Hotel.

This magical Isle is not disappointing – truly stunning. Thank you Ellan Vannin – I will return. (June Ogden)

Wednesday saw the group dispersed with a free day to explore Douglas or travel further afield, some to Ramsey, some up Mount Snaefell, which is where this intrepid traveller went.

Our excellent driver, who joined in almost everything we did and was great fun, deposited twenty or so of us at the terminus of the Electric railway and refused to let it depart until we had all bought our rover ticket for the day! Ten minutes late the train/tram slowly wound its way along the front of Douglas and up into the foothills at Laxey where we had just missed the connection up the Mountain. They laid on an extra train for us and we departed up the Mountain. Its quite high & took us 30 minutes to ascend it's 2,000ft+. It was blowing a gale at the top and most took to the cafe and safety. A few decided to have their ears blown off and venture out to the summit stones. I think all made it back!

On a good day, you can see the 7 Kingdoms from the top of Snaefell - England, Ireland, Scotland, Wales, Mann, Neptune and Heaven.

Back at the bottom a few went back to Douglas for Lunch & a ride along the front in the horse drawn trams. We visited the Villa Marina others the Museum.

I chatted for a while with Sir Norman & lent on a lamp post on a corner with George Formby.

A full and interesting day. (Peter Kress)

On Thursday, the group awoke to glorious sunshine. After a hearty breakfast, a very happy party left our excellent hotel to visit Laxey, situated on the East of the Island, between Douglas and Ramsey. Laxey is famous for its Great Water Wheel, (Lady Isabella) which was built in 1854 to pump water from Laxey's lead and tin mines. The wheel has an impressive diameter of 72.5 feet and is one of the Island's most iconic sites being the largest surviving working water wheel in the world. Many of the group climbed to the top and were rewarded by magnificent views across the surrounding countryside. Most, then visited

the nearby lead and zinc mine, established in 1780, which became one of the most profitable metal mines in Britain.

We left Laxey and drove to Peel, which is on the West coast, taking the scenic route via Ramsey which is in the North of the Island.

On arrival in Peel the party scattered; small groups made their way to any hostelry that could produce food quickly. Speaking personally, the crab sandwich was divine! Peel Castle, an ancient fortress situated on St Patrick's Isle and overlooking Peel harbour was our next venue. The views awaiting us were ample reward for the efforts of the climb. Finally, and still in Peel, we visited the House of Manannan where we were greeted by the Island's mythological sea god Manannan, who welcomed us into his fascinating Kingdom and guided us through the Island's rich Celtic Viking and maritime past.

We departed Peel for our hotel passing through Tynwald Hill, the seat of the Isle of Man parliament. After dinner, we gathered in the Green Room for fun and games. Thanks go to Peter Kress for providing us once again with excellent quiz questions and for running the quiz which was somewhat brief this night due to our tiredness and an impending early start for our return home the next day. A very tired but happy party retired to bed on this our final night. (Margaret Glynn)

The Return Journey was thankfully less crowded on the boat & we had time in Morecombe for lunch (potted Shrimps of course!) and a visit with Eric Bartholomew, his statue still bringing Sunshine to the Visitors!

We must thank our Organiser Ruth & her husband David for a tremendous holiday which ran to time, but was flexible to adapt to circumstances. We had lots of laughs and saw & learned a great deal, but there is more to see. I think there's still another holiday in Man!

(Peter Kress) ----- Lots of Pictures on our Website www.highlaneu3a.org.uk

Wednesday 19th May - our 'free' day

After breakfast our coach took us into Douglas for our free day.

A group of us decided to visit Snaefell (Snow Mountain) travelling on the Manx Electric Railway which is the longest narrow gauge vintage railway in the British Isles.

We travelled in an open carriage and although it was a little breezy it was also good fun. When we arrived at the summit some 621 metres above sea level we were rewarded with spectacular views. We didn't see any snow but it was cold and the wind was so strong that it was difficult to walk in a straight line. After taking several photographs we went into the summit cafe for a very welcoming hot chocolate after which we made our return rail journey in the comfort of the covered saloon carriage. It was a very enjoyable and memorable day.

Rae Ogden

Maybe it's true that life begins at fifty .. But everything else starts to wear out, fall out, or spread out..

- Phyllis Diller

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By the time a man is wise enough to watch his step, he's too old to go anywhere.

- Billy Crystal

Reading Group



Of Bees and Mist – 500 pages – Fantasy/Realism

The author, Erick Setiawan, was born in Indonesia of Chinese parents and has lived in America since childhood. He has used his knowledge of these three cultures, folklore and language. However the story takes place in an unnamed town in a timeless era. Spanning three decades, from Meridia's ,(our heroine) birth; through marriage; motherhood; and the years beyond. Setiawan says he wrote the book as a means of escaping from daily life. "An easy read on the subway".

We felt there were too many negative personalities for this to be the case.

In fact, very unusually, the majority of our group could not finish this book. Not one of our members would feel inclined to recommend this book as fantasy/realism is not a genre we enjoy.

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HIGH LANE U3A WALKING AWAY 2011



This year's "Walking Away Weekend" took place on the 12th to 14th June in the South Eastern Lake District. On Sunday morning a group of 24 High Lane Walkers met in the village of Staveley and started a 5 mile walk from the village. The weather was pleasant with hazy sunshine but the threat of rain later. After a steep early climb, our original destination was to be Potter Tarn, which lies in a fold of land east of Staveley at the southern end of a broad ridge between Longsleddale and the lower valley of the River Kent. However the weather deteriorated and our leader avoided the Tarn and the high ground and took us through interesting and varied Lakeland scenery to Frost Hole and Side House and down to the River Kent. The return to Staveley was back along a delightful stretch of the river on the Dales Way, where we spotted dippers, wagtails, and a heron.

From Staveley Village we had a 7-10 mile car journey to our Hotel - The Damson Dene - the location for a recent TV documentary. The 37 bedroom hotel was set in most attractive surroundings close to the village of Crosthwaite and catered well for the group. Facilities included a comfortable lounge, a large dining room, an attractive bar, plus swimming pool and beauty salon. Unfortunately the welcome we received on arrival at the hotel was disappointing, as many of the rooms were not ready for occupation until late afternoon, resulting in a long wait for those affected. However after a good evening meal and a most enjoyable quiz, these problems were soon forgotten.

The morning of the 13th June started damp and drizzly as our group of 26 walkers set off in a 7 car convoy for Tarn Hows via the ferry from Ferry Nab. The 6 mile walk started from the NT car park at Tarn Hows and took us up rough tracks through Iron Keld Plantation to Black Crag where there were wonderful views over Coniston, Windermere and Little Langdale Valley. Our return to Tarn Hows took in a short stop for coffee at the lovely High Arnside Tarn, just below Arnside Intake. Here the skies cleared and we had sunshine and blue skies for the rest of the day and evening. The journey back to the hotel took us past the popular 'Drunken Duck Inn', where cream teas or a pint of the local brew were enjoyed.

Tuesday morning was warm and sunny. Some members of the group decided to have a morning off walking in order to visit various Lake District attractions, or to set off for home, leaving a group of 18 walkers to motor to a NT car park just south of Cunswick Scar (about 4 miles west of Kendal). There we started a 3 mile 'out and return' walk to the cairn on Cunswick Scar. Here there were splendid views to the west over the Winster Valley and east over to Kendal and beyond. Having returned to the car park our group said their goodbyes, and dispersed for home or some nearby hostelry for lunch.

Our Thanks to Walter our Group Leader for arranging and managing a very enjoyable 2011 Walking Away weekend in this less crowded but beautiful part of the Lake District

Sam Chappell

Ramblings of a non-walking walker - Windermere June 2011

Due to a recent hamstring accident I was unable to take part in the walks on the U3A Walking Group holiday in the Lakes.

We had all heard about or seen a television programme about life in the Damson Dene Hotel where our party was staying, and as a result our expectations were low. However, our experience was very different from our preconceptions, as we enjoyed comfortable accommodation, courteous and efficient service, excellent meals, and an inviting swimming pool. The moral of this story is never believe all you see on TV!! Apparently the hotel is now very popular and they even advertise 'Sunday lunch with the cast!'

Whilst the walkers set off for the hills, a small group of non-walkers investigated the cultural side of the area. Our first visit was to Blackwell, an Arts and Craft House built at the turn of the last century as a holiday retreat for Sir Edward Holt, the wealthy Manchester brewer. It stands high above, and overlooking, Windermere Lake with magnificent views of the Coniston Fells. Inside everything is 'in harmony,' with a wealth of detail and emphasis on light, space and craftsmanship- ornate plasterwork, stained glass windows and carved wooden panelling, alongside rare and fragile hessian wall-hangings. Lasting memories will be of the 'living hall' with inglenook fireplace and Minstrel's Gallery and the spectacular White Drawing Room.

Our next visit was to Kendal to investigate the Quaker Tapestry Exhibition, a remarkable collection of 77 colourful panels, revealing a wealth of fascinating stories – like a Bayeux Tapestry in pieces. Stitched by 4000 adults and children in 15 countries of the world, we learned about Elizabeth Fry and William Penn of Pennsylvania, as well as many other important historical events. We later discovered that one of our U3A members actually helped stitch the Manchester panel, which told the story of the Peterloo Massacre.

Recently a friend of mine said she'd like to belong to a walking group where you stayed in a nice hotel and did no walking! However, I would like to say I have served my time as a 'walker' and am at present on 'gardening leave,' or perhaps it could be called 'recovery time.'

Margaret Meekley

A vigorous five-mile walk will do more good for an unhappy but otherwise healthy adult than all the medicine and psychology in the world. ~Paul Dudley White

HOLIDAYS GROUP



NORMANDY Sept 9th---13th.

There are a few vacancies for this holiday visiting CAEN, ROUEN, MONET'S GARDEN, CALVADOS DISTILLERY and the BAYEUX TAPESTRY The remaining balance of £299 (+ single supplement of £70) is due at the August meeting. Unfortunately there is a surcharge of £8 per person because of the fall of the Pound against the Euro (included in the £299). If you are unable to attend in August please pay in July.

CANCELLATION DEADLINE IS JULY 20th.

Please make your cheques payable to Greatdays Holidays Ltd.

NATIONAL ARBORETUM and TAMWORTH CASTLE

October 18th. Day visit by coach. £23. Deposit £10.

Balance due at the September Meeting.

CHINATOWN

December 7th. £11 for guided tour and 3 course Chinese meal. £5 for tour only.

Own transport. Numbers are limited for this visit. Please pay at the August meeting.

Also, here are 2012 Holidays & Visits

May - Tuscany -Names and deposits taken September/October/November meeting.

AUGUST 18th for 14 nights on P. & O. ORIANA to NORWAY and ICELAND

Contact Margaret McDermott for information on booking,

September - Cardiff - Names and deposits taken at January 2012 meeting

October - One Day outing (To be arranged)

Please come to the Holidays and Visits Group Table

Ruth Smith rlsmith@12freeukisp.co.uk

Margaret McDermott liljim@btinternet.com

Please let the Editor have any material for the September newsletter by Tuesday 30th August 2011. Early reports are much appreciated.

Use of brain imaging to better understand the changes in the brain with normal ageing.



This project is being carried out at the University of Manchester as part of a PhD. We will look at how performance in certain types of memory tasks change in the ageing brain.

It has been shown that as you get older, performance levels in some tasks drop. We will look at what changes in the brain may be responsible for this.

The study will involve 2 visits:

- 1) Performing a number of memory tests at the University of Manchester and
- 2) Having your brain scanned with Magnetic Resonance Imaging (MRI) at Salford Royal NHS.

To take part you need to be:

- healthy
- aged between 40 and 80
- a non-smoker
- no history of neurological disease
- right-handed

If you would like to know more about taking part, please contact Daniel Cox:

Email: Daniel.Cox@postgrad.manchester.ac.uk

Telephone: 0161 275 5113

You will be compensated for your time (£15 for each visit in addition to travel costs).

Daniel.Cox@postgrad.manchester.ac.uk

Daniel.Cox@postgrad.manchester.ac.uk

Daniel.Cox@postgrad.manchester.ac.uk

Daniel.Cox@postgrad.manchester.ac.uk

Daniel.Cox@postgrad.manchester.ac.uk

Daniel.Cox@postgrad.manchester.ac.uk

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Daniel.Cox@postgrad.manchester.ac.uk

Daniel.Cox@postgrad.manchester.ac.uk

Daniel.Cox@postgrad.manchester.ac.uk

Daniel.Cox@postgrad.manchester.ac.uk

