

Special Edition

From the Editor

Welcome to a special edition of the High Lane U3A newsletter. With events cancelled and groups not meeting there wasn't a lot to say in our normal newsletter. However, I thought this would be just a brief edition but our inventive and creative group leaders have, as usual, done us proud and there is lots here for you. As there are no physical meetings this edition will be available only by email and on the web. Hopefully members can share it with their friends who may not have access – post a copy though their door perhaps.

The aim of the publication is to keep us in touch with our fellow members in these changing times, provide news of what's going on and ideas of things we might be able to do.

The content of this special edition includes - but is not limited to

- U3A information
- Groups activities – yes there is much to report
- local information
- Members' contributions – stories, anecdotes, poems, photos etc
- Things to do.

The information here is up to date as I write but things are changing quickly so please accept my apologies if the link doesn't work or any other problems. Thanks to those members who have sent me material for this edition. Please note: I intend to avoid talking about the virus as much as possible; there is enough about that everywhere else.

I'm not sure when the next issue will be – it depends on what's happening and whether I have anything interesting to include. That depends on you – so please send ideas, suggestions and contributions to me at newslettereditor@highlaneu3a.org.uk

From the Chair

It takes more than a pandemic to keep High Lane U3A down!!! Our brilliant Editor (thank you Sheila: Ed) has come up with the idea of sending out an emergency edition designed to keep us in touch, raise a smile in these dismal times and to keep the grey cells working. I am sure that I am speaking for everyone when I send our grateful thanks to Diane and Jeff our webmaster for making this possible.

Unfortunately we have had to cancel the Annual Lunch planned for April at the Alma Lodge hotel. Members who have tickets should hang onto them for a refund.

And - do you remember?

- Wilfred Pickles?
- frost on the inside of the bedroom windows in the winter?
- ice-cream coming on a bike?

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- Kids' Saturday matinees?
- getting the cane at school?
- Children's Hour?
- your first banana?

Look after yourselves and keep safe

Sheila Harrop

From the Treasurer

Some group leaders have already sent their financial returns in for the quarter and for that I thank them. However bearing in mind the circumstances we do not expect you to go out specially or go out of your way to do this. Please adhere to the government guidelines and STAY AT HOME. It is more important that we all get through this safely, the returns can be sent when the all clear is given by the government.

On another matter please be on the guide for scammers both on the phone and online. They are now using the Corona Virus as a good reason to try and obtain money. If you have any doubts, if it is not someone you know then DO NOT ANSWER OR GIVE ANY INFORMATION. If you have any doubts, feel free to phone me

Take care

Les Birks
Treasurer

From U3A National Office

- we have increased the number of mailings. Our Newsletters are being used as a more in depth means of communication. We would encourage members to register for this:
<https://www.u3a.org.uk/email>
- We have introduced a regular Newsletter Express.
- Our new Facebook page see button below now has more than 1,400 followers.
- There is support and advice on our website including on how to keep active, keep learning and keep connected with each other.
- U3A has launched a UK-wide Diary Project - where members are encouraged to diarise their experience of these times. You can see more on our website or contact us diary@u3a.org.uk
- Our insurers continue to provide cover for all members liabilities as well as providing cover for all trustees/committee members.
- Our legal advisers continue to support our responses to members especially in connection with cancelled trips and holidays.
- Third Age Matters magazine (TAM) is being distributed as normal in a week or so.

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National Office Research project: Living History in extraordinary times

<https://u3a.org.uk/index.php/component/tags/tag/367-Keep-Learning>

U3A members are being asked to help craft a shared learning project where they create living history of this extraordinary time. The project will look for personal thoughts, ideas and reflections on how this feels to you and what you are doing to deal with it. Members may want to keep an electronic diary or to find a little note-book which you can have close at hand to scribble down thoughts as they come.

We are asking people to write up anything they think relevant to having to be at home and your thoughts and reactions. You may wish to write something each day for example, or once a week or simply when something of note happens. You may read an article, book or see a programme which triggers some ideas or thoughts. We are also looking for ideas and reflections on how you are keeping your interests going if you are online and if you have access on your television, radio or via the internet. It's important to think of good things that happen so in the journal make an effort every day to list five things that gave you pleasure however small.

The website has more information and ideas to structure your thoughts.

U3A Eye: National Office Photography project

Are you a budding photographer?

Keen to learn a new skill or simply interested in the world around you and how it appears?

We are running a fortnightly project to encourage people to take and submit pictures of their surroundings during this unprecedented time. We are going to be posting a different theme each fortnight and inviting U3A members to submit their photos on that topic.

This is not a competition and it is not about your photographic skill – what we want from you are interesting photos, possibly different ways of viewing things, anything which has captured your imagination or caught your eye.

At the end of every fortnight we will choose and publish up to 15 photos on an online gallery for each theme so that all of members can enjoy the images. All you need to do is upload your photo using the form below (you will receive an acknowledgement once submitted).

The deadline for submission of your photos for the first theme is 9th April.

The first theme is: YELLOW

More details and how to submit your photos at <https://www.u3a.org.uk/learning/u3a-eye>

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LOCAL INFORMATION

Stockport Council has established a virus helpline for Stockport's vulnerable people. Vulnerable people in Stockport will be able to access support Monday to Friday, from 9am to 5pm and on Saturdays from 10am to 4pm, by calling 0161 217 6046. The helpline will provide advice and tell you how you can access support. You can call the helpline if do not have a network of family and friends you can call upon for support, particularly if:

- you are over the age of 70 and you are self isolating
- you have received a letter from the NHS advising you are high risk and should stay at home
- you are medically vulnerable according to the government criteria and should stay at home.

Call handlers for the Council will then be able to provide advice about how you can access practical support including local support for those that are isolated and feel alone.

Bin collections

Members may not be aware that bin collection arrangements are changing. From Monday 6 April, there will be a new schedule for bin collections due to the effects of coronavirus on the service. The new bin collection schedule is at <https://www.stockport.gov.uk/news/changes-to-bin-collections>

Green bins: From Monday 30 March there will be no green bin collections until further notice. You must put your food waste in your black bin. Compost or store any grass cuttings and garden cuttings in your garden

Black bins: There is no change to your black bin collection and it'll continue to be emptied every 2 weeks on your normal day. Please put all food waste in your black bin. Re-use and recycle as much as you can and please make sure your recycling is clean and dry.

Blue bins: From the week starting Monday 6 April, blue bins will be collected every 4 weeks. Your blue bin needs to be put out the same day as your usual brown bin collection. Store any extra waste like cardboard and paper in your home if possible

Brown bins: There is no change to your brown bin collection and it'll continue to be emptied every 4 weeks on your normal day. From Monday 6 April please put your blue bin out on the same day as your brown.

Households that are showing symptoms of coronavirus and are self-isolating should continue to use the black bin collection service as normal, with the following important exceptions:

- put all used tissues and cleaning cloths in a plastic rubbish bag
- put each bag into another bag and tie it tightly when full
- keep these bags separate from the other waste
- put each bag aside for at least 72 hours before being put in your black bin for collection

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GROUPS

BALLROOM DANCING

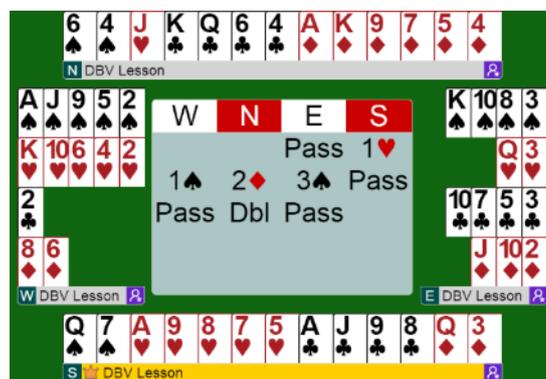
The dancers were given a little on-line homework with a link to a YouTube viewing of the basic cha cha sweetheart step, recently demonstrated to the group. Regular links to other steps are planned.

Walter Mason

BRIDGE

We were unable to complete the workshop sessions and had to cancel the last one. We have suggested to the group that we offer a couple of supervised sessions later in the year. There is a revision quiz available – just five bidding questions if you want to have a go.

However all is not lost! We are playing Bridge online using Bridgebase bridgebase.com. So far, we have played I think it's four times now, starting with one table and yesterday we had two tables. Bridgebase offers many opportunities for us to play, either with a partner or individually. It has an Acol room so we don't end up playing against people playing the American systems. There lost we still haven't explored – tournaments and lessons and solitaire bridge to name but three.



Please contact me if you would like to join us online.

Bernard Magee Live Broadcasts

Bernard Magee is a respected bridge teacher who presents many bridge weekends and teaches on bridge cruises particularly working with Mr Bridge. He is screening online lessons on Mondays, Wednesdays & Fridays at 11.00am. The first was on Monday; the topic was doubles but you can watch a recording of this on the website. The second is tomorrow at 11am. You can watch here <https://www.youtube.com/channel/UC1g-0QEEjjYZ6fiYg-VDUw/featured>

Diane Saxon

CHURCHES AND PUBS

I would be interested in people browsing the internet and having a look for some interesting churches, if possible that we have not visited, but don't worry if you come up with the odd church we have visited. They need to be about 25 miles or under from High Lane or under an hour's drive. If you could find churches that have an interesting history with stained glass windows that would be fine. If you can recommend any pubs as well that would be local to the church, great.

Paul Kenneth

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KURLING

You might try playing boules in the garden. Or a tabletop curling set?

Paul Kenneth

CHOIR

THE WONDERS OF TECHNOLOGY!

You might think that singing was one activity which you really can't do remotely, but you'd be wrong. As the choir cannot meet, I thought it might be a good time to help our two newest members to keep motivated and catch up on some of the choir's repertoire, so last Friday 3 of us spent over an hour courtesy of a WhatsApp conference call. It wasn't perfect, but for a first attempt it worked well and we learned a few things which will help us make it more of a success next time, so we've agreed we're going to use our usual Friday morning choir slot to keep doing it. It was fun, helps us keep connected and helps keep our skills going.

What's WhatsApp you might be saying, well, if you go to the national U3A website you will find really helpful "How To" guides on using all the latest digital platforms and ways of staying in touch whilst stuck at home. If you haven't checked them out yet, do give it a try.

Technology has its limitations, of course, you can't use a platform like Zoom, which is web-based, to enable the whole choir to sing along, as the slight delay would mean we'd gradually get more and more out of synch, but up to 4 people can be on a WhatsApp call or video call.

Another technological wonder is Gareth Malone's Great British Home Chorus, which I'm encouraging the choir to get involved with. You can participate just by watching his broadcasts on YouTube or, for the more adventurous, you can register to join up for free via Decca.com and will receive music to learn and notifications about the latest developments. Anyone can give this a try, and Gareth makes it really enjoyable with his infectious enthusiasm.

So don't sit at home feeling bored and isolated - get to grips with technology and keep learning!

Julie Sutton

FAMILY HISTORY

As we are all confined to our houses for the foreseeable future now may be a good time to start looking into your family history – or restarting if you have done some before. There is a lot of information online now and we would be happy to guide people to useful websites, some of which are free to use. Please contact us if you would like information about this.

Sue Harlin

Pat Christopher

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GERMAN

We must have been one of the last groups to meet on Friday 13th (ominous!) with no idea at that time how things would develop. Fortunately, we can keep up our German by using the internet, either German courses on youtube, video clips (Aktuelles auf Deutsch) and watching out for films on BBC4 and All4. Walter Presents has a wide range of detective dramas on All4.

Marlene Brookes

DINING

As members are aware we have had to cancel our proposed April lunch at the Beehive. Very sad but hopefully we will be able to re-book later in the year. In the meantime as we cannot go out to eat I am enclosing one of my favourite recipes you might like to try. It's a very easy one in fact some of you may already have it [it is one of Delia Smith's recipes from her book The Winter Collection]

Pork stroganoff with three mustards

12 oz pork tenderloin
1 level tsp mustard powder
1 heaped tsp grain mustard
1 heaped tsp Dijon mustard
4 oz small open cap mushrooms
7 fl oz creme fraiche
1 dessertspoon groundnut oil
10gr butter
1 small onion
3 fl oz dry white wine
S & p

Method

Trim the pork and cut it into 3inch strips 5mm wide and slice the mushrooms

In a small bowl mix together the 3 mustards with the creme fraiche

Heat the oil and butter over a med. Heat in a solid frying pan and fry the onion slices gently for 2--3 mins until soft.

Remove the onions and turn up the heat, when it's smoking hot add the pork strips and fry quickly; keep moving them around. Add the mushrooms and cook briefly until juices start to run

Return the onion slices to the pan and season with s&p then add the wine and let it bubble and reduce slightly. Add the creme fraiche and stir the lot together. Let the sauce bubble and reduce to half its original volume

Serve with boiled rice and a tossed green salad

Enjoy

Dorothy Neillands
Dorothy Gerrard

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GARDENING

The gardening group hopes to continue by sharing comments about their gardens, accompanied by photos.

The first report went out on the 23rd March. It featured two pictures from Deirdre, one of the new patio behind her conservatory, and one a group of spring flowers.

There were also three pictures from Walter; first of a wood pigeon (not universally liked!), then crocuses (gorgeous a week ago, now been and gone!), and lastly camellia (last year half hidden behind a shrub, the shrub now removed).



The hope is that in following weekends, others in the group can put out something similar from their garden(s), and so on - - -. Walter waits with bated breath - after recent news what else is there to do!



Walter Mason

READING

We last met on March 2nd when we discussed *THE HOUSE OF MIRTH* by Edith Wharton, not an easy read, but what first appeared as a "Downton Abbey in New York" proved to be a very insightful critical comment on the lives of the wealthy in upper class society of the early 1900s, chronicling the tragic downfall of the society beauty, Lily Bart.

Fortunately, we have planned our programme for the next couple of months. We now have plenty of time to read our next two books: *IKNOW WHY THE CAGED BIRD SINGS* by Maya Angelou and *THE TESTAMENTS* by Margaret Atwood and we were also planning another poetry session in the near future. I hope, too that with all the extra reading time, members will come up with some interesting reads for when we meet again.

Marlene Brookes

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PHOTOGRAPHY

Just two days after the Monday closure of group activity, the photography group held its photo "Stations" competition by email! Members' photos were circulated round the group as attachments and then voted on, again by email. There was an odd teething trouble or two – technical problems in downloading attachments, and too many emails floating around at once - but these can be easily overcome. Members were enthusiastic and the plan is to have extra email competitions in future months, starting with "A Pastime for Self-Isolators" in April.

For the record, in March Diane won with Cologne Station, 2nd was Derek with Poynton Station, and 3rd was Bob with Chinley Station.



Walter Mason

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TRAVEL

Because of the very serious situation with the virus affecting the whole world (with the possible exception of Antarctica) we have had to make changes to our plans for this year.

The visit to Halifax in May is cancelled as is the holiday to Hampshire in June and we are not planning any more day trips until we are back to normal. However Sue Harlin has already contacted many venues in Hampshire and planned interesting visits so she suggests that we could transfer this holiday to 2021. Payments will be refunded as soon as Wednesday meetings can be restarted.

The River Cruise in August and the holiday to Ireland in September have been booked with travel agents so we must wait to see what they decide.

The holiday to Lincoln is not until October so hopefully that may go ahead.

The Travel Group committee hopes that all our members are keeping safe and well and look forward to better times in future.

Don't forget there are loads of travel programmes available on catch up and on YouTube.

Some you might like to look at

Rick Stein's long weekends <https://www.bbc.co.uk/programmes/b078dj4l/episodes/guide>

Travel Man: 48 hours in <https://www.channel4.com/programmes/travel-man-48-hours-in/episode-guide>

Margaret McDermott Ruth Smith Sue Harlin Pat Gorie

WALKING

Walking Group holiday boots are not made for walking!

It would be good to use this newsletter to relay positive news; alas it is not to be.

I must report that the planned short walking holiday, commencing 1st May, a three-night stay at Dolserau Hall, Dolgellau, North Wales, is cancelled. Additionally, our three-night stay at the end of September at Newfield Hall, Malham, Yorkshire is in abeyance pending developments.

The only positive tone is since we are playing for high stakes, we must work hard at surviving this chapter of isolation and be ready to sprint for the horizon when the green flag unfurls! In the meantime, you can indulge in virtual travel via the many travel programmes on the TV channels, on catch up and YouTube.

Stay safe everyone,
David Burke

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QUIZ

You can't keep a good quizzer down – although our usual cake is unfortunately only virtual. We are holding weekly quizzes, taking it in turns to create a quiz. The weekly quiz is sent out on Thursday morning with answers to be returned for marking by the following Wednesday. Our first quiz, set by Mavis, was on linking words and famous buildings; Irene was a very close winner. You can try some of it out here –

Missing links - each clue consists of 3 words which have a fourth in common. For example PAINT, ELBOW, PROOF are linked by the word GREASE. Not as easy as it sounds

- | | |
|----------------------------------|------------------------------------|
| 1. Point.....hold.....head | 6. Silver.....self.....jury |
| 2. Shopping.....cleaner.....bay | 7. Tense.....arms.....day |
| 3. Organised.....Wave.....War | 8. High.....after.....tide |
| 4. Cracker.....brown.....pea | 9. Bread.....paper.....pen |
| 5. Cutting.....straight.....ways | 10. Practice.....public.....strike |

Our second quiz, set by Diane was on famous faces, flower anagrams and cryptic clues to trees. Answers are due tomorrow. Of course we could Google the answers but what's the point of that!

Diane Saxon

FROM MEMBERS

I suppose I couldn't avoid the virus altogether!

A joke courtesy of Trevor.

Just come back from shopping at the supermarket. There was a fella in front of me at the check out. He had six lobsters and nine crabs in his trolley....shellfish man!

A poem from Dianne

*If need be self-isolate;
or stay at home and wait
with family or with a mate
and don't tempt fate.*

A rewording of Bohemian Rhapsody https://www.youtube.com/watch?v=lr_tEdQvFcc&feature=youtu.be

Some pictures from Pat

Commemorative Jewellery
to always remember 2020



Daddy, what did you do during the
Great Covid-19 Panic Buy?



The most dangerous job going lad,
Rear Gunner on an Andrex Truck.

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MANAGING THE TECHNOLOGY

There are many articles around about how you can manage to get together online. Many of you will know and use Skype. Other things you could look at are Hangouts for chatting and Zoom for getting people together.

Most tablets and smartphones have the necessary stuff like cameras and microphones and it's not hard to get online with these tools. This could be a way of running your group online. There is a good article here from the Times.

<https://www.thetimes.co.uk/article/how-to-make-video-calls-to-stay-connected-in-the-coronavirus-crisis-cj02fs95f>

YouTube is available on PCs and tablets and may be available on your TV which will give you a much bigger and better picture if you have the apps available. Check your TV to find out.



There is more help on the U3A National Office site <https://www.u3a.org.uk/keeping-in-touch-links>

LIFE INSIDE

This section has a series of things I've been sent or found that you might be interested in. Perhaps you can send me more for the next edition?

Bored of cooking?

Manchester Evening News has collated information about restaurants offering takeaway food. This was written earlier this month so there may be more you know about and can share with us.

Scroll down to the Stockport section. <https://www.manchestereveningnews.co.uk/whats-on/food-drink-news/manchester-restaurants-takeaway-delivery-collection-17945269>

Learning

The Open University's OpenLearn <https://www.open.edu/openlearn/> has become even more of a free national resource, with dedicated Coronavirus pages as well as help with taking teaching online. Visits to the site have increased from 40,000 to nearly 50,000 a day, with additional content in development aimed at helping older people stay well.

WEA courses are now online https://www.wea.org.uk/online-learning?gclid=Cj0KCQjw1lv0BRDaARIsAGTWD1sGPeVFeJD85PVH6_gxYJirnyBP1gXP12uO732GQJhxoTtbpyXoBlSaAnU3EALw_wcB

Theatre online

NLive is screening a play on YouTube at 7pm on Thursdays. This Thursday is One Man: Two Guvnors starring James Cordon; a massive hit when shown in the West End and very very funny. Next week is Jane Eyre: a production by the National Theatre and Bristol Old Vic based on the novel by Charlotte Bronte. I saw this live and it's an interesting take on the book! <https://www.youtube.com/channel/UCUDq1XzCY0NIOYVjvEMQjqw>

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The Stage – reports various plays being streamed. <https://www.thestage.co.uk/features/promoted/2020/where-can-i-watch-theatre-online-coronavirus-and-theatre-streaming/>

Quay tickets – plays and much more

http://rm14.mjt.lu/nl2/rm14/l6ygs.html?m=AM0AAGsS1-sAAbjZPyIAAACivxEAATjWcnMAHkscAApiUgBegwYYld9araA-R-OPxNdKS18BKgAKEj0&b=33040a8e&e=a62af54c&x=RPIJvOiXhyT3YVrCTHZAKOY7ZPIfBs7lupwD00ldo_0

The Winter's tale by William Shakespeare – live capture available for public viewing until Monday 27 April 2020 <https://www.youtube.com/watch?v=3zULvQbgJy8&feature=youtu.be>

Music

BBC Philharmonic concerts and features <https://www.bbc.co.uk/philharmonic>

Yesterday Jonathan Scott gave his lunchtime concert in an empty Bridgewater Hall. The recording is here 30 March 2020 Invitation to the Dance <https://www.youtube.com/watch?v=Fm3x-74YbHg&t=140s>
His 2019 series of concerts are also available at <https://www.youtube.com/watch?v=2gmJSYjrv60>

Many many different genres, artists have full concerts on YouTube. Among many, a quick search found the Eagles 2019 concert, Simon and Garfunkel from 1993, Rod Stewart in Basel and many Andre Rieu concerts!

Talks and more

TED talks <https://www.ted.com/>

BBC4 programme archive <https://www.bbc.co.uk/bbcfour>

Radio - In our time series is available at <https://www.bbc.co.uk/programmes/b006qykl>

Exercise for self-isolators

How could we forget this!

BBC sounds

<https://www.bbc.co.uk/search?scope=sounds&filter=programmes&q=10%20Today%20%7C%20Physical%20activity%20for%20older%20people&suggid=urn%3Abbc%3Aprogrammes%3Ap087wddm>

Seated exercises <https://metro.co.uk/2020/03/24/chair-based-workout-will-help-70s-keep-fit-isolation-12446378/>