

Dates for your Diary

2023 Events

27th October Quiz Challenge, Victoria Hall, Hartley Wintney 14.00 to 17.00 see page 7

10th November Members Coffee Morning 10.00 to 12.00 Church on the Heath,

15th November AGM 10.45 The Harlington, Fleet

1st December Christmas Lunch 12.00 to 14.00 Victoria Hall, Hartley Wintney

Monthly Meetings 2023 - The Harlington, Fleet, talk 11.00 to 12.15, coffee from 10.00

18th October Stories from the Klink
Speaker : Neil Sadler

15th November Bridge Disasters - 1847 to the Crimea Bridge 2022
Speaker : Alan Haywood
(*this talk follows the AGM*)

Visits

30th October Hever Castle, Kent £36 p.p.

16th October 4 night stay Potters resort Norfolk, booking now

22nd November 'The Drifters Girl' at Woking Theatre £50pp

New Ballroom Dancing Group

We have a new Ballroom Dancing group for Beginners, which is held on Tuesday afternoons at 13.45 - 14.45 at The Crookham Memorial Hall, Sandy Lane, Church Crookham GU52 8LD. There are spaces available for anyone interested in joining us to learn to dance Ballroom and Latin dances and to enjoy a great social atmosphere and good humour with our professional tutor. Anyone who is interested, please contact the Group Leader, Jenny Cotton on 01252 668148 or email: jennyleecotton@hotmail.com

Chat from the Chair

It is a big job to manage an organisation as large as ours so – as you know - we are always on the lookout for help, in particular recruiting new Trustees to serve on the committee, which meets ten times a year.

Whether members, group leaders or committee members, we are all volunteers: our u3a survives and thrives on the level of mutual support and assistance members provide.

If you have not yet served a term on the committee, please come forward. You may well have valuable skills and experience we could use? You could work alongside an existing post holder for a while.

Our ability to refresh the committee in this way has been one of the strengths which has ensured our success over the last 30 years.

There is no requirement to be recently retired: committee meetings take place during the working day, but all other aspects of the role can be undertaken in the evening or at weekends.

Neil Morley, our hard-working Treasurer, has requested some assistance in carrying out the role, so we are seeking an Assistant Treasurer. This new role will ensure that the workload is more manageable.

Barbara Jones has done many years of great service as our Minutes Secretary and now wishes to hand over the duties at the AGM in November. It is of paramount importance that we find someone to step into the role: a committee without a minute taker becomes what Eeyore would call: 'A confused noise'.

Please contact any committee member to discuss your future involvement.

John Gawthorpe
Chair

New Exploring Psychology Group Leader required

Ellie Faulkner is looking for someone to run a new Exploring Psychology group as the original group is full and there is sufficient interest to fill a 2nd group. Ellie suggests that any one interested "shadows" her in order to see what is involved. So if you are interested and wanted to join the Psychology Group, please contact Ellie (e-mail ellie.faulkner1@gmail.com).

Fleet U3A Ukulele Groups

The new term has started with a bang with thirteen new Beginners signed up plus eighty-four evenly spread between the Improvers and Players Groups. The Fingerstyle Group is still growing with twelve regular members.

The concert season has already started with seven more performances booked up to Christmas, plus two early in the new year. The most recent was for the Forget-Me-Not Café, which is open to people living with dementia, their family, carers, and friends and is based at St John's Church in Hartley Wintney running on Tuesdays between 2.00 pm – 4.00 pm. The concert group played a variety of well-known songs, mostly from the 50s and 60s for almost 1 hour, followed by a welcome cup of tea and cake. The audience of around seventy had a good time and already looking to book a date for 2024.

The concert group consisted of fifteen volunteer players, who are rotated to ensure anyone who wants to play in concerts has the opportunity to take part.



The main songbook has grown to one hundred and forty-four songs over the summer break plus twenty-eight songs in the Beginners and twenty-four in the Christmas songbook - that will start to see the light of day sometime in November in readiness for the three Christmas concerts. The type of songs in the main songbook range from simple three chord to melodious to challenging and occasionally hellacious (I had to look that up but our chord fingers know what it means !!) But at the end of the day it's all for fun.....

There are still spaces available for new members in all the Groups. Anyone who is interested contact:

Richard Fielding for Beginners, Improvers and Players - RHJFielding@aol.com

Brian Anthony for Fingerstyle - bganthony@btinternet.com

Richard Fielding

MM Newsletter article for Oct 2023

Fleet U3A Monthly meetings are definitely back with a vengeance! 180 members and guests turned up at the Harlington on September 20th to hear Larry Bohana talk to us about the beginnings of WW1. Larry had prepared the talk especially for us doing all his own research and putting two different views on what led to the war. We were asked to give our opinions on which we thought more likely and overwhelmingly we agreed that the international warmongering prior to WW1 was more likely to be the ultimate cause of hostilities and that the assassination of Archduke Ferdinand was just the catalyst for war. There were several questions for Larry indicating the high level of interest in the presentation.

It was also gratifying to see how many people arrived early in order to chat with other members, buy family history books from Tony Trice, swap books or jigsaws, book a trip with the visits team, drink their BYO coffee and of course enjoy the biscuits on offer.

Next month on October 18th we have Neil Sadler coming to talk to us about, 'Stories from the Klink'. Neil is a retired policeman and will be taking us in and out, thankfully, of several prisons during the morning.

Jenny and Margaret have booked a stall to sell their jams, pickles, and other goodies in aid of Phyllis Tuckwell Hospice. Come early to have the best choice and don't forget your money.

I look forward to seeing you at 10 o'clock for coffee etc. and 11 o'clock for Neil's talk on Wednesday October 18th at the Harlington.

Paddy Powell

Health and Wellbeing

Since starting the Health and Wellbeing group in 2015 we have seen our numbers grow from twelve to well over two hundred members. For our opening meeting, on September 13th, we welcomed one hundred and thirty to hear presentations by Dr Durasamy who is the managing GP and partner of Hart Health partnership together with her colleague Bonnie Higgs a paramedic practitioner.

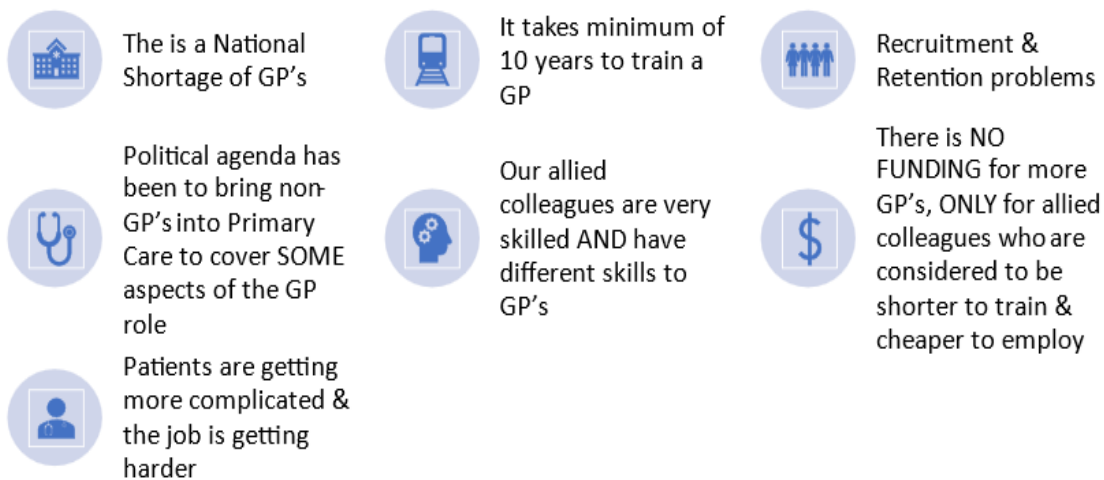
HART HEALTH PARTNERSHIP

Dr Nina Durasamy
Mrs Bonnie Higgs

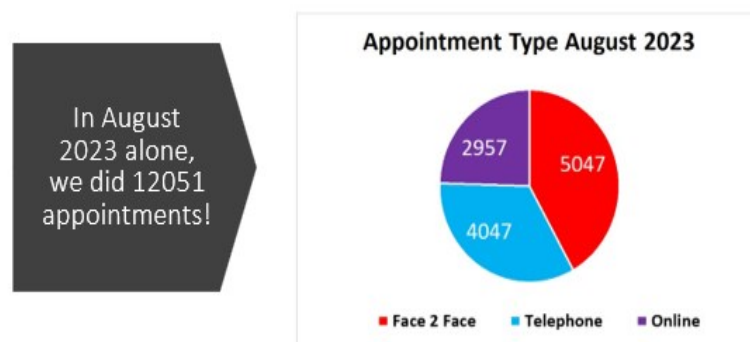


They discussed the merger of Fleet Medical Centre with Branksomewood Road Surgery, giving a detailed rationale as to why, in their view, if it had not occurred Fleet would have risked losing a surgery. They also referred to their obligation to implement HM government policy, in the context of the shortage of GP's and the increasing age of the population and the increase of more complex issues. They offered the graphic below to explain their position.

Why Can't I see my GP....?



It was disturbing to hear the abuse that staff had received, and Dr Durasamy highlighted two individuals who had to be removed by the police. She showed the number of different appointments they had managed during August as detailed below:



Bonnie discussed her role and that of the urgent care team. It was an enlightening meeting not least to hear the pressures and strains on primary health care.

Stuart Williams
Health and Wellbeing

New Pickleball group

Pickleball is the fastest growing sport in the US and is now also growing fast in the UK. It is played on a badminton-size court with paddles (like large table tennis bats) and plastic balls.

During August, I organised two taster sessions for those interested to try the sport and decide if they wanted to join the group for the autumn term. We gladly accepted the offer from the local Pickleball club (Fleet Aces) to run the taster sessions and they did a great job. Twenty four people took part and twenty signed up. I already had six others who definitely wanted to sign up so we ended with twenty six members.



We have had three playing sessions now (Monday 3pm – 5pm) on four courts at the Hart Leisure Centre, Fleet. The first session was a little chaotic as none of us are experienced players.

Now we are properly up and running, everyone seems to be enjoying themselves and mixing together well. One of our members has now started a Pickleball group with Odiham u3a and we are looking forward to some friendly competition in future.

During our u3a enrolment day, and since then, I have had lots more interest so I now have fifteen people on the waiting list. Once we get a bit more playing experience I will organise some taster sessions for these potential members and we should be in a position to expand to more courts next term if needed.

David Lawes

Quiz Time is Here Again

Our internal quiz takes place on Friday 27th October at the Victoria Hall in Hartley Wintney. An application form is attached if you want to raise a team of six. Sadly, we only have room for twelve teams, so do not delay. Unfortunately, we have no space at the quiz for spectators.

The quiz comprises of ten rounds each of ten questions. Hopefully our quiz master will choose questions that we all have some chance of answering correctly. The rules are fairly obvious & memory enhancement devices such as i-phones are prohibited. Also, the Quiz Master's answer is always correct even when he is wrong. Each team will also have a joker which doubles their score in the chosen round. Past experience has shown that the biggest problem is deciding on the correct answer from the two or three answers that your team suggests. If you have any queries, please contact the Events or GL Liaison Secretaries.

Mike K Brown

A Plea from the Treasurer.

When you pay by BACs can you please ensure you include a recognisable reference for your payment. i.e. **LD 3 for line dancing 3**. If your group leader gives you a reference number to use, please use it and DON'T make up your own. Your name appears automatically from your bank account.

I have had a few payments recently that didn't identify which group I should allocate it to. If you belong to multiple groups you will need to change the group name otherwise it will come through as the one you used previously.

You don't need to show your membership number except for the annual renewal.

If you require confirmation of receipt of your payment you will need to send an email to the treasurer AND your group leader and which bank account you paid it to.

I have spent a lot of time recently trying to resolve payments that have not been identifiable due to group name missing or showing the WRONG group.

Please bear in mind that the venue fees are the same for a lot of groups so it is not possible to work it out from the monetary value alone.

Neil Morley Treasurer Fleet U3A
treasurer@fleetu3a.org.uk

Visits

What a fantastic cruise we had from Poole to Swanage along Dorset's Jurassic coast on the 6th September, rearranged from early August due to country wide storms. The sun shone, the sea was like a mill pond and with a welcome gentle breeze and good company what more could we want!

We made good time from Fleet and as the boat departure time had been changed, we had plenty of time to explore Poole Quay before we sailed. Poole quay has a long maritime history along with fishing and smuggling! We departed opposite the oldest pub on the quay the 17th century 'Poole Arms', covered in Green glazed tiles made by Carters who later became Poole Pottery, which until 2020 was on the quay side.

Sitting on the quay side overlooking Brown Sea Island is Lord Baden Powell, who as an ex-army officer started the scout movement in 1907. Million pound boats by 'Sunseekers' can be seen as Poole is a perfect setting for them as it is the second largest natural harbour in the world, Sidney being the first. So, along with Baden Powell we sat enjoying the view some with ice creams and coffee until it was time to get on board.



With a commentary that didn't start until we had cleared the harbour entrance we looked back to Poole and could see very clearly right along the coast line to Bournemouth and beyond. As we approached Brownsea Island, owned by the National Trust along with Studland, the guide explained that the red squirrel lives on the Island and hopefully they are safe from the grey squirrel. The guide explained that the grey squirrel certainly couldn't swim the ½ mile across the bay. Brownsea Castle built by Henry 8th to defend Poole from attack by the French is not lived in now, but if you are a John Lewis partner you can stay at the castle. Leaving Brownsea Island with its walks and wild life, looking across the bay Sandbanks could be seen with some of the most expensive houses in the world.

Studland came into view, and Shell Bay is the nearest area to the car park, so is very popular. One end of this four miles of beautiful sandy beach is devoted to nudists. From Poole the easiest way to get to Studland is by the 'chain ferry' from Sandbanks. There was so much to take in with sea scooters, the Condor ferry which goes to Jersey and Guernsey, motorboats and yachts all on the sea.

In the distance we could see standing on guard along the chalk cliffs 'Old Harry Rock' reputed to be named after an old pirate smuggler Harry Page, in the 14th century or 'the Devil' as this was the nickname of the devil. 'Old Harry' had a wife! But became eroded and is now the stump along side the stack.



The 96 mile Jurassic coast stretches from Exmouth in Devon to Studland Dorset. Looking at the cliff formation so close was truly remarkable with the millions of years history right in front of us. To add to the whole experience Dolphins came out to play as well.



As we rounded the cliffs there was Swanage in front of us, our destination for ice cream and lunch. Swanage has hardly changed, and is very much the same Victorian town with its long promenade and lovely sandy beach and small independent shops. We boarded our coach for our journey home at Swanage Railway station, home of the Swanage steam railway, which operated between Wareham and Corfe.

Our homeward journey took us through Corfe village with the castle ruins on the top of the hill. Built in the 12th century by Henry 1st. It remained a royal residence until 1572 when Queen Elizabeth I sold it. In 1635, the castle was purchased by Sir John Bankes, the Lord Chief Justice, and it was defended by his wife, Lady Bankes, on behalf of King Charles 1 during the Civil War. The castle held out against a siege by the Parliamentarians in 1643. In recognition of her bravery, she was allowed to keep the castle keys. Parliament voted for the castle's demolition, and it was destroyed by explosives in 1646, creating the ruin that remains today. The Bankes family built a new home at Kingston Lacy and this was given to the National Trust, along with Corfe Castle, in 1981.

Continued page 6

Enid Blyton wrote all her 'Famous Five' books based around Corfe & Brownsea Island. Being told this on the boat and driving through the village made our members go down memory lane remembering all the characters in the books. Do you recall 'Kirren Island'? So, after really super day out with lovely weather interesting facts good company and new friendships made we arrived back home. I think I can see another day out in this area on the cards.

BUT, we really do need you to support our visits, if you want them to continue. Two recently cancelled trips and low numbers for others have resulted in us inviting other U3As. With nearly 1,800 members in Fleet it is very disappointing that we aren't getting the support. Visits is very aware of rising costs and the havoc that Covid has caused for everyone and businesses. We are doing our best to give you a really value for money day out as you can see from the above write up. We are always open for ideas of where to visit. A BIG thank you to ALL who regularly support us and the many emails I receive saying how much they enjoyed it. 'First timers' on our visits end up as regulars, hope to see you on the coach soon.

Carole Matthews



TAI CHI

Hardly a week goes past without the benefits of Tai Chi being mentioned. In the BBC programme "Just One Thing – Try Tai Chi," with Dr Michael Mosley, he suggests that, if you are looking to add more exercise into your lifestyle, why not consider Tai Chi. It is an ancient Chinese martial art – sometimes called "meditation in motion" - with a series of different postures that gently flow into each other in slow movements. He mentions that research has discovered that one of the big benefits to Tai Chi is that it

can significantly enhance the activity of our immune system and can lead to faster brain benefits than other exercises. He also found that Tai Chi was as effective as conventional exercise, such as moderate-intensity aerobic exercise or muscle strengthening activities, for reducing body weight and visceral fat! You can hear his full programme on BBC Sounds.

Our 4 classes go from strength to strength, with over eighty people taking part in this unique form of exercise each week.

Ken Molyneux-Carter

Jazz Appreciation Group

The new U3A year began for the Jazz Appreciation Group on September 14th when we heard a selection of jazz tracks, each of which in its title referred to New York, including the Bronx, Harlem, Central Park, Manhattan and so on. A pretty good turnout which I hope we can improve upon. We have further sessions from Mike Weaver, Eileen and Kerry Mann, plus the opportunity to watch another of the great jazz films produced by Ken Burns (courtesy of Don Cooney).

A highlight of the term so far has been, on September 28th, when top saxophonist Simon Spillett was our guest. Simon writes lots of jazz stuff in magazines as well as having authored a fine biography of one of the best past British saxophonists, Tubby Hayes. To round off the term, Graham Hix and his band will be playing for us on December 7 - Graham's birthday. By the way, Graham's band also appears at the Christ Church Crookham Arts Festival on October 25th.

Mike Rance

Fleet Service of Remembrance & Parade - Sun 12 Nov 2023

Fleet U3A would like to invite some members to participate in the Remembrance Parade on Sun 12th November.

A Service of Remembrance will take place in All Saints Church at 2.30pm (congregation please seated by 2.15pm).

The Parade will step off at 3.20pm from Church Road car park led by the Sandhurst and District Corps of Drums. At Gurkha Square the RBL Farnborough Concert Band will support the Act of Remembrance, Fleet U3A will be laying a wreath on behalf of all members. Following the Service refreshments will be provided in the Harlington Centre by Fleet Town Council.

Please let our Secretary know, by November 4th, if you wish to attend.

Alan Jones, Secretary
secretary@fleetu3a.org.uk

Creative Writing

I told you not to turn right by Dawn Greenwood.

Betty and Melvin plod along the Coast Path, Diggy the dog bouncing around them as they walk.

'Can't you keep that wretched animal under control, Melvin?' Betty demands. 'He is going to trip me up in a minute.' She glares at Diggy, who wags his tail and shoots around behind Melvin before she can smack him away.

It was a regular source of vocal annoyance to Betty and silent joy to Melvin that the Labrador made it so clear where his affections lay.

'He's never liked me,' mutters Betty.

'Hardly surprising, since I am the one who trains him, walks him and feeds him. Anyway, be honest for once. You don't actually like him, so why should he like you?'

'Well, if he jumps up at me with those muddy paws, I'll kill him.' She strides on. Melvin smiles.

Betty harrumphs and looks down at her guidebook. 'We turn right here,' she concludes and sets off along a narrow path.

'Are you sure? It doesn't look very likely to me.' Melvin hesitates, looking along the wider track to the left. Betty swings around. 'Oh, for goodness' sake, Melvin. I think I know how to follow a guided route.' She turns away and proceeds at a slick pace to prove her point.

'Suit yourself. It's your funeral. Lead on, Diggy.' The dog jumps in front of Melvin and they both speed up to catch Betty.

The path grows narrower and twistier. Betty stops abruptly as it suddenly falls away completely, where the cliff has collapsed dramatically into the sea.

There is a small 'click' and Diggy leaps forward to jump up at Betty.

A sudden whoosh. A scream, cut short by the sickening crack and thump of a body hitting the rockface as it falls. Silence.

Melvin takes a slow breath. 'Good boy, Diggy.' He rewards the dog for his obedience, and then composes himself as he dials 999.

© Dawn Greenwood

U3A Zoom Lip Reading Group – free to members - 2023-2024

Time and Dates: Every Friday Morning 10 am to 10:40 – starting 6 October, 2023

As we get older many people experience hearing loss. Its not that we can't hear other people talking, it's more the case that we CAN HEAR but we CANNOT UNDERSTAND what people are saying. This is because hearing loss tends to affect the high notes rather than the low notes and speech sounds muffled. Lip-reading helps to turn muffled sounds into meaningful dialogue.

The ZOOM Lip Reading Group is essentially a lip-reading class but includes other related topics relevant to people experiencing hearing loss, including the structure and function of the ear, hearing charts and how to interpret them, techniques for coping in noisy situations etc. For the lip reading work I plan to work through the recommended textbook : <https://www.amazon.co.uk/Lip-Reading-self-help-textbook/dp/1530276853/> Having your own copy will enable you to continue learning and practising between sessions by carrying out activities detailed in the chapters. It will also enable you to "catch-up" if you have to miss a session.

It is essential that participants can clearly see the teacher's face and lips. When in a classroom about two metres distance is recommended. Now that we have moved to online we find that people can see and read lips better than in the classroom. Even those using hand-held computers. So most personal computers are suitable. A link to the Zoom meeting will be emailed to you along with a password. Click on this link a little before the start time and be prepared to wait, just as you would when going to a physical meeting. You will be put into the "virtual" waiting room and told to wait for the meeting to start. I will start the meeting at 10 o'clock so that we get our full 40 minutes before Zoom cuts us off. If you haven't used Zoom before clicking on the link will start the process of installing the Zoom app on your computer, it doesn't take more than a few seconds – and you will then be able to join the meetings.

Online Lip-Reading Meetings have the advantage that:

- Everyone has a front row view so you can hear and see the teacher better.
- Verbal contributions by members are more measured and easier to follow.
- No-one needs to travel
- No parking problems
- No need to go out in the cold or rain.

To join the group and receive the Zoom link to the weekly meetings email your name and the U3A branch to which you belong to Tony Edens (ajedens@btinternet.com)

Rollers

Trip to Chichester for Christmas, Wednesday November 29th

Leaving Cody Sports Club car park at 9.30am arriving back 6pm.

Cost £25 based on thirty people minimum, including coach and parking.

Accessible luxury coach with lift facility if you do not wish to use the steps.

Please be prepared to pay at the time of booking. Cheques preferable, made out to Fleet u3a or cash.



*Rollers continue rolling see Jenny Teagle
Outreach Secretary*

Group Leaders - Important

In the event that you have to cancel a session will you please let Barbara, the Venues Secretary, know a.s.a.p. as she may then be able to avoid us paying for the venue on that occasion.

Fleet U3A Website

Keep up to date with all our activities,
News, Events, Visits Monthly
Meetings on our website
www.fleetu3a.org.uk

Find us on Facebook

Find us on Facebook - Fleet U3A has its own Facebook Members' Group, our Facebook page can be found by entering "Fleet U3A" in the search box at the top of any Facebook page. You can then request to join our private Members only group, you will be asked for your Name and Membership number.

We now have 360+ Fleet U3A members in our private Facebook Members Group for contact and discussion between members. This is a Private Group for members of Fleet U3A only, you are encouraged to join.

COMMITTEE EMAILS



Chair	John Gawthorpe	chair@fleetu3a.org.uk
Secretary & Beacon	Alan Jones	secretary@fleetu3a.org.uk
Treasurer	Neil Morley	treasurer@fleetu3a.org.uk
Membership Sec & Programme	Fiona Godfrey	memsec@fleetu3a.org.uk programme@fleetu3a.org.uk
Group Leaders' Liaison Sec	Mike K Brown	groups@fleetu3a.org.uk
Events Sec	Pam Openshaw	events@fleetu3a.org.uk
Webmaster	Stephen Grosvenor	webmaster@fleetu3a.org.uk
Monthly Meetings Sec & Vice Chair	Paddy Powell	meetings@fleetu3a.org.uk
Newsletter	Sandy Redman	news@fleetu3a.org.uk
Enquiries	Jenny Teagle	enquiries@fleetu3a.org.uk
Minutes Sec	Barbara Jones	minsec@fleetu3a.org.uk
Venues Sec	Barbara Jones	venues@fleetu3a.org.uk
Outreach Sec	Jenny Teagle	outreach@fleetu3a.org.uk
Publicity Sec	Adrian Van Klaveren	publicity@fleetu3a.org.uk

**PLEASE AVOID TELEPHONING MEMBERS
BEFORE 9 a.m. OR AFTER 5 p.m.**



FLEET AND DISTRICT
University of the Third Age

ANNUAL QUIZ CHALLENGE

Friday 27th October 2023
Victoria Hall, Hartley Wintney
2.00 pm – 5.00 pm

ENTRY FORM

The team is to consist of no more than six members of Fleet & District U3A.
Cost per team, including a cream tea: £48.00 per table
Cheques to be made payable to Fleet U3A

TEAM NAME	
TEAM LEADER	
<i>E-MAIL ADDRESS (if Available)</i>	

Team Member	Mem. No.	Telephone No:

***PLEASE RETURN COMPLETED FORM WITH PAYMENT
BEFORE FRIDAY 13TH OCTOBER 2023***

To: Mike Brown, Events Secretary,
20 Wood Lane, Fleet, Hampshire, GU51 3DX

Telephone: 01252 629609

.....
Office Use: Date Entry Form & Payment Received:

£