

NOTICE BOARD

Newsletter deadline : 5 p.m.
Friday 23rd November 2018
Next issue date : Friday 7th December 2018

Please try and restrict your articles to fewer than 350 words

!!! IMPORTANT FOR GROUP LEADERS !!!

Please ensure that all members of your group(s) have an opportunity to read the Newsletter. If possible, take a printed copy to your meetings and email it to those members who have the required facilities. Tell your members that it can be found on our website (www.fleetu3a.org.uk).

GROUP LEADERS' MEETINGS

2019
 27th March 2019 : Programme Checking (URC)
 5th July 2019 : Group Leaders' Lunch (VHHW)
 21st August 2019 : 2019/20 Group's Enrolment (CHE)

EVENTS

2018
 19th October : Quiz Challenge 14:00 (VHHW)
 7th December : Christmas Lunch 12:00 (VHHW)
2019
 17th April : Open Morning 11:00 (HAR)
 11th June : Performing Arts Evening (HAR)
 21st August : Group Enrolment for 2019-20 11:00 (CHE)



VISITS

2018 17th November : Tower of London & Crown Jewels
 5th December : Christmas at Waddesdon Manor
2019 20th January : Sonning Mill lunch & show (Guys & Dolls)
 9th February : Welford Park snowdrops & Newbury Market
 21st March : Haynes Motor Museum
 2nd April : D-Day & Mary Rose Museums
 May : TBC
 June : Athelhampton Manor
 July : TBC

CHAT FROM THE CHAIR

Hello again,



Many thanks to the 200 members who braved the inclement weather on October 17th and came along to our AGM. I hope you found it interesting and that your questions were answered successfully. For the other 1650 members who were unable to attend on the day (we'd never have fitted you all in if you had turned up!) you will find my Chair's Report of my first year in the post on the Fleet U3A website in the 'Members' section. If, after you have read it, you have any queries or want to help in any way please contact me at chairman@fleetu3a.org.uk.

I was delighted to be re-elected as chair of our very active and growing U3A. It's a challenging job, as you will see if you read my annual report, but also very rewarding especially when members show their appreciation, as happened at the AGM.

Since the AGM three members have shown an interest in volunteering for some of the roles that we have vacant. I really appreciate their interest and look forward to working with them soon. Our committee works hard, as a team, to keep everything running smoothly but we are always on the lookout for more help. Please let any of us know if you would like to make a difference for your fellow 'Third-Agers' in Fleet and beyond.

Next year will be the 25th anniversary of Fleet and District U3A. Do you think we should celebrate this event? We could have an exhibition, a concert, a tea-party, a special guest speaker or whatever you would like to suggest. Ideas and offers to help with whatever is decided please. Contact any committee member, all our contact details are in the annual programme, on the website and on the last page of the newsletters.

I look forward to seeing many of you at the next Monthly Meeting and talk on November 21st. Don't forget to come along for coffee beforehand where you can chat with any committee member and find out what we actually do!

Paddy

HAVE YOUR SAY

A number of members have mentioned to me recently that they thought input to the newsletter was solely for the group leaders. **This is not the case.** The newsletter is for everyone within the Fleet U3A, so please feel free to write something that you think other members may be interested in reading about.

It may be that you have suggestions on how to improve the newsletter, or just photographs of what your group has been up to. Maybe even a letters to the editor section.

Drop me a note at news@fleetu3a.org.uk and have your say. I look forward to being inundated with your articles for the December issue.

Fiona Godfrey

CREATIVE WRITING

BLUE

The yachtsman set the sail, locked the helm and lent back against the guard rail. He closed his eyes and felt the sun warming his body. He loved to be here, in his place, on his beloved 'Celeste'.

He remembered his first experience of sailing. As soon as he had stepped into that little dinghy, felt the movement as it bobbed on the water, the power of the wind as the sail caught and the little craft surged forward, he had known that this was what his life was for. Ever since that day, he had taken every chance to develop and enhance his skills as he drank in the experience of sailing.



He thought about the grey days, when the sea was dull and the world beyond his boat revealed in infinite monochrome. He revelled in the cloud cover giving him no clue to direction in the vast oceans; the feeling of freedom that he could head in any direction and where he ended up would be fate.

His mind moved on to the way that a storm could build up, bringing in the white of sea spray and crashing waves. He thought about the roar of the wind and the violence of the heaving sea so that every decision he made was vital and urgent; fear and exhilaration arising from the dangers he was facing. He smiled as he remembered the euphoria of still being alive when he made it through the storms, every muscle spent from his exertions to survive.

Then there was the blackness of the night. The sense of complete isolation on the starless nights, just himself and the Celeste as she cut through the water, distinct and separate from the rest of the world. What a difference to the clear nights! Blackness would be overcome by the subtle indigo of moon and starlight. That feeling of isolation was then replaced with a belief that the whole of the cosmos was just a breath away; that he could reach out and pluck the stars from the sky. The sense of being at one with all of creation awed him.

The yachtsman breathed deeply and opened his eyes, absorbing the vast ocean around him under this cobalt sky. The aquamarine waters below him were alive with fish, in a brilliant palette of vivid colours. The cloudless sky began as a cornflower on the horizon, graduating to azure above his head. His pulse quickened as the breeze strengthened. He sat up, trimmed the sails, took the helm and grinned as the Celeste shot forward, her hull lifting as she gathered pace. They flew across the surface of the sea, his hair flying out behind him and the salt crusting on his lips. He thanked God for the sense of wellbeing and peace that this beautiful azure seascape engendered. This lovely day gave him first rest, then deep joy; he could not get enough of this life, this adventure and today, this perfect blue.

©DAWN GREENWOOD

JAZZ APPRECIATION

The two October sessions of the Jazz Appreciation Group featured guest musicians. These visits attract more members than anything else we do. The attraction is the insight we get from hearing about the lives of practising professionals. To date, the JAG has hosted more than 20 such guests in 8 years.

The latest two were Alyn Shipton on 4th October and Tina May on the 18th. Alyn is a prolific author of books about musicians, he's a broadcaster on BBC about jazz, and he plays the bass in jazz bands such as the Buck Clayton Legacy Band.

It was as the author of George Shearing's 'autobiography' that we invited Alyn for his third visit. The morning was wonderfully entertaining and interesting. He brought some recordings of the late George Shearing responding to Alyn's questions; this was the method used by him to compile the book - from numerous interviews over a number of sessions.

A feature of both Alyn's and Tina May's approach was their fund of anecdotes. Tina is one of the very best jazz singers. She needed very little prompting to talk about her school days, her college experiences, her French connections, her songs, her lyrics, her teaching method, her approach to gigs and recordings, and so on. She is relaxed in such a public context, which is no surprise as she has been in the spotlight for over 30 years. It was a most informative and enjoyable morning. She sang Duke Ellington's 'Come Sunday' unaccompanied. Lovely.

In November, the JAG presents

- ✿ Mike Brown on 'Movie Jazz' on the 1st,
- ✿ Marian Shattock and Mike Weaver in a session of two halves on the 15th,
- ✿ with Malcolm Hitchcock and Colin Thomas also sharing the stage on the 29th.



A varied jazz November is assured.

There's plenty of room, so do come along even if you've never done so before. Lots of room, with tea/coffee/biscuits halfway through. St Philip & St James church on Kings Road, starting at 10.30.

Mike Rance

SINGING FOR PLEASURE

"Pack Up Your Troubles in Your Old Kitbag
And Smile, Smile, Smile

This is just what we do at Singing for Pleasure every time we sing together.



At our last meeting in June, we invited all our family and friends to come and join us. We had a musical evening and it was enjoyed by all.

We would like to give a warm welcome to all our new members, it is lovely to see you all.

Each term we have new songs to sing and Richard and Liril are very patient with us and help us to stay in tune, especially if the melody is unknown to us. However, we usually sing some of the 'old' favourites. If you have a favourite song you would like to sing, you can always let us know.

We are a very happy group but would love to see some more gentlemen who like to sing. You would be very welcome.

June Grace

FAMILY HISTORY Using the Internet

We are currently half way through the five week Autumn course with an average of twelve members attending. We have looked at the civil registration records for births, marriages and deaths in England and Wales as well as census records.

Our final two weeks will cover parish records as well as other archived material on the internet such as maps and military records.



Each session includes a presentation on the history of the records and a demonstration of the various free and subscription websites used in genealogical research. Each session is accompanied by comprehensive handouts including guides to the websites I cover.

If you have never researched your family tree or you have but are unsure of the best websites or how to use them effectively, then this is a course for you.

We meet at the United Reformed Church on a Thursday morning which is their coffee morning, so parking is not an issue!

Not everyone was able to join at Enrolment as I have to limit the number of attendees. As a result I have a small waiting list and if another eight would like to take up this fascinating hobby I would be prepared to run a course in the Spring. If you are interested please contact me on aetrice@gmail.com.

Anthony Trice

DO THEY MEAN US?

In a word, yes. The Charity Commission has interpreted recent legislation to classify the U3A as a 'service provider'. By so doing they have brought us fully within the scope of recent legislation.

Fleet and District U3A recognises that some people experience discrimination and harassment and is committed to making sure our groups are as inclusive and welcoming as possible. We are committed to treating all people equally and with respect, and encourage and support participation from people who face disadvantage in society.

Given the characteristics of our U3A as listed in the previous paragraph, compliance with the law on Equality, Diversity and Inclusion should not be at all burdensome: it represents the best of what we do.

The requirements of the law on Safeguarding require careful consideration. Safeguarding is everybody's business and we in the U3A have a duty of care to our membership. We believe that all people should be able to live and learn in environments which are safe. Abuse and neglect can take place in a person's own home, in the home of a carer, family member or friend, and within any form of institution (e.g. hospital, residential care or nursing home.)

Fleet and District U3A also recognises that abuse and neglect can be perpetrated by volunteers, other users of the service, relatives, friends and neighbours.

Where abuse or neglect is suspected, Fleet and District U3A will respond to the situation as soon as possible, taking advice from the Advice and Volunteer Manager at the Third Age Trust national office. We have drawn up guidance for members, Group Leaders and committee members to ensure that an appropriate and supportive response is made, should a disclosure of abuse be made.

John Gawthorpe

CHRISTMAS LUNCH

Friday 7th December

As of 24th October, about 15 tickets remain unsold. If you want one please contact me either by e-mail (events@fleetu3a.org.uk) or by phone (01252 629609).

Any remaining tickets that are still left will be sold at the November monthly meeting on 21st November.

Mike Brown
Events Secretary



QUIZ CHALLENGE

This took place on Friday 19th October.

Twelve teams took part and a closely fought battle (mental not physical) took place.

The eventual winners by a single point were the Quiz-Rail-Ites led by Caroline Noad. In second place were John Gawthorpe's Groundlings team.

However only 10 points covered the top 5 teams with Tequila Mockingbird 3rd, Scrabjongs 4th and Table Tennis 5th.

Especially pleasing for the Petanque No.2 team was the fact that they trounced the first Petanque team, the Artful Dodgers, by over 30 points.

Everyone competing seemed to enjoy themselves and the cream tea served after 5 rounds of questions by the Catering Team, has been praised as exceptional.



We are still debating as to whether the cream should be on top of the jam or not. Many thanks to all those who competed or helped make the event a success.

Mike Brown
Events Secretary

Before its destruction in the fire that burned down the church, the organ at All Saints was a very fine instrument. Members of the Music Appreciation group were therefore very fortunate to be able to listen to recordings demonstrating its range and tone during Derek Canfield's presentation 'Let's Get Organised'. Its breadth was fully displayed during a performance of excerpts of Leon Boellman's 'Gothic Suite for Organ', during the final toccata of which the tune is played with the feet on the pedals. Simply extraordinary.



Well known locally as a very accomplished church organist of nearly 70 years' experience, Derek also played recordings he had made of the organ at Christ Church Crookham. We heard pieces by Bach, Josef Hadyn, Mozart, and Alec Rowley (d.1958), before Derek shared an illustrated guide to the complexities of keyboards, stops and pipes. The smallest pipe he showed us looked to be the size of a knitting needle, its pitch way beyond a fair number of our audience.

His finale was 'Mussorgsky's Pictures at an Exhibition', originally composed for piano.

Derek's compilation had the different movements played by different orchestras and organists. Taking advantage of the facilities at 'P & J', Derek created a montage of the drawings and paintings of Viktor Hartmann, the artist featured in the original exhibition in St Petersburg, giving the music extra impact.

Don Watson unwraps some 'Brown Paper packages' on 25th October, too late for inclusion in this edition, but on Thursday 8th November 2018 Alan Grace will show how 'The Guns fell Silent, but the Music Carried On'.

All are welcome, 2pm at SS 'P & J'.

John Gawthorpe

ITALIAN

The two Italian Groups, year 2 and Year 3 (pictured) have moved into the cosy Rainbow Room in the Methodist Church in Reading Road South.

Both groups have enjoyed their first meeting of the new academic year and expect this room to be more comfortable in the coming winter than our previous venue.

Our tutor Jan now has the whiteboard she has been craving so we can expand our sentences. The TV, CD and DVD players will also allow a multimedia capability when we need it.

Regretfully we have been unable to form a beginners group this year but we are taking names for a waiting list should another tutor become available.



David Lawes (GL – Italian year 3)
William Austin (GL – Italian year 2)

SCIENCE & TECHNOLOGY

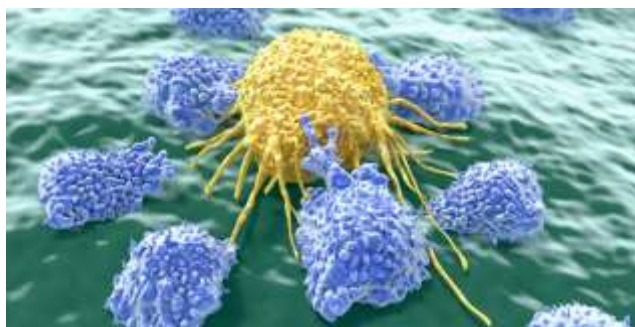
At our opening meeting of the Science & Technology Group for the new season, a record attendance of 143 members was privileged to hear a talk by Professor Tim Elliott of Southampton University on advances in cancer research, presented on behalf of the Cancer Research UK charity. As Director of the new Southampton Centre for Cancer Immunology which opened this year, Professor Elliott was uniquely qualified to describe the remarkable advances being made in the development of immunology as an approach to fighting cancer.

He explained that our immune system is the best weapon we have against cancer. Our immune system evolved to protect us against dangerous infections, but over the past 40 years immunologists have discovered that it can also attack cancer.

However cancer cells are ingenious and hard to defeat. The revolutionary new research on immunotherapy is finding new ways of supercharging our body's natural defences to find and destroy cancer. Research at the new centre underpins the development of three main areas of immunotherapy: direct targeting antibodies, immunomodulation, and cancer vaccines.

We learnt about how a single Killer T cell can scamper around killing slow moving cancer cells by visiting each cancer cell in turn, where it 'burrows' into the surface membrane. The cancer cell then starts to 'bubble' as it dies. Once these killer T cells have been developed in the body, they can provide long lasting protection against further cancer growth.

Vaccines have been used to prevent infectious disease for many years and they are now being used to treat cancer. Southampton researchers were the first to trial DNA-based vaccines against cancer. This has led to new generations of vaccines which will be used in combination with immunomodulatory antibodies.



From the results of trials which Professor Elliott described to us, it was clear that some truly remarkable advances have been made and we were all left with a feeling that while many challenges still remain, we can be optimistic that the immunology approach can truly revolutionise the fight against cancer.

Tim Cansdale

STRICTLYfor FUN!

Fleet U3A have several ballroom dancing groups of various abilities ranging from beginners to advanced.

37 members from across these groups attended a Dance Weekend organised by AND Dance at the Langstone Cliff Hotel, Dawlish Warren, Devon over the weekend of Friday 19 through to Sunday 21st October. They were part of a group of 112 like-minded dancers who enjoyed both formal and informal dancing, workshops, and a demonstration of exceptional dancing skills.



The Saturday morning workshops, fronted by our U3A tutor Anita and her husband Darren, were fun and devoted to new moves in the Cha-Cha-Cha and the Jive.

Guest tutor and examiner Liz then slowed the pace teaching us an American smooth version to our Waltz. All to be perfected back at base.

Saturday afternoon was free time. The weather was very kind 20°C, and no wind. Many of the group walked to Dawlish along the coastal bridle path. Others visited Teignmouth, Babbacombe or even Torquay.

On our return we prepared ourselves for the main 'dress to kill' dinner dance, our chance to put the mornings tuition into practice. After a drinks reception we entered the Washington Ballroom where a 3-course meal was served. During coffee we were treated to an amazing demonstration by two, twenty-year-old competition dancers, who showed us their 5 Latin American routines. FAB-U-LOUS! If only our feet could move faster.....

Sunday morning was a fun dance focus with the whole group. We were taught 4 different Salsa moves and used them in a progressive mode to dance the Rueda, which was very sociable and highly entertaining. Next we danced a progressive Minuet to a 'Wombles' track. 'Zorba the Greek' next – all good fun, laughter being compulsory.



The weekend was very successful and matched with Third Age aims where we make the most of our leisure time, have fun and help others. (the raffle raised £450 for the Woking Hospice).

The next Dance Weekend will be at Bournemouth in early May.

John and Jane Hoyle

MONTHLY MEETINGS

2018

21st November **FAST Museum and The Cody Flyer**
Speaker : David Wilson

2019

16th January **Learning from King's Partnership in Somaliland**
Speaker : Prof. John Rees

20th February **Management of Terrorism**
Speaker : Prof. Jim Ryan

20th March **History of the Watercress Line**
Speaker : Dr Becky Peacock

17th April **Fleet U3A Open Morning**
Groups provide information about what they do

15th May **Universities 50 Years Ago**
Speaker : Prof. Mark Cross

19th June **Contingency Planning at London Transport and Transport for London 1969—2012**
Speaker : Nick Agnew
Wolfgang Hamann



!!! FIND US ON FACEBOOK NOW !!!

We have now created our own Fleet & District U3A Facebook page, which will be developed over time with your help and use.

So please 'LIKE' and 'FOLLOW' our page. Our page in Facebook can be found by putting 'Fleet U3A' in the search box at the top of a Facebook page.

COMMITTEE EMAILS



Chair	Paddy Powell	chairman@fleetu3a.org.uk
Secretary	Alan Jones	secretary@fleetu3a.org.uk
Treasurer	Neil Morley	treasurer@fleetu3a.org.uk
Membership Secretary	Fiona Godfrey	memsec@fleetu3a.org.uk
Group Leaders' Liaison Sec	Leigh Palmer	groups@fleetu3a.org.uk
Events Secretary	Mike Brown	events@fleetu3a.org.uk
Webmaster	Rod Marshall	webmaster@fleetu3a.org.uk
Newsletter	Fiona Godfrey	news@fleetu3a.org.uk
Enquiries	Pat Welford	enquiries@fleetu3a.org.uk
Minutes Sec	} Barbara Jones	minsec@fleetu3a.org.uk
Venues Sec		venues@fleetu3a.org.uk
Outreach Sec	John Gawthorpe	outreach@fleetu3a.org.uk

Don't forget to come along from 9:45 am for a coffee and a chat in the function room next to the main hall of the Harlington.

U3A National Newsletter

Sign up to receive the new **national** newsletter at
<https://u3a.org.uk/email>
for U3A stories, events, advice, opportunities and more.