

Newsletter



Notice Board

Newsletter deadline : 5 p.m. on
Friday 24th April 2020
Next issue date : Monday 10th May 2020

All Members

If any member wishes to contribute an article, thought, photograph or whatever then please feel free to do so.

The Newsletter

With no meetings being held there is little for the Group Leaders to report on but this does not mean that the Newsletter is not going to be sent out. Quite the contrary, as we feel that this may be one way we can all stay in touch. Some suggestions I have received are as follows:

- Group Leaders could write about events or happenings from past years that are funny or interesting. Equally a Group member/s could do so.
- Members could contribute with memories of jobs they did or hobbies that have changed their lives etc.
- Have you been on an interesting holiday and would care to share your experiences?
- What about taking the Art Group challenge (see page 4) ?
- The Third Age Trust (TAT) magazine, as part of a Living History project, is asking U3A members to help craft a shared learning project where they create living history of this extraordinary time. Members should capture their experiences, thoughts, feelings, how they have coped and what has given pleasure or made them laugh. See page 5 for link to TAT Newsletter.

If you have any ideas be it quizzes, anecdotes, jokes or whatever please let me have them.

Editor aka Sandy

Chat from the Chair

"**Curiouser and curiouser!**" cried Alice (she was so much surprised, that for the moment she quite forgot how to speak good English)."

I don't know about you but I am beginning to feel more and more like Alice. Our world is changing around us and we are adapting fast, we have no choice. We are discovering so many new ways of staying connected despite not being able to meet together. Group Leaders must be congratulated on all the efforts they are making to challenge their members and keep the learning and the fun going.

Fleet Members' Facebook page is gathering members rapidly. It's a safe space where we can chat with each other. Only members of Fleet U3A can join. There was even a quiz on it today, thanks to Barrie England, and Michael Andrews is keeping us entertained by his daily 'Boris' walks with his imaginary dog.

I am overwhelmed by the response to my plea for volunteers to make regular phone calls to our more isolated members. So much so, that I now have more volunteers than people to call! Please everyone, GLs in particular, if you know of anyone who would like a chat and to be kept up to date with Fleet U3A news, please let me know. It would be good if you could contact them first to let them know to expect a new person to phone them. I don't want to cause anyone to be alarmed.

You will not be surprised to know that the committee have been working as hard as usual adapting to our strange new circumstances. We still have bills to pay and decisions to make. We usually have a committee meeting on the first Wednesday of every month and we are intending to go ahead as usual using an app called Zoom. A few members have asked me about this year's membership renewal process and whether we should extend our current membership 'year' to Christmas, this will definitely be on the agenda for next week.

Normally, at this time of year I would be reminding you to tell all your friends about our U3A Open Morning in April. Well, that's not going to happen is it? We have no idea when we will be able to resume our usual calendar of events but I do know that we will, when this is all over. Please stay safe and well until then.

Paddy

Health and Well Being—Corvid19 / Corona Virus Information

At our health and wellbeing meetings we have been monitoring the global spread of Covid19, how the virus infects, replicates and subsequently transmits, since January of this year. At present we do not have a vaccine but by the end of the summer I am sure a number will be available, but they will then be required to undertake clinical trials to determine safety and efficacy against the virus. I would expect, depending on the final outcome of the outbreak, that vaccination against Corona Covid19 will become an annual event alongside Influenza vaccinations for those at risk. Although the media is awash with information please only take advice from “bona fide” web sites I have highlighted them in a FAQ factsheet that we gave to our members. Please do as HM Government says it will reduce the spread and numbers infected and ultimately fatalities. In addition I have also added below a help sheet advising on coping with mental health issues during the self-isolation.

We have recently set up a Facebook page for health and wellbeing, it's still in its infancy but we will be updating it with relevant articles. <https://www.facebook.com/groups/213832243268512/?ref=share>

Stuart Williams

To Clarify the validity of this information — Stuart was for thirty years a virologist at a local laboratory and is now semi-retired with a part time position at Farnborough College of Technology.

Looking after your mental health during the Corona virus pandemic

Switch off notifications, avoid speculation and tune in to official information

If you are finding news and social media updates about the virus are triggering very difficult feelings give yourself a break from the news and switch off your notifications. Limit yourself to reading information from official sources for updates once or twice a day including

The NHS

Public health England

World Health Organisation

Seek support

If you are finding your mental health is being affected reach out for support. There is **free**, robust emotional support available from organisations over the phone and in some cases online.

Childline (up to 19 years) www.childline.org 0800 1111

The Mix (up to 25 years) www.themix.org.uk 0808 808 4994

Samaritans (any age) 116 123

The Silver Line (55 years plus) 0800 4 708090

Tips for self-isolation

Create a realistic and helpful daily routine and structure to your day and stick to it

Have regular times for getting up, going to bed and having healthy meals.

Have fresh air if you can open windows or have a private outdoor space like a garden or a balcony.

Keep active and healthy by exercising indoors. Check out YouTube for personal training videos

<https://greatist.com/move/best-free-workout-videos-youtube#equipment-free>

Stay connected. Keep in touch with others via the phone, email, social media etc.

FAQ on the Corona Virus Outbreak

Q- How can I catch the virus?

A-By contact with an infected person within 2 metres or by touching contaminated surfaces such as handles, tables, keyboards, touchscreens, phones etc. and transferring to eyes or mouth. Aerosol transmission does not appear to be a factor.

Q-How long before symptoms develop?

A-Up to 12 days but in general between 4 and 5.

Q-What are the symptoms?

A-A dry cough, high temperature and shortness of breath, these symptoms are similar to flu or a cold but it appears that a runny nose and sore throat is absent.

Q-If I develop symptoms what shall I do?

A- You should self-isolate stay at home do not visit your surgery or A and E but contact NHS111 for further guidance.

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Q-How can I avoid catching the virus?

A-Ensure you wash your hands thoroughly and regularly and if you see a hand sanitiser use it. If you have concerns clothing has become infected do a hot wash cycle in your washing machine. Face masks offer no protection.

Q-Which disinfectants should I use?

A-The virus is destroyed by hand sanitisers containing alcohol above 60% or any disinfectant that includes chlorine. Bleach is very effective at a 5% concentration. Be aware that anti-bacterial is not necessarily anti-viral, check the label.

Q-How long is the outbreak likely to last?

A-The Governments response is balanced and measured but will change as the outbreak develops. Accredited information can be found on the following websites.

<https://www.gov.uk/guidance/coronavirus-covid-19-information-for-the-public>

Stuart Williams

Photography Group

The Photography group continues to review images online.

With the monthly meetings and our competition with Hartley Wintney U3A cancelled we are enabling the members to have continued involvement by presenting their photographs on the group's private Flickr account. All members can review them and then vote on their favourite image. Russell and I will also provide a brief written critique which we would normally have provided at the monthly meeting.

The theme for this month has been "wildlife" for which we have received 42 images from 14 members. Hopefully we can show the image voted as the members' favourite in the next newsletter. For next month the theme will be "music" which will should generate many interesting shots available from within our presently restricted environment.

In January we received a presentation from Steven Barney, a professional photographer, on taking photographs of food. As a result we set the monthly theme as "food". 47 images were sent in by the members presenting a varied and interesting set of subjects including restaurant plated dishes, home made food and still life style displays of ingredients.



Maralyn Wong



Jo Wrigley

Keep safe and hopefully we can continue albeit in a virtual manner.

Mike and Russell

NEW - MINDFULNESS AND MEDITATION **GROUP - STARTING SEPT 15TH**

The Group will be meeting at the United Reform Church Hall, Kings Road, FLEET. 2.00 – 3.00 p.m.

This new group will be developing the idea of how mindfulness can help with all aspects of our daily lives. There will be general discussions, tea n' chat, and we will finish with a group meditation, the intention being to send everyone home feeling calm and more positive. The group will run fortnightly, starting on September 15th. Please do not hesitate to contact me nearer the time if you would like more details.

lesleythedoris@outlook.com

Lesley Nicholls

ART

Twelve members of our group have been charged with producing at least two watercolour paintings during the period of enforced inactivity. They will be entered, at the end of our isolation, into an Exhibition.

The subjects are :

- ♦ Expressing the Current Situation with Covid 19.
- ♦ Any Subject of choice.

Voting will be undertaken by Members in a secret ballot. Two small and insignificant prizes will be awarded.

Tony Yates (Art Group Leader)

Shakespeare Group

Christine West and Ann Bauer gave the group an enthralling and thoroughly enjoyable introduction to Shakespeare's Sonnets in the most recent meeting.

Unpacking the levels of nuance and meaning within '*My Mistress' Eyes Are Nothing Like the Sun*' was absolutely fascinating. We are all keen to do more, and the news that Sir Patrick Stewart is reading - on Instagram - '*A Sonnet a Day to keep COVID away*' brought a little cheer.

Many of our members are trawling through web-site run by various theatres – not least The Globe – and the free or cheap passes available to watch streamed versions of the Bard's works. *Marquee TV* has received many favourable reviews.

It is sobering to reflect on how many of the greatest works were written in times not unlike ours, King Lear being a prime example.

John Gawthorpe

Music Appreciation

On March 12th – a lifetime away now it seems – Gilbert Rowland presented a medley of 'March Melodies', to a strangely re-configured Music Appreciation Group. Alert to the need for social distancing, members took the opportunity to sit in all four corners of 'P & J'. (I have to admit we had not got as far as insisting on the correct distancing in the tea and coffee queues.)

Unaware that ere long we would be unable to visit in person, Gilbert took us, courtesy of Respighi, to *The Fountains of Rome*. Arnold Bax's musical depiction of *Tintagel* was another memorable musical journey.

For the connoisseur there were pieces by Orlando Lassus, Satie, Rachmaninov and Beethoven. Many members were familiar with Dvorak's '*Humoresque*', few with the version played by Jazz legend Art Tatum. Gershwin's '*Bess, you is my woman now*' was a stirring finale.

Now that the next meeting must be many weeks away, MAG presenters have been thinking out of the box. Malcolm Hitchcock's presentation on 'The Choir' is being delivered in instalments, with music and video attached to emails in a variety of formats. Since licence fees are paid on behalf of us all, issues of copyright are largely resolved.

Other members have discovered sources like Marquee TV and – a real treat – a 30 day free pass to enter the Berlin Philharmonic's 'Digital Concert Hall'. In difficult times, music comes into its own.

If readers would like to join MAG for access to emailed presentations, that would be very welcome. My email address is in the programme.

John Gawthorpe

Singing For Pleasure

"Sing... Sing a Song
Sing it loud, Sing it long
Doesn't matter if its not good enough
For anyone else to hear,
Just Sing, Sing a Song."

To all our lovely songsters at Singing for Pleasure, this is what we should do whilst we are 'self-isolating' to lift our spirits.

'Music makes the world go round', so just Sing, sing a song.

I am sure Richard, Liril, and Janice will join me in wishing you all happy singing!

June Grace

Chess Group

LIFE GOES ON ...

The chess activities of our U3A group have been decimated by the coronavirus and any respite seems a distant dream. However we are not depressed, on the contrary we are uplifted by one of our members organising a chess ladder via SMS so we will be able to continue to hone our respective skills.

Online chess often inspires players to take more risks which can result in some eye-catching games. Watch this space

John Hoyle

Tai Chi

Did you know that you can do the Tai Chi forms even when you have very limited space - it is known as jail-housing. Somewhat ironic at the moment perhaps, asking you to envisage doing the Tai Chi Form in a space no bigger than a prison cell...

There are two ways of doing it:

The first is to run through the Form without moving your feet at all. Just concentrate on shifting your weight from foot to foot as you go through the various moves - concentrate on relaxing into the ground and turning through the waist to bring your arms into the correct position. You stay orientated in the same direction the whole time and it feels like you are swaying from side to side.

The second is like running on the spot in slow time. It is similar to what happens in the class when you are too close to a wall or have to restrict your movements to stop bumping into other people. You just have to bring both feet in together before moving onto the next position but can turn in any direction.

It does take a while to get the feel of it but have fun with it and let me know if you want advice.

No tests when the class starts up again I promise...

Ken Molyneux-Carter

Third Age Trust (TAT)

U3A National Newsletter

You can sign up for this newsletter at :

<https://u3a.org.uk/email>

For country wide U3a stories, events, advice, opportunities and more.

Talking Poetry

It took some organising but Talking Poetry is now meeting on Zoom! We were disappointed a week ago to cancel a visit to Sunrise where we were going to give a 30 minute poetry recital. How things have escalated since. Now we have decided to have shorter 40 minute sessions online but weekly instead of fortnightly. We are hoping more of our group can join us as time goes on; it takes some determination to get to grips with the technology which is new to many of us. The joy of being able to see each other, rather than hearing disembodied voices, is great. For those not on Zoom we will continue contact by email.

Our first session this week had us discussing one of Gerard Manley Hopkins' sonnets, Carrion Comfort. There was plenty to talk about from his life, the meaning and ambiguities in certain phrases, the references to Biblical and other texts, rhythm and metre, images and the influence of Anglo-Saxon poetry on this work. We could have used at least another 40 minutes but true to its promise Zoom cut us off mid-sentence when the time was up.

Who knows what the next few weeks will bring but we will carry on undeterred and aim for that recital in Sunrise when life is less constrained.

We wish all our fellow members well. **Ann Bauer**

PLENTY OF TIME FOR WRITING!

The two Creative Writing Groups are keeping going via email. We had already asked both groups to write 100 word stories for display at the national U3A day. Even though that has been moved back to October, we are encouraging our members to write their stories while they have the time!

We have a number of writing exercises available to us, thanks to the National Adviser, and our writers (both groups) are currently looking at an exercise in dialogue between two nursery rhyme characters, without using "he said" or "she said".

And we have encouraged CW2 to finish this term's work and we have a writing prompt for that day, which I hope they will do and send in. As contributions arrive from the group members for the various categories, we circulate them so our members can enjoy them.

As you know, for several years, we have run a competition at the April Open Day. We are hoping to go ahead with a competition, maybe using the Beacon system of emails as our competitions are open to all U3A members, except for those already in the groups. **Margaret Garrod and Beverley Carpenter**

Spanish 3 and 4

As we enter into a period of self-isolation, we are looking for ways to keep in touch and continue with our language studies. There is a vast range of Spanish language videos on YouTube but a lot are rather dry analyses of grammar, necessary but often quite boring. There is a series of videos, *Hola Qué Tal*, which are based on a light-hearted “soap” (telenovela) made by a Spanish TV company together with the Instituto Cervantes (the equivalent of our British Council). This follows the antics of a small group in a fictitious publicity company. It starts very simply as in this episode:

<https://www.youtube.com/watch?v=pv7plbzaU>

There are 8 levels of difficulty with 20 episodes on each level, following mishaps and romantic attachments. Some may find the Spanish a bit difficult first time but it is worth playing the episode several times. It is amazing how much easier it becomes. For my two groups it is important that they do not learn Spanish with my Liverpool accent, although the short Northern vowels are much nearer to Spanish than the Southern drawl of this area. In the lower levels of these videos there is hardly any vocabulary that will not have been seen in the BBC Talk Spanish 1 & 2, which is familiar to anyone who has attended Fleet U3A Spanish 1,2 and 3.

My Spanish 4 group is planning to set up online group Spanish chats, either on Skype or zoom.com. We will find out later this week how this works. If that works, I will see what I can do for the Spanish 3 group.

Finally let's look to the future and plan for the 2020-1 U3A season. Spanish 3 and 4 have vacancies, so you are welcome to email me if you want to have a go. Meanwhile, keep safe.

Nick Keeley

Rollers Visit to Blenheim Palace

With great regret this amazing day has had to be POSTPONED. I will re-schedule, please may I count on your continued support. Stay safe

Jenny

Making cards 1 and 2

Our Tutor Christine Widdowson has very kindly set up a Private Pinterest site and will be giving us challenges in the coming weeks. She will be uploading our cards so that everyone in the group will be able to see what we are all doing. Hopefully I will be able to share some of these cards in the next newsletter. Regards.

Val Carrington

Library Resources

The Hampshire Library online service is a good resource for members to obtain free reading material, especially now we are all told to stay at home.

I have been using the service for a couple of years for access to the main Photography magazines. Of course they have e-books, magazines, audio books, newspapers, etc. You usually need a library card number and a pin code to access. I just checked and there is a tab on the first page when you use the link, in my paragraph below, for joining if members don't already have a card and pin number.

To connect to the Library use:

<https://www.hants.gov.uk/librariesandarchives/library>

Alan Jones

Interim Newsletters

We are hoping to provide a midway edition of the Newsletter to enable all to stay in contact. It will require your help in providing information or items of interest. Take Care

Sandy aka Ed

Strollers

Putting our best foot forward!

Twice in March before and after curfew. Yes, ten of us defied the

final countdown and had a peaceful (the road was virtually silent) stroll. Keeping our distance, we strolled around Elvetham still finding new sights to enjoy. The vivid purple heather is growing in gay abandon.

Our strolls may have to be curtailed for the moment, but not in any way a permanent fixture.

We will be back, stay safe, strong and in touch.

Until we meet again folks. Bye for now.

Jenny Teagle



A Warning

“On hearing ill rumour that Londoners may soon be urged into their lodgings by Her Majesty’s men, I looked upon the street to see a gaggle of strappings making fair merry, and no doubt spreading the plague well about. Not a care had these rogues for the health of their elders !”

Samual Pepys Diaries—London 1664

Thanks go to Antony Trice for reminding us of this event

Creative Writing

You may recall that we have been holding a Competition at the U3A Open Days. We still hope to hold one this year, but it can only happen if we are allowed to use the Beacon email system to let you know what we're looking for this year. Meanwhile, please enjoy last year's winning story from Susan Bradley.

Beverley Carpenter

FANTASY FLIGHT

by Susan Bradley

Twisting, turning, round and around, into a deep black hole. My heart pounds in my chest. I'm on a roller coaster, up and down, up and down, feeling sick and wishing the movement would stop. I slow down. I begin to drift on a soft white cloud until I become still.

What is happening? Where was I? Was I dead? Mentally, I examine my body, it didn't feel like mine, no obvious pain, just a sharp feeling as if someone was plucking at my side. The feeling begins to fade.

I gather my strength, I explore my mind and tell my brain to function ... my body begins to respond, I open my eyes and discover I'm lying with my face on a pillow of moss. I'm aware of a scent, a fresh clean smell that reminds me of newly mown grass. My eyes explore. I see a carpet of leaves, a myriad colours, the dark brown ones, that you can crush to dust in your hand, yellow ones, red ones and green ones that have fallen before their life has left them.

I wanted to move. I try to concentrate, my body fails me. I have to be brave and cross from fantasy to reality. I hear a sound, footsteps crunching on dead leaves. Will they see me? Will they help me? The waiting is hard to bear. I must be patient. I watch and wait ... and wait ... time stands still. I see feet, I hear voices. Why don't they look? Can they see me? I call out, no sound comes. The feet are close, they don't stop, they walk straight through me.

I cannot understand. I close my eyes to shut out the fear.

Slowly warmth comes into my body, I raise my eyelids and see a ring of light above me, my eyes focus. I stir, a figure comes towards me, a comforting hand on mine, the hand is real, the hand is warm, the fear is beginning to fade.

"My dear, you gave us a fright during your operation but all is well now."

©SBradley

Carole Matthews (visits) would like to remind us of this poem

SMILE

*Smiling is infectious you catch it like the flu
When someone smiled at me today, I started smiling too*

I walked around the corner, and someone saw me grin

When he smiled, I realised I had passed it on to him

I thought about the smile and realised what it's worth

A single smile, like mine, could travel round the earth

So, if you feel a smile begin don't leave it undetected

Start an epidemic and get the world infected.

Keep safe and smiling Everyone.

Members Who are Zooming

When I first joined U3A, 3 years ago, I went to the new members coffee morning and there I got into conversation with a group of women. When it ended I suggested we meet up in a month's time for coffee to share our experiences in our new classes and we've been meeting for coffee (and lunch at Christmas) ever since.

Today we had our first virtual coffee morning via Zoom. Eight of us enjoyed over an hour of chat on our iPads and laptops sharing experience and advice and we're hoping to do it once a week while we're self isolating.

I moved to Fleet in summer 2017 to be near my family so U3A provided me with a choice of classes/groups to join and also a wonderful group of friends. It's easy to do what we're doing, just download Zoom and then someone schedules a meeting and invites the others to join. It was such fun to see everyone on screen this morning, I heartily recommend it.

Sarah Moruzzi

The Fleet U3A Committee is also using Zoom for our monthly Committee meetings. See page 11 Ed.

Current Affairs:

Ideas to keep mentally alert

During the 7 years I have run the Current Affairs Group we have had many interesting conversations about why one members newspaper has a different interpretation to another newspaper. We have had many interesting discussions about physical papers versus Electrotechnic version. This adds to discussions on how technology is changing our lives for the Good or the Bad. What will be interesting for next year will be to see how many has changed their views of electronic media. When The Independent went fully electronic the group felt it was the end. But latest financial results shown they are making better profits than many traditional papers. Could this be why some newspapers are now offering from Free to 50% with home delivery for 3 months?

The BBC has this year started "BBC sounds" for radio. This includes all UK BBC local and main stations. It enables you to listen to programs live, with time slip or on another day.. It includes Music, Stories, Podcast etc. My favourite is "The Coronavirus Newscast". It is less formal and reporters & plus guests spend time discuss items. It is available at: www.bbc.uk/sounds

If you have a smart phone or tablet such as an Amazon Fire, Apple iPhone or iPad and Android phone or Tablet you can down load their respective app store.

Another idea is free books. The largest collection is to be found at: <http://www.gutenberg.org/?ebooks> They claim to have 61600 free books. You can select format option, Kindle or E pub (if you have a Kobo or a number of older e Readers which use E PUB international standard

Note: The latest Apple & Android phones or tablets have optional screen reader applications which enables you to listen to a book. They works in a car which has Android auto or Apple Play.

European Studies

This has been an interesting topic as we have considered a number of items going on in EU and compared to UK news media version. An example many claim that German industry would encourage the politicians to give the UK a super deal. This is not supported by German manufacturing trade bodies. We will have to wait to see if this changes towards the end of 2020.

What was surprising was how some new MEP's were very positive and a small number made themselves look silly by their complaints. Such as why they were issued with iPads, even though many UK councillors are issued with iPads. Then a few weeks later complained that the meeting were moving too quickly when they had not read the drafts before a meeting on their iPad as all other MEP's did.

Up to now health issues have been the responsibility of each national government. Due to problems with distribution of PPE equipment and Drugs the 27 member states have voted to have the commission resolve the conflicts. This will be another interesting topic for next U3A year..

Alan Christopher

Inter U3A Quiz

This year's Inter-U3As Quiz took place on Friday, 13th March, at the Victoria Hall in Hartley Wintney. Teams from eleven other U3As competed for the Cup, including the winning team from our quiz held in October, which represented Fleet U3A.

It was a lively affair with many varied and challenging questions posed by the Quizmaster, Brian Proctor, ably supported by the excellent Scoring Panel of Kathy Hudson, Jane Jeffares, and me!

After a very close match, the winner emerged, **Milford U3A**, ahead of **Guildford U3A** by one point. Finishing in third place was **Fleet U3A**. The photo shows the Milford U3A team with the Winners' Cup and their individual awards.

The highlight of the afternoon is always the Cream Tea, which was delicious. A very big thank you to the Catering Team led by Peter Murray and his happy band of helpers, Pat Booth, Lindsay Corr, Angela Kanani and Maureen Wisdom, who provided this treat for us all. We must not forget to thank the following, whose help ensured the Quiz and raffle ran smoothly, Carol Howlett (Events Secretary), Sue Dee, Liz Sinclair, Shirlene Taylor and Len West.

Everyone had a really enjoyable afternoon.

Sue Hawkins



Visits

Well, what difficult times we are ALL going through.

Visits, as many of you know, have been rearranged for our Torquay visit and our other visits in order to try and protect everyone's monies. Torquay has been rearranged to October 16th to 19th when we all hope we will be let out! You may have been disappointed with cancelled holidays elsewhere, but the good news is I have some double/twin rooms available.

We are going to be governed by the government's recommendations and directions. Obviously, we will keep everyone up to date. Keep everything crossed that we can go on the rearranged visits as all of us need something to look forward to and lift our spirits. In the meantime please do keep an eye on the web page where everything will be updated.

In September we visited Eyam, known as the Plague Village, on our Derby trip. Recently it has been featured on the news. Have a look online at the story, it's worthwhile.

I intend to keep you all amused via the newsletter. Many members know that I tell jokes on the coach and as I say it not mandatory it's compulsory that you laugh. It really is the best medicine, especially at this difficult time.

So----- here goes with one of my stories.

I am NOT to be trusted out on my own!

We arrived at the Headland Hotel in Torquay and while our luggage was being taken to our rooms, we were all enjoying a cuppa and a biscuit, as the manger greeted us with a welcome talk about the amenities of the hotel and distributed our room keys. The rooms were over the 3 floors with a lift as well as a stair lift.

We all enjoyed our five course meal and the evening entertainment. As we had left Fleet early that morning many people retired to bed early ready for our fun packed next day. I am a night bird so was one of the last to go to my room. Winston (my husband) had gone up to the room a bit ahead of me with the key.

Into the lift I go up to the correct floor. What way Left or right? Oh, there's the sofa on the landing I know it's down this corridor. Success but what's the room number?

A man (not one of our group) is sitting on a chair outside one of the rooms waiting for his wife who has his key. Lucky man. Up and down the corridor I go until I make the decision. This is the door knock, knock. The door opens a head peers around the door. It's not Winston! It was one of our male members, thank goodness. When he sees it's me he opens the door a bit wider. I explain that I haven't got a clue what my room number is. He asks, "would you like to use our phone, to call reception"? His wife is now out of the bed. She obviously doesn't trust me or him as he's in his boxer shorts.

I phone down to reception. Oh no, the night porter can't access the rooms names. "Could you hold please while I access a secure file" he says. I hang on and on. "Hello" no answer, what to do? The wife of our member comes up with a solution. "You will have to kip in with us"! There's a knock on the door it's the night porter. I am in the room next door!

I then knock on my door, Winston is not a happy chappie, but we have been married for many years and is very patient with my many gaffs. But in all these years I have never ever been offered 3 in a bed! Quite exciting really.

To make matters worse on our trip to Norwich last December, a similar thing happened. Winston and I both left for bed at the same time. The hotel which was excellent was an old Victorian house, with many twists and turns to its corridors and ways to get to some of the floors. We bumped into a couple of our members who were confused as to which way to go to get to their room. By this time Winston had disappeared! Which way did he go? I had remembered the room number this time, so, following the signage for the rooms I knocked on our door. Shock, horror, another male answered! Up and down the corridor I went bumping into several of our group who joined me on the hunt for my room. Eventually, I went down to reception to find I was on the wrong floor! Long suffering Winston had the sympathy of all the group in the morning. I have decided that when we go away again, as I am supposed to be a grown up, I am going to ask for my own room key. Watch this space, even that may have repercussions, as clearly, I am not to be trusted.

Carole Matthews

Hart Voluntary Action (HVA) — Do You Need Help?

“*Coronavirus (COVID-19) – helping Hart residents most in need

A helpline is now available to provide information and advice, as well as practical support, to frail or vulnerable Hampshire residents during the coronavirus outbreak.

The Coronavirus Hampshire Helpline is 0333 370 4000

The helpline is available 7 days a week, from 9am to 5pm, and is for vulnerable people who do not have support from families, friends or their local community, and who need urgent assistance with practical issues such as essential food/household supplies or collection of medication, or who are at risk of loneliness.

Hart residents who contact the helpline will be directed to appropriate support within the local community, including services and support being provided through the newly formed Hart Response Hub. The Hub is jointly managed by Hart District Council and Hart Voluntary Action, working in partnership with established voluntary groups such as Fleet & Hart Lions, Churches Together in Fleet and Hart Foodbank, and local volunteers.

*If you wish to volunteer your help (opportunities include shopping, picking up prescriptions, but also offering a daily reassuring call to those who need it), please go to: www.fleetlions.org.uk/_contact.html or [<http://www.fleetlions.org.uk/_contact.html>](http://www.fleetlions.org.uk/_contact.html)

An Observation



Fleet U3a Web site

You are reminded that Fleet u3a has a Website that is full of information including news, details of rearranged visits, sharing of experiences etc. Any breaking news will be on the scrolling panel on the home page. In addition there is a section of labelled ‘Coronavirus Times’ that has official announcements to members. The Web site includes space for help and advice, and some humour. The Webmaster will welcome any contributions for inclusion, also images for the Gallery. Web address is: <https://flu3aweb.wixsite.com/fleetu3a>
Chris Porter

Find us on Facebook

Fleet U3A has its own Facebook page Our page on Facebook can be found by entering “Fleet U3A” in the search box at the top of a Facebook page. You will need your membership number to see it and join in.

Senior Moments

As talk turns to old age, I say I’m 49 plus VAT.
(Lionel Blair)

Be kind to your kids, they’ll be choosing your Nursing Home. (Anonymous)

When you are annoyed by the fact that your All-In-One remote will not open the garage door. Then you see it’s your mobile phone.

When you become frustrated by instructions to ‘Press any key’ – why would they tell you to do that when there’s no ‘ANY’ key on the keyboard?

I can still enjoy sex at 74. I live at 75, so it’s no distance. (Bob Monkhouse)

I believe in loyalty. When a woman reaches a certain age she likes, she should stick with it. (Eve Gabor)

Age is an issue of mind over matter. If you don’t mind, it doesn’t matter. (Mark Twain)

Thanks go to Michael K. Brown for these thoughts

Fleet U3A Jazz Appreciation Group

How are you getting along in this unique and hopefully never to be repeated 'lockdown'? One thing I'm (almost) certain about is that you are sadly missing your fortnightly JAG session at the P&J. Not much I can do about that. But I will be sending out the occasional jazzy email which may provide a few minutes when your worries might recede. This news item contains a fairly easy quiz, attached. You may like to reply if you can answer all 18 of them without reference to Google. But, sorry to say, there's no prize.

I'm happy to consider other ideas for entertaining JAG members at our time of physical constraint.

Stay safe.

Mike Rance

JAZZ QUIZ 1

1. Which London Jazz Club opened in a basement in Gerrard Street, Soho, in October 1959?
2. Which jazz musician was the first British artist to have a No. 1 single in the United States in the era of the modern Billboard Hot 100 pop charts?
3. What was the nickname of Louis Armstrong?
4. How was Ferdinand Joseph LaMothe professionally known?
5. In which American city does jazz have its origins?
6. Which American bandleader and jazz clarinettist was known as the 'King of Swing'?
7. Which English jazz-pop singer married former model Sophie Dahl in 2010?
8. Name the only female performer to have received Grammy nominations in the jazz, classical and popular music categories?
9. 'Lady Sings the Blues' is an album by which American jazz vocalist?
10. Which instrument was Count Basie famous for playing?
11. An alto flute solo by jazz musician Bud Shank is famous in the mid section of which well known song?
12. Which 1924 musical composition by George Gershwin combines elements of classical music with jazz-influenced effects?
13. Which instrument do you associate with Artie Shaw, Pete Fountain and jazz fan Woody Allen?
14. Which New York City jazz night club was located on 142nd Street and Lenox Avenue, Harlem, from 1923 to 1935?

Continued

15. Which decade in the 20th century was known as the 'Jazz Age'?
16. Who portrays American jazz musician Chet Baker in the 2015 film Born to Be Blue?
17. Who has had more number-one albums than any other artist in US jazz chart history?
18. Miles Davis was famous for playing which instrument?

Your Committee at Work April 1st 2020

Yes we did meet on April Fool's Day



COMMITTEE EMAILS



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