

Notice Board

All Members

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

Hand Washing v Sanitizers

Without any question effective washing of your hands with soap and water is preferential to hand sanitizers. The virus (Covid-19) has a lipid (fat) membrane that is susceptible to 60% or greater alcohol but often the sanitizers do not have full coverage and there is no dilution paramount to removing virus. Soap is not necessarily virucidal but what it does do is remove anything that might be attached to the skin. Also if a sanitizer claims to be anti-bacterial it might not be anti-viral so check the label. Also I would avoid "natural" remedies as often they have not been assessed against viruses. So to recap wash your hands with soap and water if its not possible then use sanitizer.

Stuart Williams

URGENT APPEAL FOR LAPTOPS & DESKTOPS

The local Lions Clubs are in urgent need of computer equipment! They have been able to provide many students with laptop or desktop computers to enable them to continue their education whilst the schools remain closed. Unfortunately they are running out of stock and there are still students in need. Do you have a spare computer that they can collect from your doorstep, cleanse it and reload it with official Windows 10pro and a range of free software including Libre Office? They are trying to ensure all children can continue with their home learning at this time.

Please contact it@fleetlions.org.uk where you can have a chat. Thank you **Brian Proctor**

Paddy's Piece

At least the sun is shining as we become accustomed to this strange new reality. I trust you are managing to shop and acquire medication, if you need it. Please do let me know if you are having any problems as I have details of organisations who are very willing to help any of us.

Sadly, I have to tell you that Joan Lovegrove, one of our group leaders, has died. Her death was not Covid 19 related as far as I know. Joan had been GL of the three philosophy groups for seven years. She set them up and generously hosted them in her own home. It is a real tribute to the interest she generated in her subject, that all three groups are determined to carry on and several members have stepped into the GL roles. We wish them all well in continuing Joan's legacy.

I 'attended' a Third Age Trust regional meeting yesterday on my computer and was pleased to learn that interest in joining U3As nationally has increased as people realise that U3As are one of the best antidotes to loneliness and boredom. I know our own GLs are working hard to keep in contact with you and set challenges or hold virtual meetings. I wish to thank them all and remind them to contact the committee if they need any resources or advice.

The Third Age Trust have set some national challenges and activities. All the details are included in their latest newsletter, to which you can easily subscribe through their website www.u3a.org.uk

I wonder if some of you could take part and let us know how you get on? They also have a Facebook page 'U3A: keeping in touch' which is full of good ideas for members and group leaders. However, our own Fleet U3A, members only, Facebook page has the continuing saga of 'Stealth the imaginary dog' and quizzes set by our own members.

It looks like we may be in this for the long haul so we must make sure that we keep in touch and look after each other. This extra newsletter is a contribution to that end, I hope you enjoy it.

Keep safe and well.

Paddy



French Intermediate Group

Whilst we are all confined to home for the foreseeable future, The Intermediate French groups A and B have got together with our professional tutor, Anne Cockburn, to provide a package of e-learning during the Summer Term and also using the video-conferencing app 'Zoom' which seems to be working well. Below is my short piece for my homework, which is supposed to test our use of the imperfect, present and future tenses. No excuses for the undoubted mistakes you will find!

Howard Robinson,

GL French Intermediate Group A

Les Vacances de Pâques

Quand j'étais jeune, nous allions en famille (ma mère, mon père, mon frère et moi) chez mes grands-parents qui habiteraient à Hove au bord de la mer près de Brighton. Nous y restions quelques jours pendant les vacances de Pâques. J'aimais aller se baigner dans la mer, aller se promener avec le chien de mes grands-parents qui s'appelait "Sonny" et surtout j'aimais une journée de voile dans un petit bateau à moteur avec mon grand-père. Nous nous amuserions comme des fous, faire des châteaux de sable, regarder le Punch et Judy, manger les glaces, etc. Maintenant, ma femme et moi, nous rendons visite à nos enfants et petits-enfants. Notre fils et sa femme et leur fils habitent à Leeds, notre fille cadette habite Redditch avec sa famille et notre fille aînée et sa famille habitent dans le coin. En général pour le dimanche de Pâques nous invitons toute la famille à dîner chez nous. Les petits-enfants cherchent les oeufs de Pâques dans le jardin.

L'année prochaine, nous espérons partir en croisière fluviale sur la Gironde, la Garonne et la Dordogne. Nous rendrons visite à Bordeaux, Bourg, Blaye, Cadillac, Pauillac entre autres, et nous dégusterons les grands vins de Bordeaux!

Fleet U3a Web site

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**

Coping with Lockdown?

Just be careful because people are going crazy from being in lock down!

Actually I've just been talking about this with the microwave and toaster while drinking coffee and all of us agreed that things are getting bad.

I didn't mention anything to the washing machine as she puts a different spin on everything.

Certainly not to the fridge as he is acting cold and distant. In the end the iron straightened me out as she said everything will be fine, no situation is too pressing.

The Hoover was very unsympathetic... told me to just suck it up, but the fan was more optimistic and hoped it would all soon blow over!

The toilet looked a bit flushed when I asked its opinion and didn't say anything but the door knob told me to get a grip.

The front door said I was unhinged and so the curtains told me to ...yes, you guessed it ...pull myself together.

Find us on Facebook

Fleet U3A has its own Facebook page and group. Our page can be found by entering "Fleet U3A" in the search box at the top of the Facebook.com page.

Our main Facebook page is visible to everyone including the general public. However, to join our private Facebook "Fleet U3A Members Group" (click on visit group), you need to apply and provide your membership number. Your Facebook details and membership number will be checked against our Membership database to ensure only our U3A members will be able to join this private discussion group.

Please apply to join the private 'Fleet U3A Members Group' to keep in touch during the Covid-19 isolation period.

[The Browns Go On Honeymoon](#)

Reading the entertaining account by Carole of her various misadventures with hotel room mix ups, reminded me of times when something similar happened when I have been away on work related courses.

However, the “worst” one can’t be put down to middle age or old age doolaliness.

No, this happened on our honeymoon when I was a young lass of twenty one.

We were very poor, and could not really afford the luxury of a holiday, but we splashed out and booked a week at the rather grand Windermere hotel in the Lake District.

It was a weekday wedding. Not many of our friends could come as they were working, and Mike and I are from small families, so the number of guests available was limited.

I was a student nurse, and my nursing colleagues from my intake year were on leave, so they made up the numbers.

After the wedding breakfast, at a posh hotel in Leeds, I had gone to change ready to depart on our eagerly anticipated honeymoon. Following a quick visit to the loo, I emerged from the cubicle to be greeted by a band of “Merry” nurses, flinging toilet rolls at me. Post Covid-19 they would be severely chastised.

However, in the melee, my glasses fell off and broke. Without them I am blind as a bat - a relevant factor in the sequel of events.

We had a train to catch, I didn’t have a spare pair, and so I set off blindly following Mike, and my dad assured me he would get a mended pair posted off to me.

In those days, Leeds to Windermere was a long old trek. Sitting on Carnforth station waiting for a connection was akin to waiting for Godot.

We arrived at our palatial destination late in the evening. We had missed dinner, and were reluctantly snootily offered sandwiches.

In the lounge was an elderly gentleman with a very suspiciously glamorous young wifelet.

As we scoffed our sandwiches, this encounter with them was our first tentative excursion into life as a married couple.

“Where are you from?”

was the opening gambit of the gentleman. Of course, I messed that one up didn’t I.

“I’m from Leeds and Mike’s from Cornwall,” chirped I, putting us firmly in the dirty weekend category occupied by them!

We escaped from that as fast as we could.

Time for bed!!

Our room was on the left, towards the end of a very long, plushly carpeted corridor.

Quite overwhelmed by the grandeur, I nipped down to the other end of the corridor to the loo. (No en suite in those days.) To my horror, I found I had covered the floor with confetti. I tried desperately to pick it off the maroon carpet, before realising it was a hopeless task, and setting off back to our room feeling very hot and flustered.

Like Carol, I couldn’t remember where it was. I had not taken note of the number, and I couldn’t see numbers anyway because I was sans glasses.

So, I resorted to door knocking and hoarsely whispering “Mike?”

Some embarrassing encounters later, I finally found him.

On the second day, we were summoned to reception to be informed by a chap with a big smirk on his face, that there was a parcel, which he wondered might be for us?

Yes, there were my glasses, dutifully dispatched by my dad, addressed to “Miss Fox.”

Was my face red!

We headed home to our grotty attic flat once we realised that with all the hidden extras, we could not afford to stay the full week. **Sylvia Brown**

[Fleet and District Quiz](#)

- 1, Which Prime Minister has a place named after him and played for Fleet Town football club?
- 2, What was the population of Fleet in 1912?
- 3, What was once built in Cove Road by Fleet Pond?
- 4, What did Fleet achieve in 1962?
- 5, Who purchased a large house in Elvetham road called the "Pines"?
- 6, Why was Fleet Pond once drained?
- 7, What was started in 1955 to raise funds for a new public hall and eventually donated £10,000 to the building of a Civic Centre?
- 8, Crookham Village is twinned to a town in?
- 9, What was the first church to be built in Fleet?
- 10, What was Fleet famed for in a 2002 survey?
- 11, What famous British author has six roads named after her books in Zebon Copse?
- 12, Which venue staged an event in the 1948 Olympic Games?

Stuart Williams

Answers in the next *Newsletter*. Enjoy your research

[The Cookery Group—Meals in a Crisis](#)

People jog along day to day producing meals but in every cook's life comes a time when everything goes hopelessly wrong and the only way to cope is to fall back on quick wits and a large dose of good luck.

If you have a stocked store cupboard the average crisis can find you perfectly calm and collected and capable of putting on a splendid meal without turning a hair. If you are really caught on the hop you may be able to try some of these ideas.

Stale Bread:

1. Dover the remains of the loaf it will be good for at least an extra day: (Dover possibly Do Over)
 - a) set the oven to 180C/350F/Mark 4
 - b) damp the loaf (not wet and soggy)
 - c) bake for 10-15 minutes until crisp enough.
2. Bread Pudding this can be made any size depending on how much bread you have.
3. Bread & Butter Pudding any sort of bread will do (brioche, white, brown, Hot Cross Buns).
4. Bread crumbs Grate or chop in an automated chopper, these freeze very well for future use.
5. No bread you can make Scones or [Soda Bread](#). See recipe.

6. Meat:

Meat goes much further if you make it into a stew and add chopped onion, carrot, celery and some tinned beans. Pretty well any vegetables will go in happily except greens such as cabbage and broccoli. Peas will discolour.

If you have no meat but do have some sweet potato and peanut butter try [African Sweet Potato Stew](#). See below for recipe.

7. Cheese:

Cheese is very versatile and my best ever cheese sauce was improvised when my daughter ate half the cheese I had earmarked for supper for five. With the remaining half of the cheese I added chopped salami and the taste was amazing. If you have cheese and some pasta you can make Macaroni Cheese with cheeses other than Cheddar and pasta other than macaroni or even Cauliflower. Cheese sauce can be made with lots of different varieties of cheese not just Cheddar, blue cheeses give a different tang. See recipes for Cheese Sauce and Amatriciana Tomato Sauce either of which can be delicious with pasta.

8. Potato: If you have no potatoes you could use rice, pasta or bread.

7. Eggs: If you have no eggs you can use a WWII recipe for [Egg-Free Chocolate Cake](#).

8. Sugar: If you have no sugar use honey or syrup or even condensed milk.

[African Sweet Potato Stew](#)

Ingredients

- 1 large Onion
- 4 tbsp Groundnut Oil (or Olive Oil)
- 2 Garlic Cloves crushed (I generally use 3 pickled cloves chopped)
- 2 tsp. grated Ginger Root (about 1½" of root ginger peeled and chopped)
- ¼ to ½ teasp. of Cayenne Pepper (I find a tiny pinch is enough)
- 16 oz Sweet Potatoes peeled and cubed
- 1 tbsp medium Curry Paste e.g. Tandoori / Tikka Marsala (I use curry powder & a dssp)
- ½ pint Passata
- ½ pint Vegetable Stock
- 8 oz Button Mushrooms
- 4 tbsp Peanut Butter
- 2 tbsp chopped Coriander (1 whole 'plant' from supermarket)
- Salt & Pepper

Method

1. Chop/process together onion, garlic, ginger.
2. Fry onion, garlic, ginger, cayenne and curry paste for 10 minutes.
3. Add sweet potatoes, passata and stock.
4. Simmer for 20 minutes.
5. Add mushrooms and cook for 5 minutes more. 6. Add peanut butter, coriander, salt & pepper.

Serving: Serve on couscous or rice, with 8 oz of spinach.

See Over for more recipes

[Egg-Free Chocolate Cake](#)

Ingredients

450g/1lb plain flour
40g/1½ oz cocoa powder
2 tsp baking powder
2 tsp bicarbonate of soda
300g/10½ oz caster sugar
125ml/4fl oz sunflower oil
300ml/½ pint milk, or vegan alternative
2 tbsp white vinegar
2 tsp vanilla extract

Method

Preheat the oven to 180C/160C (Fan)/Gas 4. Grease and line a 23cm/9in springform tin.

Sift the flour, cocoa powder, baking powder and bicarbonate of soda into a bowl. Stir in the sugar until everything is completely combined.

In a jug, mix together the oil, milk, vinegar and vanilla extract. Make a well in the centre of the dry ingredients and pour in the oil and milk mixture. Stir steadily until the ingredients are completely mixed, making sure there are no pockets of flour left.

Pour the batter immediately into the prepared tin and bake in the oven for about an hour, or until a skewer inserted into the centre of the cake comes out clean. Keep an eye on the cake - you may need to cover the top with foil if the edges are catching.

Remove the cake from the oven and set aside to cool slightly. Turn out onto a wire rack and set aside to cool completely. When cool, split the cake in half horizontally to form two layers. Fill the centre with your favourite filling - buttercream, cream and fruit, jam or fruit curd.

[Irish Soda Bread](#)

Ingredients

1lb 8oz (650g) plain white flour
1 level tsp salt
1 level tsp bicarbonate of soda
12fl oz (350ml) buttermilk

Method:

Pre-heat your oven to 230C/450F/gas8.

Sieve the flour, salt and bicarbonate of soda into a large mixing bowl.

Make a well in the centre. Pour most of the buttermilk into the well.

Stir with your hand or a wooden spoon, mixing the flour into the well in a circular motion until it becomes a soft, spongy dough. It should not be too wet or sticky.

If it is too dry, add a little more buttermilk.

Turn it out onto a floured board and knead very lightly — just sufficient for you to shape it into a flat round about 2 inches (5cm) deep. Using a knife, mark the dough with a cross that reaches to the sides.

There are two schools of thought about the cross some say it is to let the fairies escape, others that it brings the blessings of the Father, Son and Holy Spirit. Take your pick.

Place the round onto a baking tray and bake for 20 minutes before reducing the heat to 200C/400F/Gas6 for a further 20-30 minutes.

You'll know when the bread is cooked when tapping its underside produces a hollow sound.

Leave the bread to cool on the window sill or on a wire rack.

Tip: Wrap the bread in a tea towel if you prefer a softer crust.

[Buttermilk](#)

You can make buttermilk from milk and lemon

1 cup sour milk (milk + tsp. lemon juice) 1 cup = 8 fluid ounces or 1/2 pint

Carole Brown and Jackie

Rollers Visit to Blenheim Palace



Thursday September 10th

Depart 8.45am Cody Sports & Social Club

Depart Blenheim 4.00pm.

Book by email/phone.

Cost £38 based on 33 people including and one wheelchair user.

An accessible coach NOT a double decker bus!!
Cost includes entry to the Palace and Gardens. A free 40minute tour of downstairs and upstairs (steps no lift) optional.

Driver's tip not included. Parking costs are n/a.
Payment in full at the time of booking, cheques made payable to fleet U3A.

Liability and refund policies are the same as the U3A visits group (see page 6 of Fleet & District U3A Programme 2019 to 2020.)

Jenny Teagle

Photography Group

We decided to try something different with the members' monthly submissions since we cannot meet in the usual manner. In addition to providing a short written critique of the members' images we requested members to vote for their preferred image from both a technical and "just liked" perspective. The members have spoken and the images shown below are the resulting "winners" !



Listening Jay by John Sturgeon



On Watch by Ray Wallis



Charging Swan by Liza Toth



Doting Mother



Monarch Butterfly by Caroline Jauncey

Next month's theme is "music" so we look forward to images of anything music related - records/CD etc, performance, or instruments.

Keep safe

Mike Carrington

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>

Winter Vegetable and Lentil Soup **Perhaps something for the Chaps to cook?**

Ingredients :

*2 tsp Olive, Rapeseed or Sunflower Oil * 2 large Carrots finely chopped * 2 small Leeks finely sliced * 2 Parsnips finely chopped *150g Red Lentils * 1 ltr Vegetable Stock * 2 tbsp. Tomato Puree * Ground Black Pepper.

Method :

Heat oil in a medium saucepan. Add the carrots, parsnips and leeks, and fry for 2 to 3 minutes. Add the remaining ingredients. Bring to the boil, cover and simmer for 25 to 30 minutes or until the lentils are tender. (add more stock if necessary) Season to taste with pepper or herbs. Serve with a sprinkle of parsley. Serves 4

This is a really tasty soup and one that is healthy and easy to make

Creative Writing — Competition

Open to all Fleet U3a members (see below*)

WORD TOMBOLA COMPETITION 2020

Mouth, Wilderness, Ancestor, Mirror, Remain

To enter:

1. Your story will include the five words listed above, but the order in which they appear is up to you. The words can be used more than once and can be used in the title as well as, or instead of, in the body of the story. And you can add letters to the end of the words eg: 'mouthful' or 'remaining', but 'ancestry' would not qualify.
2. Your story will have a maximum of 200 words. The title of your story does not have to be included in the word count.

The closing date for entries is Saturday 9th May 2020. Please send your story in the BODY of an email to maq.garrod@ntlworld.com Please do NOT send it as an attachment. Take care to include your name and contact details. The subject line of the email should read "CW Competition".

1. **Entry is restricted to any person who is a member of Fleet & District U3A or would qualify for membership*, with the exception of current members of the two Fleet Creative Writing Groups.**

2. Copyright will remain with the author. We will publish the result of the competition in the June edition of the Fleet U3A Newsletter. A small prize will be awarded to the winner and we shall expect to be given permission to publish the winning story in the April 2021 edition.

All entries will be acknowledged, all entrants will be notified of the result and the judges' decision will be final. **Beverley Carpenter**

Punctuation

I'm giving up drinking for a month.

Sorry, bad punctuation.

I'm giving up. Drinking for a month.

Cheers, Ed.

*No trees were killed in the sending of this message,
but a large number of electrons were terribly inconvenienced.*

Reflections of the Virus:

1. Half of us are going to come out of this quarantine as amazing cooks. The other half with a drinking problem.
2. I used to spin that toilet paper like I was on Wheel of Fortune, now I turn it like I'm cracking a safe.
3. I need to practise social distancing with the refrigerator.
4. I still haven't decided where to go for Easter - the living room or the bedroom.
5. Every few days, try your jeans on just to make sure they still fit. Pajamas will have you believe all is well in the kingdom.
6. I don't think anyone expected when we changed the clocks, we'd go from Standard Time to the Twilight Zone.
7. This morning, I saw my neighbour talking to her cat again. It was obvious she thought her cat understood her. When I got back into the house, I told my dog and we both laughed.
8. My body has absorbed so much soap and disinfectant lately that when I pee, it cleans the toilet.
9. I'm so excited it's time to take out the garbage. What should I wear?
10. I hope the weather is good tomorrow for my trip to "Puerto Backyarda" cos I'm getting real tired of "Los Livingroom".
11. Classified ad:
Single man with toilet paper seeks woman with hand sanitizer for good clean fun.
12. Better 6 feet apart than 6 feet under...!!

Gate Craft Group



Jackie Cresswell

An Observation on what is happening to Business

It is with great sadness that I have to mention the loss of a few further local businesses!

The bra manufacturer has gone bust, the specialist in submersibles has gone under, the manufacturer of food blenders has gone into liquidation, a dog kennel has had to call in the retrievers, the suppliers of paper for origami enthusiasts has folded, the Heinz factory has been canned as they couldn't ketchup with orders, the tarmac laying company has reached the end of the road, the bread company has run out of dough, the clock manufacturer has had to wind down and gone cuckoo, the Chinese has been taken away, the shoe shop has had to put his foot down and given his staff the boot and finally, the launderette has been taken to the cleaners!

COMMITTEE EMAILS



Chair	Paddy Powell	chairman@fleetu3a.org.uk
Secretary	Alan Jones	secretary@fleetu3a.org.uk
Treasurer	Neil Morley	treasurer@fleetu3a.org.uk
Membership Sec	Fiona Godfrey	memsec@fleetu3a.org.uk
Group Leaders' Liaison Sec	Stephen Grosvenor	groups@fleetu3a.org.uk
Events Sec	Carol Howlett	events@fleetu3a.org.uk
Webmaster	Chris Porter	webmaster@fleetu3a.org.uk
Monthly Meetings Sec	John Gawthorpe	meetings@fleetu3a.org.uk
Newsletter	Sandy Redman	news@fleetu3a.org.uk
Enquiries	Jan Glasscock	enquiries@fleetu3a.org.uk
Programme Sec	Fiona Godfrey	programme@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

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