

### Notice Board

#### All Members

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

#### New Committee Member—Andy Kirk

After boarding school in Solihull I joined the RAF in 1968 to fly as a navigator.

After training I went to my first tour at HMS Fulmar at Lossiemouth to be an observer on the Gannet AEW3, and after training I was posted to HMS Ark Royal. Life on a carrier was challenging but very stimulating, with great comradeship and 'runs ashore'. In 1970 I was posted to No 8 Squadron now RAF Lossiemouth. The RAF had collected a number of Shackleton Mk2 aircraft and fitted them with the Gannet radar to conduct Airborne Early Warning.

It was here that I met Mandy, my wife to be, who was herself in the RAF, visiting friends near the base. We were married in 1972, and we bought our first house for £7500.00 near Lossiemouth harbour.

In 1976 I was posted to the RAF Phantom in which I was to complete a further 9 years flying in UK and Germany. All good things came to an end, and the 'mahogany bomber' was to be my destination until retirement in 2000 at age 52. When Mandy pointed out the lack of funds in our current account I found employment first at RAF Coltishall as a Flight Simulator instructor, and then with Qinetiq at Malvern.

We live in Crookham Village, which is the 22nd house we have lived in. Wonderfully, we are near our daughter Ruth and her family and son James and his family.



**Andy**

#### Paddy's Piece

The weather is improving and it looks like lockdown might be easing a little more soon. Whether you are emerging from hibernation like me or having to remain at home for a little while longer I hope you can find some reasons to be cheerful in the sunshine.

Your committee are continuing to discuss when, if and how groups might start meeting up again. It seems some U3As have decided to encourage open air groups to meet if the Group Leader (GL) and members are happy to do so and any risks have been taken into account. I have heard of walking and croquet groups beginning again in other U3As. There's little to stop our open-air groups restarting now or at least planning for a September start if they feel confident that all the safety and social distancing rules can be met but please do let Stephen Grosvenor, our Groups Liaison Secretary, or me know of your intentions first. As trustees of Fleet U3A it is important that the committee are informed of any changes in group activities. All committee email addresses are always on the last page of our newsletters.

It is still unclear when it will be possible for indoor groups to meet in person again. When they do there will inevitably have to be changes in how we operate to ensure we all stay safe and well while C-19 is still a threat to us all. It could be that we decide to fund anti-viral hand gel and wipes from the attendance fee and it could be that we suggest any refreshments should be brought to meetings by members individually to cut down on cross infection. I think it is certain that we will all try to avoid handling too much cash in the future and consequently we may ask GLs to collect attendance fees upfront at the beginning of term by cheque or BACS before sending the money in a lump sum to the treasurer, again by cheque or BACS. Through my role as chair of the local network of U3As I am picking up new ideas all the time but if you have any suggestions for the committee to consider in preparation for our start up in the future, please just let us know.

I must thank the group leaders and members who responded to my plea for ideas and sent me several extremely helpful suggestions to avoid any embarrassment in our finances if venues decide



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to open before we are ready to meet indoors. I was particularly heartened by the group leaders who canvassed their members to see if they would be prepared to pay the attendance fee even if they were still only meeting online. It was an overwhelming vote in favour! What a wonderful endorsement of all that we do to keep our U3A thriving in these difficult times. Thank you.

By the time you read this our first ever online Monthly Meeting will have taken place. Great appreciation must go to Maurice Kent, our speaker, and to Jerry Ward, the technical mastermind, both are members of our U3A. Please let John Gawthorpe, Monthly Meetings Secretary, or me know what you thought of the experiment and whether we should do it again.

Keep well,

**Paddy**

### Cookery Group Member

Just a little contribution from a member of the Cookery Group.

Each month members are being encouraged to cook at home to a theme of that month. The theme this June was "ISLANDS", for example Caribbean. I decided on a "HOLIDAY BANANA CAKE". This was actually an easy task even for such a novice at cooking anything other than a boiled egg!



This photo shows the result.

**Alan Hayward**

### Scams

Please be aware that unscrupulous peoples are taking advantage of these turbulent times. There are many scams including TV Licence Renewals that starts with **'Something went wrong with your payment. We're sorry to let you know that the TV Licence could not be automatically renewed.'**

***We tried to take the latest payment from your bank account but we encountered an error, so you must pay the amount by setting up a new Direct Debit.'....*** and a telephone call that purports to be from the Covid 19 tracking App. This starts by saying **'you have been near to an infected person'** and goes on to say **'that you need to be tested and that you will need to pay for this test'**. In a genuine case of needing to be tested this would be free under the NHS.

Please Stay Safe and Stay Alert

### Cookery

#### The Diplomat's Wife's Tuna & Sweetcorn

**Serves 2**

#### **Ingredients**

100g Macaroni or other smallish pasta  
160g Tin Tuna (drained 112g) - small tin  
198g Tin Sweetcorn (drained 165g) - small tin  
1 tblsp Mayonnaise (reasonably generous)

#### **Method**

1. Cook the macaroni in salted water for 10-12 minutes. Cool it.
2. Add the tuna and sweetcorn.
3. Stir in the mayonnaise.
4. Refrigerate until needed.
5. Serve with a green salad.

Tip: This is very good for picnics but should be served cold.

#### Granny Brand's Lemon Tart

#### **Ingredients**

4 oz Short Crust Pastry  
1 tblsp. Butter  
1 teacup Sugar  
2 Eggs (separated)  
1 large Lemon (juice and grated rind)  
1 level tblsp. Cornflour  
2 tblsp. Water

Medium oven 180C/350F/Mark4

#### **Method**

1. Use the pastry to line a pie plate.
2. Bake blind until the pastry is 'set'.
3. Cream together the butter and sugar and beat in the egg yolks.
4. Slake the cornflour in the water and mix in.
5. Add the lemon juice and rind and mix in.
6. Beat the egg whites until stiff and fold in.
7. Pour into the part baked pastry shell.
8. Bake for ¾ hour in a medium oven.

#### **Serving**

Serve with a sprinkling of sifted icing sugar and with cream.

**Carole Brown**

### **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.

## *Sylvia's Adventures in The Smallest Room—Lockdown Loos*

People who know her are bound to guess who  
At Malaga Airport was last in the queue.  
She went into the toilet to spend a peseta  
And didn't get out until half an hour later.

I was going to write about my short time working in a department store following my au pair stint in France. However, the recent unavailability of toilet facilities following the easing of lockdown brought back memories of my unfortunate experiences of lockdown INSIDE loos.

Increasing disability since the mid nineties seems to have resulted in an unprecedented number of "Locked in loo" experiences. The Malaga experience set it all off and since then it has escalated.

We had taken a late evening flight from Heathrow. Pulling myself out of a seat to get to the loo on the plane was difficult, so I was in the habit of waiting to "go" on disembarkation.

With legs crossed, I waited ages to be transported to the arrivals area on the airport disabled person's buggy. As it was late evening, this took longer than usual. When the buggy stopped in the arrivals area, the few of us who needed the buggy were the only people there. Everyone else had legged it.

I did at least find the toilets. Wow, the relief!! I went into the cubicle - there was no seat on the toilet, but so what - I was desperate.

Aware that by now there would be a shortage of taxis outside the airport, I hurried to open the door.

The lock went round and round - a bit like "The wheels on the bus," but I didn't feel like singing. I have a lot of A levels and some "Ologies," But my education had not armed me with the practicalities of mending broken locks with no tools available, and common sense and a practical mind have never been my strong points.

I shouted for help - but I was the only person in this gargantuan area. There was a sweet little old lady who had been with us on the buggy, and she had stayed with Mike, as he had offered to carry her bag for her. Getting worried, he sent her in to do a recce. She was hardly a Sherlock Holmes, more an Inspector Clouseau. "Sylvia, are you there?" she said. I explained that I was locked in. "Why is that?" she inquired. With great patience I explained that the lock had broken. "Where are you?" was the next gem. I would have thought it would be obvious that it would be behind the only door that was closed, but with great difficulty I bent down and wiggled my walking stick under the door to indicate my whereabouts.

Lucky she wasn't trying to locate a dead body!!

"Can't you open it?" Was the next daft question. "No," I said through clenched teeth and great restraint. Eventually I persuaded her to report to Mike to ask for assistance. Resigned for a long wait, and feeling pretty exhausted, I sat down.

This proved uncomfortable with no seat on the toilet, so I perched on the sani bin. It was rather a tight squeeze, and the knob on top of the bin gave me a few problems, so by the time I was rescued, I was not in the best frame of mind.

"Click, click, click," - the welcome sound of high heels, followed by a ladies delightful Spanish accent. "Hello Sylvia, where are you?"

"Here," I replied wiggling my stick again. "Ah, there you are!"

The relief, she had found me!! "My name is also Sylvia." "That 's nice" is what I managed to utter, suppressing my urge to scream, "I'm a celebrity, get me out of here!!"

Spanish Sylvia must have also been well educated but not very practical, as it took her ages to sort the lock out. So we eventually reached our destination, but I have very little recollection of the holiday, as I was traumatised by my ordeal.

So, the mantra from then on was never to risk locking the toilet door again. Even this didn't make much difference to my woes.

A few years later, after journeying to Peterborough to participate in a National boules competition, we arrived early and whilst waiting for coffee to be served, I nipped to the loo. I shut the door and DID NOT LOCK IT. On attempting to leave, the door handle came off in my hand, keeping me effectively locked in. It was a long time before anyone noticed I was missing but I was eventually freed.

Now I just keep my legs crossed.

**Sylvia Brown**

*I well remember the Peterborough 'Incident' - Ed*

## Cookery with a Difference— very funny Ed.

### A Chemical Engineer's Lemon Meringue Pie

(extracted from the June issue of The Chemical Engineer)

Raw Materials

#### Meringue:

200mL albumen at 298 K separated from 4 Eggs

1 g potassium hydrogen tartrate ( $\text{KC}_4\text{H}_5\text{O}_6$ )

225g crystalline sucrose ( $\text{C}_{12}\text{H}_{22}\text{O}_{11}$ )

#### Filling:

80g amylase

115g crystalline sucrose ( $\text{C}_{12}\text{H}_{22}\text{O}_{11}$ )

0.5g NaCl

Lipids separated from 4 eggs

175mL 0.03 M 2-hydroxypropane-1,2,3-tricarboxylic acid ( $\text{C}_6\text{H}_8\text{O}_7$ )

#### Base:

Pastry lined shallow vessel (aspect ratio 1:10)

Process Operation

#### Meringue:

To a 2 L hemispherical glass batch reactor, agitate with high intensity the albumen in a 21% oxygen/79% nitrogen atmosphere until the hydrogen bonds form cross links between the proteins. Warning: excessive agitation leads to coagulation. The viscosity of sub-cooled albumen is also too high to be fully effective. An indicator of over-agitation is the Weissenberg effect on the agitator.

Now add the potassium hydrogen tartrate, which dissociates into positive & negative ions to limit cross-linking.

Add the crystalline sucrose and agitate carefully. It is important to first fully separate the albumen from the lipid molecules. They will otherwise attach themselves to the hydrophobic sites on the protein by means of van der Waals' force.

#### Filling:

To a 2 L hemispherical 316SS batch reactor, add the remaining raw materials. Ramp the thermal energy to 353 K with continuous agitation until the mixture is homogenous.

#### Completion:

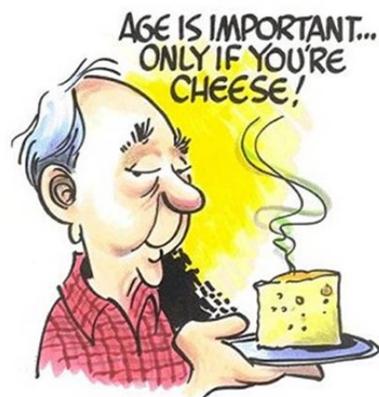
To a pastry lined shallow vessel (aspect ratio 1:10) that has a low surface energy, transfer the heated mixture.

Add the meringue mixture on top and thermally process in an oven at 413 K for 2,000 seconds or until the first order reaction has reached completion. The Maillard reaction may be evident as the end point with surface colouration.

Remove the product and allow to reach thermal equilibrium at 298 K on an appropriate heat transfer surface.

**Note : A risk assessment must be completed and actioned before this recipe is attempted.**

**Mike K Brown**



### 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**

## Memories of Cameras and Photographs

After my article in the last newsletter about my finger malfunction, it got me thinking about photographs over the years that have been a disaster. We have I am sure all been party to these.

My first camera was a Brownie 127, simple, just aim and press the button. Winston had had a box camera, so when we got engaged, I saved up and bought him a camera. The camera shop assured me that this 35mm British 'Agema' was a good purchase.



Wrong! From the outset it was problematical. Eventually, it ended up at the back of the cupboard. The problem was as you may well remember, you didn't know how the picture had turned out until the film had been developed. In the age of digital and phone cameras our grandchildren won't have a clue what we are talking about. A film to them, is what we called the cinema or 'the flicks'.

So, here we are on holiday, Winston with the new 35mm camera and I am squatting down by the pond, smiling at the camera pretending to feed the ducks. Film developed, and the only duck in the picture appears to be nesting in my hair!

The children have now arrived. We have NO baby pictures as they were either blurred or missed the mark completely. It would appear, daddy had no interest in photography. We had expected lovely pictures of mummy and children on miniature trains taken by daddy. The train was fantastic, but the people in the picture were not us!

Heads missing, no feet, child turned away so didn't get the smiling face we had hoped for, trees or bushes growing out of heads all of these I am sure we have all experienced. Success. We bought a Polaroid camera. This took instant pictures that you could retake if they weren't very good. The film was a lot more expensive, but there was no film to develop, unlike a 35mm.

We had a back log of films to develop due to the cost. What fun? To try and remember where the picture was taken and when! Difficult as well, when half the pictures were incomplete.



Eventually we moved onto an Olympus trip 35mm camera. With better results, but still some disasters. Events like weddings and special family occasions still had mixed results for us. We eventually entered the digital age with success, because you can delete instantly any disasters from the memory card.

We all now store our pictures on our I-Pad or computers and for some, phone cameras. But it got me thinking. As we have just celebrated VE Day will the future generations have old pictures to look at in an album? I suspect the memory sticks will be lost or the computers thrown out, so there will be no paper record. It will be hard going forward for families to trace the family tree.

Like many of us in this lockdown we have been clearing out cupboards, wardrobes sheds attics and garages. Suddenly old photos fall out of an envelope. Jobs are then forgotten as you go down memory lane, recalling all the good bad, happy and funny times, people that we have met, places we have been to, things we have done. So, in these difficult times let's all get out the old photos and remember, we will get back to some sort of normal very soon. Perhaps member have funny stories to recall about photos that have gone wrong, like mine.

We had taken our grandson to the Millennium Stadium, when it first opened. After visiting Father Christmas, we left for home. It was late and dark and there was no one around, apart from the security guard who took a picture of the three of us. Brilliant! until we got home and had a good look at the picture, on the digital camera. There, right in the middle of the three of us, was a stranger! At our nieces wedding, a picture of her with nan and grandad included another guests head in the group, no body, just the head!

I had written this article for the last in-between news letter but didn't submit it, so the photography group may find this amusing after their submission for the newsletter.

Say Cheese and keep smiling.

**Carole Matthews**

## Maths & Logic 3

Here is the solution to the previous set of logic puzzles & a couple of new ones.

Solutions a) GET + THE = KEY ---> 123 + 302 = 425 where G & Y were given. B) SHIFT + ONLY = NOTES ---> 69321 + 4785 = 74106 where O & L were given.

## **New Puzzles**

Each letter represents a different number between 0 & 9

1. CODE + WORD = CLOAK where K=3 & D=7
2. SPOT - THE - MOLE = NOW where O=3, W=5, E=6 & H=8

Enjoy **Mike Brown**

## For Those Missing The Coach Outings Jokes

Just imagine you are one of our outings, here are the Coach jokes.

As I was lying around, pondering the problems of the world, I realized that at my age I don't really give a damn anymore. If walking is good for your health, the postman would be immortal. A whale swims all day, only eats fish, drinks water, but is still fat. A rabbit runs and hops and only lives 15 years, while a tortoise doesn't run and does mostly nothing, yet it lives for 150 years. And you tell me to exercise?? I don't think so.

Just grant me the senility to forget the people I never liked, the good fortune to remember the ones I do, and the eyesight to tell the difference.

Now that I'm older here's what I've discovered:

1. I started out with nothing, and I still have most of it.
2. My wild oats are mostly enjoyed with prunes and all-bran.
3. I finally got my head together, and now my body is falling apart.
4. Funny, I don't remember being absent-minded.
5. Funny, I don't remember being absent-minded.
6. If all is not lost, then where the heck is it?
7. It was a whole lot easier to get older, than to get wiser.
8. Some days, you're the top dog, some days you're the fire hydrant.
9. I wish the buck really did stop here, I sure could use a few of them.
10. Kids in the back-seat cause accidents.
11. Accidents in the back-seat cause kids.
12. It's hard to make a comeback when you haven't been anywhere.
13. The world only beats a path to your door when you're in the bathroom.
14. If God wanted me to touch my toes, he'd have put them on my knees.
15. When I'm finally holding all the right cards, everyone wants to play chess.
16. It's not hard to meet expenses . . . they're everywhere
17. The only difference between a rut and a grave is the depth.
18. These days, I spend a lot of time thinking about the hereafter. . . . I go somewhere to get something, and then wonder what I'm "here after"
19. Funny, I don't remember being absent-minded.
20. Funny I don't remember being absent minded have I told you this before?

**Carole Matthews**



## COMMITTEE



<b>Chair</b>	Paddy Powell	chairman@fleetu3a.org.uk
<b>Secretary</b>	Alan Jones	secretary@fleetu3a.org.uk
<b>Treasurer</b>	Neil Morley	treasurer@fleetu3a.org.uk
<b>Membership Sec</b>	Fiona Godfrey	memsec@fleetu3a.org.uk
<b>Group Leaders' Liaison Sec</b>	Stephen Grosvenor	groups@fleetu3a.org.uk
<b>Events Sec</b>	Carol Howlett	events@fleetu3a.org.uk
<b>Webmaster</b>	Chris Porter	webmaster@fleetu3a.org.uk
<b>Monthly Meetings Sec</b>	John Gawthorpe	meetings@fleetu3a.org.uk
<b>Newsletter</b>	Sandy Redman	news@fleetu3a.org.uk
<b>Enquiries</b>	Jan Glasscock	enquiries@fleetu3a.org.uk
<b>Programme Sec</b>	Fiona Godfrey	programme@fleetu3a.org.uk
<b>Minutes Sec &amp; Venues Sec</b>	Barbara Jones	minsec@fleetu3a.org.uk venues@fleetu3a.org.uk
<b>Publicity Sec</b>	Adrian Van Klaveren	publicity@fleetu3a.org.uk
<b>Outreach Sec</b>	Jenny Teagle	outreach@fleetu3a.org.uk
	Andy Kirk	

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