



Hi everyone!

Our u3a branch is always being complemented on how friendly and welcoming we are, but this is due partly to the various volunteers working in front and behind the scenes. At our AGM in May 2024 a number of our Committee members **will have to stand down** and there will be five vacancies. Without new volunteers to serve on the Committee, the CGu3a will not be able to continue in its present form. Having a fully functioning Committee is vital to the continued existence of this branch. Out of our community of nearly 400 members there must be a few of you who could give some time to the Committee. No experience is necessary and guidance is available. And it is fun! Think about it. Speak to a Committee member.

This month's talk is given by Colin Oakes, and his talk is entitled

"Where did that saying come from?"

Please ensure your phone is muted

Laughter is the best medicine



A man in a hospital gown and a drip on wheels walks into a pub. He orders a double whisky, which the barman gives him. The man drinks it all. "I shouldn't be having this with what I've got."

"What have you got?" asked the barman.

"Fifty pence."

B Cryer

For the April meeting the speaker is Andrew Baker and his talk is entitled

"The Anatomy of the NHS"

Please ensure your phone is muted

Skylark



NEW YEAR—NEW GROUP - PICKLEBALL

What is Pickleball? I hear you ask.

Well, it is game devised in 1965 in the USA and is one of the fastest growing sports worldwide. It can be played indoors and outdoors, and is for all ages. Pickleball is a racket or paddle sport in which two players (singles) or four players (doubles) hit a perforated, hollow plastic ball with paddles over a 34-inch-high (0.86 m) net, until one side is unable to return the ball or commits a rule infraction. Basically, a cross of tennis and badminton.



Pickleball has come to CGu3a. Marilyn Randall is the group organiser. The Group meets on the 2nd and 4th Wednesdays of the month at 2.00-3.30pm in the Greenwood Park Sports Hall. Playing doubles makes it easier for the not-so-agile! Equipment is provided if you don't have your own. Please contact the organiser if you are interested.

CHRISTMAS DONATION

CGu3a Chairman made a presentation of a cheque for £345.00 on the 1st February to Mark Hanna, Chief Executive of Age UK Hertfordshire. A completed Gift Aid form was included with the donation, and if accepted will increase our donation value to £431.25.

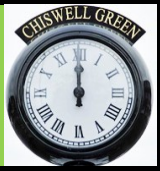


INTEREST GROUP

Refreshment Rota



Mar. 7th	Sailing
Apr. 4th	Spanish
May 9th	Table Tennis
Jun. 6th	Tai Chi
Jul. 4th	Ten Pin Bowling



u3a NEWS

I am not sure that our members are aware that The Third Age Trust supports the initiative that gives u3a members an opportunity to arrange for a simple will to be written, or updated for free, by participating solicitors.

“Free Wills Month” happens twice a year during the months of March and October, and is intended for individuals or couples aged 55 or over. Appointments are made with a local solicitor during Free Wills Month via the website below. Enter your postcode on the website to find those solicitors who are taking part. Appointments are limited and are on a first come, first served basis.

The next Free Wills campaign begins on 1st March and ends 31st March 2024.

To find out more visit the Free Wills Month website at www.freewillsmoonth.org.uk

WALKING GROUP

We are lucky to live in such lovely countryside in the surrounding areas, and there must be many wonderful walks to discover.

Joyce Stephens is the new Walking Group organiser. The first walk will take place on 25th March, meeting at Bricket Wood with a drink and lunch at the Moor Mill.

For further details, please contact Joyce via the CGu3a website.



PLAY READING GROUP

The u3a play-reading group was resurrected after lockdown, and now has fifteen members. We meet in the afternoon of the third Wednesday of the month, usually in the group leader's home. There is a break at a convenient point, often about half way through the play, for refreshments and a quick chat (not always about the play!).

There are no rehearsals, no costumes, and no lines to learn. Regional accents are entirely at the discretion of the actor. We read a wide variety of plays and try to intersperse comedy with more serious subjects, though sometimes the two combine, as in “Calendar Girls”. The play sets are borrowed for a modest fee from Hertfordshire's Performing Arts Library in Welwyn Garden City. The staff are in the process of creating a new website, which is causing no small amount of chaos for them and for library users.

For further details about the group please contact Sue Griffiths, suegriffiths30@btinternet.com

AN APPEAL

Please help me to help the **RNIB** who work tirelessly towards a world where people with sight loss are equal participants in society. Help to give them back their confidence and quality of life to enjoy their lives with the support of the RNIB.



Bring all your USED STAMPS however many, each one counts. These are passed on to the RNIB who then sell them on to raise funds to help their cause. If I am not at a meeting, please hand over your stamps to Joy Dabson or Adrian Wilson.

THANK YOU ALL IN ADVANCE

Mary Gotts

u3a learn, laugh, live

RIVIERA TRAVEL

Can we again draw your attention that Riviera Travel, featured in adverts in the Third Age Trust (TAT) magazine has a well established agreement with TAT which benefits u3as.

Riviera Travel is a well respected company which specialises in guided tours throughout the world. When making a booking with them, by advising that you are a member of a particular u3a then 10% of the total value of the booking will be paid to TAT, who will retain 1%, with 9% forwarded to your u3a.

As this is an authentic business relationship between TAT and Riviera, and it is a company which may already be used by some of the membership, we thought it would be worthwhile to draw your attention to this. There could be some benefit to Chiswell Green u3a.

CGu3a Committee



IMPORTANT: Please remember to have with you or wear your CG Membership card and, more importantly, an up to date emergency contact card, preferably kept together in lanyard. Details of each event can be found in the Newsletter or on our website. Please note the month when tickets are available for trips. Purchase of tickets (cheques only please) can be made at our monthly meetings via Joy Dabson, Event Organiser.

Tickets: Chiswell Green u3a members ONLY for the first month when tickets for trips are on sale. Tickets for guests will be allowed in the second month when they are on sale. This is to avoid waiting lists for members when guests have taken up places. Tickets must be paid for on the day they are booked, with cheques made payable to "Chiswell Green u3a". Please write your membership number on the reverse. Cheques are paid into the bank as and when they are received, unless otherwise stated. If paying for more than one Outing by post, please send separate cheques for each event. Obviously, they can go in the same envelope.

If you wish to make a booking for an Outing, you can still do so by contacting the Events Organiser (Joy Dabson) by phone (01923 268018) or email (trips@chiswellgreenu3a.org.uk) or via our website. Payments should be made within seven days.

Pickup point: The coach will be in Tippendell Lane, at the entrance to Greenwood Park. Please be **prompt** – the coach will not wait. A driver's tip is included in the price of the Outing.

If you are unable to go on an Outing, or running late, please contact the Events Organiser by phone, up to 10pm the night before the trip (01923 268018) or by Event Mobile on the day of the trip (07824 671857). Please make a note of this number.

If someone is able to take your place, you may be able to have a refund but this cannot be guaranteed. Ideas and suggestions for trips are always welcomed, and can be placed in the Suggestion Box on the signing table.

******Disclaimer:****** If you are participating in any Chiswell Green u3a trip or event, please read the Disclaimer below.

It is the personal responsibility of each member to decide on their own capability to participate in any trips or events organised by the Chiswell Green u3a. Chiswell Green u3a cannot accept any responsibility for your fitness to undertake a trip or participate in a group, event or journey. By committing to any activity you will be declaring that you are fit and able to participate in the said activity.

Tuesday 16th April 2024

Selling March

ROMNEY MARSH TOUR by coach

We meet our expert Blue Badge guide at 10.30 at Dobies Garden centre on M20 at Ashford, with time for a comfort break and, traffic permitting, time to buy a coffee.

We then drive out to explore the remote Romney Marsh area before we have a fish and chip lunch (with a hot drink) at the famous Pilot Inn at Dungeness.

Marshmen established a wild reputation with smuggling and felonious deeds rife in a world where men drank beer a full century before the rest of the country and evacuated their sheep before their women during the war.

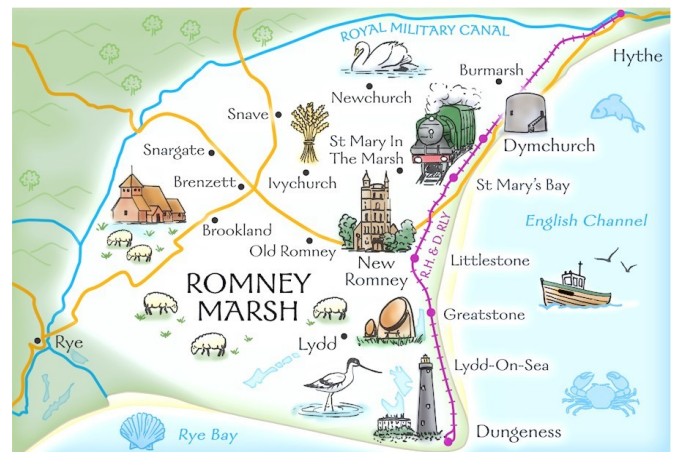
In the afternoon, we drive along the coast through St. Mary's Bay and Dr Syn's Dymchurch to Hythe. There may be time to browse and perhaps buy a cup of tea before heading for home around 4.45pm - dropping off our guide on the way.

NOTE - AN EARLY START

Depart Greenwood Park: 8.30am

Depart for home: 4.45pm

Cost: £51.00



PARKING: Could we please remind members not to park in either of the car parks at Greenwood Park if you are going on one of our trips. If parking in local roads, please park with consideration for the local residents, and if possible, car share to help ease the parking problem. Thank you.



Wednesday 1st May 2024

Selling March/ April

KENT & EAST SUSSEX HERITAGE RAILWAY

Steam train through the glorious Rother Valley from Tenterden to Bodium and return, passing Bodium Castle. Coach takes us to Tenterden Station with plenty of time for “a leg stretch” should you wish, to visit the Museum and buy lunch in the cafe. The steam train leaves at 1.10pm and returns at 3.14pm. There will be time for enthusiasts to get off the train at Bodium, watch it turn and relink etc .



Depart Greenwood Park: 9.30am Depart for home approx: 3.30pm Cost: £38.00

Travel Quotes:

When you are served a meal aboard an aircraft, the aircraft will encounter turbulence.
Gunter's First Law of Air Travel

The strength of the turbulence is directly proportional to the temperature of your coffee.
Gunter's Second Law of Air Travel

DATES FOR DIARY 2024

See the confirmed dates for the visits below. Further details will be available at later date.

			Selling in
May 1st	<i>Steam Train on Kent & E Sussex Railway</i>	See above	March/April
June 5th	<i>Chiswick House</i>		April/May
July 11th	<i>Cruise on Lee and Stort boat</i>		May/June
August 29th	<i>Peacocks Auctioneers</i>		June/July
September 24th	<i>“Call the Midwife” tour, and Chatham Dockyard</i>		July/August
October 15th	<i>Going to the dogs—Romford Stadium</i>		September
December 5th	<i>John Rutter Christmas Concert—Evening Performance</i>		August/September

... and finally

Since today’s youngsters have their own texting codes (LOL, OMG, TTYL, LMAO, etc), the Oldies decided not to be outdone by these kids and now have developed their own codes too:

- | | |
|------------------------------------|--|
| ATD – at the doctors | FWIW – forgot where I was |
| BFF – best friend’s funeral | GGPBL – gotta go, pacemaker battery low |
| BTW – bring the wheelchair | GHA – got heartburn again |
| BYOT – bring your own teeth | TFT – texting from toilet |