

HASLEMERE MEMBERS NEWSLETTER

AUGUST 2023

We are nearly a month away from the u3a's annual **Enrolment Day** on **4th September** - but would be grateful if you could renew your Membership during August if possible. More information on page two of this Newsletter.

We are still looking for some new Committee Members, specifically a Groups Coordinator and u3a Secretary. Please do get in touch with me if you feel this is something you would like to engage in and join our very friendly Committee. It would also be helpful to have a volunteer to coordinate the activities of our lovely tea and coffee volunteers, who provide such a welcome service at Speaker Meetings and other events.

We are planning to hold two more quizzes – one in October and one at the Christmas party in December. We are also exploring having another inter-u3a quiz in November, possibly with more teams. Watch this space!

Yours ever, Jock



**EPIC SEPTEMBER SPEAKER –
MONDAY 11TH SEPTEMBER @ 2.00PM
– HASLEMERE HALL.**

[Tony Harris – The Titanic Conspiracy](#)

The charismatic Tony Harris will deliver a talk on the sinking of RMS Titanic in April 1912. The British passenger liner, operated by the White Star Line, sank in the North Atlantic after striking an iceberg during her

maiden voyage from Southampton to New York City. It remains the deadliest peacetime sinking of a single ship up to that time. This subject has been given recent prominence by the tragic loss of all five men aboard the submersible, which had been diving over the wreck of the Titanic.

Tony spoke to the u3a on Zoom during the Pandemic, delivering a memorable talk on Henry VIII and was fully dressed for the part! His aim is to help people learn and laugh and his Zoom lecture fully met that ambition with several u3a Members clamouring for a return appearance.... Here he is!

U3a Members and guests/non-Members are always very welcome at these free of charge monthly talks and non-Members can come to any two meetings before joining the Haslemere u3a. Tea and biscuits are also provided!

Time to Renew



Your current u3a membership expires on 31st August and we would ask if current Members could kindly renew their membership during August - before September's **Enrolment Day** – and this will make your poor Membership Secretary's life much easier!!

We can then update our records effectively and concentrate on new Members joining at the u3a Enrolment Day on **Monday 4th September from 11.00am – 1.00pm at Haslemere Hall!** The Membership fee for 2023/24 is £10.00 per Member.

Previous members who did not renew in 2022/23 will need to complete an Application Form. If you do not know your Membership number, please contact the Membership Secretary via the website.

The RENEW button on the u3a website will be live from 1st August and new instructions will be sent out to you shortly by email about how to log on to the Member's portal. Click on this link to watch a video about the changes to Beacon log-in: <https://www.youtube.com/watch?v=hyL8kayX5hA>

Of course, ALL members are welcome on Enrolment Day, whether or not they have already renewed. It's a good opportunity to meet and socialize with other members, see at first hand all the various activity and interest groups available, meet Group Leaders personally and explore some of the new u3a Groups on offer and..... Learn, Laugh and Live!

This is an annual event not to be missed – so why not invite your friends and introduce them to the very friendly Haslemere u3a family!

NEW MEMBERS! A very warm u3a welcome to:

Diana Monger, Vassilia Goulton, Vernon Bryan, Anne Withall, Helen and Bernard Vyner and Victor Lodomez

NEW GROUP – “POETRY PAST AND PRESENT”

After leading a u3a poetry group for four years in Haslemere on major British poets, Jeanette Hatcher then led a similar group for over four years for Farnham u3a, featuring top American poets - and there are many more wonderful poets and poetry she would love to explore with like-minded Haslemere u3a members!



“The list could include Irish poets both famous and lesser known, poets in translation and contemporary British and American poets. There is so much still out there to find, embrace and enjoy!” said Jeanette. The meetings would be held at her house in Haslemere on the first Thursday of each month - beginning on 7th September - from 2.00-4.00pm. To register your interest please contact Jeanette via the Group Leader on the u3a website.

ART FOR ALL AT HASLEWEY!!

Unfortunately, we still don't have an Art Group within the Haslemere u3a.... However, although not exclusive to the u3a, there are three Members who go to this lovely Art Class at Haslewey Community Centre, opposite Tesco's, every Wednesday from 1.30-3.30pm - the prices are affordable, good value for money and it's a very pleasant, relaxing and creative afternoon.



These art classes are for those who enjoy painting and art - from beginners to the more experienced. The class paints a range of different art pictures: still life, landscape, portraits, people and abstract in a variety of mediums (watercolour, acrylic, gouache, collage and print). Often, the class will look at the work of a particular artist and paint in his or her style – see Van Gogh opposite! The classes are led by *Sue Ogilvy*, who has a fine art degree and is a qualified teacher. She brings items,

pictures and materials as possible subjects and members of the art class bring their own paper and paints etc. The cost is £60 for a 10-week session or £8 per session if you wish to attend on an ad hoc basis and perhaps cannot come every week. There's no need to book, just turn up with your paper, paints and paintbrushes and enjoy artistic company!

DISCOUNTED CLASSES AT THE FERNHURST HUB FOR THE u3a!

Wonderful Wellness Courses for September! Janis Short is a Course Manager and Wellness Tutor at the Fernhurst Hub – see www.fernthursthub.org.uk for details. She is a qualified teacher of Integral Yoga, which she has taught for 15 years. She now prefers to focus on supporting anyone, of any age and fitness level, who would like some gentle exercises and stretches designed to improve flexibility, balance and strength and is kindly offering u3a Members a discount on the three classes outlined below. Janis also does one-to-one classes on request.

Improving your Balance: As we get older, we tend to lose some of our ability to balance and sadly, falling over becomes more common. This is the most frequent cause of injury in the over 65s and can have serious consequences. However, much research shows that the risk of a fall can be considerably reduced if you take part in targeted exercise classes. To help with this, The Fernhurst Hub is offering a series of 4 short workshops aimed at improving your balance. You can either do this by joining classes at Fernhurst Village Hall or by booking one-to-one classes with Janis - times and dates to suit you. The classes are very gentle and will go at a pace to suit you/the group. Janis has run several of these courses over the past years and people have found them very useful.

The next four-week course will run between 1.30 and 2.30 on Tuesdays 19th, 26th September and 3rd, 10th October. It is held at Fernhurst Village Hall and Janis takes a maximum of eight people. The cost is £40 and **£35 to U3A members**.

Chair Yoga: This gentle, chair-based class will help you improve your flexibility, balance and strength. For part of the session, you will be seated but you will also spend some time on standing exercises, using the chair as a prop and support. To finish, you will do some relaxing breathing before re-starting the rest of the day refreshed and energised. You don't need special clothing or shoes - just wear something loose and comfortable around the waist. If you have your own mat, please bring it. If not, one will be available on the day.

These six classes will run every Tuesday between 3pm - 4pm at the Fernhurst Village Hall from Tuesday 5th September until Tuesday 17 October. Please note there will be no class on 12 September. If you have any queries, please contact Janis through the link at the end of this page and she will get back to you as soon as she can. The cost will be £60 (**£55 to U3A members**).

Breathing Space: Are you constantly on the go? Can't relax? Anxious? Need a breathing space to catch up with yourself? Come and experience some simple yet highly effective breathing techniques which will calm and relax your body and mind, enabling you to manage the stresses and strains of everyday life and go beyond this to develop an easier lifestyle.

This is a two-part practical course with each workshop being 1.5 hrs long at a total cost of £35 for the two sessions and **£30 to U3A members**. The course is also available on a one-to-one basis.

For more information on all three courses - please contact Janis Short @ courses@fernthursthub.org.uk

ENJOY A RELAXING GAME OF PETANQUE!



The Petanque Group meets every Tuesday, (weather permitting) between the start of April and the end of October on the Terrain at the Camelsdale Recreation Ground from 2-4pm. The attendance fee of £2.00 covers the use of the Pavilion and tea and cake at the end of the afternoon.



No previous experience is necessary and sets of Boule are available. This is a very friendly group, most of whom do not take the game too seriously! Everyone is welcome to join the Group without any commitment.

For further information, please contact Peter May via the u3a website

GET CAST AWAY ON A DESERT ISLAND!



The Desert Island Music Group is designed to make people smile and enjoy the music. The Islanders certainly enjoyed a happy morning recently led by a Group Member who focussed on her favourite musicals in the first half of the session, including many in which she had performed herself at Haslemere Hall! This featured such songs as "Anything Goes," "Singing in the Rain," "Wouldn't it be Luvverly," and "I'm gonna wash that man right outta my hair," and many more! We also heard that over twenty-five years ago, she had met a certain Anton du Beke, who taught her to foxtrot at her local leisure club!

After a tea/coffee and biscuit break, the second half of this highly enjoyable and relaxing session focussed on a certain BIG birthday, 17 years ago when her daughters put together a very lively CD for her party featuring her favourite songs and dance numbers, including several rather poignant numbers reflecting family times and events.

This friendly Group meets on the fourth Monday of the month at 10.00am at The Grayswood Club. Details are on the u3a website and new members are very welcome! After a break in July and August, the Desert Island Music Group will be meeting up again on Monday 25th September – why not come and join them and have musical fun!

SOCIAL CLIP BADGES FOR MEMBERS

Some Members will have seen or received one of these small social clip badges already at various Group meetings or events. They are for any member who wants one and wearing one is of course completely optional. The idea is for members to wear them at Group meetings where they might not know everyone, as well as events such as the AGM, Speaker's Meetings, Quizzes, Enrolment Day, Prosecco party etc. They are very effective icebreakers, making it easier to recognise and welcome other members, particularly those who seldom come to meetings and events – not to mention helping all of us to remember people's names!

Diana Serman, the Accommodation Secretary has a file with badges already made up and she will bring them to all such meetings. She hopes Members will tell her, ideally by email via the website, if they would like a badge for themselves and it should be ready for them to collect at the next event.

SHARE YOUR NEWS!

We are always very interested to hear about Members' news - perhaps unique memories of their past or occasions to be cherished. If you would like to share your news or a memory of something special in your life, please email publicity@haslemereu3a.co.uk

GROUP PICTURES NEEDED



We always need Group photos for our Facebook page (and for the Newsletter too!) to promote Members having fun and enjoying u3a activities. Please email these to Judith, our Social Media Co-ordinator, via our website contact page. Thank you.

Published by Haslemere u3a, Haslemere Hall, Bridge Road, Haslemere GU27 2AS.
Website: www.u3a.org.uk/haslemere An independent registered charity no: 1053049

