

HASLEMERE MEMBERS NEWSLETTER

MARCH 2024

Spring is on its way and the daffodils, crocuses and snowdrops are out in splendour. We now look forward to longer evenings and more activities happening outdoors in hopefully, much better weather. Our first excursion of the year takes place on Wednesday March 13th to Greenwich Maritime Museum and will be followed by others – watch this space!

We have a u3a quiz next Friday, 8th March at Our Lady of Lourdes Church Hall – see below for more details. Please book for individuals or tables of up to six under contact Chairman via the website. Come and join in the fun!

Yours ever, Jock

LET'S GET QUIZZICAL!.....JUST A FEW TABLES LEFT!



The next u3a General Knowledge Quiz will be on Friday 8th March and held at Our Lady of Lourdes Church Hall, on the corner of Derby Road and Weydown Road in the heart of Haslemere. This popular quiz evening will be again run by legendary Quizmaster, Colin Sherlock and there will be prizes for the winning team.

Doors open at 7.00pm for a 7.30pm start and the entry fee is £5.00pp – cash or card accepted. Teams are up

to six and non-Members are very welcome to join you for this fun and friendly Quiz Night. Please book your place(s) via the u3a website – www.u3asites.org.uk/haslemere - under 'contact Chairman' so that we can know the numbers expected.

There will not be a bar available, so please bring your own drinks and snacks. Parking is available for 25 cars at the back of the Church and on Weydown Road and Derby Road. A highly enjoyable evening awaits, so come and exercise your little grey cells and Let's Get Quizzical!!

U3A MARCH SPEAKER – MONDAY 11TH MARCH AT 2.00PM
HASLEMERE HALL: ANITA EBDON



Anita Ebdon specialises in falconry experiences with hawk walks and talks with her various birds of prey and will be our u3a March Speaker on Monday 11th March at 2.00pm at Haslemere Hall. Anita has had a life-long interest in birds and, in addition to her team of Harris Hawks, she also has a barn owl, a kestrel and a buzzard. Over the course of her talk, she will cover many fascinating insights into the Hawks, such as their place in the environment, what and how they hunt, their eyesight, natural behaviour and pack dynamics.

Harris Hawks are a New World raptor species and one of the only known birds of prey that continually live, hunt and breed within a family unit - similar to the dynamics of a wolf pack. These hawks possess a calm and even temperament and, once trained, will happily free fly and interact safely with members of the public.

PLEASE NOTE, HOWEVER, THAT IF YOU HAVE A FEATHER ALLERGY OR ARE BIRD-PHOBIC, IT IS ADVISED THAT YOU SHOULD NOT ATTEND THIS MEETING.

SPOTLIGHT ON GROUPS



GOING ON A SPICE TRAIL!

The Food of the Moment Group meet on the 1st Wednesday of the month from 10.00am-12.30pm. Each month has a particular theme and the January session focused on a veritable cornucopia of spices! Group Leader, Jill Bancroft deliciously demonstrated in her own kitchen how to make Thai Tom Yum Soup, Savoury Pastries, Chicken with Coriander, Spicy Aubergine and Sweet Potato

Chips in Ras el Hanout – all of which the six u3a attendant Members had the gastronomic joy of tasting after the session!

The aim of this Group is to bring like-minded people together and increase the understanding of current food trends through demonstration and discussion – including the trendy use of an air fryer! There is an attendance fee of £5.00 per session to contribute towards the cost of ingredients and you get the chance to taste the dishes produced at the session!

For more information, please go to Food of the Moment on the u3a website and contact Jill.

COOKING FOR MEN – FOOD GLORIOUS FOOD!

A recent Cooking for Men session saw the greatest attendance of all time since the group was founded over 25 years ago, with an increased Membership of 21 and only two absentees! The Chef of the Day was Terry Watts and his mouth-watering menu comprised Pork Medallions with a maple and balsamic sauce with carrot and potato mash, followed by a yummy Mixed fruit, almond and apple Cobbler.



These were two quite straightforward recipes that didn't require too much preparation from the enthusiastic CfM team, who then enjoyed the fruits of their labours with a delicious sit-down lunch and a glass of wine!

The Cooking for Men group take it in turns to bring recipes to the cooking sessions together with ingredients to feed everyone a two-course meal with the Chef of the Day directing the rest of the group in its preparation and cooking.

The group meet every two weeks on Mondays in the Haslemere Hall annexe, from 10.00am – 1.30pm and the attendance fee is £15 to cover the cost of the ingredients and room hire.

BASIC LIFE SUPPORT TRAINING



Thanks to the extremely fast response to a recent u3a email sent to all Members promoting the next Basic Life Support Training, the March course is now full.

However, if you would like to join the next training course, do not delay! Go onto the First Aid group on the u3a website and email Hilda with your contact details and the BLS Group will be back to you soon with details of the next proposed course.

The Group meet at the Methodist Church in Weyhill at the Wesley Room on the ground floor. The Church has limited parking, but Tesco, which is nearby, allows free parking for up to three hours. There is no charge for this course.

THE SHORT MAT BOWLS GROUP ARE BACK IN ACTION!



U3A Short Mat Bowls Group
17th Feb 2024

Members of the U3A Short Mat Bowls group are delighted to have been given permission to use the Edge Leisure Centre on Woolmer Hill again after an lengthy absence since last May, following its closure due to WBC returning its lease to the SCC. The U3A SMB group had been playing at the Edge for over 10 years and during that period have maintained a healthy group membership of around 20 which has been maintained, in spite of 6 months of not being able to find a suitable alternative local venue. It is understood that the Edge is now jointly funded by grants from the WBC and SCC for a one-year trial period and it's hoped that its use, including the Woolmer Hill School, disabled groups and the U3A will be a success showing its need as an important local facility.

The Group meets every Saturday morning between 10am and Noon and has their own sets of bowls so Members do not need to have their own – all that is required are suitable flat soled shoes and bags of enthusiasm! Don't worry if you have never played before, as Group leaders Brian and Leo are there to help with the finer aspects of the game. For more information, contact Brian or Leo on the u3a website under Bowls Short Mat.

AMBLING ON BLACKDOWN! Members of the 3-4 mile Ambling Group enjoyed a lovely walk on historic Blackdown recently – striding alongside Alfred, Lord Tennyson so to speak! – followed by a delicious lunch at The Mill in Shottermill. Photos: Roy Tubbs and Alex Anderson – thank you!



NEW MEMBERS! A very warm u3a welcome to: Eda Hughes, Ian Stewart, John Harris, Susan Harris, Robert Owen, Penny Arden, Kevin Marshall, Timothy Leggett, Pat Howard and Rob Middleton

FREE TASTER SESSION FOR U3A MEMBERS **WITH HASLEMERE PILATES!**



Haslemere Pilates is a friendly, dynamic, nurturing Pilates studio on the Lynchmere Road, near Hammer for all ages and abilities. "Our classes will make you feel taller, stretched, stronger and more flexible, plus Pilates is very beneficial to those recovering from injury or surgery. We have Matwork and Reformer classes 6 days a week, ranging from absolute beginner classes to more advanced ones," said Karol House, founder of Haslemere Pilates.

Karol and her team would kindly like to offer Haslemere u3a Members a free taster session at their Studio – either a Matwork or Reformer Class. More information about the classes can be found at the website – www.haslemerepilates.co.uk To claim your free offer, please go to the website and click 'Sign Up' on the homepage and book into a class of your choice. You will be offered a free trial at the checkout! Alternatively, email Karol at hello@haslemerepilates.co.uk with any queries you might have. Enjoy!

CHECK OUT THE U3A SLIDE AT HASLEMERE HALL!



More than 60 activity groups to explore
with like-minded people to meet.

Interested? Google: Haslemere u3a

Haslemere u3a are always keen to recruit new Members and introduce them to the wide range of interesting activity groups within the society. This slide will be shown at Haslemere Hall, prior to the start of the cinema's films and it is an animated power-point slide, so the pictures appear one at a time to capture the audience's attention!

SOCIAL CLIP BADGES FOR MEMBERS - Some Members will have seen or received a small social clip badge 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, Speakers Meetings, Quizzes, Enrolment Day, the Christmas Prosecco Party etc.

They are very effective icebreakers, making it easier to recognise and welcome other Members, 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 u3a event they attend.

SHARE YOUR NEWS AND GROUP PHOTOS! We are always very interested to hear Members news. If you would like to share your news, please email publicity@haslemereu3a.co.uk We also need Group photos for our Facebook page and indeed for the monthly Newsletter! Please email these to Judith, our Social Media Co-ordinator via our website page – Thank you! This newsletter was published by Haslemere u3a, Haslemere Hall, Bridge Road, Haslemere GU27 2AS. Website: www.u3asites.org.uk/haslemere. An independent registered charity no: 1053049

