



THE UNIVERSITY OF THE THIRD AGE

Registered Charity No. 1186713

COMMITTEE MEMBERS

Chair: Maryann Perry
Vice Chair/Membership: Glenis Daynes
Treasurer: Paul Stalham
Secretary: Vivien Fletcher
Minutes Secretary: Maureen Eldred
Catering: Clare Blaney
Committee Member: Judith Goodenough
Group Coordinator: Chris Hawkins
Group Support for New Groups: Sharon Foreman
Membership Secretary: Elaine Lennon
Speaker Secretary: Freda Fitzpatrick
Webmaster/Newsletter Editor: Janet Monk

Issue No 11 February 2020

Welcome to this our 11th Newsletter in which we bring in the new year. Welcome to 2020.

The committee's three-year stand is coming to a close and some of us must stand down at the next AGM.

We have been extremely fortunate in filling the posts needed which mean our U3A can continue going from strength to strength. Our thanks go to those who have come forward to join the committee.

A message from our Chair

Firstly I would like to wish you all a very Happy New Year, although by now this probably seems a long way off!

Our Christmas lunch at Affinity was very well attended so I have taken the opportunity to book the Chalkwell Rooms for our 2020 lunch, with Affinity still doing the catering. This will be held on Thursday 10th December.

Our Christmas party was also a happy event, only slightly marred by the fact that our speaker was ill at the last minute and unfortunately let us down. As you can appreciate, finding a replacement at such short notice left us in a quandary and we were only able to engage the same speaker that entertained us last year. But we were very lucky to manage this.

We hope you enjoyed the committee members donning their aprons and bringing refreshments to your tables and I would like to thank them and other members for all the hard work and effort they put into making it a success. Thanks also to Bill for keeping us entertained on the piano and Richard for ensuring our loud speakers were in order.

As you know some of us have to vacate our positions on the committee in May. At our last committee meeting three members attended to see if it was something they would like to commit to. We are very pleased to be able to say that they enjoyed themselves so much, they decided to join us. We now have a full complement of committee members.

Maryann

Just so that you can get an idea of the groups we run they are listed below

Book Club / Busy Bees Craft Group / Floral Art & Design / Grumpy Old Men / London Walks / Outings / Psychology / Shakespeare / Bridge for beginners and the more experienced / Current Affairs / Garden Group / In Stitches / Local Theatre Outings / Luncheon Club / Poetry / Pub Lunches / Sugar Craft

If you feel you would like to host a new group, do please have a word with any of the committee members who will be more than willing to help you.

One of our committee members has put together a very entertaining poem, all about our U3A, which we thought would make some amusing reading for you -

What's wrong with our U3A??

*What's wrong with our U3A you might say?
Well I'll tell you there's one thing I know -
You make so many friends it's far too hard
To chat to them all in one go!*

*What's wrong with our U3A you might say?
There are so many groups to try
That to choose just a few is a difficult choice
That can sometimes just make you sigh.*

*So what's right with our U3A you might say?
When you join some new groups for a chat
You laugh and you learn and you're busy each day
There's certainly nothing that's wrong with that!*

*That's what's right with our U3A you might say
There's a trip to go on, and great gardens to see
Theatres and lunches, poetry and books
And walks and talks, and new places to be.*

*We're friendly and small and we welcome you all
To enjoy life and keep ourselves fit
To laugh (a lot), to learn something small
Help one another and just do our bit.*

Please be aware of two telephone scams that are doing the rounds –

One is an automated message and purports to be from Amazon – the message says that they will be automatically taking your Prime renewal membership of £39.99 and if you don't want to renew, you are asked to press 1 on your keypad. **DO NOT DO THIS.** One person who did had £25,000 attempted to be taken from their bank account!

The second is an automated message telling you that £600 is being taken out of your bank account for a foreign transaction. If you want to stop it you are told to press one. **DO NOT DO THIS.**

2020 cheques: when signing cheques and/or other legal documents it has been recommended that you date with the full year 2020, not just 20, as this can be modified.

Forthcoming meetings and outings

Meeting on 19th February – a representative from the council will be explaining all about recycling.

Meeting on 18th March – this is a talk from Peter Regelous entitled My Time on the Road. He will be recalling some of the characters he met and situations he found himself in during his times on the Holiday Camp circuit and Cabaret Clubs

Meeting on 15th April – A representative from R.S.P.B will entertain us.

As a note - on this date, at 2.20am in 1915, whilst on her maiden voyage, the Titanic sank. She was carrying a total of 2200 people, including the crew and it is reported that between 1490 and 1635 people died. These numbers are unclear due to a variety of reasons. There was confusion over the passenger list, which included some names of people who cancelled at the last minute and the fact that several passengers travelled under aliases for various reasons and were double counted on the casualty lists.

Outing on 4th May – Houses of Parliament. There may be a small number of spaces left. If you are interested please speak to the Outings organisers at one of our monthly meetings.

Meeting on 20th May – Our **AGM** will start off the meeting and last about half an hour. This will be followed by Kath Vale from Dementia Adventure who will be giving us an insight into managing this disease, both for sufferers and carers.

Meeting on 17th June – Saffron Summerfield will entertain us. She plays the guitar and writes her own songs and anecdotes.

Wednesday 3rd June, 2020 is National U3A Day and we will be doing a 'Beach Clean'. This will involve our U3A group, together with some other local U3A's and will start at 1pm.

It will cover from Joscelyn's beach, which is near Chalkwell Station, to The Crowstone. The idea is to patrol this stretch of the beach, removing litter as we go. You are not, of course, expected to cover this whole area, but any offer of assistance will be very welcome. This is your chance to spruce up our beaches and have a bit of fun along the way. I am sure you could arrange to go on afterwards for a bite to eat, coffee, or bring along your own picnic.

Please let a committee member know if you are interested in this. There will be more detailed information nearer the time.

Recipe Corner

We thought it would be a good idea to publish some favourite recipes, preferably easy ones, that we can all try. This time it's a dessert recipe that's cooked in the microwave and only takes a short while to prepare and make. So here goes....

Quick 'n Easy Steamed Sponge Pudding – cooked in the microwave

This is a lovely light sponge that's very Moorish!

100g self-raising flour
100g butter/spread
100g sugar
2 eggs
1tsp baking powder
3 tbsps jam or syrup or whatever you fancy

Place all ingredients, apart from the jam, in a bowl and beat well. Spoon the jam into the bottom of a 2 pint pudding basin and place the sponge mixture on top. Cover tightly with cling and cook on Power Level 6 for 5-6 mins and then on High for 2 minutes.

Remove from the oven, pierce the cling straightaway and leave to stand for a couple of minutes.

Remove the cling, taking care with the steam, and slide a palette knife down the sides of the bowl to loosen the sponge. Turn out onto a plate.

Serve with custard, cream or ice cream.

NOTE - These timings and power levels are based on a 700w microwave so will need to be adapted for different power level microwaves.

If you have a favourite recipe which you would like to share, please pass this on to a committee member and we will see if it can be added to a Newsletter.

Three GOOD news stories from 2019

- In Montana, USA, a UPS delivery driver rescued a dog who he saw struggling to swim in an icy pond. He courageously swam to the dog, called Sadie, and rescued her. He then took her to a neighbour's home where they warmed her up by a wood stove. She made a full recovery.
- Humpback whales, thought to be on the brink of extinction, are no longer classed as endangered. Following preservation efforts, numbers are now estimated to stand at 25,000.
- A mushroom that eats plastic has been discovered in the Amazon rainforest. It consumes polyurethane, the main ingredient in plastic products, and converts it into organic matter. Scientists are hopeful that they could live in landfills to help reduce rubbish around the world.