

Newsletter

No. 221 – Jan/Feb 2023

Public Version

u3a learn,
laugh,
live

Yateley & District

Registered Charity No. 1113027

ABBA Happy New Year!



What a fantastic day out at the Cobham Hilton for the Mamma Mia Christmas Party lunch! Gabi and Chris were superb entertainers and you'll see on the back page that some of us took the dress code more seriously than others! It was a great event to round off a year of great outings. Huge thanks to our organisers, Sharron and Geoff. Find out about what they have in store for 2023 inside.

As we begin a new year, I'd like to thank all my contributors for their strong support in the past and hope you'll keep the content coming in 2023. I would also like to appeal to others, especially our newer members, for contributions of (almost!) any kind. Please tell us what you like about our u3a or how we could improve. Don't forget, you can also engage via our Facebook Group. The more you put in, the more you get out! Let's make it a great year!

– Steve Carpenter, Editor

Submission Deadline

Please send your items for the March/April newsletter to the Editor by **Friday 10th February** (see page 2 for contact details).

Inside this Issue

Y&D u3a Contacts.....	2
Internet Banking.....	2
Chairman's Notes.....	3
Monthly Meetings.....	4
100 Club.....	5
Raffle.....	5
Group News.....	6
New Group	6
Aviation.....	6
Luncheon.....	6
Outings.....	7
Mindfuel – Crossword.....	13
Science & Technology.....	14
Supper Club.....	14
Tai Chi.....	15
Walking Groups.....	15
Resolutions.....	16
Groanalot More.....	17
Kitchen Capers.....	18
Mindfuel Solutions.....	18
In Memoriam.....	19
Gallery.....	20

Pull-Out Section

Dates for your Diary.....	9
Groanalot.....	9
Activity Groups.....	10,11
Mindfuel.....	12

Yateley & District u3a Committee

Chairman: Peter Smith; chairman@yateleyu3a.org.uk
Vice-Chairman: Doug Prewer; vice-chairman@yateleyu3a.org.uk
Treasurer: Lynn Frost; treasurer@yateleyu3a.org.uk
Secretary: Jill Sims; secretary@yateleyu3a.org.uk
Mem. Secretary: Sue Murillo-Malynn; membership@yateleyu3a.org.uk
Groups Coordinator: Sue Carpenter; groups@yateleyu3a.org.uk
Speaker Secretary: Linda Norman; speakersec@yateleyu3a.org.uk
Facilities Organiser: Doug Prewer; facilities@yateleyu3a.org.uk
Outings Organiser: Geoff Cox; outings@yateleyu3a.org.uk
Trustee: Hilde Bartlett; trustee@yateleyu3a.org.uk

Other Contacts

Telephone Enquiries: 07942 643569

Website: <https://www.yateleyu3a.org.uk/>

Webmaster: Bob Margolis; webmaster@yateleyu3a.org.uk

Newsletter Editor: Steve Carpenter; editor@yateleyu3a.org.uk

Welfare Officer: Carole Fowler; welfare@yateleyu3a.org.uk



Yateley and District u3a Facebook Group:

<https://www.facebook.com/groups/yateleyu3a/>

Internet Banking

We are still getting queries about paying online. CAF bank is cleared through HSBC. At the moment, your bank will not be able to verify the payee details as it is a third party bank. This should not stop you making a payment but it will give a warning. Our bank account details are as follows:

Main Account

Sort: 40-52-40; A/c: 00007914
100 Club subs after speaking to
Anne Read.

Membership Account

Sort: 40-52-40; A/c: 00023613
Annual Renewal as advised by
Sue Murillo-Malynn.

Groups Account

Sort: 40-52-40; A/c: 00013851
all grp payments, after speaking to GL
(include group name, eg, Lunch, etc).

Outings Account

Sort: 40-52-40; A/c: 00027214
Outings payments as advised by
Geoff & Sharron Cox.

Please note: As a charity, we are not allowed to refund payments except under exceptional circumstances. This includes payments for group sessions which will have been carefully calculated to ensure they are viable. – *Lynn Frost, Treasurer*

Chairman's Notes

Hello to Members of Yateley & District u3a!

By the time that you are reading this newsletter, Christmas will probably be over, but perhaps not the effect, and I hope that you had an enjoyable one. So, on behalf of the Committee and myself, I wish you a Happy and Peaceful Coming Year.

I would like to take the opportunity at the end of one year and the start of another to thank all the 'backstage members' who provide us with: the newsletter, the website, welfare, raffles, 100 club, meeting hall seating/tables, etc. It is quite outstanding the amount of time and dedication that these vital members contribute. Thank you. At the risk of upsetting others, I wish to highlight the work of the three rafflers who have encouraged you to part with a considerable amount of money this year for several charities (see separate article for details).



Also, I would like to thank your committee members for running the latest and very successful New Members Meeting held in November at Monteaegle Hall. There was only just enough room in the hall as over 30 new members were enjoying tea and biscuits provided by our superb catering team known as Liz and Les. It was pleasing to see so many new members getting to know each other, perhaps for the first time, and meeting the committee members. I believe this is what the u3a is all about.

Our monthly meetings continue to attract many of you with the numbers now consistently above 120. How different from those dark days of Covid 19, masks and restrictions, and yet it is only just over a year ago that we could all safely meet up once again! I'm sure the ability to safely meet up again must have had some influence in us recently gaining over 70 new members. Unfortunately, this has been tempered by some membership loss for whatever reasons. In the last membership year, there were nearly 20 members who have been with Yateley & District u3a for more than 20 years!

A New Year. Why not try a new activity? There are so many to choose from; the up-to-date list is in the centrefold of this newsletter and on our website. If a group is full, please tell our Groups Co-ordinator, as there may be an opportunity to form an additional group. Just recently, three new groups are getting off the ground. There really is something for everyone to learn, laugh and live. Why not write a short article for the newsletter? If it's of interest for you, it could be interesting for others!

Wishing you all the best for the coming months.

– Peter Smith

Monthly Meetings

We meet on the first Thursday morning of every month at the Sandhurst Community Hall, GU47 9BJ from 09:45-12:00. Entrance is £1 at the door and you can enjoy tea/coffee and biscuits while perusing, and perhaps signing up for, some of our group activities before our chairman's 'parish notices' and our guest speaker begins.

Thursday 5th January – Invited speaker **Ian Porter** will have a talk for us entitled:

The Real Downton Abbey

Is Downton Abbey a true representation of life as a servant? Come and hear Ian Porter's talk about the relationship between upstairs and downstairs and the importance of having servants. He will describe the jobs and lives of those 'below stairs'. He also details the 'servant problem' as it was called in Edwardian times and how the Great War changed things. Hear how the reality was different to the portrayal on Downton Abbey and Victoria and what it was really like in service.



Thursday 2nd February – Our speaker this month is Helen Astrid. She'll be divulging:

Secrets of the Worlds Greatest Divas

As a former opera singer at English National Opera and Garsington Festival, Helen Astrid is able to share her behind-the-scenes peek at some of the world's most famous operatic divas. The lives and personalities of these iconic singers that dominated the operatic scene are brilliantly captured in this riveting talk. Through personal anecdotes and historical facts, Helen reveals the shenanigans that permeated opera from 1600 through to the golden age of Bel Canto and grand opera today. A wonderful insight talk which is both riveting and entertaining.

– *Linda Norman, Speaker Secretary*



Please remember to help our kind refreshment volunteers, Liz and Len, (and the planet) by bringing your own reusable mug along to the meetings. Please also remember your £1 entrance fee and spare cash for raffle and newsletter (70p).

– *Ed.*

Watch Out – Thieves About!

The Committee has received a note from Sandhurst Town Council advising us of a recent spate of thefts from vehicles in and around the Memorial Park. It's a sad but timely reminder for everyone to make sure any valuables are kept out of sight, wherever you park. And don't leave your car, even for a moment, without locking it. – *Ed.*



100 Club

I hope you all had a happy Christmas and may I take this opportunity to wish everyone a Happy New Year!

Although it was a bit chilly at the December Meeting how lovely to have free entry plus coffee/tea and a mince pie – thank you Committee! We also had an interesting speaker with Andy Thomas telling us all about the origins and history of Christmas..

Our lucky winners for November were: No.88 Sue Barnes (£25);
No.52 Gill Monet (£20); No.14 Lynn Frost (£20).

December's winners were: No.5 Barbara
Clarke (£25); No.37 Jill Biggs (£20);
No.13 Sue Murillo-Malynn (£20).

£20, £20, £25

It's taken nine months, but I have finally reached the magic figure of 100 members for this financial year! Our next financial year starts in April, so I'm ready and waiting to sell new numbers as soon as you wish. If you want to keep your lucky number(s) for the next financial year, then please be quick or somebody else might buy them first! Do please let me know if you are interested.

- If using e-banking, please enter 100CLUB as the payment reference and confirm payment to our Treasurer, Lynn Frost (treasurer@yateleyu3a.org.uk), with a copy to me when you transfer the money (see p2 for Lynn's contact details).
- If paying by cheque, please write 100 Club on the back and post it to Lynn (I'll give you her address).

Please contact me directly if you have any queries.

– Anne Read; 100club@yateleyu3a.org.uk

Raffle



Thanks to our raffle helpers, Angie and Sue, and all our contributors at the monthly meetings. Both November and December's contributions beat our previous best since before the pandemic.

We would like to thank all those members who bought raffle tickets over the past year as we have managed to donate a fantastic £940 to **local** charities: Coats of Crowthorne, Stepping Stones,

Yateley Industries Disability Centre, Thames Hospice Care, Age Concern Hampshire, Frimley Health Charity, Green Fingers Children's Charity, Limb Care, Daisy Chain Café and Phyllis Tuckwell. We will be donating to local charities again next year so, if you don't win a prize, you are still helping the local community.

Our beneficiary for January will be Sandhurst Day Care Centre. In February, we'll be supporting Post 19 in Farnham, a learning facility for young adults with learning difficulties.

– Jean Pace; raffle@yateleyu3a.org.uk

Group News

New Group – Easy Guitar

Would you like to busk on the guitar? I am willing to host and teach a small group of absolute beginners in my home. I will provide guitars and stands for the class. If you'd like to take advantage of this great opportunity, then please let me know via email or sign up on the poster at the next monthly meeting. I aim to start my six-week course on Monday 9th January from 10:00-12:00.



All I ask is that you are willing to cut your fingernails short on your non-dominant hand. In 2020, I had a class of ten beginners and they all went home on the first day able to play two well-known tunes.

– Mary B Lyons, guitar@yateleyu3a.org.uk

Aviation Group



Following the November monthly meeting, members enjoyed a superb afternoon visit to Farnborough's Man-Carrying Centrifuge. The facility was built at the RAF's Institute of Aviation Medicine on the airfield from 1951-55 and was in virtually continuous use until 2019. Now, as a Grade II listed building, it finds itself in the middle of a new housing estate! It

is thought to be the oldest example of a centrifuge in the world still in its original state. Showcasing 1950s British engineering at its best, it has been recognised with an Engineering Heritage Award from the IMechE. Tours are run by Farnborough Air Sciences Trust (FAST). Many thanks to Graham Deavin for organising.

– Ed.



Photo – Terry Redman

Luncheon

All members of Y&D u3a are welcome at the Lunches, but ***please ensure that your name is on the relevant list and let me know when you cannot attend.*** Many thanks.

Unless otherwise stated, all lunches are at 12 noon. If you cannot attend at the last minute, please contact me on my mobile [REDACTED].

If you have allergies or are gluten free, please let me know, especially so for The Gallery (in May).

– Sue Stott; luncheon@yateleyu3a.org.uk

Date	Venue	Comments	Price	Payment	Places
Mon 16 th January	Rackstraws Farm (Beefeater) 221 Yorktown Road Sandhurst GU47 0RT	Venue change (Dog & Partridge still closed on Mondays)	2 course £9.99 3 course £11.99 or full menu	On the day	26 I'll check with everyone on my list.
Mon 13 th February	The Cricketers Cricket Hill Lane Yateley GU46 6BA	Trying this for the first time	See website. No pre-order.	On the day	3 left. Could add a few.
Mon 20 th March	The Bird in Hand High Street Little Sandhurst GU47 8LQ	Always popular	No pre-order. 10 options from £8. Add dessert for £3.50	On the day. Order at bar.	1 left. Can join waiting list.
Mon 15 th May	The Gallery Farnborough College of Technology	Our Spring visit to this popular restaurant. Meals cooked and served by students.	£16 for 3-course meal. Drinks & coffee extra.	End of April via e-banking. Cash or cheque at meetings.	40

Our Christmas Lunch at Farnborough Tech's Gallery restaurant was enjoyed by 46 members and was reckoned by some to be the best yet. A big '**Thank You**' to Sue for organising **all** our lunches that we enjoy so much. – *Ed*.

Outings

To provisionally reserve a place and to check availability before paying, please give your name to Geoff or Sharron at the monthly meeting. Alternatively, you can email outings@yateleyu3a.org.uk or phone [REDACTED].

Please note: your place is not secured until payment is received in the Outings bank account (details on p2).

Bath – Wednesday 15th March

Cost £43. Depart: 08:00 (Frogmore Campus)



Join us in Bath for the day. We start with a trip to the Roman Baths (entrance included) where, with the use of an audio guide, you can explore in your own time. See the Great Bath and learn how the Roman people lived and worked in the town of Aquae Sulis.

Once you have finished your tour, the rest of the day is yours to wander around Bath. Perhaps

visit Sally Lunns Kitchen in the oldest house in Bath and possibly partake of the famous Bath Bun. Entrance to the kitchen museum is free if you have eaten there. Or visit the famous Bath Abbey. Perhaps visit one of the many museums (charges occur) or just walk and admire the buildings such as the Royal Crescent and Pulteney Bridge.

Blenheim Palace – Thursday 20th April

Cost £45. Depart: 09:00 Frogmore Campus.

Spend the day at Blenheim Palace, home to the 12th Duke of Marlborough and his family, and the birthplace of Sir Winston Churchill. Blenheim is a UNESCO World Heritage Site, and was built as a gift to John Churchill, 1st Duke of Marlborough, from Queen Anne and a grateful nation in thanks for his victory at the Battle of Blenheim on 13th August 1704. Free wi-fi enables you to download the onsite guide onto your personal device. Depending on the weather, the gardens can also be visited – all 2000 acres of them! There are several eating places for refreshment and a shop for souvenirs.



Pick up

Unless otherwise stated, pick up is from the lay-by/bus stop outside Frogmore Campus, on the Reading Road. Please park in the top car park, next to the courts, as arranged with the campus. **Only Blue Badge holders may park in the bottom car park adjacent to the road.**

Payment

Because of the change to Internet banking, we will no longer be collecting deposits for each outing. Instead, please pay the full amount, via Internet banking, to the Outings account as detailed on p2 of the newsletter. Use the name of the outing as the reference. Payment can be made at any time up to the 1st day of the month of the outing, but obviously your place is not reserved until payment has been received. We therefore suggest early payment to secure a place, but please give your name to us before payment to ensure there is availability on the trip.

Refunds

Please remember that, if you subsequently need to cancel a trip that has been paid for, a full refund will be made **only** if we can fill your place from any reserve list, or if the cancellation is due to medical reasons or medical appointment, or you are able to transfer your booking to another person.

– Sharron & Geoff Cox; outings@yateleyu3a.org.uk

Cont. on page 14...

Dates for your Diary

Thursday 5th January

Monthly Meeting – *Sandhurst Community Hall, 9.45am*

Monday 16th January

Lunch – *Rackstraws, Sandhurst, 12.00 noon*

Wednesday 18th January

Supper – *The Spice Merchant, Church Crookham, 7.00pm*

Tuesday 24th January

Theatre – *Ladies in Lavender, 7.45pm*

Friday 20th January

Coffee Morning – *Bistro 19, Blackwater Valley Golf Centre, Yateley, 10.30am*

Thursday 2nd February

Monthly Meeting – *Sandhurst Community Hall, 9.45am*

Monday 13th February

Lunch – *The Cricketers, Yateley, 12.00 noon*

Friday 10th February

Newsletter – Deadline for March/April input!

Friday 17th February

Coffee Morning – *Bistro 19, Blackwater Valley Golf Centre, Yateley, 10.30am*

Groanalot

Guess what? All those rubbish Christmas Cracker jokes that made you groanalot and then quickly threw in the bin ended up here at the Crackerjoke Recycling Centre!

Q. What do you get if you cross a parrot with a centipede?

A. A walkie-talkie.

Q. When do spare parts from Japanese cars start falling out of the sky?

A. When it's raining Datsun cogs.

Q. What do you get when you cross a snowman with a shark?

A. Frostbite.

Q. With what can you slice through a large wave?

A. Sea-saw.

Q. What do you call a three-legged donkey?

A. A wonkey.

Q. How do monkeys make toast?

A. Put some bread under the gorilla.

Activity Groups Summary						
Group Name	Venue	Time	Frequency	Day	Contact	Telephone
Art – Group 1	FCC Room F8 term-time	10:00	Weekly	Mon	Jeanne Threlkeld	
Art – Group 2	FCC Room F8 term-time	10:00	Weekly	Thu	Val Morgan-Tolworthy	
Aviation	The Tythings	10:30	Monthly	4 th Wed	Paul Cutting	
Ballroom Dancing	Darby Green Centre	14:00	Weekly	Tue	Carmen Gadd	
Books	Private house Yateley	14:30	Monthly	4 th Tue	Mary Lewis	
Bridge	Contact GL	14:00	Weekly	Thu	Mary Payne	
British History	Private house Blackwater	14:00	Monthly	2 nd Tue	Sue Stott	
Bus Pass	Various – see notice board		Mthly/Seasonal	Varies	Sue Carpenter	
Calligraphy	Inactive	10:00	Fortnightly	Wed	Anne Read	
Canasta	Contact GL	09:30	Weekly	Mon	Sylvia Guy	
Coffee Morning	Bistro 19	10:30	Monthly	Fri	Sue Carpenter	
Craft – Group 1	Private house Eversley	14:30	Fortnightly	Wed	June Coles	
Craft – Group 2	Private house Eversley	10:00	Fortnightly	Mon	June Coles	
Cribbage	The White Lion	14:00	Fortnightly	Mon	Sue Murrillo-Malynn	
Family History	Contact GL	15:45	Monthly	1 st Mon	Brenda Phillips	
French Conversation	Private houses	10:00	Weekly	Thu	Pam Hardy	
French Improvers	Private house Yateley	10:00	Weekly	Tue	Carolyn Sallis	
Gardening	FCC Gardens	10:30	Weekly ¹	Tue	Jean Bromham	
German Beginners	Private house Yateley	11:00	Twice Monthly	2 nd , 4 th Wed	Hilde Bartlett	
German Conversation 1	Private house Yateley	10:00	Monthly	1 st Tue	Marlies Needham	
German Conversation 2	Private house Yateley	09:15	Twice Monthly	2 nd , 4 th Wed	Hilde Bartlett	
Golf	Various		Weekly	Varies	Colin Godwin	
Grumpy Old Men	Private houses	10:00	Monthly	1 st Tue	Mick Starnes	
Italian Improvers	Contact GL	13:30	Weekly	Mon	Heather O’Gorman	
Jazz	The Tythings	10:30	Monthly	2 nd Wed	David Clarke	

Jig-saw Exchange	Sandhurst Community Hall	10:00	Monthly Mtg	1 st Thu	Sue Carpenter
Knit & Natter	Private houses	15:00	Fortnightly	Wed	Anne Read
Latin	Bistro 19	13:00	Twice Monthly	2 nd , 4 th Thu	Rosemary Prentice
Line Dancing	Darby Green Centre	14:00	Weekly	Fri	Linda Weatherley
Luncheon	See newsletter	12:00	Monthly	Mon	Sue Stott
MOTO	Contact GL	10:30	Monthly	3 rd Thu	Belle Hughes
Outings	See newsletter	am/pm	Varies	Varies	Sharron & Geoff Cox
Pétanque (seasonal)	FCC front field	14:00	Weekly ¹	Thu	Mark Weatherley
Photo Editing	Contact GL	14:00	Monthly	3 rd Tue	Bob Margolis
Photography (BV u3a)	The Tythings	14:30	Monthly	4 th Tue	Phil Rowling
Pilates	Frogmore/Online	13:30	Twice weekly	Mon/Wed	Linda Hitchen
Play Reading	Private house Yateley	14:00	Monthly	1 st Wed	Roland Needham
Rummikub	The Cricketers, Yateley	14:30	Weekly	Mon	Lynn Frost
Science & Technology	The Tythings	10:00	Monthly	3 rd Wed	Steve Carpenter
Signing 1	Private houses	10:30	Weekly	Tue	Janette Walton
Signing 2	Private houses	13:00	Weekly	Wed	Krystyna Cozens
Singing (BV u3a)	The Tythings	14:00	Twice Monthly	1 st , 3 rd Wed	Barbara Brooks
Spanish Conversation	Private house Yateley	10:00	Weekly	Mon	Sue Murillo-Malynn
Spanish Improvers	Skype only	14:30	Weekly	Mon	Tony Rimmer
Supper Club	See newsletter	18:30	Monthly	Varies	Penny Thomsett
Table Tennis	Frogmore Leisure Centre	15:00	Weekly	Thu	Steve Carpenter
Tai Chi	The Tythings	12:15	Weekly	Thu	Susy Smith
Theatre (Wokingham)	See newsletter	19:00		Varies	Brefni Bray
Walking – Strollers	See newsletter	10:00	Monthly	2 nd Fri	Jacky Cowley
Walking – Walkers	See newsletter	10:00	Monthly	Last Tue	Lella Ranger
Wine Appreciation	Contact GL	20:00	Monthly	3 rd Mon	Vic Payne

FCC = Frogmore Community College; ¹ weather permitting. Shaded cells indicate a change since the last newsletter.



Mindfuel

A Happy New Year from the Mindfuel team – me! The mince pies are gone, so I’m afraid it’s back to the chocolate digestives for another year to take with your favourite beverage while you give the little grey cells a workout. Sherlock is back, but in these times of raging inflation, you won’t find him too taxing! – *Ed.*

Pictograms

1	1. 2. blame 3. blame
2	fair ■
3	AID AID AID ↑
4	GOT HERO HERO GOT HERO HERO GOT HERO HERO GOT HERO HERO
5	<u>IR</u> CURTAIN

Sudoku

7								3
	5	6		1	3	7		
	9		4	7			6	
	7	2						1
			7		9			
6						8	5	
	6			3	8		9	
		5	9	2		3	1	
9								8

Playing Card Puzzle

Dr Watson has a new card puzzle for Sherlock Holmes. He picks four cards out of the pack of 52 cards and lays them face down on the table. He offers four hints to Sherlock:



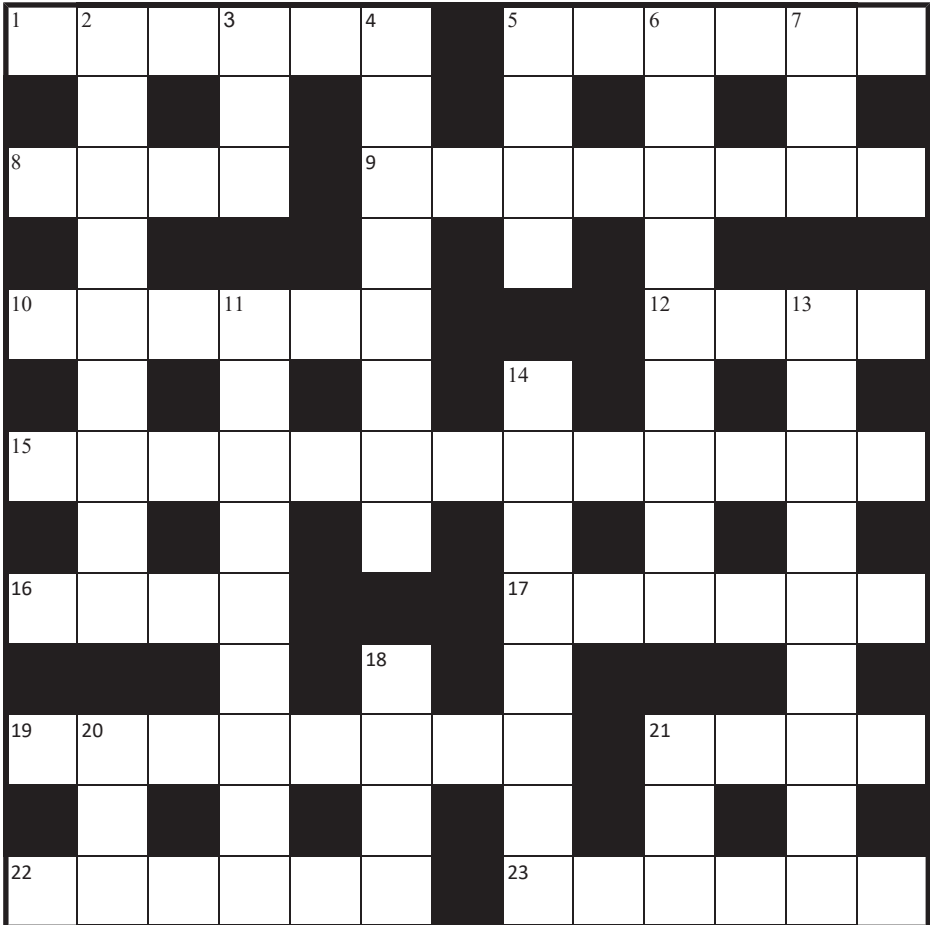
- 1) The left card can't be greater than the card to its right.
- 2) The difference between the first card and third card equals eight.
- 3) None of the Aces are present
- 4) No face card has been included ie, no Jack, Queen or King.
- 5) The difference between the second and fourth card is 7.

Sherlock smiles and tells all the four cards to Dr Watson.

Can you deduce the four cards?

Solutions on page 18 but no cheating!

Crossword



Across

1. Gradually change (6)
5. Apparition (6)
8. Ceramics material (8)
9. Home Guard (4,4)
10. Bumpy (6)
12. Clenched hand (4)
15. Lady Day, singer (6,7)
16. College leader (4)
17. Without a chance (2,4)
19. Waiting area (8)
21. Lads (4)
22. Gawped (6)
23. Scorn (6)

Down

2. Lover's card (9)
3. Amateur (3)
4. Put at risk (8)
5. Paddle (4)
6. Alfie, Love Hurts star (4,5)
7. Belly (3)
11. Offer service (9)
13. Observant (5,4)
14. Becoming insane (5,3)
18. Sheep pen (4)
20. Negative (3)
21. Legal profession (3)

The Mamma Mia Christmas Party Lunch

On Tuesday 13th December 43 of our members were escorted by Sharron and Geoff to The Hilton Hotel in Cobham for a truly exceptional Mamma Mia experience. The fun began with coffee and mince pies, served at our own tables, all beautifully laid with crackers and Christmas decorations inside one of the Hilton's lounges. During the rest of the day we had an excellent three-course Christmas lunch, followed by lots of singing and dancing to our favourite Abba numbers. The whole experience was one of the best any of us can remember and huge thanks must go to Sharron and Geoff for making it all happen!

– Penny Thomsett

I'm sure all of us who enjoy our outings with Sharron and Geoff will echo that! You can see some pictures of fun on the back page. – Ed.

Science & Technology



We'll return on **Wednesday 18th January**, for which I'm considering an open forum – an opportunity for you to discuss any S&T-related subjects, ask questions of our learned members or perhaps tell us of your personal experience with the latest technology.

On **Wednesday 15th February**, we have guest speaker Krzysztof Szymaniec from the National Physical Laboratory at Teddington coming along to tell us about the concept of atomic clocks and timekeeping. He'll also describe a particular implementation of such a clock which has been the subject of his own research at NPL.

The group meets on the third Wednesday of the month from 10:00-12:00 in the Tythings. Please join us if you're interested to learn more about what makes our world, and our lives, tick. Just £2 covers the cost of the venue and refreshments.

Southampton Science and Engineering Festival 2023

Southampton Science and Engineering Festival is running from Friday 10th to Sunday 19th March 2023. **Science and Engineering Day** will take place on Saturday 18th May 2023, 10:30 - 16:30, at Highfield Campus and Boldrewood Innovation Campus. Visit <https://www.sotsef.co.uk/> to find out more.

– Steve Carpenter; science@yateleyu3a.org.uk

Supper Club

Pamela Roberts has arranged an evening at The Spice Merchant, The Street, Crookham Village, Fleet GU51 5SJ. It is due to begin at 7pm on the 18th January 2023. We will get more information later. I will let the group know of the February and March events after the New Year.



In the meantime can Phil and I thank you all for your continued support and wish you a healthy and happy 2023. Please contact me directly if you have any queries.

– Penny Thomsett; supper@yateleyu3a.org.uk



Tai Chi

The winter term of Tai Chi classes will begin at The Tythings on Thursday 5th January 2023. **All classes begin at the new time of 12.15pm.** New members welcome.

– Susy Smith; taichi@yateleyu3a.org.uk

Walking Groups

November Walk – We had a good turnout of 19 on Tuesday 29th November for our four-mile walk, starting at Finchampstead Village Hall. It had been wet the week before but luckily the day of our walk was dry and not too cold. After a short while walking on the path, we entered a track adjacent to farm fields. The grass was a verdant green and a herd of healthy-looking black cows were happily grazing. We observed in the distance the area where lavender is grown. We then arrived at St James’s church and the tranquil churchyard before passing the Queen’s Oak pub. Further on,



Photo – Lella Ranger

we entered California Country Park with easy walking and scenic views of the lake. We took a welcome break at the café to have a hot drink and a piece of cake. There is a caravan and camping site at the park and we noticed it seemed to be fairly full as we headed on our way. The next hedge-lined track was a little muddy underfoot but not too bad. We were soon back at the Memorial Hall. With the coffee break, the walk took about 2½ hours. Many thanks to Daphne Harvey and Jean Edwards for leading.

– Lella Ranger

December Stroll – Our December Stroll was around the lakes of Dinton Pastures, Winnersh. The weather was very cold to start with, but that did not put off the five ladies that took part. Two were new members, which was very pleasing. The going was fairly



Photo – Jacky Cowley

easy as many of the paths at Dinton have been improved. One part was a little muddy, but the path was covered in autumn leaves, so it left our footwear fairly clean. There was lots of bird life to see on the lakes. We took a break in the new café, situated on the first floor of an activity centre. We had beautiful views across the lake while we drank our coffee, and then it was just a short walk back to the car park. There was a fee for parking but, given the facilities,

it was good value for money. It would cost a lot more to walk around the grounds of a NT property.

– *Jacky Cowley*

Our next strolls/walks are:

Date	Stroll & Walk Details	Contact(s)
Tue 31 st January	Walk – Windsor Great Park. 4-5 miles, no stiles. Take A30 towards Egham, pass Virginia Water main gate, take next left, Wick Road s/p Savill Gardens, go to end of the road left onto Bishopsgate Road, pass The Fox and Hounds park on left of road near the gate. TW20 0XU.	Anne Cleary
Fri 10 th February	Stroll – Virginia Water. 4 miles, no stiles. Meet at the Wheatsheaf Pub on A30 towards Egham. GU25 4QF.	Anne Cleary

Resolutions

I am not in the habit of making New Year’s Resolutions, as I am very bad at keeping them. But in 2023 I am resolved to make a habit of the ones listed below. They all start with ‘**RE**’ to make it easy to remember them, like **RESOLUTION**.

I will try to **RECYCLE** as much as possible.

I will try to **REDUCE** use of plastic.

I will try to **REFRAIN** from buying things I don’t need.

I will try to **REPAIR** instead of buying new.

I will try to **REUSE** items whenever possible.

I will try to **RELAX**, not getting stressed by things I cannot change.

I will try to **REJOICE** about the good things in life and nature.

I will try to be **RELIABLE** about things I promise.

I will try to **REMEMBER** how my parents did their jobs simply and efficiently.

If we all tried to remind ourselves daily to do some of the above, we might help reduce global warming and do our bit to save mankind. The planet will save itself; it has done so for billions of years.

– *Marlies Needham*



Groanalot More

What did one deoxyribonucleic acid say to another? Do these genes make me look fat?

A double negative forms a positive, but apparently there is no language where a double positive is a negative. Yeah, right.

A Pepsi executive has been fired; he tested positive for Coke.

Why are tenors like pirates? Because they're both murder on the high Cs.

The human cannonball wanted to retire, but the circus owner couldn't find a replacement of his calibre.

After many attempts, a scientist successfully cloned his own genes; he was so thrilled, he was beside himself.

The best time to add insult to injury is when you're signing someone's plaster cast.

How many surrealists does it take to change a light bulb? Fish.

How many tech-support people does it take to change a light bulb? I don't know, but have you tried turning it off and then on again?

What do you call twin policemen? Copies.

Night clubbers in Yorkshire have taken to using dental syringes to inject Ecstasy directly into their mouths. This dangerous practice is known as "E by gum".

Why did the skeleton refuse to go bungee jumping? He didn't have the guts.

Why did the ram fall over the cliff? He didn't see the ewe turn.

Why don't oysters give to charity? They're shellfish.

What do you call a boomerang that doesn't work? A stick.

Why couldn't Count Dracula's wife sleep? Because of his coffin.

First thing this morning, there was a tap on our door; our plumber has an odd sense of humour.

Why does 'smiles' hold the record as the longest word in the dictionary? Because the two 's's are a mile apart.

What do you call a parrot in the rain with an umbrella? Polyunsaturated.

Give me ambiguity or give me something else.

How does a Dalek keep its skin soft? EXFOLIATE!

What did the Spanish fireman call his sons? Jose and Hose B.

A shoe factory has burnt down; two hundred soles were lost.

A police station toilet has been stolen; officers have nothing to go on.

I used to work at Kwik-Fit, but I gave up the job; every day I was tired and exhausted.

Kitchen Capers

Mary's Veggie Hotpot

Chop up all the vegetables that you want to, eg, celery, parsnips, potatoes, tomatoes, lentils, courgettes, peas or whatever you have. Warm them in a pan with water on the cooker for a few minutes. Then tip them into your slow cooker set on 'high'. After an hour, turn it down to 'low'. Leave it simmering for three or four hours more. Check it doesn't dry out.



One hour before you want to eat, take a jam jar and put in it some herbs of choice, curry or Mexican spices, a little water and some flour to thicken. Add some tomato puree too if you fancy it. Put the lid on the jar. Give it a good shake and then empty the contents into the slow cooker, stir with a wooden spoon, replace the slow cooker lid and wait one hour before serving.

Serve with rice or pasta but if, like me, you've recently bought an air fryer, make some dumplings (use flour and fat with a small amount of water) and place them in the air fryer set on 160°C for fifteen minutes, depending on the size of your dumplings! Check them regularly. This is an utterly delicious and economical meal. Make plenty and freeze some for another time.

– Mary B Lyons

Mindfuel Solutions

Across: 1. Evolve; 5. Wrath; 8. Clay; 9. Dad's army; 10. Uneven; 12. Fist; 15. Billy Holiday; 16. Dean; 17. No hope; 19. Anteroom; 21. Boys; 22. Stared; 23. Deride.
Down: 2. Valentine; 3. Lay; 4. Endanger; 5. Wade; 6. Adam Faith; 7. Turn; 11. Volunteer; 13. Sharp eyed; 14. Going mad; 18. Fold; 20. Not; 21. Bar.

Crossword Solutions

no one to blame; fair and square; first aid; forgotten heroes; iron curtain

Pictograms

To maintain the difference of eight and keeping in mind the third and fourth hint, the first and third cards can be 2 and 10 or 10 and 2. But keeping in mind the first hint, we know that the first card is 2 and the third is 10. Similarly, if we see the fifth hint, the difference between the second and fourth card should be 7. Thus we know that the second card is 3 and the fourth card is 10.

Answer: 2, 3, 10 and 10.

Playing Card Puzzle

9	1	3	5	6	4	2	7	8
8	4	5	9	2	7	3	1	6
2	6	7	1	3	8	5	9	4
6	3	9	2	4	1	8	5	7
1	8	4	7	5	9	6	3	2
5	7	2	3	8	6	9	4	1
3	9	8	4	7	2	1	6	5
4	5	6	8	1	3	7	2	9
7	2	1	6	9	5	4	8	3

Sudoku

In Memoriam

Betty Cox

1st February 1936 – 14th October 2022

Just after the last newsletter went to press in October, we learnt of the sad death of Betty Cox. We offer our sincere condolences to Mike and the family and thank Jacky for her recollections of Betty below. – *Ed.*

Betty was an early member of our u3a. She embraced it fully and enjoyed taking part in Line Dancing, Tai Chi and the Walking Groups. Betty and husband Mike would also lead walks and loved going on outings. She was active in the administration of our u3a, serving on the committee as Secretary for many years. She then became the Minute Secretary, using her shorthand and typing skills. She ran the 100 Club and the Amblers Walking groups too. Betty was interested in art and made cards which were of a very high standard. I know, having received many of them over the years. She had a group of friends that met when their children were very young. They called themselves 'The Golden Girls'! Very apt for Betty.

– *Jacky Cowley*



Lillian Millard

We are also sad to report that Lillian Millard passed away peacefully on 30th November following a short illness. As our Speaker Secretary until last August, we are still working through her bookings for our monthly meetings. She had enjoyed cookery, craft, knitting and sewing with our u3a, just to mention a few.



A friend sent in the following memories: "...without knowing each other particularly well, we shared a room together on a u3a holiday, as both of us could not sleep if there was a snorer in the room! With fingers crossed, we took the plunge into the unknown and it worked like a dream. Lillian had a super sense of adventure and fun; she was always up for a challenge and had so many interesting tales to tell. We planned to repeat the experience, but Covid got in the way and we eventually had to cancel. Whenever Lillian walked into a room you always knew you were going to have a good laugh. A fond farewell to a great friend."

– *Anon*

We have just heard that Lillian's funeral is scheduled for 12:30 on Friday 30th December at Finchampstead Crematorium. The family welcomes u3a members to the funeral service but regrets the wake will be for family and close friends only. – *Ed.*

Gallery



Christmas Lunch at The Gallery. Photo – Lynn Aylen



Making Christmas Table Centres
Tutor & photo – Jeanne Threlkeld



Mamma Mia Christmas Party Lunch at the Hilton, Cobham. Photos – Steve Carpenter