

# PORTSMOUTH



# NEWSLETTER

Winter 2009

## Officers and Committee for 2009—2010

Chairman	Aileen Loughran	9282 7826
Treasurer	Sheila Hildreth	9235 5904
Secretary	Ros Slade	9282 5193
Speakers Secretary	Ken Snell	9278 6825
Social Secretary	Carol Jones	9236 3752
Publicity/Raffle	Joan Kup-Ferroth	9286 1855
Newsletter	Alan Spicer	9273 6352
Membership Secretary	Fay Pearson	9281 6488
Programme	Sonja Baxendale	9273 1816 (co-opted)
Grant Applications	Jane Urquhart	9285 1064 (co-opted)

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Supported by Hampshire and Isle of Wight Community Foundation (Grassroots)

## **CHAIRMAN'S LETTER**

I would like to thank all of you for your support in electing me as your new Chairman. I was very apprehensive about following in Freda's footsteps as she has been an excellent Chairman and managed the Committee Meetings very well, usually bringing us to a consensus decision without having to resort to voting which can be divisive. I should like to thank Freda on behalf of us all for the hard work she put in for our U3A (and Brian for being so helpful on the telephone in Freda's absence and providing food at the allotment etc). We have started several new groups under Freda's time in office, including Science, Creative Writing, Archaeology and Genealogy.

I very much appreciated the support and assistance given by all those at my first general meeting. As I explained at the meeting the most common point made in the questionnaires you completed last term was that there was too much talking at the general meetings and members couldn't always hear what was going on. I must say that every one was very quiet on Tue 20<sup>th</sup> Oct----I was extremely impressed. I hope it continues as it does help business to be carried out effectively. I should remind you that the minutes are displayed on the upstairs noticeboard for you to read.

It looks hopeful that the Caen exchange will take place in May, if you have not participated in this event, it is definitely worth doing so. I was on the last visit and am going again this time. Our French counterparts definitely make a big effort to give us an enjoyable time. Please keep your eye on the U3A noticeboard.

I hope you all have an enjoyable Xmas and Happy New Year, see you all in 2010, it doesn't seem like 10 years since the Millennium New Year!!

Aileen Loughran

## **THE 5 MINUTE CHOCOLATE CAKE FOR ONE PERSON.....HOW NEAT !!**

### **5 MINUTE CHOCOLATE MUG CAKE**

4 tablespoons flour 4 tablespoons sugar 2 tablespoons cocoa 1 egg 3 tablespoons milk 3 tablespoons oil 3 tablespoons chocolate chips (optional) A small splash of vanilla extract 1 large coffee mug (MicroSafe) Add dry ingredients to mug, and mix well. Add the egg and mix thoroughly. Pour in the milk and oil and mix well.. Add the chocolate chips (if using) and vanilla extract, and mix again. Put your mug in the microwave and cook for 3 minutes at 1000 watts. The cake will rise over the top of the mug, but don't be alarmed! Allow to cool a little, and tip out onto a plate if desired. EAT ! (this can serve 2 if you want to feel slightly more virtuous). And why is this the most dangerous cake recipe in the world? Because now we are all only 5 minutes away from chocolate cake at any time of the day or night!

Lesley Contractor

### **Lesley Contractor MISPRINT HEADLINES**

Man Kills Self Before Shooting Wife and Daughter  
Something Went Wrong in Jet Crash, Expert Says  
No, really?

Police Begin Campaign to Run Down Jaywalkers  
Now that's taking things a bit far!

Panda Mating Fails; Veterinarian Takes Over  
What a guy!

Miners Refuse to Work after Death  
No-good-for-nothing' lazy so-and-so's!

Juvenile Court to Try Shooting Defendant  
See if that works any better than a fair trial!

War Dims Hope for Peace  
I can see where it might have that effect!  
If Strike Isn't Settled Quickly, It May Last Awhile Ya think?!

Cold Wave Linked to Temperatures  
Who would have thought!

Enfield ( London ) Couple Slain; Police Suspect Homicide  
They may be on to something!

Red Tape Holds Up New Bridges  
You mean there's something stronger than duct tape?!

New Study of Obesity Looks for Larger Test Group  
Weren't they fat enough?!

Astronaut Takes Blame for Gas in Spacecraft  
That's what he gets for eating those beans!  
Kids Make Nutritious Snacks  
Do they taste like chicken?

Local High School Dropouts Cut in Half  
Chainsaw Massacre all over again!

Hospitals are Sued by 7 Foot Doctors  
Boy, are they tall

And the winner is....  
Typhoon Rips Through Cemetery; Hundreds Dead  
Did I read that right?

## **VISIT TO THE NEWS CENTRE**

What a complicated, technological business it is producing a newspaper these days. The News Centre has a beautiful ornate 'Eagle Printer' from the time of Nelson into which each individual letter had to be hand placed to make up the text. Backwards! 'Formers' were put in to form the columns and shape the page, then the machine printed one page at a time. It was the job of the apprentices to put all the letters back into their correct places, making sure the upper or lower case letters went into the upper or lower row of boxes, so that the next page could be started on. This machine is still used for some limited edition art works.

At the beginning of the 20<sup>th</sup> century a Linotype machine was introduced. The text was put in by a compositor using a sort of keyboard. Still very laborious. The advent of computers caused big changes to the processes, loss of jobs and many strikes.

The process used now is called Offset Litho printing. The text is put, electronically, onto aluminium plates which have a chemical coating. It takes four of these plates to make up two pages. Each plate has overlays of the page layout in cyan, magenta, yellow and black. Each colour is added separately to create the whole. Each plate has a bar code indicating which publication it is part of. They print a number of other publications for the surrounding area and notably 'The Sun'.

These plates then go into sorting machines which read the bar codes and send the plates to the correct collection point to be ready for the print.

The printers occupy a very large space. The rolls of paper are loaded automatically by robots. The paper travels upwards passing through a drum and the flat printed sheets

begin their descent. On the way down they are cut and folded so that they end up attached to a clip travelling along what looks like a snake. During this journey they are bundled and tied ready to be delivered. Three days' print takes 450 rolls of paper. Some paper is recycled, other paper comes from Sweden and Austria.

A fascinating visit. Thanks to the two people who showed us round and to Olive for arranging it.

Sonja Baxendale

## SUPPORT YOUR LOCAL CINEMA

No.6 Cinema situated in Boathouse 6 in the Dockyard is the best thing to happen culturally to Portsmouth in years. First-rate programming and the only chance to see films in ideal conditions in this city. Comfortable seats, good sound and projection. Even the interval music is a treat. To continue on through 2010 No.6 needs audience numbers to rise, so tell your friends and come along. If you would like a regular programme send your e-mail address to [info@no6cinema.co.uk](mailto:info@no6cinema.co.uk)

Programmes are also available in the lobby at the Community Centre.

See you there!

Alan Spicer

## **New members meeting Thursday 28<sup>th</sup> January 2pm to 4pm**

All new members and those who have joined us since our previous new members meeting last January are welcome to this event. Leaders of our various groups will each give a brief talk on their activities and will be available for questions. Tea and biscuits will be served. Existing members are also welcome to this social event which gives new members the opportunity to learn more about us and meet other members.

## **FRENCH**

The main item of interest in this subject is the fact that several new faces are to be seen in both Groups. So far the numbers attending have remained much higher than in the past - twelve or thirteen of us crammed into the little Annexe each Monday morning - and very few people are 'laying eggs' in the register.

This falls quite conveniently in the Beginners Group, because we had agreed to go back to the beginning of our course book and go over the basics again. The Intermediates are looking at the beginning of the Charles and Henri story (they began it 'in media res' some time ago and only now are beginning to learn something of Charles's English background). The incidental advantage of this is the gathering of common French expressions used in everyday conversation, found everywhere except in typical English text books for students of French!!

We have a few more names firmly appended to the list of those wishing to go on the trip to Caen for four days in May - but not enough yet. Still, the situation promises well. We have received the planned itinerary from our French cousins, and they assure us that they are ready and willing to put us all up 'en famille' this time, which will make a big difference socially and financially, of course. This last, however, puts upon us the obligation of responding in kind the following year and this has never been easy on this side of the Channel.

Homework (voluntary, I swear) trickles in in an anaemic little stream; but, as is the way of the world, the ones who don't do it are usually the ones who need it most. I am thinking of asking the parents of the more persistent delinquents for permission to apply a thirty-minute after-school detention, with no talking and the coffee machine placed out of bounds.

Let me finish with my usual mantra - no matter what sort of a guide/teacher you have, it just isn't possible to learn a foreign language by merely attending for two hours at fortnightly intervals. This is where French differs from many other of our U3A activities. It is possible to have a nice chat with the person sitting next to you and a nice twenty-five-minute-long coffee break, but it isn't possible to learn French in that way. Something has to happen in between. Frequently.

George Jenkins

## **LOCAL HISTORY**

The last two meetings of the Summer Term both had a naval flavour. Jane Smith came to tell us about the Nelson Monument on Portsdown Hill. Evidently attempts had been made to build a sea mark on the hill to celebrate the glories of the British Navy, but had not come to fruition. However the death of Nelson precipitated the decision to finally make the proposal a reality. Seafarers entering Portsmouth Harbour have been grateful ever since! Dr. Val Fontana continued the naval theme by telling us about conditions for sailors after 1816. Dr Fontana is a guide aboard H.M.S. Warrior and he arranged for a group to tour the ship, which was much enjoyed.

Dr. Ray Riley opened the Autumn Term programme with a talk about the corset industry in Portsmouth. Many women whose husbands were away for long periods at sea, fed their families by working at this trade, very often in their own homes.

Our October meeting took the form of a visit to the News Centre, which has been reported elsewhere, thanks to Sonja!

We have two meetings in November. For the first, we will welcome Nigel Surry to talk about his recently published book “A Portsmouth Canvas”, which as the name implies, features many of the artists who have found inspiration here.

The last meeting of the term also has an artistic flavour, as we have a visit from Rosalinda Hardiman who is Collections Manager at the City Museum. She will be introducing us to some of the artefacts owned by the city, many of which are rarely on display.

Local History is quite a large group, but there’s always room for more!

Olive Lindsay

Architecture Class Newsletter.

## **VISIT TO WINCHESTER**

Whereas a coachman once told Tennyson that Winchester was “debauched, sir, like all other cathedral cities. England’s ancient capital is now apparently decent and sober, and certainly a safe place for exploration. This summer, our class made a deep journey into the medieval world, and its mindset by viewing Winchester College and the

nearby Hospital of St. Cross. The College shows us how education was regarded within that society, where it maintained the learning and hierarchy of the church and kept the elite separate. The almshouses of St. Cross demonstrate how few were the chances for the desperate to be rescued from poverty.

Winchester College was founded by Bishop William of Wykeham in 1382 and is probably the oldest continuously running school in the country. There was a huge demand for trained and educated priests at this time, after the Black Death had laid waste the population, clergy and commoner alike.

The seventy scholars were housed in a building around two courtyards, the outer one for stabling, the brewhouse, bakehouse, laundry and abattoir, where a vibrant, organic aroma must have filled the air, and an inner courtyard, around which the boys and masters lived.

This Chamber Court was built in typical, mid-gothic or decorated style in honey coloured stone, probably from the Isle of Wight. The master mason in charge was William of Wynford, who came from Wells originally and was also involved in the building of New College, Oxford, the nave and west front of Winchester Cathedral.

One whole side of the court is taken up by the college refectory and library, all under one long roof, an innovation for the times.

One of the gems contained within this warren of cloisters and courtyards is the New Schoolhouse, built in 1687, which displays all the characteristics of a Wren building, a perfect miniature of a modest country mansion of the period, a double cube design in mellow brick and stone. This pedigree hasn't been actually been confirmed although it is known that Wren was in the area at this time, so it's a possibility. Near to this building is a grassy space where the scholars invented football, which they called "winkit", by kicking an inflated pig's bladder in their spare time. Rugby has never been played here, considered to be far too 'arriviste' and lacking in the tradition essential to the College's ethos.

The afternoon was spent at the Hospital of St. Cross. These are almshouses within a religious community, founded by the Norman Prince Henri du Blois, two centuries even before the College, in 1132. The Charter was 'to give shelter to 13 poor men- feeble and so reduced in strength that they can hardly support themselves without another's aid. The amazing fact is that these almshouses are still occupied by retired men today, now

means-tested as to their rent but still wearing the traditional long black gowns, Tudor style hats and silver cross badges.

Again , there are two courtyards, all contained within a tall perimeter wall of flint. The first area, like the College, is the area for arrivals, pilgrims and supplies and a tall Norman tower and gateway leads on to the spacious grassy inner Courtyard, which contains the church, the dining hall and the row of striking houses, lived in by the brothers. They were built as a kind of 12<sup>th</sup> century terraced row, with the stupendously high stone chimneys, one for each house. The church has the robust strength of the Romanesque style, with a massive square tower and some later additions to the west end. Here there were originally other houses, joining with today's surviving ones, making the fourth side of the cloister. In this way, a secluded and secure community was created and today this atmosphere still pervades, underlined by the beautiful and well tended gardens around it.

Enjoying tea and a large slice of Victoria sponge in the tranquil outer courtyard may not set us on the path to paradise but it certainly felt like heaven that afternoon.

### **Caen Visit 4th - 7th May 2010**

It will be "en famille" (Staying with a family)

Tuesday the 4th May : Arrival & settling in with the family.

Wednesday : Trip to Trouville, Deauville & Honfleur, with a visit to the "Musee Eugene Boudin" in Honfleur.

Thursday : Reception at the Town Hall (Hotel de Ville) a meal at the University, entertainment from the UIA choir, folk dance or drama group.

Friday : Shopping, (there is a very large market in Caen on Fridays & worth a visit) meal at a restaurant near the sea, before departure.

The trip will cost about £150, which will possibly be 3 restaurant meals, 1 coach trip & museum entrance & the the cost of the ferry, & if you would like to come please ring me.

Freda Forcey Tel 92423976

## **The Joys of U3A**

**Belonging to U3A I decided, is a gift.**

**I am now, probably for the first time in my life, the person I have always wanted to be. (Oh, not my body! I sometimes despair over my body, the wrinkles, the baggy eyes, and the sagging butt. And often I am taken aback by that old person that lives in my mirror (who looks like my mother/father!), but I don't agonize over those things for long).**

**U3A has given me other things to concentrate on!**

**I would never trade my amazing U3A friends, my wonderful life, my loving family for less grey hair or a flatter belly. As I've aged, I've become more kind to myself, and less of myself. I've become my own friend.**

**I don't chide myself for eating that extra biscuit; for not making my bed, or for buying that silly ornament that I didn't need, but looks so avant garde on my patio. I am entitled to a treat, to be messy, to be extravagant.**

**I have seen too many dear friends leave this world too soon; before they understood the great freedom that U3A has to offer.**

**Whose business is it if I choose to read or play on the computer until 4 AM and sleep until noon ?**

**I will dance with myself to those wonderful tunes of the 60 & 70's, and if I, at the same time, wish to weep over a lost love .. I will.**

**I will walk the beach in a swim suit that is stretched over a bulging body, and will dive into the waves with abandon if I choose to, despite the pitying glances from the jet set. They, too, will get old.**

**I know I am sometimes forgetful. But there again, some of life is just as well forgotten. And I eventually remember the important things.**

**Sure, over the years my heart has been broken... How can your heart not break when you lose a loved one, or when a child suffers, or even when somebody's beloved pet gets hit by a car? But broken hearts are what give us strength and understanding and compassion. A heart never broken is pristine and sterile and will never know the joy of being imperfect.**

**I am so blessed to have lived long enough to have my hair turning grey, and to have my youthful laughs be forever etched into deep grooves on my face. So many have never laughed, and so many have died before their hair could turn silver.**

**As you get older, it is easier to be positive. You care less about what other people think. I don't question myself anymore. I've even earned the right to be wrong.**

**U3A has set me free. I like the person I have become . I am not going to live forever, but while I am still here, I will not waste time lamenting what could have been, or worrying about what will be... And I shall eat dessert every single day. ( If I feel like it).**

**MAY OUR FRIENDSHIP NEVER COME APART ESPECIALLY WHEN IT'S STRAIGHT FROM THE HEART!**

**MAY U3A ALWAYS PROVIDE A RAINBOW OF SMILES ON YOUR FACE AND IN YOUR HEART FOREVER AND EVER!**

**FRIENDS FOREVER!**

**Anon**

## **SANDHURST**

The invitation to the Sovereign's Parade stated that everyone had to be seated by 10.30am. I decided that meant leaving home at 7.30am for fear of being lost in the wilds of Surrey when following the A325 via Aldershot – Miss J Hunter Dunn, Miss Joan Hunter Dunn; consequently I arrived ridiculously early at 9.15am, and, the car having passed the strict security with sniffer dogs, I wandered about in the light drizzle looking for Old College.

Passing New College (1908), the stands became visible in the distance in front of the vast parade ground. I wondered up and was directed to a VIP seat with my name on it in the front row, nearly opposite the portico of Old College and the French cannons captured at Waterloo. What luck! How did Mohammed manage that?

With plenty of time to wait, it was fascinating to watch the virtual fashion parade as ladies of all shapes sizes and nationalities arrived with (mainly) their escorts. Many wore establishment silk dresses and picture hats despite the rain; some wore spiky heels and tight skirts; some had on national dress; quite a few were sensibly dressed in smart casual trousers like me, umbrellas up; one or two appeared as though they were

about to go shopping. All around were military men in peacock uniforms – red stripes, yellow stripes, double stripes, kilts, gold braid, clinking spurs and flashing swords. Tight trousers on elderly legs, however, looked rather comical.

At 10.45 exactly the parade started, and the cadets marched up to the front of the college, led by the star of the show, the Adjutant on his magnificent white horse, sword upright. The cadets sloped arms and the Sovereign's Representative, a mere general, mounted the dais to a fanfare. Naively I had been expecting Her Maj, not knowing that there is a passing out parade at the end of each term. It clearly was too much to expect. Sandhurst, like much else, has become something of an industry. The Sovereign's Rep then inspected the Parade, a slow walk in gold braided sash to music, a word with the few. He was preceded by two female officers, marching in slow time like Greek maidens, dainty feet outstretched. This contrasted with the execrable shouts from time to time of the sergeant major in unintelligible English. The white horse was starting to paw the ground. There would be some clearing up to do later.

The cadets closed ranks in a curious sideways shuffle and the National Anthem was played as the Sovereign's Platoon presented arms and trooped the Sovereign's colour.

The cadets were accompanied by a tall sexy NCO in a red jacket, sword up. He looked as if he could make mincemeat of the officer cadets. “These Ruperts don’t know nothing”, as somebody said when an expedition got lost for a week in the Borneo jungle some years back.

Then the Parade marched past in slow and quick time and I scanned the rows trying to spot Mohammed. But they all looked alike. Except that suddenly someone said “Look at that!”. It must have been the Yemeni attaché nearby, for there marching along with the rest were two small female Arab cadets, their hair enclosed in Hejabs, caps on top, and wearing trousers not skirts. Amazing. Definitely a first for Sandhurst.

By now the sun was shining and the Adjutant was shouting orders, not much more intelligible than the sergeant major, and the Sovereign’s Rep addressed the Parade. He said, among other things, win trust not popularity, then added a joke about having a personality clash when he was at Sandhurst, only to be told by the sergeant major that there was no personality clash as he had been issued with a personality at Sandhurst. Then he presented the Sword of Honour, The Queen’s Medal and the Overseas Sword. But prize winners can make a hash of it when it comes to the crunch: what about the World War I or the fall of Singapore?

Finally the Parade is over. The Sovereign’s Banner, The colours and the Senior Division march off the Parade up the steps of the Grand Entrance to Old College followed by the Sovereign’s Representative; and finally the moment everyone has been waiting for: the Adjutant rides his white horse up the steps in the traditional manner and disappears into Old College.

The Days of Our Youth are the Days of Our Glory, as Lord Byron wrote, but the glamour of Sandhurst is shadowed by the reality of war in Afghanistan. A sense of anti-climax falls on the spectators, stirred up by the spectacle, the music and the marching, but this is broken as the cadets come rushing over, having been released. Mohammed appears looking very handsome in uniform and recognisable now without his cap, and I give him the wedding gift to take back to Oman where he will soon be getting married.

Anne Westcott-Porter

READING GROUP Thursday 2.00 – 3.30 Room 4  
with Alan Spicer (92736352)

Meeting once a month for a lively discussion of fiction and biography, which, depending on the book, can lead to other areas – history, politics, literary adaptation etc. Within the constraints of a library reading list we aim for a varied range of material. Future titles will include ‘Finger-smith’ by Sarah Waters, ‘The Road’ by Cormac McCarthy and ‘The Lost World’ by Arthur Conan Doyle. The discipline of reading a book chosen by someone else can be most rewarding. If this appeals please come along, we welcome new members.

As a rider to the above a few recommendations from my recent reading which may serve as suggestions for presents this month.

SEMI INVISIBLE MAN : THE LIFE OF NORMAN LEWIS by Julian Evans.  
792pp. Picador £8.99

Described as the best not-famous writer of his generation, and a better writer than almost all who were, Lewis led a truly colourful life – racing Bugattis before the war, spying for the British government, doing business with Mafia connections and incidentally giving us the best travel writing of the twentieth century. I skated through this book despite its length, with immense pleasure. Even if you haven’t read Lewis you’ll find this stimulating.

THE EYE OF THE LEOPARD by Henning Mankell.  
315pp. Vintage £7.99

If you want a change from the Wallander mysteries this is one of Mankell’s ‘African’ novels, largely set in Northern Zambia. A psychological thriller in which the young Swedish hero’s dream of Africa becomes a nightmare. A tale with interesting things to say about Swedish neutrality and colonial corruption.

POINT TO POINT NAVIGATION by Gore Vidal.  
277pp. Abacus £8.99

The second volume of Vidal’s memoirs following ‘Palimpsest’ taking us from 1964 to 2006 is by turns funny, provocative, moving and always entertaining. Vidal is 84 now and one can only hope he will endure for quite a while, no living writer in America can match him. More please.

EVER, DIRK: THE BOGARDE LETTERS edited by John Coldstream.  
628pp. Phoenix £12.99

If the subject interests you this is a must. Following the authorised biography, John Coldstream has edited a generous selection of Dirk’s letters running from 1969 to 1997. Charming, acerbic, witty, cantankerous, bitchily honest and a total treat. With this and a good whisky for company you can laugh your way through Christmas.

## U3A FILM PROGRAMME SPRING 2010

Jan 13 LEMON TREE Dir. Eran Rilkis Israel/Germany/France 2008 106 mins. Colour  
Hiam Abbass, Ali Suliman, Rona Lipaz-Michael, Doran Tavory

Salma, a Palestinian widow, has to stand up against her new neighbour, the Israeli Defense Minister, when he moves into his new house opposite her lemon grove. The security forces are quick to declare that Salma's trees pose a threat to the Minister's safety and issue orders to uproot them. With a young lawyer Salma takes her case to the supreme court. Her legal and personal journey leads deep into the complex, dark and sometimes funny chaos of the ongoing struggle in the Middle East.

Feb 10 THE SAVAGES Dir. Tamara Jenkins US 2007 109 mins. Colour  
Laura Linney, Philip Seymour Hoffman, Philip Bosco

There is a moment in everyone's life when childhood ends and adulthood begins. For Jon and Wendy Savage that moment is now. Plucked from their everyday, ordinary lives, these two self-centred siblings must suddenly care for their estranged, elderly father. What follows is a hysterically funny and irreverent look at life, love and mortality – through one of the most surreal experiences facing families today.

Mar 3 COUSCOUS Dir. Abdellatif Kechiche France 2007 148 mins. Colour  
Habib Boufares, Hafsia Herzi

Couscous is a critically acclaimed, warm and engrossing family drama that features some of the most mouth-watering scenes of food and feasting ever committed to celluloid. The film follows the fate of Slimane a sixty year old North African shipyard worker in Sete on France's Mediterranean coast. Learning of his dismissal by a management seeking a more 'flexible' work force, he decides against all odds to open a couscous restaurant on disused ship in the harbour, which he buys with part of his redundancy money.

**N.B. Prompt start. Please note running time.**

Mar 31 GRAN TORINO Dir. Clint Eastwood US 2008 112 mins. Colour  
Clint Eastwood, Bee Vang, Christopher Carley

Korean War vet and retired auto worker Walt Kowalski doesn't much like how his life or his neighbourhood has turned out. He especially doesn't like the people next door. Hmong immigrants from Southeast Asia. But events force Walt to defend those neighbours against a local gang. A study of the belated flowering of a man's better nature. Claimed to be Eastwood's last film as an actor, it's a worthy swan song.

## QUESTIONNAIRE RESULTS

There were comprehensive replies to the request for suggestions for outings, this list has been passed to Freda. Thanks to 4 members who volunteered as speakers at general meetings. This list will be forwarded to Ken Snell our new Speakers Secretary.

Some members put forward ideas for new groups as follows;  
Drama, more education, technology, green issues, Spanish, Psychology, Art History, Scottish Dancing, Yoga, in depth computer courses  
Also musical groups: a choir, U3A singers - Easy Listening – Barbershop - World Music – music from shows (sight reading not necessary).  
Food, nutrition, history of food, recipe exchange, Planning meals for singles, couples etc.

Some also asked for a Theatre Group, Val Pettit does organise visits to plays, operas etc, keep an eye on the u3a noticeboard where she displays a list for you to sign when an outing is coming up.

If you want a new group, you need to put a notice up on the board asking those interested to sign up, then you need to consider if there is a member with expertise prepared to run it, or you can run it yourselves with the aid of material from Head Office. You will need a certain number of prospective members before the Committee can make a decision about opening it as rental costs are incurred.

Some asked about an art class, but there is a group running on Tuesdays, see your current programme for details. Some asked for more professional teachers, but we cannot pay teachers. Under U3A guidelines we can only pay people as guest speakers, not as a regular item. It would invalidate our Public Liability Insurance. Although Glenn who was running the archaeology class is a professional teacher he gets no payment.

## PRINCIPLES AND OBJECTIVES.

### **Principles**

1. The Third Age Trust and the U3As recognise the immense resources of skills, experience and enthusiasm possessed by older people who are no longer in full time employment.
2. Individual members are both learners and teachers, giving their services freely. All contribute to any eventual costs of using educational or cultural facilities.
3. Membership is open to all irrespective of religion or ethnic origin. No educational qualifications are required or given.
4. Whilst subscribing to the guiding principles of the Trust, each U3A is independently managed by its own members.
5. As far as is practicable U3A members are willing to help other members of the elderly population to organise themselves to achieve similar benefits to those enjoyed in existing U3As.

### **Objectives.**

1. To encourage those older people no longer in full-time employment to engage in educational and cultural activities.
2. To find and help such people use their skills to teach and learn.
3. To provide affordable education for all members.
4. To make the population, as well as educational establishments, aware of the existence and aims of U3As.
5. To encourage people of all cultures to participate and both give and receive the benefits of mutual experience.
6. To seek to include the housebound and the disabled in the educational and cultural activities of the U3As.
7. To ensure adequate recognition of the abilities of the elderly.
8. To obtain access to, and the use of, facilities for the activities of the U3As from National and Local Government and other organisations.
9. To actively demonstrate the continuing contributions made by third agers to the wellbeing of the community as a whole.

Revised

