

Fetcham In Focus

U3A



Chairman's Column



Welcome to our October issue of the Newsletter. It has been a very busy summer for our members starting with a lovely cream Tea at Bookham, some of you enjoyed a wonderful cruise down the coast of Croatia and Montenegro, more appreciated a trip to Battle Proms at Highclere Castle, theatre trips to 'Goodnight Mr Tom' and 'Half a Sixpence' and garden visits to Borde Hill and Highgrove have delighted us.

A new venture for our U3A - we held a very successful, well attended seminar at Barn Hall on 'Hearing Loss - yours or mine'. What's to look forward to - a Barn Dance in October, a Christmas Party in December (which promises to be something different!), the Annual Quiz in March, and of course the excellent monthly meetings.

Thank you everyone who has contributed to this magazine. Enjoy reading it, and please remember to keep 'What's Going On' section handy.

Fetcham U3A is very active and successful but we do need 'new blood' to join our committee to keep our ideas fresh, interesting and challenging. Please give this serious consideration.

Chris W

CROATIA AND MONTENEGRO



Our July cruise started with a flight to Dubrovnik from Gatwick Airport, which had been delayed by just over an hour due to technical difficulties with the plane before it left Barcelona. The transfer to our ship (and home) for the next 7 days- La Belle de l'Adriatique - was therefore later than planned but we arrived on board, freshened up and had a

delicious first night dinner. Some of us went on a voyage of discovery around the various decks, whilst others decided it was time to find a quiet salon and avail ourselves of the free drinks on offer for the whole of our stay.

The next day a guided tour of Dubrovnik – nicknamed the 'pearl of the Adriatic' – gave us a much better idea of the city. A walk around the ramparts would have shown us a beautiful view of the old town. However, the intense heat dissuaded us from this pursuit! It was surprising how very close the border was to Bosnia/Herzegovina.

We cruised by night to reach Mljet – one of the most beautiful islands of the Adriatic Sea – next morning. After a tour of the island we sailed towards Korcula, visiting the city in the afternoon. A sabre dance show followed yet another delicious dinner.

The third day found us cruising all morning and visiting Sibenik in the afternoon, the oldest Slav city on the Adriatic, followed by the Krka Falls, with water cascading over 17 travertine terraces. The more energetic members walked to the bottom of the falls, with others taking the gentler route along the boardwalk to get a good view. Our evening entertainment was provided by the very talented crew.

Day four found us arriving in Trogir with a guided tour of the city. Built to cover the entire island, Trogir is a little jewel of a town, with narrow labyrinthine streets and a scattering of stairways and vaulted passageways. We arrived back on board and cruised during lunch, arriving in Split, the second largest city of Croatia in the heart of central Dalmatia in time to visit the Diocletian palace, the historical jewel of the city.

Day five found us in Hvar, ranked among the largest and oldest cities in Dalmatia. Back on board, to yet another delicious lunch, we cruised towards Vis, the most westerly of the Dalmatian islands and least well known because it had

been closed to tourists for a long time. This was the Gala Night dinner and entertainment!

Arriving in Kotor was very special and breakfast was served on the sun deck to give us full advantage of the quite spectacular towering mountains sweeping down to the fjord as we sailed into the harbour. The Kotor estuary is quite



unique, as the sea sweeps in for several miles, forming a number of calm bays. All too soon it was time to pack and say goodbye to the delightful Philippino crew and the Captain, who was waiting on the dockside to shake hands with his passengers. We arrived home with many photographs to catalogue, a very happy holiday to remember and a good tan!

WINNIE B

MOOCS – an introduction

'We all know what MOOCS are?' asked the speaker at a regional U3A meeting. There was a murmur of agreement around the room. I thought it might be a state of the art milking machine. A lady behind me told her friend it was something to do with Cuban music! 'Does anyone not know' the speaker continued. I reluctantly put up a hand with a few others. Apparently it is an acronym for Massive Open Online Courses. You can now be educated by the best brains at say Harvard or Oxford Universities completely free of charge and without moving from your home! It sounds too good to be true! These courses evolved from work originally at Stanford University, USA. From 350 courses available in 2012, there are now over 5000 courses from around the world, from which to make your choice. They are challenging the current model of education. The lists are always being added to, and old courses are constantly being updated. The only cost is when you apply for a certificate.

The U3A trust thinks that some of the courses available are ideal for the U3A and they give advice to groups wishing to access these courses. A friend of mine in another U3A told me her book group having read 'Love in the Time of Cholera' by Gabriel Garcia Márquez are now studying a MOOC on life and works of Marquez put on line by Columbia National University in both English and Spanish. All that is left to say is 'GLOYMOOC,' that is good luck on your massive open online course!

<https://www.mooc-list.com/>

Chris W

You might also want to investigate TED Talks <https://www.ted.com/talks> ed.

STAYING CONNECTED: HEARING LOSS – YOURS OR MINE**27 July 2016 at the Old Barn Hall, Bookham hosted by Fetcham U3A**

A very interesting and worthwhile day which was well received and appreciated by the 80 people attending and the benefit of a Palantypist (immediate speech to text on a screen) and a good loop system in the Barn Hall enabled everyone to participate fully.

Qualified Audiologists and two experts who both had lifelong hearing impairments gave us a very thorough understanding of the intricate mechanisms of the ear and the brain in relation to these mechanisms, the different types of hearing impairments such as Tinnitus through cognitive behavioural therapy or in extreme cases of hearing loss cochlear implants, the physical aspects, ways of coping and maintaining communication.

Acceptance and acknowledgement of hearing loss and early diagnosis are important. On average it takes 10 years between experiencing hearing loss and having hearing aids. There are 7 million over 60's who experience hearing loss and only 2 million have hearing aids. Hearing aids alone make the biggest difference and there are other assistive devices, many of which were on display.

Hearing loss can cause isolation and reduced social inter-action and it is important to involve other people – family and friends need to understand the condition and limitations – remember to face the person and talk slowly. Help is available from charities such as Hearing Link (www.HearingLink.org) who provide a help desk and self-management programmes or from our local Sensory Services in Fetcham.

Lip reading is a life line to overcoming the dilemma of living with hearing loss in a hearing world and the embarrassment experienced on occasions. To learn to lip read is a long, on-going process and a lively demonstration showed the vagaries which occur. Many lip shapes are similar so reading can never be entirely accurate but with face to face contact and visible lips, readers can get the gist of conversations and maintain communications.

It was a convivial day with attendees having plenty of time to look at aids and literature, ask questions of the speakers who kindly made themselves available for the whole day and chatter over their picnic lunches.

Our thanks to everyone who contributed to a successful day and we trust that with better understanding, we can all address the issues and difficulties experienced by those with hearing impairments.

Linda G and Mary H

Footnote: Surrey U3A Network are focusing on raising awareness of hearing and other impairments.

EXPLORE LONDON GROUP 2

Eight intrepid travellers from this Group decided one day to 'explore' another City and it was quickly decided to 'do' Oxford. Mary B very kindly made all the enquiries, found a suitable University to stay one night and investigated about Park & Ride etc etc. We travelled in two cars and the journey – despite road works etc., only took about an hour & a half. Having checked into Keble University – which was excellent – we walked into the City centre had some refreshments and then joined a Guided Walk around the many University buildings, learning facts and interesting details about them all.



It was of course in true Fetcham tradition very jolly and sociable, there was much tea drinking and a fair amount of wine tasting too.

Breakfast the next morning was taken in the magnificent Dining Hall where we looked for Harry Potter and friends! It was indeed an excellent cooked breakfast. Some members went on to the Ashmolean Museum, others to Christchurch and all of us wishing we had been students at such a beautiful place.

We met up again at Magdalen College for lunch and then Elaine persuaded a few of us to take a punt ride with her! She assured us it would be fine, she would manage the pole and take care of the punt's general direction etc. Carried away with her enthusiasm and ignoring our advancing years, four of us agreed to be her passengers. It was hilarious but a little worrying, there were



many other punts, rowing boats and pedaloes in the water and most of them being 'driven' by complete novices. Nervous hilarity best describes the mood in our punt. Yours truly having just had her 79th birthday suddenly realised getting down into the floor of punt was the first major obstacle but there was a very strong young man to lend a hand – thank goodness he was also on hand at the end of the trip to haul me out again! I wish I had my camcorder on hand to record the whole episode. Nevertheless

it was a really great couple of days exploring Oxford. Where shall we explore next ??

Joan R

Jenny's Missing Links Quiz

The three words below link with another missing word. It can either be used at the front or the back. See how long it takes you to find the missing links.

1. DOLLY PLASTER POP
2. CLOTH WASHER SOUP
3. BANK BOAT DOWN
4. WOOL REEL BILLY
5. FARMERS COMMON STALL
6. TOOTH GODMOTHER CAKE
7. READY LENDERS POCKET
8. NEW NAME CATTLE
9. ELASTIC BRASS STAND
10. PAPER CASTLE PIPER

Answers page 16



Beer Appreciation Group Visit

Cheers!

What I Did last Summer



My niece said, "Look what Stuart (her husband) has been doing" and showed me a picture on her phone. "I'd like to do that" I said and he said "Come along then." But one cannot Sky Dive solo without a lot of training and they don't train anyone over 54 years of age. One could dive in Tandem with an Instructor, so I went.

First, there is a briefing. One is informed about the Instructor, his experience, his equipment and duties; about the jumping and landing positions one has to take and about the procedure from take off to landing and how to manoeuvre the parachute.

Then one has to wait. The first day it rained, the second day it was too cloudy, (the pilot has to be able to see the ground) but the third day turned out fine!

I put on a sort of boiler suit, hat, gloves goggles and a scarf and then a harness and went to the plane (we had previously been advised to wear trainers). The plane takes about 14 people, some solo divers, some tandem divers and sometimes a photographer who also dives, while taking pictures.

The plane flies up to 12000 feet and the Instructor, who also has a harness (together with a ruck sack with the parachutes) clips his harness onto mine and then, in turn, we fall out of the open door!

I couldn't get the smile off my face!! It didn't feel like falling, just the wind rushing on my face. After dropping 6000 feet (it is all strictly regulated) in about 40 seconds, the parachute is opened and then it is just like an ordinary parachute jump except one can do quick turns which take about 1000 ft. each.

The landing was no trouble, one has to hold one's legs out at 90 degrees to one's body and land on one's bottom and the back of the legs, otherwise one could break one's legs on landing.

I was so thrilled, I signed up to do it again!! At £200. a go it isn't a cheap hobby, but the SENSATION !!!!

Hannah P

WALKING GROUP – ONE HOUR WALKERS

In the last Fetcham in Focus I mentioned our failure to cross the Stepping Stones at the foot of Box Hill due to high river levels obscuring them from our view. I am glad to report in this edition that we have done it and the photo shows some of our members on their way across. As you can see it was an idyllic setting for a walk.



We have also been able to go on the Denbies Outdoor Vineyard Tour to the top of the North Downs Way – an arrangement that had to be cancelled last year when the Jeep broke down. Twenty of us went on the tour which was exclusively for our group and earlier than the outdoor tours at Denbies usually start. The photo shows us at the top, in the ‘train’ before quite a few of us alighted and walked back down for coffee. We all enjoyed the commentary on the ‘train’ journey and the views from the top.

I continue to be immensely grateful to members who lead walks – Anne F who took us on a new walk up Holmbury Hill; Brenda K who led a new walk at Walton-on-the Hill; June T and Anne F who took us on a new walk on Holmwood Common, Shirley P for reprising her walk around Norbury Park; Lynne and David H for a new walk around the bluebells near Denbies Wine Estate. We also walked around the Rhododendron Wood near Leith Hill Place where the scents were gorgeous. Jenny B had intended to lead that walk but, due to incapacity at the last minute, was unable to do so; we followed the map and got ourselves around.



I am trying each month to include alternative walks for those who prefer a shorter and flatter walk, although the uptake for these is variable. By the time

you read this we will be starting our walks focusing on autumn colour.

Liz Cr

Have you ever wondered why we get a drippy nose in winter?

Technically, it's known as *rhinorrhoea*. The nose warms and humidifies the air we breathe in and tries to make it reach body temperature by the time it gets to the sensitive lining of our lungs. This is why, when the air temperature is really cold and frosty, we tend to cover the nose and mouth with a scarf - it helps to warm the air before it reaches the lungs. The mucous membranes lining the nostrils produce a mixture of mucous and water which wash away any germs we might breathe in. The cold air speeds up this mucous production by automatically increasing fluid production and causing the droplets to join together to form larger drops that drip from the nose – as we all know only too well. No such problems during the summer walking months – except for hay fever sufferers when the pollen irritates the lining of the nose and causes excess mucous production. For both situations, over-the-counter remedies such as decongestants can, apparently,

Needlework Group



We have had a real success with our needlework members joining in and making 14 really imaginative fidget blankets for people with dementia. These have been donated to Keswick care home in Bookham.

Each year we try to support a charity of some description that would benefit from needlework of some kind and members join in with enthusiasm giving their time, materials and ideas. Of course we still continue with our own projects from quilts to bags. Now and again we have a group project which a member will put forward. This all goes towards creating a lively and friendly

sewing group not at all stressful as in "The Sewing Bee" on TV, so if you are at all interested do come along and have a chat. You don't have to be experienced as long as you can thread a needle. We would love to meet you. We also do very good line in chatting sessions !!!!!

We meet on the 2nd and 4th Friday of the month from 9 a.m to 12 at the Waterfield Room Barn Hall.

Jan E

Graham's funnies!

I don't feel old. I don't feel anything until noon. Then it's time for my nap.

- Bob Hope

Money can't buy you happiness. But it does bring you a more pleasant form of misery.

- Spike Milligan

EXPERIENCING THE MAGIC OF GLASSBLOWING

On March 18th 21 members of Fetcham U3A visited Adam Aaronson's spacious and light studio in West Horsley.

Our aim was to experience for the first time glass blowing our own unique glass hanging ornament to keep and treasure or give as a gift.

This half day course proved to be an exciting and intensive experience enjoyed by us all.

Following some seriously stringent safety instructions we were introduced to techniques such as:

Gathering molten glass from the furnace

Shaping and working the glass using a variety of tools

Working with glass colours

Blowing a glass vessel

We all chose our colours and individually carefully followed through the different processes with the expert advice and help of Adam Aaronson and his assistant. All of the results were quite stunning.

Owing to the annealing processes involved in hot glassblowing we were unable to take our baubles home immediately but were delighted to find on collection Adam had etched each individual's Christian name and the date onto their bauble, a very thoughtful and personal touch.

Hopefully we shall do this again and may venture onto a paperweight next time.

LINDA G



Demise of Card Group 1

In March 2016 Jan E, Leader of Card Group 1, told members that at the end of April the Card Group would be folding. Jan had decided, after many years of card-making, and because she was moving house, to hang up her scissors, screw up her glue pots, wind up her ribbons and say farewell to decoupage. It was time for a change.

Her announcement was greeted with dismay by members, but Jan said that the Group would be re-formed under a new name "CRAFTY LADIES". Jan was proposing to arrange workshops and craft-related trips on an occasional basis, as the fancy takes her, to identify and learn new skills and cover new topics, all to start a little later in the year.



Therefore on 29th April, most of the members of Card Group 1 met up at Jan's house to produce their final cards. Non-alcoholic fizzy was brought along (most of us were driving), a chocolate cake had been baked and topped with the names of all the members, a special parchment card had been made and signed by everyone, and a gift was given to Jan to thank her for all her hard work, patience and creativity over the years.



We shall miss our regular meetings but look forward to Jan's new venture, and wish her well for the future, in her new home.

Anne W

Two men standing outside a house with a bin lorry in the background

Refuse collector: Where's yer bin Mate?

Home owner: I've been down the Gym!

Refuse collector: No...where's yer wheelie bin?

Home owner: OK...I've really been in the pub but don't tell the wife.

From Emotional Rescue birthday card www.emotional-rescue.com

Art Appreciation Group



The Art Appreciation group met for its last lecture in March 2016. Over 11 years Leslie P has presented his informative and deeply researched history of art from the earliest times to the 20th century. The group met for 106 lectures during the winter months at the Barn Hall in Bookham. Rain, wind, frost and snow did not hold us back, we were there waiting for the next instalment.

Leslie sat on the stage next to the screen whilst his father manipulated the projector bringing the slides into focus when necessary. With an occasional sip of water but always without notes, Leslie gave us informed insights into paintings, statues and artefacts from two millennia of human achievement. Assyrian statues, Egyptian grave goods, Greek vases, Roman mosaics and medieval church architecture, to Renaissance Italy, the pre-Raphaelites and Post-impressionist French painters, we have listened to Leslie expand, elaborate and explain. Museum visits have added to the lectures. When we now visit museums and art galleries we can look at a painting and think ‘... Leslie said that...’.

At the last lecture in March 2106 Bryan gave an appreciation of Leslie’s work over the 11 years and presented him with a small token of our thanks.

Lectures and visits over this length of time do not happen without a good deal of week by week (and year by year) organisation. The group extended its sincere and grateful thanks to Penny and Bryan D for their work over the 11 years. It has been their enthusiasm that has helped keep us going when our spirit perhaps weakened on cold, wet and dark winter’s evenings. Their team of helpers for interval refreshments were also there without fail to make sure we were sustained each evening.



Thank you Leslie (and family), Bryan, Penny and your various helpers. It has been a unique experience.

What are we going to do on Wednesday evenings in the future?

THE BATTLE PROMS – 6 August

We arrived at Highclare Castle (where Downton Abbey was filmed) in good time and, although the walk to the area outside the Castle where the proceedings would unfold was further than we had anticipated, we found somewhere to settle, unpack our picnic hampers, set up our tables and chairs and prepare to enjoy what was in store.

However, I don't think any of us were quite prepared for with what would unfold in the next few hours. Music, cannons, cavalry, a Spitfire swooping low over 12,000 people and doing victory rolls several times and the fireworks which lit up the sky with extremely intricate patterns on a perfect summer's night made it extra special. There was a large screen so that we could follow what we could not see. Early in the concert there was popular music and a lot of good humour with members of the public and injured servicemen and women taking part in various tests. After a short interval it was the turn of the orchestra to play the Proms music to go with the cannons and fireworks.



It was particularly interesting that the Spitfire, known as the Grace Spitfire, was flown by Carolyn Grace, in honour of her husband – Nick – who had found the plane in a museum in Scotland in 1979, bought it, moved it down to Cornwall and meticulously rebuilt it in 5 years. In April 1985 he flew the ML407 again and did so every year until he was tragically killed in a car accident in 1988. It has subsequently been featured in the Channel 4 series *Spitfire Ace*, on *Top Gear*, James May's *Toy Stories* and with Sir David Jason in the ITV *Battle of Britain* documentary.

The production company was supporting Combat Stress and I am sure it was much appreciated by the audience. We eventually left about 11 pm getting back to Fetcham after midnight but somehow it didn't matter. We had had a wonderful afternoon and evening to remember.

WINNIE B

Card Class 2

Those of us who attended Card Class 1 were sad that after so many years of enjoyable afternoons learning how to reproduce some beautifully designed cards by Jan E, it was to be our last lesson. We drank a toast to Jan and thanked her for all the help she had given us over the years, not just by showing us how to make cards, but for the friendship and kindness shown to us all. Card Class 2 was started when Jan's class became full and is still going strong. We do have three places vacant on Monday afternoons if anyone is interested in coming along to try out a class to see if they would like to join.

Jenny B

London - a Green City

Our capital is a very green city, as any of our London Explorers would tell you. Not green in the ecological sense (in this respect it is anything but “green”) but it is very well provided with parks, gardens, leafy squares and tree-lined streets. In the middle of some of the larger parks you could well imagine yourself in the countryside.

Top of the list are the Royal Parks. The first of these to be opened to the public was St. James’s Park. Originally a marshy water-meadow, part was drained in the thirteenth century to provide a site for a leper hospital which gave its name to the park. Henry VIII acquired the land in 1532 for use as a deer park. James I and Charles II both carried out improvements to the park and it was the latter who opened it to the public. Nowadays the large lake is home to a vast number of water-birds. The pair of crocodiles given to James I no longer threaten passers-by but the tradition of providing a home to a small fleet of pelicans, going back to the time of Charles II, is maintained. The picturesque duck-keepers cottage, surrounded by its little garden, is worth finding near Horse Guards Parade. Also not to be missed is the view, in both directions, from the bridge over the lake, always full of photographers.

Leaving St. James’s Park at the north-west corner, our Explorers would cross the Mall and enter Green Park, so called because, by a one-time Royal decree, there are no colourful flower beds or shrubberies. There is, nevertheless, a fine display of daffodils and crocuses in one corner of the Park. At one time meadowland used for hunting, the Park was enclosed by Charles II in 1668 and stocked with deer. It became a popular venue for duelling, ballooning and

firework displays. The first performance of Handel’s “Music for the Royal Fireworks” was given here in 1749, accompanied by ten thousand fireworks being let off, setting fire to a pavilion and causing three fatalities. The music, however was declared a great success. Within the Park our explorers have viewed the Canadian National Memorial and the impressive Bomber Command Memorial.



Adjacent to Green Park is Hyde Park, which wise Explorers would reach by passing under the busy Hyde Park Corner in a mural-lined subway. Henry VIII acquired the Park from the monks of Westminster Abbey in 1534 to use as yet more hunting ground. Charles I carried out landscaping and opened the Park to the public in 1637. Its main feature is the Serpentine Lake which was formed in 1730 by damming the River Westbourne at a cost of £20,000, a mere £14,000 over the approved estimate! There is much for our Explorers to see here; the flower gardens, the Diana Memorial Fountain (more like a stream, actually), Speakers Corner, two lake-side cafes and much wild-life. Explorers having their “cossies” with them might fancy a swim in the Lido. In the top corner of the Park is the site of the dreaded Tyburn Gallows, where some fifty thousand miscreants were put to death. There is no evidence of the Great Exhibition of 1851 or our Queen’s Silver Jubilee exhibition of 1977, but every Christmas visitors flock to Winter Wonderland, a vast temporary German Market and fairground where much hot spiced red wine is drunk. Along the edge of the Park is the Route du Roi (“Rotten Row”), a highway from Kensington Palace to Westminster. It was the first road in Britain to be artificially lit. This was at the behest of William III to deter highwaymen. It required three hundred candles hung from the trees. It was only partly a success: George II was later mugged here.



Hyde Park leads directly into Kensington Gardens, which were not opened to the general public until Victorian times. Here our Explorers would find the Albert Memorial, a round pond much favoured for the sailing of model boats, a statue devoted to Peter Pan and some delightful Italianate Gardens. Like Green Park, this is an area of grass and trees, devoid of colour. Kensington Palace is on the Western edge of the Park. Then called Nottingham House, it was purchased in 1689 by William and Mary. It has provided homes to many of the Royal family ever since. The associated Orangery is a pleasant place for afternoon tea.

Geoff R

(To be continued)

International Roots & Links for Fetcham U3A - From Tokyo to Mauritius

All U3As owe a debt of gratitude to Professor Pierre Vellas who arranged a programme of summer school classes for Third Agers in Toulouse in 1972. Then in February 1973 he received approval from Toulouse University to form the first University of the Third Age. The original U3A is still operating with Pierre's son, Professor Francois Vellas, as president. Now U3As are operating in around forty countries with China having the largest number, with 60000 U3As, and Iceland among others having a single example, Reykjavik U3A.

Our first international link arose at the 2008 conference when it was announced that several Third Agers from the Tokyo region wished to visit UK U3As. In May 2009 seven Japanese visitors stayed in turn with Wokingham, Reading and Fetcham U3As. Later that year Roger and Gail P, Graham D and Trevor J joined the return party that visited Japan.



International conferences have been held since 1975 when Pierre Vellas formed the International Association of U3As (AIUTA). These conferences were held in many countries around the world but there was a new initiative in 2010 when the Indian Society of U3As, under its dynamic president, Professor Narain Kapoor, arranged a conference in Chitrakoot, India. There was an open invitation and Gill and I attended along with U3A members from Australia, New Zealand, South Africa and India, together with visitors from different countries, including a lady from Iceland who later founded Reykjavik U3A. At this conference the U3A Asia Pacific Alliance (APA) was formed and they have held annual conferences across the region since then.

Also in 2010 I was asked by Ian Searle, chairman of the Third Age Trust, to be its representative on AIUTA. I was pleased to accept and attended my first conference in Costa Rica. Francois Vellas was elected president of AIUTA and he asked me to be treasurer and that role lasted for six years. I stood down at the recent conference in Reims. Following elections Maria Chester from East Berwickshire U3A became secretary general of AIUTA.

In the last two years we have had exchanges with Uppsala U3A in Sweden and Poznan U3A in Poland. Now we have been invited to take part in an exchange with Mauritius U3A which will start with an initial visit to Mauritius in February 2017. This exchange is between the Third Age Trust and Mauritius U3A so you will see it mentioned in the next edition of Third Age Matters.



The future programme of international events include a joint AIUTA/APA conference in Osaka, Japan in October 2016 and AIUTA conferences in Bratislava, Slovakia in May 2017 and in Colombia in November 2017. Then there will be AIUTA conferences in Barcelona in June 2018 and Mauritius in October 2018. These conferences are open to all U3A members and for those who wish to visit individual U3As the WorldU3A website <http://worldu3a.org/> has useful links as does the AIUTA website <http://aiu3a.com/home.html> .

Ian F

Some tips for online computer security

Don't add personal details like your date of birth or address if you use Facebook or other social media.

Don't open a link in an email or social media unless you are absolutely sure you know the sender and even then I check with them first in a separate email. If it asks for money or the English looks strange be especially vigilant.

When you search for anything especially when downloading software make sure that it is a trusted site rather than the first one on the list. Check the address of the site. Hackers have wonderful lookalike website addresses.

Keep all your systems up to date. Check the box that says 'update automatically' especially security software.

Don't use the 'remember me' box.

ANSWERS TO MISSING LINKS QUIZ

- | | | | |
|---|--------|----|--------|
| 1 | CORN | 2 | DISH |
| 3 | RIVER | 4 | COTTON |
| 5 | MARKET | 6 | FAIRY |
| 7 | MONEY | 8 | BRAND |
| 9 | BAND | 10 | SAND |

When you need to renew your European Health Insurance Card – the expiry date is on the card –
if you use <https://www.europeanhealthcard.org.uk/> they will charge a fee.

If you use <http://www.nhs.uk/NHSEngland/Healthcareabroad/EHIC/Pages/about-the-ehic.aspx> it is free.

This newsletter with its many photographs may be viewed in colour on our website **www.fetchamu3a.org**.

Editor this issue:	John C
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Insert:	Judy O

Thank you to all contributors for your promptness. I was again impressed by quality of the material. There was a wealth of information that had (somehow) to fit into 16 pages. I have tried to be as sympathetic as possible but I have had to leave out some outstanding photos and text by virtue of the limited space. Where possible I have added them to the file for consideration for the next Newsletter in 2017

John C

Articles and items for April 2017 Newsletter should be with Judy O

by the 5th March 2017 please.



The Newsletter of Fatcham University of the Third Age