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Chairman's Column

Last year a list of sixty goals for the over-60s was put together by a group of over-50s. The list is reproduced on this page of the newsletter. The list provides an interesting insight into people's aspirations for their later years. There is a somewhat surprising emphasis on very physically demanding activities such as parachute and bungee jumping, skiing, hang gliding and martial arts. I wonder if a list prepared by the over-60s would omit most of these as people come to terms with their physical capabilities and the desire for an adrenalin rush decreases. There are always a few octogenarians who run in the London Marathon, but these are the exceptions and we admire them. Personally, I am allergic to setting goals - they are too reminiscent of "work" and management by objectives so beloved of young MBAs.

Goals however can serve a useful purpose and Fetcham members are well positioned to achieve many of the goals. They can pursue interests in computers, dancing, languages, cookery, painting, wine tasting and photography through the groups and be a contestant at our annual quiz night. Also the leaders of our social activities provide numerous opportunities during the year to visit shows in the West End, the opera, travel in the UK and abroad and even go on cruises. We do not cover all sixty goals in our activities, but for those of you with an urge to swim with dolphins, learn to play bowls, meditate or take up yoga or any of the other goals please speak to our Group Coordinator about setting up another group. Maybe setting up a new U3A group will become the 61st Goal for any age.

Tony C



Welcome to Beth, our 500th member

Theatre Matinees

At the Woking Theatre (price includes coach fare)



Thur 13 Nov **THE NUTCRACKER** Northern Ballet Theatre £24.50

Wed 28 Jan **SPIDERS WEB** Agatha Christie's thriller £TBA

At the National Theatre, London South Bank (Make your own way - price is for ticket only)

Thurs 30 Oct **WAR HORSE** £15.50

Wed 11 Feb **THE PITMEN PAINTERS** £20

**Contact Sheila
or book with her at a General Meeting**

60 Goals for the over 60's

1. See the world
2. Learn computer skills
3. Buy a sports car
4. Write a book
5. Learn a new language
6. Start a new business
7. Swim with dolphins
8. Take up a martial art
9. Go on a cruise
10. Learn to play bowls
11. Set up a website
12. Buy a holiday home
13. Learn to dance
14. Go fly fishing
15. Do a parachute jump
16. Free the family from debts
17. Take a cookery class
18. Go on safari
19. Learn to play a musical instrument
20. Have more sex
21. Learn how to ski
22. Design a garden
23. Spend more time with the family
24. Bungee jump
25. See a West End show
26. Go hang gliding
27. Take up yoga
28. Help children to read at school
29. Go hot air ballooning
30. Socialise more
31. Become a volunteer
32. Learn to meditate
33. Win the lottery
34. Go rally driving
35. Sell up and live abroad
36. Take up painting
37. Go horse riding
38. Own a boat
39. Go to the opera
40. Raise money for charity
41. Make a will
42. Go on a wine tasting course
43. Watch more football
44. Go to the London Olympics
45. Break a world record
46. See the Northern Lights
47. Be a game/quiz show contestant
48. Take flying lessons
49. Grow a beard
50. Tour the UK
51. Family photo shoot
52. Play golf on a famous course
53. Teach grandchildren to read
54. Scrapbook your childhood
55. Tell someone you love them daily
56. Eat more cakes
57. Run a marathon
58. See grandchildren get married
59. Read more books
60. Start a band

2008/9 Programme of Meetings

Lectures & Talks at the Monthly Meetings

Monthly meetings are held on Tuesdays at 2.30 pm
in St. Mary's Church Hall, off The Ridgeway *

25 November 08	AGM and Talk - Headmaster Yehudi Menuhin School (*note the AGM is to be held in Yehudi Menuhin Hall)	Nicolas Chisholm
27 January 09	Toy Train to the Clouds	Paul Whittle
24 February 09	Journey Down the Thames	Davis McCallum
24 March 09	"If it's nasty it must be good for you"	Bronwen Mills (Surrey Spas)
28 April 09	Stradivarius and all that	Tony Scott

Full & Associate Members have equal rights to join the Groups. However, because of the size of the hall, Associate Members cannot, as a rule, attend the monthly general meetings.

If any Associate Member wishes to attend a particular monthly general meeting please contact Brenda

Associate Members' Meeting

10 February

Another occasional meeting specifically for Associate Members

2.30 pm

Other Events and Outings

12 November 08	Trip to MAGIC CIRCLE by coach	
2 December 08	Pre Christmas Event	2pm to 5pm (St Mary's Hall)
28 February 09	Quiz Night	(Barn Hall, Bookham)
(tba) April 09	European Parliament Visit	(Strasbourg)

Members should contact Winnie

See also Page 2 for Theatre visits organised in conjunction with Bookham U3A

U3A Central Surrey Region - Study Days

21st November 2008	Bletchley Park & the Role of Intelligence in WWII	Hugh Davies (Bletchley Park Guide)
13th February 2009	The World through Dutch Eyes - from Rembrandt to Van Gogh	Katy Brown
13th March 2009	The Origins of Musical Instruments	Bridget Cunningham & Laura Justice (Royal School of Music)
17th April 2009	The National Trust - Conserving our Heritage	Roger Cayzer & other speakers

Study Days are held in Menuhin Hall, Stoke d'Abernon, starting at 9.30am and finishing at 4pm.

The cost including coffee/tea is £10, with attendees bringing their own packed lunch.

Booking is necessary and forms should be available at the Monthly Meetings. Send completed forms to Jennifer Grant, 11 Clarendon Mews, Parkers Lane, Ashted KT21 2AL.

Queries to Jennifer Grant on 01372 273309 or Ian

Active & Proposed Groups & Their Leaders

Alpine Gardening	Alan	3 rd Monday at 14:30	V
Antiques & Collectables	Marilyn	3 rd Wednesday at 14:30	F
Art Appreciation	Jenny	4 th Wednesday at 14:00	F
Art – Mixed Media (1)	Margaret	Alternate Thursdays at 10:30	F
Art – Mixed Media (2)	Janet	1 st & 3 rd Tuesdays at 14:00	V
Art Appreciation	Jenny	4 th Wednesday at 14.00	F
Aviation & Technology	Lawrence	2 nd Wednesday at 14:00	F
Ballroom Dancing	Enid	2 nd Thursday at 14.00	V
Birds in Surrey	New Leader Required		V
Book Club 1	Penny	1 st Wednesday at 14:00	F
Book Club 2	Liz	3 rd Tuesday at 14:00	V
Bridge for Beginners & Improvers	David	1 st & 3 rd Thursdays at 14.00	V
Bridge	Pam (with L'head/Bookham)	2 nd & 4 th Thursdays at 10:00	V
Canasta	Genie	2 nd Mondays 19:30	V
Carbon Rationing Action	Leader required		
Card Craft	Jan	Contact Jan for details	F
Computing	Tony C	As Advertised	V
Cookery	Diana	2 nd Tuesday at 12:00	F
Creative Writing	Reg (with Bookham)	Contact Reg for details	V
Current & Social Affairs	Alfred	2 nd Tuesday at 14:30	V
Digital Photography	Larry	2 nd Monday 19.30	V
English Literature	Barbara	4 th Monday at 14:30	V
Explore London Walking (1)	Linda	1 st Monday at 9:45	F
Explore London Walking (2)	Tony & Joan	4 th Monday at 9:45	F
Explore London Walking (3)	Rosemary	1 st Tuesday at 9.45	V
Explore London Walking (4)	Vivienne	1 st Thursday at 9.45	F
Explore London Walking (5)	Geoff	4 th Wednesday at 9.30	V
Family History (1)	John	4 th Thursday at 14:30	F
Family History (2)	Maureen	3 rd Tuesday at 14.30	V
French Conversation (1)	Anna	1 st & 3 rd Mondays at 14:15	V
French Conversation (2)	Lesley	1 st & 3 rd Tuesdays at 14:30	F
Gentle Movement (1)	Enid	Fridays at 09:30	F
Gentle Movement (2)	Enid	Mondays at 09.30	V
Gentle Movement (3)	Enid	Fridays at 11:00	F
German Conversation	Tom	Contact Tom for details	V
Industrial Heritage	Ian	3 rd Monday at 10:00	V
Italian for beginners	Marilyn	Contact Marilyn for details	V
Jazz Appreciation	Roy	1 st Wednesday 19:30	F
Line Dancing for Beginners	Sandy	Alternate Mondays at 14.30	V
Line Dancing for Absolute Beginners	Enid	Alternate Mondays at 15.30	
Local History	Lynsaye	1 st Tuesday at 10:00	V
Mah Jong	Margaret	2 nd & 4 th Thursdays at 14:30	V
Military History	Heather (Bookham)	31 st October 10:00	V
Music Appreciation (1)	Bryan & Penny	2 nd Wednesday at 19:45	F
Music Appreciation (2)	Hugh	Contact Hugh for details	P
Needlework	Eileen	2 nd & 4 th Fridays at 10:00	F
Parchment Craft	Genie	Alternate Thursdays at 10:00	V
Play Reading	Barbara & Ann	2 nd Wednesday 14:00	V
Renaissance Art	Leslie - Bryan, (admin)	Contact Bryan for details	P
Scrabble For Fun (1)	Janet	3 rd Wednesday at 19:30	F

Active & Proposed Groups & Their Leaders (cont)

Scrabble For Fun (2)	Jane	1st Wednesday at 14:30	F
Singers (classically trained)	Poppy	Contact Poppy for details	V
Singles Dining	Genie	Contact Genie for details	F
Spanish Conversation	Anna (with Bookham)	2nd & 4th Mondays at 14:30	V
Sunday Lunch Club (1)	Geoff	1st Sunday at 12:00	F
Sunday Lunch Club (2)	Geoff	3rd Sunday at 12:00	V
Walking (1)	Jo & Ernie	4th Thursday morning	F
Walking (2)	Margaret	3rd Monday at 09:30	V
Walking (3)	Leader Required		
Whist	Leader Required		
Wine Appreciation (1)	Jo & Ernie	3rd Tuesday at 14:30	F
Wine Appreciation (2)	Geoff	3rd Tuesday at 14:30	F
Wine Appreciation (3)	Chris & Rosemary	2nd Tuesday at 19:45	F
Wine Appreciation (4)	Bob/David	2nd Wednesday at 20:00	F
Wine Appreciation (5)	Ian & Madeline	1st Thursday at 14:30	F
Wine Appreciation (6)	Kathy	Contact Kathy for details	F
Wine Appreciation (7)	Leader required		
World Civilisations	Roger & Gail	2nd Tuesday at 16.00	V

Abbreviations: F = Full, P = Proposed, V = Vacancies - (situation as at 4 October 2008)

Would group leaders please keep Enid informed of any changes to the information given above.

To join a group or proposed group please contact the group leader or speak to Enid, Groups Co-ordinator
and to suggest new ideas for groups speak to Enid, Groups Co-ordinator.

Note that **Bookham** U3A would welcome Fetcham U3A Members to the following Groups where they have vacancies

Art (4) - Painting Workshop; English Literature; Flower arranging; History - Classical Period;
History of Music; Listening to Music; Opera (2); Science; Session for Songsters; Woodwork.

Contact Christine Edwards on 454774

East Horsley is arranging a **Computing for Beginners** course at Howard of Effingham and has invited Fetcham U3A Members to join. Please contact Tony C for details 378696

Equipment for Group Leaders

We have a new piece of kit that you may wish to use, "The Projector, Audio, DVD Unit" (PAD Unit). The unit consists of a digital Projector, a DVD player and two Speakers, sufficient for a home or small hall.

Open the box, place the PAD Unit on a table, remove the lens cover, connect a short or long power cable, undo the DVD Velcro strap, switch on the three items, point at a blank wall or screen, focus and you are off. Now is that simple enough?

Play an audio CD, DVD movie, picture CD or picture DVD.

The PAD Kit is housed in a plastic box with accessories for the more experienced user to connect to a Computer, Camera still or movie, Video Recorder, DVD player/Recorder, Hi-Fi, Tape Recorder, iPod etc.

The whole kit weighs less than 26 pounds.

For more information contact Graham.



A Plea to all Members - Please inform the Membership Secretary of any change of address, phone number or email address

Art Appreciation Group

The summer is a time when a lot of members are on holiday. However we had a meeting in which we looked at the DVD that Bryan had compiled of our trip to Florence this brought back memories of our action-packed time out there. We also looked at what information could be obtained from a visit to the China Design Now Exhibition at the Victoria and Albert Museum.

This proved to be very interesting. There were sections on simple calligraphic design for posters, materials and wonderful designs of houses which blended into the countryside. There were films on life in China and cartoons, and it ended with a description of the 'birds nest' stadium for the Olympics.

In June several of us visited the Guildford House Gallery for a lovely Exhibition of 'Guildford in Watercolours'. Some of us had not been there before and we were very impressed and will no doubt pay a return visit there.

Jenny

Art - Oil Painting Workshops

Some stunning pictures were produced at the end of the oil painting days held in August. To be faced with a blank canvas and given a 2 inch brush, similar to one you would use to paint your garage door, a 1 inch brush and a palette knife made some of our twenty-four participants a little apprehensive. They need not have worried, as our professional tutors guided us carefully through each stage, showing us how to mix the paint and hold the brushes and knife to give the required effect. You will see some of the pictures which were produced on show at our AGM.



If you would like to have a go at oil painting with all the materials provided then let me know as the dates 20 and 27 August are already booked for next year. These one-day workshops are suitable for everyone from the absolute beginner to those of you who already paint but want to try oils.

Marilyn

The prize for this competition will be a good bottle of wine. The winner will be drawn from all correct entries at the January U3A general meeting

Computing Group

At the June meeting Roger revealed the secrets of Broadband, highlighting the differences in the speed offered by the ISP's. The fastest was BE/O₂ at 6 Mb/s with BT half this. Roger also showed how to obtain your own Domain name if you really want to be independent. His presentation is available on request.

Computer Hint: Are you having trouble opening Word 2007 (docx) documents? Well there is a solution for Office 2000 or 2003 and XP users.

Go to www.tinyurl.com/3xr4tt and download Microsoft's free Compatibility pack, at 27.5MB this is for broadband users only.

Tony C

COMPETITION

LETTER SU DOKU

Our fiendishly clever Quizmaster, Bryan Dodds, has devised a new competition. It is Su Doku with a difference. Instead of numbers 1 - 9 he has used nine letters of the alphabet. The same rules as Numerical Su Doku apply - i.e. in any row or column of 9 boxes use each letter only once. Also in any major square of 9 boxes use each letter only once.

Complete all the boxes and you will find a nine letter word in one of the rows or columns.

E					C			A
			E	R				
	S			T		P	E	
		T	O		P	S		
P								C
		R			A	E		
	I	A		E			O	
			R		T			
R			P					E

The 9 letter word is

Name

Tel No.....

To enter complete all the boxes and write out the nine letter word. Cut out this whole coupon and send with your name and phone number to:

The Editor, U3A Fetcham in Focus,
Rialto Yarm Way Leatherhead KT22 8RQ

Explore London Group 1

Since the last edition we have been walking in Barnes and visited Fulham Palace (the home of the Bishops of London for centuries), Chislehurst Common, St. Pancras Station, the Foundling Museum and Bloomsbury.

Unfortunately the weather has forced us to abandon two expeditions but by the time you read this we should have visited Charlton and Woolwich in September.

There is still plenty of scope for exploring the Greater London Area and it is good to know that the other groups are enjoying their walks.

Linda

Explore London Group 5

The newest Explore London Group got off to a good start in July when twelve members visited the Canary Wharf and West India Dock area. Travelling by the Waterloo and City line and the Docklands Light Railway (the driverless train) the group arrived at the Museum in Docklands in time for coffee.

This is an excellent museum which tells the story of the development of London by looking at the growth of commerce around the Thames and the docks from Roman times until it became the biggest port in the world. After time to look round the museum the group adjourned to a Wetherspoon restaurant next door where lunch was taken out-of-doors. This was followed by visits to what must be the grandest pub toilets in London.

The group then walked through the vast Canary Wharf office complex and across to the Thames Path which runs along the river bank until we reached Canary Wharf pier. A high-speed Thames Clipper river-bus then returned us to Waterloo and allowed us to view many London sights from the water.

At the time of writing our Group is almost full but do contact me if you are interested. It is necessary to limit numbers to facilitate travelling by public transport and finding places for refreshment.

Geoff

French Conversation Groups 1 & 2

Nicolas Sarkozy and his wife, Carla Bruni, have provided both groups with lots of material for discussion of the political and social scene in France as well as the usual topics of travel and visits. Recently some of our members have enjoyed attending French films at Guildford and Leatherhead theatres.

On the evening of July 14th both groups joined together to celebrate Bastille Day in Anna's garden. After our traditional apéritif of Kir Républicain we enjoyed French food and wine, played a game of boules and challenged our brains with a quiz on various aspects of France. We rounded off the evening with a lusty rendition of 'La Marseillaise'.

Lesley & Anna



Family History Group 1

Enthusiasm for researching family history is as strong as ever and our members are using the internet, especially genesreunited.co.uk, to obtain new leads and information from contacts in various parts of the world.

We spent a day at the Public Records Office at Kew in June and compared notes at the July meeting.

One of our members has almost covered one wall of his study with his family tree!!

John



Family History Group 2

We are a very friendly bunch of researchers, all continuing to enjoy our fascinating hobby. Even beginners are contributing interesting tales of previous family within a very short period of time, and it's amazing how many fascinating facts come to light after years of suspecting something wasn't quite right in the family tree. Some find black sheep, and others find ancestors of note. Illegitimacy, divorce, and 'living in sin' were all rife in what most of us consider were very straight-laced Victorian times and people changed their names on a whim and also lied about their ages, but it all adds to the fun and intrigue of tracing the family history.

Despite modern technology, not all our members use a computer but they are assured of help from those who do and they can also teach the computer enthusiasts an awful lot, with their experiences of going to record offices, cemeteries, and parish records among others, and there is always someone in the group with an answer to problems when we come up against the proverbial brick walls. So, we are happily turning out competent Family History researchers over the months but we are also happy to accept new members, experienced or otherwise. You will be very welcome.

Maureen



War on the Line

What a day it was! We had to provide something special to encourage members to get up early on a Sunday morning for our Midsummer Outing and we managed just that – War on the Line on the Mid Hants Watercress Line, participating in the movement of troops from the US 6th Armoured Division during June 1944.

Leaving Leatherhead at 9 am we wondered if the few drops of rain would develop into a deluge, but as we neared our destination the sun came out and stayed out all day.



Tony – who is a part-time volunteer signaller on the line – had offered, with his wife Bobby, to take members around Alresford, showing them the sights and giving a potted history of this beautiful and historic Georgian market town. We then all met up for an excellent lunch in the Undercroft of the Swan Hotel – which was where Napoleonic prisoners of war had been detained before being shipped back to France. We arrived at Alresford Station in good time to board the



2.12 pm train, complete with 3rd class tickets, Identity Cards and reserved seats, with John – a part-time volunteer porter – waving the green flag to send us on our way to experience living history, as we were transported back 60 years to see a British steam railway at war at each of the four stations en route, including the full extent of military communications along the line with dispatch riders and radio communications. A Dakota C47A flew overhead as part of the re-enactment while we were on the train. Use must have been made of the radio communications as it flew over again about 30 minutes later giving us ample opportunity for photos.

We talked to the soldiers and heard stories of everyday life as a British Tommy in 1944, saw American vehicles – one with 'Warning Yank Driver' scrawled on the back – witnessed a prisoner-of-war from the Afrika Corp, sporting an improbable orange tan on his legs and a very modern knee support, being taken at gunpoint to the train. Ladies in fox fur stoles and veiled hats strolled along the platforms patrolled by 'Dad's Army' characters. Spivs tried to sell us nylons and much more, Military Police checked our ID cards and little boys with boxed gas masks ran around. People clambered



into a static RAF Spitfire at Ropley Station and imagination ran riot.



We hadn't realised how we had missed the sound of the train whistle and the smell of the steam engine, until then. Altogether, it was a day full of memories.



Winnie



Gentle Movement Group

Unfortunately Kim has now left us ,after 4 years, to pastures new in Australia. I am sure that old and current members wish her the very best of luck for the future.

We have a new instructress for the classes - Janella, who is a fully qualified Sports Therapist, even giving Swedish Body Massage - don't all rush at once.

Enid

German Conversation Group

No news is good news!

Tom

"Ve hef ways of making you write" Ed.



Local History Group

Last year the Parish Records for St. Mary's were returned to the Church, with the help of the Rector, Paul Boughton, from the Surrey History Centre, and we were able to digitally photograph them and the information from the handwritten ledgers on the baptisms, marriages and burials have been put onto our computers and will be linked to the individual records of the Fetcham families which we obtained from the census returns from 1841 – 1901.

We had a very interesting visit to one of the properties in Fetcham Lodge in April and saw copies of the Auction details from 1930 and a list of the 19th century owners. Victor Sylvester once played in the ballroom here and there is a beautiful carved staircase. We also heard about the billeting of the ATS at the Lodge during the 2nd World War and wondered if anyone has photos or memories of this time.

In the 1980's Fetcham WI recorded the monumental inscriptions from the grave stones in the churchyard and produced a typed bound volume of their work which was presented to the church. We have started photographing this book (about 500 pages) and are about half way through. Following their layout guide to the churchyard we are also photographing the individual graves, and it is surprising how many of the inscriptions are now completely eroded away or undecipherable. We hope to be able to link these photos both of the book and the graves, to our records.

As far as we are aware there are five memorial stones for the war dead here and we have been researching the history of the names inscribed on the actual War Memorial and would welcome any information or photos of the servicemen who are remembered there – particularly moving on to the 2nd World War and more living memories.

Does anyone know why one of the stone crosses for a lady who died in 1943 has a metal plaque on it indicating that the stone came from the Houses of Parliament?

Any memories of Fetcham and its people which you would care to share with us would be much appreciated. Recently the Family History Group forwarded to us a

request from a lady, via e mail researching her family connections in Fetcham. We were able to confirm and give details to her of a marriage which took place in 1827, before Civil Registration came into force, and also check for further mention of her family in our database. We were delighted that our system appeared to work and we were able to make good use of what we have done and help someone else interested in our village.

Lyn



Request for information

We are looking for any family photos or any family connection with the following service men

Pte. Alfred Alexander	Royal Army Medical Corps.
Pte. Charles Henry Belton	Canadian Infantry (Western Ontario Regiment)
Gnr. Thomas Ernest Belton	Royal Field Artillery
Lt. Gavin R M Caldwell	2nd.Bn.Coldstream Guards
Pte. Albert Diment.	The Queens (Royal West Surrey)
Pte. Frederick C Johnson	East Surrey Regiment
Rfm. Ernest O R Hinder	Queens Westminster's
Lance Cpl. Alfred W Medd	The Queens (Royal West Surrey)
Capt. Leslie Woods	Royal Field Artillery
Pte. John H Diment	Labour Corps
Cpl. E Worsfold	Coldstream Guards
Gnr. Thomas	

If you have any information please contact
Janice

Needlework Group

Christmas started for the Needlework Group (1) in July this year. After a lazy start to the year we are now making Christmas Card hangers from material and padding covered mountboard (kindly donated by a member of the group). This will be followed by a folded triangle Christmas Tree wall-hanging embellished with beads and charms. Then hopefully we will still have time for an Angel or two, summer holidays permitting!

If there is any interest in the proposed second Needlework Group we have lots of projects to suggest and provide support if required to get the group started.

Eileen



Play Reading Group Is up and running with much enthusiasm.
There are vacancies.

Contact Ann

Spanish Conversation

(see photograph on Page 16)

Through our reading during the past few months we have found out a great deal about various aspects of Spain and Spanish life.

Did you know for instance that.....

- in Spain, Tuesday the 13th is a day to beware of, not Friday.
- June 24th is a night for brave young men to compete in leaping over bonfires.
- the Doñana is an important ecological park, whose wild-life is increasingly endangered.
- the country's centre for Arab/Spanish studies is in the little known area of Teruel.
- the mediaeval area of the city of Santander was destroyed by fire in 1941.
- Finnish reality TV featured students competing to learn Spanish in Salamanca
- in 2006 the skeleton of a young English sailor was recovered from a British boat that had been wrecked in 1770 off the coast of Argentina



We may not remember all the vocabulary, but we do find some interesting articles between us, which we read and try to discuss.

We recently enjoyed our restaurant lunch of various tapas, olives and manchego, crema catalan and other (Spanish?) puddings, all accompanied by several large jugs of sangria.

Anna

Madrid & Toledo Trip

(picture on Page 1)

35 members of the U3A set off for a 5 day trip to Spain organized by Sheila. We spent 3 sunny days in Madrid. Our hotel was centrally located on the Gran Via within easy walking distance of the Plaza Mayor, a large central square surrounded by cafes and fashionable shops. Due to the extremely early start most of us chose local eating places on the first night.

Our first full day in Madrid started with a stop to view Christopher Columbus' statue then we drove past the Madrid Bullring before a visit to the Prado. A tour guide took us round some of the exhibits before lunch then the rest of the day was our own. There was a special Goya exhibition and there were also plenty of pictures that Leslie Pitcher had shown at his lectures, from Velazquez Bosch El Greco Titian Raphael Rembrandt Veronese and Rubens, a real feast for our eyes. The Retiro Park was very close by and made a welcome stop for refreshments.

The next day we visited the Royal Palace which is only used for State occasions, but is full of beautiful pictures, chandeliers silverware, china, and tapestries. We also saw the Almudena Cathedral opposite the Royal Palace. Although modern it is designed on Reims Cathedral and was really very beautiful. We were lucky enough to see the last part of the changing of the guard. Again the rest of the day was our own. Some of us had a chocolate drink at a special chocolate café near our hotel.

On our way to Toledo the next day we went to see El Pardo a former palace that Franco used as his home during his dictatorship. This contained some beautiful and exquisite tapestries. Although most were copies they gave us a good idea of what they were like in times gone past.

On arriving at the former ancient capital Toledo we had an orientation walk. The next day we visited the magnificent Cathedral built over a number of centuries to commemorate the liberation of Toledo from the Moors. A special feature was the replacement of the roof by a skylight or 'Transparente' which is decorated with frescoes and sculptures. The collection of El Greco paintings in the Sacristy was amazing including the Spoliation over the altar. Around every corner there were new delights to view. The day continued with visits to the monastery of Saint John of the Kings, a former Jewish Synagogue and The Santa Domingo El Antigua monastery where there were 3 remaining El Greco paintings and where El Greco is buried. Here we were able to buy marzipan (the local candy) made by the nuns who live there

On our final day the morning was spent in buying up souvenirs of our visit before boarding the homeward bound coach. We stopped off at Chinchon, an incredible place as the square is ring shaped like a bullring and indeed is used as one, the shops and cafes surround the main area, and here many of us bought garlic and saffron which are both specialities of the place before heading for the airport.

Thank you Sheila for another wonderful trip.

Jenny

Walking Group 1 - Thursdays

Do you know that Sir Barnes Wallis is buried in the churchyard of St Lawrence Church, Effingham? Not all of the group knew this when, after a 5¼ mile walk on a sunny morning in July, through Great Riding Wood and on to Effingham Ponds, we finished in the churchyard to see the headstone.



Near Effingham Ponds

Prior to this, on another lovely morning in May, we walked round Banstead Heath and alongside the prestigious Walton Heath Golf Club.



Time to rest in Mogador

Then the June walk was particularly memorable as we walked round Box Hill to three very different viewpoints, without having to negotiate any steep hills!



Top of Box Hill

Future walks include the Basingstoke Canal and Albury to Blackheath.

Jo & Ernie

Getting a Taste For It

There may be more Wine Appreciation Groups than Exploring London Groups in our U3A (six of the former and five of the latter at the time of writing) but it is a close call as to which of these activities has most participating members. These two areas of study have something in common. They both give their members greater knowledge of their subject and they provide "tasters", in one case of particular wines and in the other case of areas or places in London, which individuals might wish to enjoy or explore in more detail in their own time.

Some of the Explore London groups have walked round the area where "Jack the Ripper" plied his grisly trade in London's East End. Members learned something of the activities of this elusive character believed to be responsible for at least five terrible murders and also something of the appalling social and living conditions endured by his victims and so many of the other residents of the Whitechapel and Stepney areas towards the end of the nineteenth century. On their walks they also came across Petticoat Lane market, a magnificent Hawksmoor church (Christ Church, Spitalfields, recently lovingly restored), an excellent pub for lunch - and Wiltons Music Hall, the oldest and last surviving grand music hall in London. The latter building became a "taster" for four London explorers who returned recently to find out more about it.

What became "music hall" entertainment began in an informal way in public houses. In 1858 John Wilton owned the "Prince of Denmark", a pub in Cable Street, Stepney. He decided to build a purpose-designed hall behind his pub, intended not only for the popular music of the time but also for concerts and opera. The hall was opulent, with a sun-burner chandelier with 300 gas jets and 27,000 cut crystals dominating a mirrored hall where George Leybourne sang "Champagne Charlie" and where, so rumour has it, the Can-Can was first performed - and was then promptly banned! The hall ceased to be used for entertainment in 1884. It then became a Methodist mission hall and eventually a rag warehouse. In 1964, thanks to the efforts of Sir John Betjeman, it was given listed status and attempts were made to rescue it from a nearly derelict state. In 2004 a Trust was set up and a body of volunteers have been struggling to preserve and refurbish it for public performance.

Our four explorers, after some difficulty, managed to find the small un-marked door from a back-street and they entered into a foyer to find a number of volunteers manning the bar - an essential in any music hall! After a necessary delay to obtain refreshment they then passed through a small lobby and into the main hall which has seating for three hundred with a gallery and a stage. Only a part of the building is usable at the moment and, whilst in places one can see evidence of what the Trust and volunteers have achieved, the general air is of a grand building in decay but with potential for again becoming a striking building internally, if not externally.

The evening's entertainment comprised a traditional professional music-hall style presentation telling the history of the place with a chairman and plenty of audi-

ence participation in singing the favourite songs of that era. It was great fun but afterwards we were faced with a ten minute walk down a dark Cable Street to Tower Hill station during which we constantly glanced over our shoulders to make sure that "Jack the Ripper", or a successor, was not lurking in the shadows.

Geoff

Cheese goes with Wine

The cookery group stopped slaving over a hot stove and, instead, had a private visit to Norbury Park Farm at Mickleham to see how Norbury Blue cheese is made.



Norbury Blue cheese is a distinctive tasting gourmet cheese - entirely hand made and the only blue cheese made in the South of England with milk from a closed herd of 90 Fresian cows. The dairy cows are fed on fodder that is grown locally and entirely GM free, giving Norbury Blue Cheese a unique flavour and appearance.

Michaela Edge devised its special recipe and has been making Norbury Blue cheese since it began. The cheese is made in the traditional way from batches of fresh milk, heated to body temperature. A live culture is added to start it off, followed by the addition of vegetarian rennet and allowed to set for about one and a half hours. The curds are 'cut' so that the whey is released and then loaded by hand into cylindrical moulds. The cheeses are turned every four hours whilst the whey drips away. Each cheese is spiked with a five-pronged fork to aerate it. Each batch is left to mature for three weeks,

The cheese has a soft and creamy texture with a blue-marbled effect.

Ed.



Michaela Edge



Wine Appreciation Group 1

The annual Wine Tasting Evening with Dinner at the Old Barn Hall, run by the Social and Events Committee of St Nicolas Church, was a great success once again. The five Fetcham U3A wine groups were all there, enjoying a delicious four course meal, with six wines to accompany the different courses.

Since then our group has enjoyed a tasting focusing on wines from the Grenache grape and then a tasting of different sparkling wines.



In July we enjoyed an excellent 'Wine School' at Wine Rack in Cobham. The manager gave us a very interesting and informative talk on many aspects of wine, with some detailed notes to take away. Then we tasted ten wines, starting with Champagne! Needless to say, we had a minibus on this occasion!



Now we have six wine appreciation groups in the U3A and we are all looking forward to our joint tasting in October, entitled 'A Journey to Bordeaux', to be led by Kate and Ken Woolverton.

Jo & Ernie



First Aid Talk

Sheila, one of our members, and a fully trained first aider from the Red Cross, has agreed to give the above talk at the **Pastoral Hall, Bookham at 7.00pm on Thursday 6 November**. There will be a small charge depending on how many attend, to cover the cost of the hall, coffee/tea, and a small donation to the Red Cross.

Her talk will cover "First Response" on matters such as bleeding, choking, burns, unconsciousness and briefly on heart attacks and strokes,

I am sure we have all come across such situations as the above with partners, friends, neighbours and grandchildren and I believe the talk will be helpful and informative.

She will also give advice on the ideal contents of a First Aid Box.

If your name is on the list, would you please confirm that you will be attending.

Pam

Recognising a Stroke

If you suspect that someone is having a stroke act FAST

With over 150,000 people in the UK having a stroke every year, it is imperative that people can recognise a stroke when it's happening and take prompt action.

What is Fast

FAST requires an assessment of three specific symptoms of stroke:

Facial weakness - can the person smile? Has their mouth or eye drooped?

Arm weakness - can the person raise both arms?

Speech problems - can the person speak clearly and understand what you say?

Time to call **999**.

If the person has **failed any one of these tests**, you **must call 999**.

Stroke is a medical emergency and by calling 999 you can help someone reach hospital quickly and receive the early treatment they need.

Source: The Stroke Association

Advice on Food Handling & Preparation from U3A Head Office

There have been some queries recently from U3A committees about the regulations on food handling and preparation and whether there was a need for any sort of training to meet legal requirements. I have discussed the situation with our insurance company and U3As are covered should there be any problem resulting from the serving of food during a U3A organised activity, to members or prospective members.

Nevertheless it seems sensible to put together some guidelines which you can make available to the appropriate people if you do serve hot or cold food at some of your functions. I know most of this is going to seem like common sense but by issuing guidelines, which I have based on local authority publications, we can at least show that we have taken the matter seriously.

Cross Contamination

One of the most common causes of food poisoning is when harmful bacteria is spread to food from other food, hands or equipment.

Raw meat, eggs and poultry are the most common sources but others are people, equipment and cloths.

People

You should avoid the following when handling food:-

- Smoking
- Drinking
- Eating
- Touching your face
- Coughing and sneezing
- Wearing a watch or jewellery

You should do the following:-

- Wash your hands before you start
- Wear a clean apron
- Keep your hair tied back or covered
- Ensure any cuts are covered with a waterproof dressing.

Cloths

Ensure that you replace cloths after each task and if they are reusable wash on hot cycle to kill bacteria.

Raw Meat & Poultry

Defrosting

If defrosting in the fridge make sure the container is covered and below 'ready to eat' foods.

Ideally defrost in a separate area of the kitchen away from all other foods.

Delivery

Keep away from all other foods and throw packaging away.

Preparation of raw meat/poultry

Use different area of the kitchen and prepare at a different time.

Use a different chopping board and knives and replace scoured/scratched chopping boards.

Grilling/barbecuing

Make sure raw meat doesn't touch or drip onto food already cooking.

Storage

Cover all food properly with film/foil.
 Use containers with lids/bags designed to store food.
 Store raw and 'ready to eat' food separately and in different parts of the fridge with raw below 'ready to eat'.
 Don't store anything in tins and don't let food covers fall into food.
 Don't reuse foil/film/freezer bags and wash storage boxes thoroughly between use.
 Avoid chipped/cracked dishes.

Chilling food

Food with a 'use by' date needs to be kept chilled/refrigerated.
 Food cooked in advance should be cooled down and then refrigerated.
 Salads/desserts should be chilled.

Defrosting

Thoroughly defrost before cooking, preferably in the fridge.

Frozen food

Try to put into freezer immediately or in the case of prepared food as soon as it is chilled down.
 Use appropriate containers/bags and divide into smaller portions where possible.

Allergies

If homemade keep a list of ingredients; if ready made copy the list of ingredients.

Main problems**Peanuts** (groundnuts).

Found in many foods including sauces/cakes/desserts.
 Be careful of peanut flour/groundnut oil.

Nuts

Sauces/desserts/crackers/bread/ice cream/nut oils/marzipan/ground almonds.

Milk

Milk/yoghurt/cream/cheese/butter/milk powder. Dishes glazed with milk.

Eggs

Cakes/mousses/sauces/pasta/quiche.
 Binding meat products e.g. burgers. Dishes brushed with egg.

Fish/Shellfish

Anchovies – salad dressings/sauces/relishes/pizzas.
 Shrimp paste/oyster sauce.

Soya

Tofu (bean curd). Soya flour/protein. Soya found in ice cream/sauces/desserts/meat/vegetable products (e.g. veggie burgers)

Gluten

Cereals – wheat/rye/barley and foods made from these.

Wheat flour in bread/pasta/cakes/pastry/meat products.
 Soups and sauces – thickened with flour.
 Food dusted with flour. Batter and breadcrumbs.

Sesame Seeds

Bread/breadsticks/sesame oil.

Celery/celeriac

Salads/soups/celery salt/celery seeds.

Mustard

Salad dressings/marinades/soups/sauces/curries/meat products.

Sulphur Dioxide

Used as a preservative in sauces/soft drinks/dried fruit.
 Used in wine and beer.
 Particularly bad for asthma sufferers.

In the case of an allergic reaction:-

- Don't move them
- Ring 999 and ask for a paramedic
- Explain they could have anaphylaxis.

Cooking Safely

Follow manufacturer's instructions.

Preheat oven/grill.

Turn meat/poultry during cooking.

Liquid dishes should be simmering and bubble rapidly when stirred.

Poultry and pork should have no pink or red juice/meat.

Check food is thoroughly cooked e.g. with meat check thickest part of leg and with fish check by the bone etc

Make sure eggs and any food including eggs are piping hot.

Use pasteurized eggs for any food not cooked or lightly cooked – e.g. mayonnaise.

Don't use after 'best before' date.

Be cautious with rice – keep it hot until serving or chill it down and keep in the fridge.

Reheating

Make sure it is piping hot, preheat oven/grill and serve immediately.

Lin Jonas

March 2008

Sweet Poison

There is increasing controversy in the United States over the use of **Aspartame** as an artificial sweetener (marketed as NutraSweet, Equal, Spoonful etc.). Detractors say that **Aspartame** can cause or exacerbate health problems. It is suggested that when heated to over 86 degrees F it can cause methanol toxicity, the effects of which can be misdiagnosed as multiple sclerosis or systemic lupus.

They say that it is particularly dangerous to diabetics and go on to state that children are especially at risk for neurological disorders.

What they recommend to those people who are suffering from fibromyalgia symptoms, spasm, shooting pains, cramps, vertigo, dizziness, headaches, tinnitus, joint pains, unexplainable depression, anxiety attacks, blurred vision etc – and if they regularly take food or drinks containing the above artificial sweeteners - **avoid using them for one month and monitor their symptoms.** They may be in for a pleasant surprise.

Aspartame is contained in thousands of foods - so read the label.

This is a synopsis of information sent to me by Mary Coburn. Ask her for more details. For even more information use a search engine with your computer - Wikipedia is a good place to start.

It is published by Fetcham in Focus without any recommendations as to the veracity of the information - please check it out yourselves. Editor

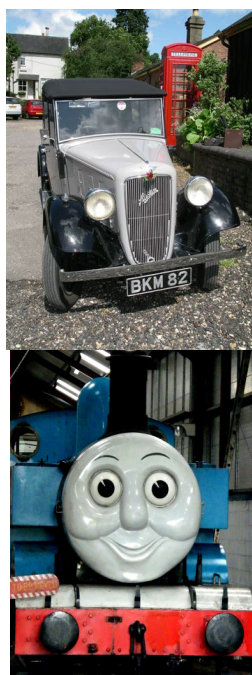
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Vice-Chairman	Winnie
Treasurer	Bryan
Secretary	Diana
Membership Secretary	Brenda
Groups Co-ordinator	Enid
Speaker Secretary	Tony
Publicity Officer	Winnie
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Member	Graham
Member	Ian
Member	Kathy
Member	Mary

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Welfare of Members	Jo
Tea Organiser	Kathy
Social Events	Winnie
Outings/Theatre Visits	Sheila
Newsletter Editors	Judy John

*The committee meets on the 2nd Monday of the month.
If you have any items you would like to be discussed by the Committee please contact the Secretary, Diana, in advance to have it put on the agenda.*



Note: A full colour version of this newsletter will be available on the Web site