



Tel: 07799 121 926 – please leave a landline number.

Email: ferndownu3a@gmail.com

Website: www.ferndownu3a.co.uk



One-off reduction to 2017-2018 fees

It was announced at the AGM that due to the healthy state of the Accounts, FU3A would award all members who attended classes during the 2016 - 2017 year, a reduction of £10 to their fees when they sign up for the 2017 - 2018 year.

This is a one time exceptional initiative and it is not available to anyone who joins for the first time in the 2017 - 2018 year. Neither is it available to anyone who was previously a member, but who did not join for the current year.

The reduction is not transferable to future years and may not be taken in any other form.

The Committee agreed to this action in good faith and it in no way constitutes a right or expectation for future years.

The Enrolment form for next year includes details of how to claim this reduction when you pay your fees.

.....

Vacancies on various groups

There are a number of groups with vacancies during this term. If there is a group which you would like to join, please contact the Group Leader via the FerndownU3A@gmail.com email to determine whether they have any places.

There are definitely vacancies on **B4 Chicago Bridge on Thursdays at 1pm - 4pm**. If you would like to join, please contact Jenny Bass.



Do you have time on your hands? Why not join another group? Lots of spaces available over most categories.



Raising Awareness of
KAWASAKI DISEASE

Kawasaki Disease (KD) is the leading cause of acquired coronary artery disease in children in the UK. At the onset it primarily affects young children under 8 years of age and is more noticeable in boys than girls, although both can be affected. Timely diagnosis and treatment within 10 days is highly effective and the majority of children recover completely.

If late diagnosis should happen or it is left untreated, the disease can cause coronary artery damage. In effect this leads to the formation of aneurysms (ballooning of the arterial wall). Major complications associated with aneurysms including blood clot formation, which can result in heart attacks, poor heart muscle function and in some cases death.

Dr Tomisaki Kawasaki of Tokyo, Japan, first described the signs and the symptoms associated with Kawasaki in 1967. Since then it has been seen in virtually every country in the world and yet the cause of the disease is still unknown.

There is no specific test for **KD** (also known as the Red Disease) and therefore it can easily be misdiagnosed because the symptoms are very similar to other childhood illnesses. Whilst it is not contagious, **KD** has a range of distinctive symptoms which are:

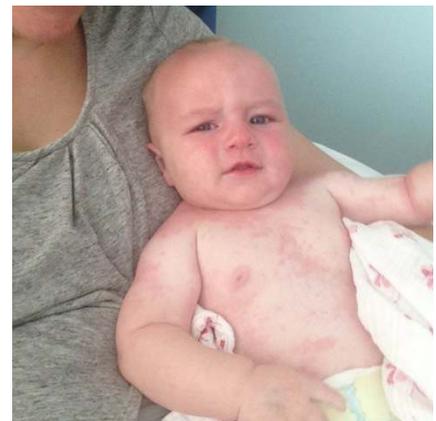
Persistent HIGH FEVER FOR 5 DAYS OR MORE accompanied by at least 4 or more of the following conditions:

- Red skin rash (not blistered) widespread
- Red bloodshot eyes
- Red sore mouth,
- Red tongue (often strawberry like)
- Red cracked and dry lips (sometimes bleeding)
- Redness of the palms and soles of feet - sometimes skin peeling
- Swollen neck glands

Most of these symptoms occur in the first few days of the illness, although not all may be present initially. There are also other noticeable symptoms, which include irritability, loss of appetite, vomiting, moodiness and jaundice.

More information on KD can be found on the following websites:
SOCIETI the UK Kawasaki Disease Foundation : www.societi.org.uk
Kawasaki Support Group UK (KSSG) : www.kssg.org.uk

Baby Sammy



Gerry continues to raise money for Diane's grandson, through his various fundraising efforts.

From the Drama Group

Following a recent production by the drama group, a donation of £150. has been made to the "Sammy" charity. Also £50. to "Cranborne Amateur Drama Group" charity, who kindly lent costumes.

Thank you to all who supported us, and discovered the source/sauce of the U3A.

NEWS FROM THE GROUPS

Your group could appear here in future issues. If you are enjoying your group and/or doing something significant in it, then let us have your copy, and/or photos!!

SCHOOL VISIT

ON THURSDAY 26TH JANUARY THE USA CREATIVE WRITING GROUP TOOK TIME OUT FROM THEIR USUAL WEEKLY CLASS TO VISIT FERNDOWN MIDDLE SCHOOL. WE HAD BEEN INVITED THERE TO GIVE A PRESENTATION OF SOME OF OUR WORK TO A SELECTED NUMBER OF PUPILS WHO ALL HAD AN INTEREST IN CREATIVE WRITING. BEFOREHAND, I THINK WE WERE ALL WONDERING HOW SUCCESSFUL OUR ATTEMPT TO CLOSE THE GENERATION GAP MIGHT BE, BUT WE NEEDN'T HAVE WORRIED BECAUSE WHAT WE FOUND WAS AN ENTHUSIASTIC, BRIGHT, INTELLIGENT GROUP OF STUDENTS, WHO NOT ONLY SHOWED THEIR APPRECIATION OF OUR EFFORTS BUT WERE ALSO VERY KEEN TO SHARE THEIR THOUGHTS AND IDEAS ABOUT CREATIVE WRITING WITH US. AT THE END OF THE MORNING IT WAS OBVIOUS THAT EVERYONE HAD ENJOYED THE GET TOGETHER AND I THINK A RETURN VISIT IS BEING PLANNED.

PETER HUNT

FIVE MILE WALKS



Here is a selection of photographs taken by Caryl Longland on a five mile trail round Moors Valley Country Park. It was a cold but sunny day and 22 walkers enjoyed some gentle exercise followed by a relaxed lunch at The Three Legged Cross. Members who have not previously sampled this very convivial activity, and are interested, should please contact Ian Burr on ianburr353@btinternet.com or 07501049199.



DISCOVER DORSET



At the beginning of January, the discovering Dorset group enjoyed a very informative talk about the history of Christchurch, Derek took us on a pictorial history of the founding of Christchurch from its beginnings at Hengistbury Head to the present day urbanization which incorporates many of the older buildings, some of which are still in use today, including many of the inns, hotels and the Priory, as well as plaques on buildings which give the viewer an insight of how the town has grown and prospered.

On 27th January on quite a cold day, the group toured Christchurch to view the buildings mentioned in the talk and once again Derek gave a very informative history of the various buildings/ruins etc as we walked round the town.

Margaret Holden



BAKING DAY - 23rd JANUARY

Bake Day, Cake Day
Lots of things to make day.

Pastry, biscuits, scones and cake
With instructions how to make.

Put your name in your tins –
Put the rubbish in the bins.



Weigh the eggs and weigh the flours
Forty bakes within six hours.

Pass the sugar, pass the butter
Scales, bowls and kitchen clutter.

Vanilla, lemon, ginger, cheese
Add the flavours how you please.

Where's the zester? Where's my spoon?
Can you move? There's little room!



Thank you Jude for a lovely day
There's only one thing more to say –
You're NOT allowed to move away
As we'll all be back another day!!!

Betty Ford



Join us on this unusual visit.

A Day with the HOUSEHOLD CAVALRY

I made this visit last year and quickly knew that it was one that should be offered to our U3A. It was not only informative but also fascinating and somewhat inspiring!

- Handle some of today's fighting kit.
- Learn about the life of a modern soldier.
- Hear about the history of the Regiment.
- Visit the beautiful blacks - perhaps in training
- Admire the pictures and trophies.
- Be awed by the tanks.
- Lunch in the cookhouse (£3 approx. extra)

£30

**Cheques made payable
to Ferndown U3A
Social Account**

Tuesday 30th May

We are scheduled to be in the barracks by 10.30am so we must leave Ferndown Village Hall, Church Road at **8.00am**. promptly.

You may park in the Village Hall car park if registered with them.

There should be some free time in Windsor after the visit.

We will begin our return journey at **5.30pm**.

If you would like to join us please fill in the U3A Booking Form available from Gerry with this information, the notice board in the Barrington or the organiser, Betty Ford - 01202 873125. There is also one to download from our website. Return to Betty or Gerry with your cheque. Bookings must be made by Friday 31st March.

There are a limited number of places on this visit.

Special Spring Concert from Christchurch U3A



This year Vintage Brass celebrates its Tenth Anniversary Spring Concert

As the only all retiree brass band in Dorset, and the only brass band within U3A UK, Vintage Brass has planned a big anniversary event, showcasing the band together with two choirs: Christchurch U3A Singers and St Peter's Community Choir. The finale will be 'Last Night of the Proms' style with traditional proms music and audience participation.

Many of you will know members of Vintage Brass or members of the choirs; and our new Musical Director Steve Chislett, resident in Ferndown, can confirm that it isn't so far from there to Boscombe!

So ... join us for a lively evening on Saturday 22 April 2017, 7pm - 9pm at the Salvation Army Citadel, Palmerton Road, Bournemouth BH1 4HT.



Also joining us for this Anniversary Concert will be Mrs Pam Jones, Chair of the Third Age Trust, UK; and Councillor Mrs Patricia Jamieson, Mayor of Christchurch.

Tickets at £8 to include a special souvenir programme can be obtained via our website: www.christchurchu3a.org.uk/vintagebrass/ or from Mrs P Thornton, Redlawns, South Gorley, Fordingbridge SP6 2PW, tel. 01425 650015, enclosing sae.

Nobody wants to be burgled

Home Office advice from Police.UK

Taking just a few steps can make a big difference in keeping your home safe from burglary. Here are a few tips:

- Lock your doors and windows every time you leave the house, even when you're just out in the garden, remembering to double-lock UPVC doors (lift handle and turn key)
- Hide all keys, including car keys, out of sight and away from the letterbox (remember a device could be used to hook keys through the letterbox)
- Install a visual burglar alarm
- Install good outside lighting
- Get a trusted neighbour to keep an eye on your property
- Leave radios or lights in your house on a timer to make the property appear occupied
- Make sure the fences around your garden are in good condition
- Secure bikes at home by locking them to an immovable object inside a locked shed or garage
- Keep ladders and tools stored away; don't leave them outside where they could be used to break into your home
- Ensure side gates are locked to prevent access to the rear of the property
- Ensure rear fencing is in good repair
- Improve natural surveillance at the front of your property i.e. trim high hedges
- Mark your property with postcode and house number and register your property for free with Immobilise (www.immobilise.com)
- Consider joining or forming a Neighbourhood Watch scheme
- Remove valuables from view of ground floor windows
- Store any high value items (i.e. jewellery, passports) in a properly secured safe or bank vault

Why Parents Drink!!

The boss wondered why one of his most valued employees was absent but had not phoned in sick one day. Needing to have an urgent problem with one of the main computers resolved, he dialled the employee's home phone number and was greeted with a child's whisper. ' Hello ? '

'Is your daddy home?' he asked.

' Yes ,' whispered the small voice.
May I talk with him?'

The child whispered, ' No . '

Surprised and wanting to talk with an adult, the boss asked,
'Is your Mummy there?' ' Yes '

'May I talk with her?' A gain the small voice whispered,
' No '

Hoping there was somebody with whom he could leave a message, the boss asked, 'Is anybody else there?'

' Yes, ' whispered the child,
' a policeman. '

Wondering what a cop would be doing at his employee's home, the boss asked, 'May I speak with the policeman?'

' No, he's busy, ' whispered the child.

'Busy doing what?'

' Talking to Daddy and Mummy and the Fireman, ' came the whispered answer.

Growing more worried as he heard a loud noise in the background through the earpiece on the phone, the boss asked, 'What is that noise?'

' A helicopter ' answered the whispering voice.

'What is going on there?' demanded the boss, now truly apprehensive. Again, whispering, the child answered,

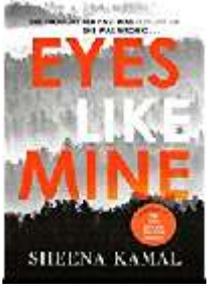
' The search team just landed a helicopter '

Alarmed, concerned and a little frustrated the boss asked, 'What are they searching for?'

Still whispering, the young voice replied with a muffled giggle... ' ME. '



BOOK REVIEW



EYES LIKE MINE

by Sheena Kamal



Move over Lisbeth Salander!

Wow! Where to start?

One of the best books I have read in a long time, 'Eyes Like Mine' will have you reading through the night, but will also probably give you nightmares!

Nora Watts is not your archetypal investigator. She has been in and out of foster homes, is an alcoholic and has lived on the streets. She is now just about making ends meet by working for Sebastian Crow and Leo Krushnik as receptionist and research assistant. She also lives in the basement, although Seb and Leo do not know!

When she receives a phone call from Everett Walsh she is instinctively aware that the future will hold some very difficult times. At a subsequent meeting with Everett and his wife Lynn, her fears are immediately confirmed. Her daughter Bronwyn (Bonnie) has disappeared, not for the first time, and the events of fifteen years ago invade Nora's present-day world. Fifteen years ago Nora was busking – she has a good Blues voice – and trying to make ends meet when she was brutally assaulted, raped and left for dead. Bonnie was the eventual result of the rape and was put up for adoption. Everett and Lynn were the adoptive parents. But now Bonnie is missing and they want Nora to Investigate.

This is at times not a pleasant read, but it has all the qualities of the real world about, including the bad and the ugly. Nora had a good heart but at times she is ruthless, possibly the result of her difficult childhood. However, deep down she loves Bonnie and will do anything to find her.

The plot is cleverly-woven and charges along. It also includes some topical issues which will have the reader thinking outside of the book. There is not really a romantic interest as such, but Jon Brazuka, Nora's AA sponsor, does provide some romantic relief!!

Sheena Kamal brilliantly ties up all the loose ends and I was thoroughly disappointed when I eventually came to the last page, but only because there was not any more to read!

Thank you Sheena for a great book and I look forward to the next in the Nora Watts series.

Sméagol

Answer to last month's puzzle

There is no letter 'e' in the passage!

This month's puzzle

You have to choose between three rooms.

The first is full of raging fires

The second is full of tigers that haven't eaten in 3 years.

The third is full of assassins with loaded machine guns.

Which room should you choose?



Ferndown U3A Booking Form

Title / Description of Activity / Outing / Event

.....

Departure Location Date

Start/Pick Up Time Finish Time

Any Additional details or Special Requirements

.....

.....

Group Leader Name

Contact Details

Member's Name

Home Contact number

Please reserve Tickets. Cheque for £,

attached and made payable to **Ferndown & District U3A - Social Account.**

***Cheque and completed form to be handed to Group Leader
We recommend you keep a copy of this form, before handing it to the Group
Leader.***