



the NEWSLETTER of LISS COMMUNITY ASSOCIATION
serving the village and surrounding area
at THE TRIANGLE CENTRE, LISS

ISSUE 19
MAY 2008

Manager's Report:- What a busy six months we've had since the last newsletter! Our first Indoor Market was a great success in November selling a combination of fresh local produce, home made cakes and preserves, hand made cards and jewellery, plus a wide range of craft stalls. Now a regular monthly feature they continue to attract a many sellers and plenty of eager shoppers. The last market before the July/August break is Saturday 21st June from 9.30am - 12.00 noon so make a note in your diary. Markets will return on Saturday 20th September, and if you would like to book a stall at one of them please pop into the Triangle office, or call us on: 01730 301000.

The final cinema showing before the summer break - 'Kite Runner' is on Saturday June 14th at 7.30 pm

I have also been busy working on the production of a new website for the Triangle. This exciting project has only been possible thanks to the support of a number of local businesses who have sponsored the development costs. My heartfelt thanks go to Ampella, Bryants, Casmin, CJ Hampshire, Cox Manning, Futuresys, Gibson Gammon, Liss

Funeral Directors, Madhuban, On All Floors and U-Do-DIY. Thanks to their support you will now be able to go on-line and check out a range of information on room hire, child care, cinema nights, forthcoming events, party bookings, indoor markets, coffee bar, lunch café, office services and much much more! The new website address is: www.liss-triangle-centre.org.uk and you will be able to access the website from 1st June.

As well as being active in the office the centre as a whole has been very busy with an increased number of bookings and events planned into the diary. As ever I am very grateful for the help of a wonderful team of office volunteers who give their time to assist me with the bookings, ticket sales, general admin. and answering queries from visitors to the office - without them we simply couldn't continue to run the centre. At present we could do with an extra pair of hands to help out in the office on a Friday morning from 9am - 12.30pm, so if you have a few hours to spare and would like to join our friendly team please give me a call on: 01730 301000. No prior office experience is needed and full training will be given.

Vanessa

TRIANGLE PEOPLE:- Maureen Dugan has been part of the Triangle since it opened in 1997 and a Liss resident for many years before that. Many people will know her as a trained practitioner in aromatherapy massage, a qualification requiring two years of study and which includes the care of sports injuries. A session as short as ten minutes can be enough to ease aches and pains and promote a feeling of well being. In addition, Maureen is one of the cheerful band of coffee bar volunteers and

belongs to several village organisations which meet at the Triangle. She says, "I have met lots of people in the last 10 years and made so many friends. I enjoy the 'buzz' at the centre and feel at home there, So many village activities are centred in the Triangle and it's a great place to be involved with".





Hello, My name is Jen. I am a volunteer and trustee at the Triangle and very importantly a Community Champion with the 'Every Action Counts' programme. Every Action Counts is funded by DEFRA (the Department for Environment, Food and Rural Affairs) and is designed to help

local community groups, clubs and societies take action to protect the environment, create a fairer world and improve quality of life.

In order to help achieve this they are training over a thousand volunteers who will become Community Champions.

The programme concentrates on five key areas where a difference can be made.

Saving Energy, Saving Resources, Travelling Wisely, Shopping Ethically and Caring for Your Area.

It is the role of the Community Champion to facilitate discussion and help groups write their own sustainable plan that can be logged on the Every

Action Counts website and then their progress can be measured.

At the Triangle Centre we have set up a green committee who have already implemented recycling of our waste and energy efficient light bulbs, we are in the process of starting our own compost and organizing a green notice board with information and tips for the local community and we will continue to highlight greener initiatives at the Triangle in the future.

As a Community Champion it is my aim to make every effort to engage with community groups and help them in the process of making 'Every Action Count'. By making small changes in actions that we make everyday we can make a big difference to our local, national and hopefully global environment.

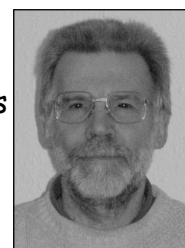
If you would like more information on 'Every Action Counts' or what is involved in being a Community Champion, or you want information on the Triangle's green committee then don't hesitate to contact me through the Triangle office on 01730 301000 or email flower.trevena@ntlworld.com

L.C.A. A.G.M. - Reminder:- The Annual General Meeting of the Association will be held on Tuesday June 17th. at 8.00 (coffee and tea and biscuits from 7.30) The Agenda and other papers will be available on the night or from the Triangle office 21 days in advance of the meeting. We continue to be grateful for the support of our members and would urge all to attend as important issues related to the Association's future will need to be discussed.

Also - Annual Membership fees for the current year fell due on April 1st. We would be grateful if you could call into the office to pay this (still £3.00), or perhaps upgrade to life membership at £15.00. We would also appreciate having members e-mail addresses; e-mail triangle@liss-online.org and we can get your newsletter to you electronically and keep you up to date with Triangle events.

THIS MAN MUST GO!

Clive Seymour has been involved with the Triangle since its inception - for most of that time as Treasurer. Changed family commitments mean that, although not planning to leave the area permanently, he will be spending a significant amount of time away from Liss. The Community Association is therefore in urgent need of someone to act, in the first instance as deputy treasurer, receiving on the job training with a view to taking over in the near future. The post would obviously suit someone with existing financial expertise but equally, someone who wished to acquire financial, business and management skills to enhance their C.V. at no cost and at a relatively easy pace. **Clive is not irreplaceable and the Triangle must have a Treasurer to survive.** Anyone wishing to find out more can phone Clive on 01730 892696



WALKING TO HEALTH

from the
**Triangle Centre
Liss**



Are you:- wanting to be a bit more active?
perhaps recovering from illness or injury?
or keen to widen your social circle?
then our

Short walks led by trained leaders,
taken at a comfortable pace and in
friendly company may be just what
you need.

Walks start from the **Triangle Centre** every
Tuesday & Thursday at 10.15.

The route taken always depends on the
abilities of the walkers and the weather
conditions.

for more details call in at the centre office or phone 301000

BAGS of GOOD IDEAS at the Triangle: - Plastic bags

have been much in the news recently. While they are
indispensible for some purposes - what else would you use for
carrying damp swimming gear? - it is better to use them
carefully with a thought to the environment and to use more
conservationally minded alternatives where possible. At the
Triangle some of us came up with the idea of sorting out our
collections of fabric scraps and old clean items which could be
recycled into sturdy shopping bags. A large number have been



made in a wide variety of colours,
patterned and plain, and have been on sale at
the Triangle for the bargain price of 20p.

Following the initial publicity we have
received many additional donations of fabric and should be able
to have these bags available for some time to come. If anyone
would like to help make them - and we have a very easy pattern
which can take as little as 6 minutes to run up - please contact
the Triangle office, you can call in or phone 01730 301000.

LOOK WHO'S TALKING

'Small Talk', an informal Parent and Toddler group
runs every Wednesday at the Triangle from 10am-
11.30am. The focus is on fun for babies and
toddlers - on offer are craft activities, playdough,
stories, music and free play, all in a safe, welcom-
ing

environment. Equally important is the opportunity
for parents to meet up for a chat and perhaps
make new friends. The group is run by the
**Petersfield and Liss branch of the National
Childbirth Trust** but you do not have to be a
member to join in - all will be made most welcome.

'Babytalk' is for parents and babies from birth to
approximately 9 months. Run on Tuesdays in Liss,
(and Thursdays in Petersfield), it's a fantastic
opportunity for a chat with other new parents, or
to speak to a Breastfeeding Counsellor. Home
consultations are also available, with this service
being free of charge and available to all.

Information about booking for this is available on
the Petersfield and Liss NCT website

(<http://www.nct.org.uk/in-your-area/petersfield>),
or by telephoning 0870 421 4492.

Antenatal, Postnatal and Yoga for Pregnancy

courses are available through Petersfield and Liss
NCT. Courses provide essential information,
advice and support to new parents, at a time of
great change in their lives. Our new Postnatal
course 'Early Days' will be held at the Triangle
Centre from September onwards. For further
information use the website or phone contacts
previously mentioned.

Petersfield and Liss NCT is a vibrant, active
branch, offering much to the community it serves.
It was, for example, active in the campaign to save
the Grange Maternity Unit in Petersfield. It holds
weekly coffee mornings in members' homes and
the thrice yearly Nearly New Sales are legendary!
Offering a huge range of high quality, second hand
nursery equipment, clothes and toys, they are an
amazing way to recycle, with many fabulous
bargains to be found. Details of these are also on
the website.

Volunteers are always welcome, and it is wonderful
to see new families making good use of the branch
services available to them. If you'd like to find
out more about our branch or get involved contact
Vicky on 07005-800-886.

TRIANGLE TEASER - BRIEF LIVES:- Ernest Hemingway once won a bet that he could write a complete story in six words with, " For sale - baby shoes: Never worn". In the belief that the people of Liss can hold their own against one of the twentieth century's most respected novelists we invite you to capture the essence of the life or career of any well known person, living or dead in just six words - or fewer. Julius Caesar set a precedent for this with the autobiographical summary of his achievements, "I came, I saw, I conquered" which is of course even briefer in the original Latin. As a further stimulus we offer the following, hopefully instantly recognisable 'brief life' - Catherine, Anne, Jane, Anne, Kathryn,

Katherine. We will publish the efforts which best excite the imagination of our editorial team in the next issue of 'Activate' and also award small prizes as usual. Entries need to reach the Triangle office on or before Monday June 30th. Hopefully we should be able to recognise the name of the celebrity from your description, but add it anyway and of course your own name and address and/or contact phone number. Have fun!

The last Teaser invited you to form 3 numbers using all of the digits 1-9 (and in a subsidiary challenge 0-9) such that one was the sum of the other two - e.g. $219 + 348 = 567$. The prize went to Dick Martin for a tour de force which systematically uncovered multiple ways of doing this.

Crossover - The other place to be seen for young people aged 10-18

This dedicated Youth Centre, situated by the level crossing in Station Road, has now been open for nearly two years! It goes from strength to strength and it is hard to imagine Liss without such a great resource. The young people are a pleasure to have around and really good fun! It is important that the maximum number access as many life enhancing experiences as possible - regardless of wealth or background, and the Manager, Rachel Wellstead, would love to see even more young people enjoy the space and equipment, which is free to all.

In January this year, Sarah McEwan, an experienced Youth Worker, was employed to act as Activities Coordinator to build on the range of activities on offer and this has already seen a team challenge, craft or cooking activity run every Monday during sessions for the younger age group, in addition to the pool tables, table football, air hockey, ping-pong, computer bank, i-tunes jukebox, PS2 and café which are always available. We also run various workshops and

LOCAL LIMERICK No. 10

Outside Tesco one warm summer night,
I saw something that wasn't quite right,
For the street was all bare
There was nobody there,
Not a single teenager in sight!

outing in association with other youth agencies, an accredited baby sitting course and our popular Young Women only nights. We aim to work closely with the Triangle in order to integrate the young people who use the centre into village life.

Session times and age groups are on the door, so why not drop by and check it out!

We are grateful to all the organisations and individuals who have supported us, particularly Vista Vision, Jade News, U-Do-DIY and Cobwebs. Crossover is always looking for volunteers, to help in a variety of ways, and donations are always welcome. 100% goes towards improving the lives of the young people who live in Liss and the surrounding area. For details, please contact Rachel on 01730 892981 or email

crossover@btconnect.com