

Spring Newsletter 2024

Introduction by Chair Derek Hussey

Three months into 2024 already, where does the time go. Well, we have had plenty of rain over the last few months and the golfers among us have been very frustrated at not playing.



Within *this* newsletter there is a reminder of the membership renewal requirements that was sent round in January. During April there will be more detailed information coming round regarding the finer points. However, I would say at this point that no renewals will be accepted before May 1st 2024, which is also the start of our new financial year.

So, let's start looking forward to the springtime and hopefully some warm sunny days.

2024 is in fact the 35 year anniversary of our U3a and the committee will be considering an event to celebrate this milestone appropriately. If you have any suggestions, they would be welcome. Our AGM will be in July at which time our long serving Minutes Secretary, Jenny, will be retiring from the position. We need a volunteer to come forward and consider taking up this important committee role, so please let any committee member know if you would be interested. I'm sure Jenny will be pleased to chat through the role and what is involved.

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Notes and Notices

Membership Renewals

Dear Members of H&R u3a

Please note that your membership renewal date will now be 1st May 2024, and as our current membership period ends on the 31st of March you will essentially receive the month of April free. This is simply because we have aligned our membership year to our financial accounting year, which will make it easier to budget expenditure each year.

Much discussion has been going on since the AGM surrounding various committee roles, not least the very time consuming role of membership renewals each year, and as you know all committee members are volunteers. As a result of these discussions, and with the purpose being to make the administration much easier and less time consuming, your committee have sanctioned the following changes, which briefly are as follows:

1. We will not be sending out renewals forms, the onus will be on the member to advise of any changes.
2. We would like to see a reduction in the use of cheques for renewal payments.
3. We would like to encourage renewal payment through BACS internet banking, as this is the most convenient and cost effective method.
4. We will have a card payment machine so you can use your bank card just like you do in the supermarket etc.

Over the next few weeks and months we will issue further details, and explanations, regarding the implementation of the above which will greatly assist your committee in the smooth running of our U3a, and your understanding will be greatly appreciated.

Best Wishes, Derek Hussey, Chair H&R U3a.

IMPORTANT

Do not try to renew your membership before 1st May.

Payments can then be made by BACS (details will be circulated shortly) or by use of our card payment machine, in person, at monthly meetings.

National u3a interest groups:

Interest Groups Online (IGO)

Last month I mentioned that there are dozens of fascinating online interest groups to be found on the national u3a website: u3a.org.uk – 'Learn'

The groups run just like the local ones but are online only.



Membership runs from 1 April 2023 to 31 March 2024. It costs £12 to join for the year.

This membership is for Interest Groups Online only so it does not include membership to your local u3a. Membership and your preferred groups are managed via the u3a Beacon Members Portal. So it is like joining another u3a.

So, if you want to be inspired, here is a selection of interest groups.

And before you think they are all sit-down activities, some of you will notice that several of the groups are bouncy, active ones, so no slouching in the back row.

Topics are shown under the general headings: History, Language, Leisure, Literature, Music, Science & Technology, The World Today, Visual Arts.

You can search by subject, day of the week or even by vacancies.

History subjects:

1. A Sense of History
2. Ancient Rome and the Roman World
3. Armchair Archaeology
4. British Cemeteries
5. Early Women Doctors Research
6. Explorers & Travel Writers
7. Family History
8. Family History for Absolute Beginners
9. Irish History and Culture
10. Local History
11. Military History
12. Social History
13. World History

Language subjects:

1. Cercle Français (French)
2. Conversare in Italiano
3. Deutsche Klasse (German)
4. Deutsche Klasse (German) 2
5. German Group 1
6. In Your Neck of the Woods
7. Italian Beginners 1
8. Italian Improvers
9. Latin Advanced
10. Latin for Beginners
11. Parliamo l'italiano
12. Slow French Conversation 1
13. Slow French Conversation
14. Spanish Absolute Beginners 1
15. Spanish Absolute Beginners 2
16. Spanish Group 1
17. Spanish Group 2
18. Welsh Conversation for Learners

Acknowledgements

Guide Dogs for the Blind



I have been asked to pass on a huge thank you to our u3a members for bringing your used postage stamps to our monthly meetings. They continue to be a useful income stream for the charity. Where possible, please remove stamps



from the envelope leaving a 1 cm border (a finger width) of paper around the stamp. This adds to their value. In addition Guide Dogs for the Blind accept unwanted coins of any currency and any age. These can be posted in the box with your stamps.

Lorna Couldrick

Group News

There are vacancies in the following groups:

Creative Crafts - meeting in St Leonards on the 4th Thursday of the month from 2-4pm.

Short Form Fiction - meeting in St Leonards on the 1st Wednesday of the month from 2.30-4.30pm.

If you're interested, please contact Sandra on sandramooremorris@gmail.com

H&R Scribes

We will continue to meet on the second and third Tuesdays of each month starting at **10:00 am** and an afternoon session on the first Friday of each month, starting at **3.00 pm** all at:

The Bull Inn Bexhill Rd TN38 8AY

Enquiries: john@jgoodwin.info Tel:07307878647

u3a Qigong group

movement classes to feel good, flexible and improve breathing.

Monday class 3-4pm Burton suite, Royal Victoria Hotel, Marina

Mondays 3-4pm weekly

No equipment needed. Wear warm, comfortable clothing and footwear. £3 donation towards hire of the venue. Do come and join us. No previous knowledge needed and you can drop in and out of the classes with ease.

Strollers



On Saturday 9th March I took a party of 17 U3A Strollers to London for a guided tour of the Old Bailey by our City of London Guide Pat. We met up with Pat, having gone through their security system and so began the tour.

We learnt that the Old Bailey was named after the street where it is located, just off Newgate Street and next to Newgate Prison.

In 1673 it was an open air courthouse, the original medieval courthouse having been destroyed in the Great Fire of London in 1666. It was enclosed in 1737. By the 1860's the Courthouse and Newgate Prison were demolished to make way for a larger building. In 1907 this building was opened by King Edward VII. On top of the dome was a 12ft gold leaf statue 'Lady of Justice' holding a sword in one

hand and the scales of justice in the other. The

scales

themselves are punctured with holes to let rainwater drain away. A modern extension was added in 1972 increasing the number of courtrooms to 18.



Court No. 1 is used for the most serious crimes and these include the trials of Oscar Wilde, Dr. Crippen, Lord Haw Haw, John Christie, Derek Bentley, Ruth Ellis, the Kray twins, Peter Sutcliffe the Yorkshire Ripper, Denis Nielsen, and Ian Huntley. Court No. 2 is reserved for defendants who are considered a serious security risk. We were allowed into Court No. 1 where we all sat in various positions, including where the Judges would sit, and where the defence and prosecution Counsel would sit. We also visited Court No 3 which was in part of the 1972 edition to the building. Later we were 'taken down' to the cells to observe where the defendant(s) would be held during a trial. They would be taken back to their respective prisons at the end of each day. The cells were mostly small, bare of any

creature comforts and windowless. There were larger cells if there were to be a group of defendants on trial. Category A block was for defendants facing very serious charges and these were separated from defendants in Category B cells. If a Category A defendant wished to see their barrister, they would enter a small room where they would sit and there would be a reinforced glass barrier between them and their Counsel.

The tour lasted one and a half hours and was extremely interesting, and the interior of the Old Bailey is very impressive.

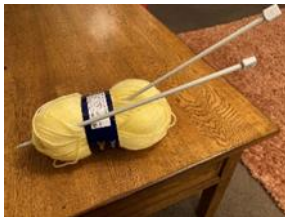
All in all a really special day and to complete our time in London, the trains were on time and there was no rain!!! Our thanks to Pat for an excellent guided tour of a world famous building steeped in history.

Carole Storey-Tennant

Craft Group

A Story about Big Ted

Once upon a time there was a pair of knitting needles and although they got on well



together and never squabbled, they found themselves at that very moment rather bored, with nothing to do.

They were not able to go swimming, ride a bike, read a book or play football.

As luck would have it, very close to where they were having a lie down there was a ball of wool. It was a lovely bright yellow and it gave them an idea.

If they could only meet up they would be able to have fun together. And that's just how it happened.

A lady's hand scooped up the wool and the needles together and started to knit.

First a body, then arms and legs and finally a head with a very handsome face. Just two buttons were needed for the eyes.

. Big Ted was born!

He was soon to meet many new friends. Not only lots of smaller teddies but also a very naughty seagull. To begin with they were all kept in the lady's house but then the day came when they were taken out and placed on the top of a bright red post box,

From here they could see people driving past in their cars and the people walking by always had something kind to



say about the bears when they saw them having their picnic. Everyone was pleased to see the addition to their post box and it cheered up the whole town.



Although it was summer, not every day was warm and sunny. This meant that the bears often got wet in the rain and they really had to hold on tight when it was windy. One day a cheeky boy even took away their flag.

Before too long it was time for the teddies to come away from their special place on the top of the post box. They had enjoyed being there for everyone to see and being able to brighten up people's day.

Big Ted had to say goodbye to his friends and then found himself all alone. He longed

for someone to give him cuddles and keep him safe. He wanted some company to make him feel loved.

The lady who had first knitted Big Ted was thinking there must be somebody who could become Big Ted's best friend. The idea then came to her that there's a young lad called Max who might be that very person. So she carefully packed up Big Ted and sent him in the post to Max in the hope that he would be happy to have Big Ted in his life.



A Plea for Help! **Bookstall - Book Exchange**

Our bookstall is having a bit of a makeover. It is now a book exchange, so please continue to bring the books that you have read and exchange it for one of ours, but this is not compulsory! Book Stall,

Is there anyone out there who would be interested in helping with the Book Stall or taking it over completely? Any interest or help would be gratefully received.

My email is marilynwright49@gmail.com or come and see Lavina or myself at one of our monthly meetings.

We have also decided that all books taken are free. Also a reminder that we love books and your donations but no large hardbacks please. As usual, we will be at St Peter's meetings but not at the White Rock ones.

Many thanks Marilyn and Lavina - The book people

Events

2024 Speaker Programme

Venues: St Peter's Community Centre, Old Town, Bexhill, TN40 2HE

Or: White Rock Theatre, Hastings, TN34 1JX

10.00 Coffee 10.30 Notices 10.45 Speaker 12.00 Close

Monday 22th April 2024 St Peters Community Centre

A Passion for Fashion - Rukshana.

Born & brought up in India, tells how her passion for fashion took her across the world with light-hearted stories of her life in the fashion industry spanning the 1970s to the 2000s.

Monday 20nd May 2024 White Rock Theatre

The Baby Boomer Nostalgia Show - Alan Haines.

An experienced guest speaker with an amusing celebration of being born between 1940s & 1960s, laugh at the old days & be in stitches at modern times.

Monday 24th June St Peters Community Centre

50 Years in Television- Jim Whelan, talks about his career as an Actor and working with some of the top stars of television and film, illustrated with pictures and clips from programmes he has appeared in.

u3a Regular Coffee Mornings

You are cordially invited to come along and meet some of our members for a coffee and a chat. These coffee mornings are held between 10.30 am to 12 noon on the second Monday and Thursday of each month at two separate venues. Please choose the venue that suits you or come to both. Just make yourself known to the group. N.B. The venues below host our get-togethers at no charge so it is only a courtesy to purchase a beverage when attending.

Venue 1:

Second Monday
White Rock Hotel Hastings
Coffee Bar/Restaurant
Roadside parking meters nearby
(98 and 99 buses stop nearby)

Venue 2:

Second Thursday
De La Warr Pavilion, Bexhill
Go to the cafe on the 1st floor.
Lift available if required.
Plenty of parking available
(99 bus stops nearby)

Light Reading

Fish and Chips by Patricia Watkins

From my vantage point on the cliff top I had a panoramic view of the shore and the town around it.

The areas around the net sheds, fishing boats, amusements and roads were getting busier. The day promised to be fine and holiday makers were starting to fill up the car parks. I'd only had a slice of overdone toast for breakfast so as I surveyed the scene below with its accompanying smells of fish and frying, I had expectations of making up for it soon and was looking forward to a good satisfying lunch. I could see my friend Sam was close by, near the castle ruins so I popped over to join him and shared what was left of his bag of crisps. He, like me, has an insatiable appetite.

At one time we used to always prefer Maggie's on the beach for cod, she was known to be very generous but portions these days are not what they were since she sold up and retired. Our favourite chippy at the moment is the Mermaid and of course outside seating is a bonus on a sunny day. As it was an hour before noon Sam and I decided to pop down to the beach for a paddle and to see what was going on if anything. We did a bit of beach combing and played chicken in the waves but then a screaming child really got on our nerves, he seemed determined to annoy us, running up and down making as much noise as possible and his parents did nothing to stop him, the little brat. Some people!

We escaped to the shade of the Hastings Contemporary building and contemplated the Mermaid restaurant directly across the road. A queue was starting to form and my stomach began to rumble at the thought of that lovely, white, flaky, moist fish and that thick, crunchy batter.

Most of the locals sensibly preferred to sit at the indoor tables out of the sun but visitors liked to make the most of the weather and who can blame them. A family of four had just approached one of these alfresco tables, Dad, in a loud shirt and shorts, bombastically instructed his wife and kids where to sit. The kids had obviously had a bit of a ding dong earlier and he was keeping them well apart. Their food soon arrived, we looked at their plates. The question was, regarding our midday fare, should we go for an adult or children's portion.

I gave Sam the nod and we made our way over. We often work as a team. He flew in and took the younger child's fish and before they realised what was happening I took the other. Easy-peasy! We sat on a nearby roof and made short work of devouring the delicious nosh. Observing the chaos that ensued from the safety of our lofty perch we thought we'd better give it a few minutes before going in for seconds and set off towards the car park to relieve ourselves.

Today we chose red cars only. Such fun!

Rolls Royce engine component or Star Wars Droid head?

I am a volunteer steward at Bexhill Museum. During our very busy half term, a visiting dad asked me if I realised that Rolls Royce jet engine components like the one the museum has on display in the Motoring Gallery, were used as props in Star Wars films.

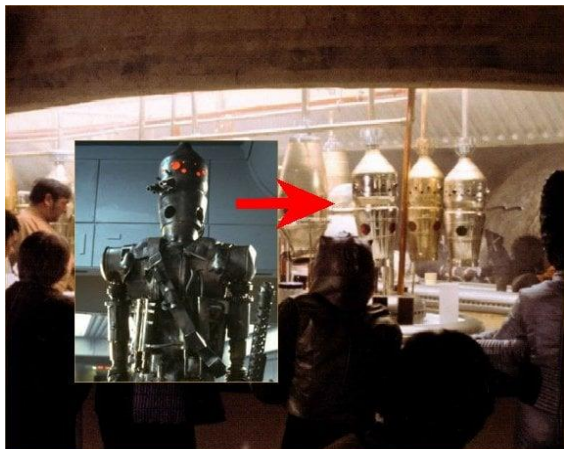
After a bit of research, I found out that a Rolls Royce engine part like this one marked in blue was recycled twice and eventually became the head of Star Wars droid bounty hunter IG-88 in the Empire Strikes Back.

The part in blue, like our exhibit in the Motoring Gallery on the windowsill, is a combustion chamber from a Rolls Royce Derwent jet engine. Parts like this were originally used as drinks dispensers in Star Wars: The New Hope in the bar scene, and then re-recycled as the head of droid Bounty Hunter IG-88. See picture below. Motoring and other ready-made parts have continued to be used in Star Wars films to this day.



Bexhill Museum is open Tuesday to Sunday 11-4, and most Bank Holidays. It has 4 large display

galleries and one corridor display. It has something for everyone- Bexhill and Sussex history including dinosaur bones and footprints, clothes and social history through the ages, a Motoring Gallery acknowledging Bexhill's early motor racing history and a gallery about Bexhill in the Second World War. The two latter galleries have working model train sets based on Bexhill and Sidley. It has lots of volunteers ready to welcome you and happy to chat about the museum and hear your stories



by Penny Murray

Looking Forward

35th Anniversary Hastings and Rother u3a 1989-2024

The committee will consider proposals both of venue and entertainment for a celebration of our 35th anniversary.

Committee News

The H&R u3a takes a fair bit of administration and this work is shared by your committee many of whom have served for quite some time. At our AGM we have the opportunity to elect new members to the important positions as trustees.

There have already been a few developments with the committee; firstly we would like to welcome David Benton as Database Administrator, he is working alongside Tricia Jobling to ensure a smooth transition and we must thank Tricia for her many years of service.

Similarly Ewa Goulding is collaborating with our Treasurer Josephine Noyce to share the load and ensure strength in depth for this important roll.

We have merged Initial Enquiries with Membership Secretary, a task made possible with simplification of the subscription renewals about which more later. Sue Shilstone has taken this on.

Most of all our long serving Minutes Secretary, Jenny Meteyard, would like to stand down from the next AGM in July so we need a volunteer with legible handwriting (or shorthand) to come forward sooner rather than later. We must thank Jenny for her long and stalwart service to the group.

In addition we still have a vacancy for Vice Chair and Venues Secretary and with the anniversary coming up we would like to set up a Social Secretary to lead a subcommittee to organise events on a regular basis.

If you feel you might be able to step up to any of these Roles please get in touch with any committee member for more details. If you would like to see how it works you are welcome to come along to any committee meeting, our next one is on 7th May.

Editorial

Please note that with rising costs of print and postage we are only sending one copy of this Newsletter to each postal address, so please share and enjoy.

If you would like to contribute to our Newsletter, please contact the team with any articles and pictures of u3a activities, group information or events both recent and planned.

For inclusion in the Summer 2024 issue please send as an attachment by e-mail to newsletter.hru3a@gmail.com before the 30th of May.

Best wishes from the Newsletter Team: John, Anne and Wendy.

Your Committee

Committee (elected trustees).

Trustees serve for 3 years and apart from Chair and Vice Chair, can then stand for re-election.

Position	Name	Email
Committee (elected trustees)		
Chair (Officer)	Derek Hussey	chair.hru3a@gmail.com
Vice Chair (Officer)	Vacancy	
Treasurer (Officer)	Josephine Noyce	treasurer.hru3a@gmail.com
Assistant Treasurer	Ewa Goulding	treasurer.asst.hru3a@gmail.com
Business Secretary (Officer)	Virginia Edwards	secretary.hru3a@gmail.com
Minutes Secretary	Jenny Meteyard	minutes.hru3a@gmail.com
Membership Secretary	Sue Shilstone	membership.hru3a@gmail.com
Groups Coordinator	Lynda Wood	groups.hru3a@gmail.com
Newsletter Team	John Goodwin	newsletter.hru3a@gmail.com
Database (Beacon) Administrator	David Benton	database.hru3a@gmail.com
Committee member	Christine Evans	

Non-committee roles

In Addition the following have volunteered to help the committee and to take on supporting roles:

Speakers Secretary	Pandora Bastian	speakers.hru3a@gmail.com
Website Administrator	Brian Gould	website.hru3a@gmail.com
Risk Assessment Coordinator	April Yasamee	venues.hru3a@gmail.com
Regional Coordinator	Carole Benton	regional.hru3a@gmail.com
IT Administrator	Richard Collisson	