

Summer Newsletter 2024

Introduction by Chair Derek Hussey



Hopefully now the weather has moved in the right direction for the better, and more warmer days are ahead. So lets look forward to the summer and holidays.

However your committee are busy dealing with the current membership renewals, and thank you to those who have already renewed. If you have not yet renewed please do so as soon as possible so that you may continue attending your groups. We are now arranging the forthcoming AGM in July, where there will be the usual cream tea but this year there will be a limit on those who want the cream tea to avoid the problem last year when we underestimated the total numbers attending. More information on this will be coming out to you in due course.

This year is the 35th Anniversary of your U3a and later in the year we will be putting on an event to mark the occasion, so again further information on this will be coming out in due course.

Enjoy the summer.

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Notes and Notices

Appeal to Members June 2024

Do you sometimes feel at a bit of a loose end since retirement? Do you have skills that are now going to waste? Would you welcome the chance to further develop existing skills and interests, or to acquire new ones? Do you enjoy collaborating with other people to get things done? Would you like to contribute to the success of your u3a and help its further growth and development – and enjoy the sense of achievement that brings?

If the answer to any of those questions is Yes, then what about stepping up to some kind of role within our u3a?

Volunteers can help out in all sorts of ways such as welcoming people at meetings or coffee mornings, assisting with the newsletter, helping to organise outings or social events, convening a group or assisting an existing convenor, looking after speakers at the monthly meeting, looking after equipment, to name but a few. Maybe you have skills that would fit with website management and IT support. None of these have to be on the committee – although we would love to have some new committee members as well!

So what is the function of the committee? Basically committee members are legally trustees of the charity, so have a shared responsibility to ensure that the u3a runs as smoothly as possible and adheres to any legal and financial requirements; that it maintains the principles of the u3a movement; and to plan or facilitate activities that meet its purposes of advancing education (as in the constitution) and having fun (not mentioned but just as important!) There are usually around 8 committee meetings during the year, lasting no more than 2 hours. Ordinary members can attend meetings if they want to get more idea of how the committee operates or find out more about a specific role.

At the moment we are particularly appealing for people to fill the posts of Vice Chair (vacant) and Minutes Secretary (retiring). Another general committee member or two would also be very welcome.

Basically the Vice Chair assists the Chair, usually with the plan that they will take over as Chair when the Chair retires, and may step up temporarily to another role if needed.

The Minutes Secretary assists the Chair to create agendas for meetings and helps to run the meetings (for instance ensuring a decision has been reached rather than just talked about!) and takes notes of the main points of discussions, and decisions and actions agreed. These are then written up and circulated to the committee within a week of the meeting. It helps to be able to take notes quickly - and even better, to be able to decipher them when you get home and need to write them up! The current Minutes Secretary would be happy to meet with anyone interested in the role.

For job descriptions see <https://hastings-rother.u3asite.uk/job-descriptions/>

H&R U3A Privacy Policy Amended 10th June 2024

Under the General Data Protection Regulations we need to tell you what we do with the personal information that you have supplied to us. The Hastings and Rother U3A is committed to protecting your privacy and ensuring the security of your personal data. When you joined the U3A you gave us your name and address for the purposes of receiving newsletters and the Third Age Trust magazine. If you provided a telephone number and/or an e-mail address this may be used for direct communications on U3A matters.

Your details are held by the Database Administrator on the u3a Beacon database and are available to some other members (e.g. convenors) who need to communicate directly with you. However, we do not contact our members for marketing purposes. We provide your address details to our mailing company and the Third Age Trust so that both our newsletter and the Third Age Magazine can be posted to you. Other than this we never pass on your details to any other person or organisation unless you ask us to do so.

Your personal data is not used for any automated decision making or profiling. We keep your personal data for as long as your membership with the U3A is active and will retain a record of your name and period of membership for twelve months thereafter for archiving purposes. A hard copy of Gift Aid details is kept for seven years, as required by HM Revenue & Customs (HMRC).

Backup copies of the Hastings and Rother section of the Beacon database are taken weekly and will be kept securely for twelve months before being discarded. The backups are kept in case of accidental deletions from the database.

Group convenors' names, email addresses and phone numbers may (will?) be published in a Groups List to enable potential and current members to contact them.

Photographs of members may be taken during the u3a's meetings and other activities, and these may sometimes be published on the website, or used in publicity materials. If you do not wish to be included in photographs, please make this clear before a photograph is taken. If at any time you wish your photograph to be removed, please contact the website administrator (website.hru3a@gmail.com)

You have the right to see the personal data that we hold about you and the right to have any incorrect information amended. You also have the right to request that your personal data is erased, or to object to its processing; however, under such circumstances we will no longer be able to communicate with you about your membership, or to provide you with the newsletter and Third Age Trust publications. You also have a right to complain to the Information Commissioner's Office (ICO) if you believe that your personal data has been misused.

If you have any queries about your personal data at Hastings and Rother U3A, please contact the Database Administrator (database.hru3a@gmail.com) or the Chair (chair.hru3a@gmail.com)

AGM - 22 July 2024

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

Included with this Newsletter you will find the documents you need to participate fully in this year's AGM. This year it is more important than ever with Vice Chair and Minutes Secretary due for election. We are also required to confirm the incumbents for the continued function of the committee on your behalf. Although our existing committee is full of dedicated and in many cases long serving members it is important not to overload them with multiple roles.

Several members have responded to our previous appeal and are already involved with the committee to get up to speed so that when elected they hit the ground running for a smooth handover.

Please put this date in your diary, come along and enjoy a cream tea with us after voting in our new Committee Members.

Please be sure you have renewed your membership, for those who might have forgotten a "Membership Lapsed" notice has been sent.

New Email Addresses.

Richard Collison has acquired for us a new domain name and will be setting up new email addresses for all offices of the committee. They will come into force from September when correspondence will be redirected for a short transition period. In the meantime please continue using the existing addresses as listed.

Acknowledgements

We would like to thank all who contributed to the ongoing activities of Hastings and Rother u3a in particular to outgoing Minutes Secretary, Jenny Meteyard who has served tirelessly for many years. The current Business Secretary Virginia Edwards was elected in 2021 and having completed 3 years is willing to stand for re-election in 2024, but for one year only. The Membership Secretary and Database Administrator were appointed by the committee earlier in 2024 to fill vacant posts and are now standing for election. We are seeking nominations for Vice Chair (post currently vacant), Minutes Secretary and at least one other committee member.



Group News

There are vacancies in the following groups:

Mahjong - There are three vacancies at the moment for people who would like to learn the game. The group meets in Bexhill on a Tuesday every week. Please contact Catherine Gurney on catherinegurney20@gmail.com

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

Short Form Fiction - This group meets on the 1st Wednesday in St Leonards For Creative Crafts and Short Form Fiction please contact Sandra Morris on sandramooremorris@gmail.com

Shorter Walking group - 2nd Tuesday. Please contact Steve Gibbs on sgibbs106@btinternet.com

u3a Qigong group

movement classes to feel good, flexible and improve breathing.
Burton suite, Royal Victoria Hotel, Marina Mondays 3-4pm weekly

H&R Scribes

A creative writing group.

Due to leaving members and lack of support we will no longer be meeting on the second Tuesday of the month. However **membership remains open** and we will continue to meet on the third Tuesdays 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

Herstory group

Since the group first began in February 2023, the discussions have been lively and informative. We have discussed, women and work, women and education, women and philosophy. We decide as a group which topic we would like to discuss in future meetings. Possible future, topics, women and health, women and science, women and the law, the possibilities are endless. We still have vacancies and would welcome new members. We meet on the first Tuesday of every month at 2 pm at my home, which is off Fairlight Road in Ore.

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 24th June 2024 St Peters Community Centre

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

Monday 30th September 2024 White Rock Theatre

Michael Smith - Tom Crean, unsung hero of Antarctic Exploration. Michael, an authority on Polar exploration talks about Tom Crean whose incredible exploits with Captain Scott and Ernest Shackleton were overlooked for 80 years.

Monday 28th October 2024 St Peters Community Centre

Gary Newport - Reach for the Stars. Join mathematician and astrophysicist Gary Newport as he takes you on a fascinating journey of discovery across the cosmos.

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

The Odd Sock by John Goodwin

It made him so angry, to be referred to as the odd one. He wasn't odd; he'd always toed the line. It was his partner that was odd, going missing like that. Yet it was he that was referred to as the odd one. Left alone for a week now, he missed the comfort of a close companion, furthermore he was shunned by the couples that usually shared their off duty hours. A pariah in the close knit community that they inhabited.

Being monochrome in nature they could hardly be called gay but they were not entirely straight either. Having a well-turned heel and sculptured toe and ankle straightness was left to those cheap tube socks that, so coarse and boastful of their length, strutted their way to the fore each ski season. Ok they went off to Gstaad each winter but he, and his partner were the socks of choice for all formal occasions, when he had a partner.

Once the epitome of black elegance a proud quality product of the House of Pringle; (The prestigious knitwear manufacturer whose logo is sported by golfers everywhere, not the pretentious potato crisps that are sold in cardboard tubes.) they had been together all their lives. In the early days they hung out together on the rack at the haberdashery counter at Harrods, held together by a stitch at the toe until that umbilical was snipped by their discerning new owner. Geopolitically neutral having leanings neither left or right but always on hand should he wish to vote with his feet.

Sole mates, they remained loyal to each other through all the tempests of frequent immersions in the washing machine and the jumbling and tumbling in a dryer. They invariably found themselves taking the air, hanging out on a line. United against all the odds, before being locked in a sensuous embrace until called upon for service at the next black tie event. Now here he was just a half-baked, loner.

At first he'd run the full gamut of emotion, annoyance at a forced separation, then worry. What if his partner has suffered some injury and was waiting for reconstructive surgery. However, that was unlikely as such repairs had gone out with darning. They could all too easily be replaced nowadays. He feared the loss of one partner meant the other would soon be discarded.

He'd seen that happen to a nice Scottish couple, from Argyle, one had disappeared and the remaining one, also referred to as odd was dumped in the "Humana" box down at the car park; only to have the wayward one suddenly reappear. Such a sad story, but at least that one had something of a happy ending as the returning wanderer was reassigned to protect the shiny new Two Wood in the owner's golf bag; going from toe to head in a matter of days.

What fate was in store for him? Buried and forgotten in the bottom of the sock draw or sent off for recycling an ill-fitting end for such a close fitting garment.

Editorial

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 Autumn 2024 issue please send as an attachment by e-mail to newsletter.hru3a@gmail.com before the 10th of August.

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

Poets Corner

I left it on the table *by L Casey*

I left it on the table
In a bottle marked White Horse
My dad came in from the garden
And took a swig of course.

My father was fond of whisky
And though he liked his malts,
He really wasn't fussy
For all his other faults.

I'd just come back from Glasto
In a summer of mud and rain,
The music was fantastic
And we said we'd go again.

We waited till the rain had stopped.
Before we pitched our tents
And hadn't really noticed.
We were miles from the gents.

When you've been drinking cider
Chased by something strong.
And you feel the need to pee.
You can't hold out for long.

With people milling round the tent
And a sea of mud outside
I looked for a solution.
And the whisky I espied.

The bottle was nearly empty.
So I finished off the dregs.
And when my mate left for supplies
I unzipped the fly of my kegs.

You know your urine should be pale.
The colour of fine champagne,
But when you're at a festival
It's quite a different game.

My piss was thick and golden,
But I didn't spill a drop.
It all went into the bottle.
And I tightly screwed the top.

I zipped it in my hold-all.
For safety's sake, to be fair.
We left in a rush the next morning.
And I clean forgot it was there.

Once home I went in the kitchen.
And emptied my bag of its sins.
My socks went into the laundry.
But much was just fit for the bins.

It was as I was ditching my tee shirt.
Stained by three days' worth of curry
That my dad walked into the kitchen
And you know the rest of the story.

Blooming Shame by Pat Watkins

The hedgerows are bursting with colour but none of the blooms have roots.
 They were sown by unthinking gardeners on various selfish pursuits.
 A bright red Coke can has just blossomed next to yesterday's Walker's crisp bags.
 And a scattering of Cadbury purples border common celebrity mags.

There's a succulent blue latex sponge by a leafy pink exercise book
 Interspersed with a riot of wrappers on the verges approaching the brook.
 A bright marigold, fingers missing, peeps out from behind a beige shell
 which once held somebody's cheeseburger, their coffee cup lies there as well.

Old plastic bags and pop bottles have faded to nondescript grey
 along with odd Daily Mail pages whose edges are starting to fray.
 There'll always be vivid additions to replace all the withering waste
 while careless, consumers, constantly scatter their rubbish in haste.

Caswell Bay. By Sue Jones August 2022

I feel your spirit everywhere.
 I breathe it in the fresh sea air.
 The rocks and trees embrace the bay.
 The waves then wash the pain away.
 How healing were those first few years,
 Before our lives were filled with tears.
 But like the Phoenix we arose,
 With love so strong like no one knows.
 We found a way to live again
 Restricted though our lives became,
 We fed upon that golden vein.
 There was no proven route for love like ours.
 Each one is rough and laid by hand.
 You both hold on for dear life.
 Loving when you're able, forgiving when you can.
 Caswell Bay will always be a spiritual home for you and me.
 Now you're gone and I'm still here,
 I hear you whisper in my ear.
 When daily problems come and go and waves of doubt swing to and fro
 The little things I say and do give answers which derive from you
 Those layered bottomless eyes of yours still guide me to the safest shores
 The moonlight drifts and floods the bay
 And glow worms light the path, away.

What If by Irene Stovell

What if camels have eight legs and crabs had only two.
What if birds flew upside down and all the gulls were blue!

What if all the land was flat – no mountains hills or dales
And if the sun shone every day and it never rained in Wales

Would we think it really odd if all these things were true?
Or would we simply shrug and say, 'It's time' and 'change was due.'

What if nations lived in peace, no famine, floods or fire.
And those who fought to start a war were stripped of their desire.

What if we heal this spinning mass of gas - on which we live.
What if we don't and no-one's left to ponder on – 'what If.'

Looking Forward

**35th Anniversary
Hastings and Rother u3a 1989-2024**

**Barn Dance
St Peter's Community Centre,
Friday 8th November 2024 where we will be entertained by:
The Spinning Jenny Band**

The Spinning Jenny Band was originally formed in 1996, from musicians who played for



Folk music and Morris Dancing. During the years it has grown in number and is now a popular band with caller.

We enjoy playing and hope to make your event both memorable and successful.

**Tickets priced at £8.00
will be on sale in
September: Bring your
own drinks & snacks**

Committee News

The H&Ru3a 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.



*"Whew! That was close!
We almost decided something!"*

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	
<u>Non-committee roles</u> <u>In Addition the following have volunteered to help the committee and to take on supporting roles:</u>		
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	