

Letter from the Chair



I am not sure where the time goes to. It is difficult to believe that we are nearly half way through the year. We have just finished the football season, and are already into the Ashes and Wimbledon! The wonderful summer goes on, but as Wimbledon is coming up soon, we should get some rain!

Perhaps it is the number of u3a activities that make time go so quickly. The French holiday experiment was a great success. There is a report later in this Newsletter, and I can announce that we are going to have a 2024 holiday – this time in Germany. Watch out for details.

The next talk is on Monday the 26th June which sounds very interesting, but will have taken place by the time you read this. The July talk is by Louise Reed and is entitled “Meet Mary Kingsley”. I confess not to have heard of her, but then I had never heard of Alex Boyer, and that talk was fascinating! Mary

(Continued on page 2)

Notice of this year’s AGM.

Notice of the Caterham & District u3a 2023 AGM.

This year, as last year, our Annual General Meeting will be held live ! This is an advance warning, or a “save the day”.

There will be more information on the meeting to follow.

The date of our AGM will be: **Monday 27th November 2023 at 2.30 pm.**

To be held at: **The United Reformed Church , Harestone Hill , Caterham , CR3 6SX .**

We are pleased to report that 27 new members have joined since the last Newsletter was published.

A very warm welcome goes to **Carla Avogadri, Roger Davies, Jane Holme, Julia Marsh, Rita Newman** and **Jane** and **Martin Riviere** from Caterham; **Alastair** and **Linda Bruce** and **Carolle Stent** from Oxted; **David Collins, Agnelo** and **Corinne Fernandes, Wendy Hall** and **Collette Ramuz** from Purley; **Alan** and **Barbara Turney, Ken Harwood** and **Helen** and **Michael Willey** from Sanderstead; **Alison Dukes** and **Kate Roffey** from South Godstone; **Christine** and **James Fensom** from Kenley; **Timothy Hill** and **Margaret Moody** from Chaldon and **Rosemary Hind** from Horley



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Henrietta Kingsley was an English ethnographer, scientific writer, and explorer whose travels throughout West Africa and resulting work helped shape European perceptions of both African cultures and British colonialism in Africa. Come along and learn about her (and enjoy a cup of tea and a chat afterwards (but don't forget to stack the chairs after the talk!))

Our next big social event will be a trip to Bletchley Park. We are paying for a guided tour, so we can definitely regard this as an educational trip. I have been twice, and it's a fascinating place. We now know a lot more about it, and they are working continually to upgrade it. I happen to know that the father of one of our new members was actually working there with Alan Turing, so I hope that he will be on the trip (the new member - not the father!). Perhaps he could share some information with us?

This will be followed by our summer lunch in August. I know that it is selling out quite fast, so if you want to go, please contact Sheila Frost ASAP. All the details were in the last Newsletter.

I went on the inaugural meeting of yet another new group today. It is the Bus Pass Explorers group, led by Alan Kingsmill. Exploring the local places of interest by public transport sounds not only fun, but environmentally beneficial. Today was certainly a hit with everyone.

I am pleased to report that I had not one but two volunteers to take over the role of Network Liaison Officer. I am delighted at this response, am grateful to both Alan Speed and David Hewitt for stepping forward. Alan will be taking on the role as soon as a handover date has been agreed.

This will be the first Newsletter published by our new editor, so I am looking forward to reading it. We promised her that she would get lots of contributions, so please keep sending them to her!

Happy Reading Mike

Mike Brigden

Open Day

Our annual open day is at the United Reformed Church Hall in Caterham from around 10.00 am on Friday September 22nd. This is our chance to meet up, look at what our groups do and to share our u3a with the outside world. Please make a note in your diary.

There will be more details nearer the time. **If you feel you can help on the day please let me know as it takes a lot of organising. My email is at the end of the next paragraph.**

Group leaders, please let me know if you can come along and share your activities. We have tables for exhibits. Even if you are full it is important for others to know what we do in our u3a. I look forward to your support. Last year was very successful and many groups attracted new members on the day. **Please let me know** if you can support this event.

London Discovery Group

Chelsea Arts & Crafts Tour May 17th

16 members of our u3a enjoyed a tour of very attractive parts of Chelsea once

associated with artists, poets and the like. Our guide, Mary, explained the architectural style of the Cadogan Estate (Queen Anne Revival), and showed us

interesting schools, church, even a fine post office building before leaving the environs of Sloane Square. We then headed for the artistic quarter via the Royal Hospital and very modern Duke of York Square. We then explored Tite Street, Cheyne Walk etc, hearing about the artistic luminaries who once lived there (Oscar Wilde, Rosetti, Whistler, Carlyle...even Ian Fleming). We ended the tour a little weary but very knowledgeable, to make our way back along the King's Road, where plentiful refreshments were to be found



Corrie Ball

Groups Coordinator Update

I'm delighted to report that our groups are as busy as ever

Our new groups mentioned in the last newsletter – Art Appreciation, DIY, Apple Apps and Psychology B – are all flourishing.

Additionally Bus Pass Explorers are successfully off on their travels and I'm hearing wonderful reports of the new Shakespeare Discovery group.

If you would like to join these or any of our other groups go to <https://u3asites.org.uk/caterham/groups> There you will find a link to each group and contact for each Group Leader if you wish to enquire further.

Sadly we have said goodbye to Money Matters and Knit and Natter – Alan and Penny Kingsmill had run these groups for several years and decided they were ready to step aside. Unfortunately no-one was prepared to take over the administration of either group. Can I remind you that we are a self-help organisation, relying on our members to make things happen.

We no longer have Nature on our Doorstep. Given all the wonderful plants, insects, birds etc around us it seems sad that we don't have a relevant group. I've had a query about a bird watching group... If you are interested in this or any other aspect of nature please get in touch with me.

I've also had an enquiry about a Creative Writing group. I do hope we can get this started. I've put a page on the website so please go to <https://u3asites.org.uk/caterham/page/129936> to register your interest

The Dancing group would welcome more couples <https://u3asites.org.uk/caterham/page/126717>

The Cookery group has redesignated itself as Eat In. Still lots of delicious food to enjoy together. They have space for 2 or 3 more members, so if you are interested, go to <https://u3asites.org.uk/caterham/page/111000>

I finish with a huge thank you to all Group Leaders and Administrators – without them our wonderful selection of groups would not exist.

Everything within our u3a runs because members are willing to contribute. If you don't already do so please think about what you can offer.

Best wishes

Liz (Whittaker)
Groups Coordinator
Groups Coordinator

Quiz Night

A very entertaining evening was had by all who attended the fully booked Spring Quiz on 28th April.

The quizmaster, Phil Wright and Scorer, Lyn Robinson Jones worked in their usual very efficient way and the questions struck just the right balance for everyone. The delivered fish & chips were freshly cooked & delicious.

The winning team 'Bowls R Us' were delighted with their chosen prizes. Runners up (just 5 points behind) were Out for Supper & May Contain Nuts. The winning score was 85% of the marks available, with the average score, across the 10 teams, 75% exactly (which is always Phil's target!)

So all in all an excellent evening's entertainment and we thank all the people involved on the night for



their contribution in making this yet

another successful event for our u3a group.

We were particularly grateful that so many attendees helped to stack the chairs at the end of the evening, as it made the job of clearing up so much easier.

Congratulations to Hazel & Eric Piper who organised the event, which was their first. A very successful evening.

Information from Elizabeth Collins – Surrey Liaison

Do you want to be a part of a National u3a focus group? [Due to your new editor being on holiday, the date for this first event has passed, but if you're interested, you could try emailing for information, Ed]

We're looking for people to take part in an online focus group on Tuesday 27th June at 2pm to find a name for a new u3a initiative, which has the potential to transform the way in which members and the public engage with the u3a movement. If you would like to make an expression of interest, please email impact@u3a.org.uk

The u3a movement celebrates Volunteers' Week

u3a is one of the largest volunteer-led movements in the UK, with around 400,000 members contributing to their u3as.

Volunteering within u3a



The infographic consists of four blue-bordered boxes with icons and text:

- Top Left:** Icon of three people. Text: "We have **370** Trust Volunteers supporting the Third Age Trust".
- Top Right:** Icon of a person with a speech bubble. Text: "There are **13** types of Trust volunteer roles offering support at a regional or national level".
- Middle Left:** Icon of two hands shaking. Text: "We have **15** Volunteer Board of Directors of the Trust".
- Middle Right:** Icon of a speech bubble. Text: "4 Volunteers work with staff to answer approx **330** calls on the u3a advice line per month".
- Bottom Left:** Icon of a person with a speech bubble. Text: "On average **15** speakers volunteer to share their knowledge, skills and experience every month as part of the Online Events Programme".
- Bottom Right:** Icon of a person with a speech bubble. Text: "Subject Advisers are one of our largest groups of Trust volunteers".

The u3a logo is at the bottom right of the infographic.

Every day of Volunteers' Week, we have been sharing stories of u3a members sharing their time and energy to the u3a movement. Visit our social media to see some of these stories – Facebook, Twitter, Instagram.

Online Learning Events – If you would like to take part in any of the ongoing or upcoming ON-LINE Learning Events, visit <https://www.u3a.org.uk/events/educational-events>

For Your Information, from a recent u3a Board Meeting: The Board is currently confident that a resolution for a subscription increase is unlikely to be necessary at the 2023 AGM in October, and the position for the AGM in 2024 will be reviewed over the next 12 months.

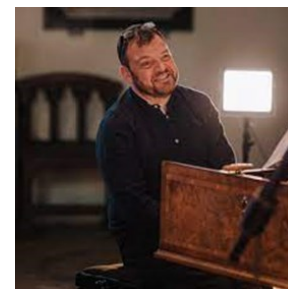
u3a Network Study Days

An Utterly Incomplete History of Keyboards & Keyboard Music Speaker – Steven Devine,

Friday 15th September 2023 at 10am

The Menuhin Hall, Cobham Road, Stoke d'Abernon, KT11 3QQ

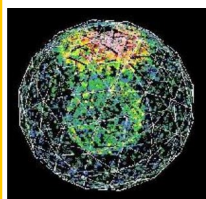
Steven Devine combines a career as a conductor and director of orchestral, choral and opera repertoire with that of a solo harpsichordist and fortepianist. He is Conductor and Artistic Advisor of The English Haydn Festival; Music Director of New Chamber Opera, Oxford and Director of the Orchestra of the Age of Enlightenment's "Bach the Universe & Everything" series.



We all know what a piano sounds like, but what we see in the sleek black giants at concert venues, the slightly battered uprights in school halls and even those hanging around on station concourses is the product of years of development and standardisation. In this study day, Steven Devine will explore the history of the instrument from its earliest manifestations, examine the music written for keyboards, enjoying the symbiotic relationship between instrument and composition – with many live and recorded music examples on harpsichord, clavichord and piano for illustration.

Fri Oct 20th Quarks, the Universe, and Everything

The aim is to introduce some of the basic constituents of the Universe. No scientific background knowledge is expected. It will include a few songs to sing along to, the occasional joke, and guest appearances by a well-known Bear of Little Brain. Presented by Professor Philip Harris, University of Sussex



Fri Nov 17th Rembrandt – From Fame to Poverty & Final Acclaim

Presented by Colin Wiggins

For more information or to book any of these events, visit <https://u3asites.org.uk/surreyu3anetwork/events>



See Alan Speed's kind offer of a lift to these events on page 6

Opportunity to Track Your Health & Activity

Active Surrey – one of 43 Active Partnerships in the UK – is a not-for-profit organisation that promotes Physical Activity and movement to Surrey Residents. They believe that movement matters to our health, our schools & our environments.



Residents living in or near Merstham, Redhill, Camberley, Staines and Guildford Libraries can borrow for FREE a smart Health & Activity Tracker (smart watch) for up to 6 weeks. The trackers have a whole host of features including heart rate and stress levels,

activity and sleep and is meant to encourage a healthier lifestyle, helping you monitor daily activities. There's a PAI – personal activity intelligence metric which can help wearers manage their health status. Each library has 3- 4 trackers which are available to loan to adult members. If you're not a member, it's easy to join.

As part of the trial, there are three short surveys to complete—pre loan, post loan and three weeks post loan, to

help Surrey Active understand whether these trackers can help people make small lifestyle changes to help improve their physical and mental wellbeing. These are an important part of the trial and as a thank you, after completing all three surveys, there's a draw to win £40 of Love2Shop vouchers!

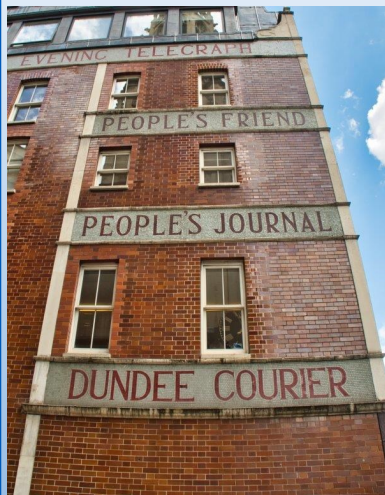
The Health & Activity Tracker pilot is part of a new collaborative project between Surrey Libraries, Active Surrey, SCC IT & Digital, and University of Surrey to introduce a new service to the libraries: Active Surrey began a new partnership with Surrey Libraries in 2022 to provide opportunities in library settings for residents to take part in activities, events and services that will increase/impact their physical activity levels.

For further information please visit <https://www.activesurrey.com/community/libraries> and visit <https://tinyurl.com/mrxy3etc> for up to date availability of the trackers at each library.

From Elizabeth Collins
Surrey Liaison

London Discovery Group

Fleet Street – Meating Sweeney Todd, July 6th



Dr Johnson said “when a man is tired of London he is tired of life” and how true this is. A party of 17 Caterham u3a members joined Guide, Christine Jarvis, for a walk around the Fleet Street area of the City of London.

Our walk began at the statue of Queen Anne in front of St Paul's Cathedral and then on to Carter Lane to see where

the original choristers of St Paul's learned their craft. We learned why the Blackfriars area got its name, saw the last remains of the White Friars monastery, before remembering the work of the many publishing houses whose offices were in Fleet Street. St Brides, known as the Journalist's Church, was resurrected from the ashes of the Great Fire of London by Sir Christopher Wren and its beautiful interior was a pleasure to behold.

Then onwards to see the historic Ye Olde Cheshire Cheese Inn, home to the workers who rebuilt London after the Great Fire, then on to see the home of Dr Samuel Johnson, before heading towards our final stop at the Royal Courts of Justice.

Of course, Christine told us the story of the demon barber Sweeney Todd and pie maker Mrs Lovett's pie shop, but it would be wrong to spoil the story for those taking part in the second “Meating Sweeney Todd” walk in August.

Our guide, Christine Jarvis, donated her fee for the day to the Ukraine Red Cross Appeal.

Lesley Day



Changes to the Committee

Readers will be aware that our AGM is now less than 6 months away, so we need to give some thought to the Future structure of the committee. As Chair, I will be standing down, as will our Membership Secretary – Alan Kingsmill because our respective terms of office are complete. In addition, our Network Co-ordinator – Elizabeth Collins – had to stand down for personal reasons.

I am delighted to report that we have found replacements for our Network Co-ordinator, and Membership Secretary – Alan Speed and Rita Dael respectively have stepped forward, and I am very grateful to both of them for volunteering. Alan has been co-opted onto the committee, as Elizabeth has to stand down with immediate effect, and will seek re-election at the AGM, as will the remainder of the committee.

Rita has indicated that she is willing to take over the Membership Secretary position at the AGM, and since nobody else volunteered for the position, she is shadowing Alan Kingsmill and she will stand for election then.

Under u3a guidelines, the position of Chair is usually filled by an existing member of the Committee as they are familiar with the committee workings. The Committee voted to ask Paul Knight to stand and he has agreed to do so. Paul is currently the Vice Chair and Publicity Officer and has done an excellent job in both roles. If Paul Knight does get elected to the Chair position, we will need another Publicity Officer, so I am now asking all our membership to think about the Publicity Officer position, and let me or Paul know if you would like to volunteer.

As part of the AGM process, we will be asking members if they wish to stand for the Committee, including the Chair, nearer the time of the AGM in line with our constitution.

New Surrey Liaison Officer

A message from your new Surrey Liaison Officer, Alan Speed.

I was appointed as the **Committee Member for Liaison with the Surrey Network** (about 26 U3A Groups) in June, taking over this role from Elizabeth Collins.



I have been a member of Caterham U3A for about 4 years and to date have attended the History 2, Science, Table Tennis, Cookery, Dining and Current Affairs Groups.

My background includes degrees in Geology and Foundation Engineering from Birmingham University (1968 and 1969). I spent 5 years as an Engineering Geologist with assignments related to New Dams in Peru, Roads in Norfolk, Old Coal Mines in Lancashire, Canal Bridges in Scotland and Building Subsidence and Underpinning in London. After that I was a Banker with Bank of America in London for another 5 years, then a Management Trainer and Consultant for 35 years with assignments in exotic places such as Bahrain, Dubai, Abu Dhabi, Egypt, Hong Kong, Kuwait, Oman, Qatar, Sudan, Saudi Arabia and Zambia.

FORTHCOMING U3A STUDY DAYS

I will be attending the next three Surrey U3A Network Study Days at The Yehudi Menuhin Hall in Stoke D'Abernon near Leatherhead: (for more details of the below, see page 4)

- Friday 15th September 2023 – A History of Keyboards & Keyboard Music
- Friday 20th October 2023 – Quarks, the Universe, and Everything
- Friday 17th November 2023 – Rembrandt the Artist – From Fame to Poverty

Each Study day runs from about 9.30 am to 4.30 pm and costs just £12 to attend. The hall holds up to 150 people and one can also attend virtually via Zoom.

I will have space in my car for 2 or 3 other u3a members—please email me if you'd like a lift. I do hope some of you will also attend some of these Study Days

Alan Speed MSc

Art Group Display

The u3a Art Group was able to hold an 8 week display of their work in the Green Room of the Miller Centre recently. There were three collections totalling about 90 works of art, of which 12 were sold. Although the setting up was a bit of a marathon, we thought it was well worth it and were pleased to have been able to exhibit there. Thank you Liz Whittaker for bringing the opportunity to our attention. We are also very grateful to the Miller Centre staff who were so helpful and accommodating. A frequently changing display of our art is on the art website should you wish to see some of it. [There are also some pictures in this newsletter, Ed.]

URC Talk - The East Surrey Museum

Peter Connelly the Curator of The East Surrey Museum in Caterham told us a little of the history of this small but highly attractive museum dedicated to the social history, geology and archaeology of East Surrey.



Winchester/Bombay Sapphire Visit, 25th May

Our visit to Winchester/Bombay Sapphire Distillery on Thursday 25th May ran very smoothly with no hitches. It was a lovely sunny day and we all met up at our coach pick up points and set off on the journey to the Bombay Sapphire Distillery where those visiting the Distillery were dropped off and the remaining people continued on to explore Winchester.



At the distillery we began our visit with refreshments in the café before commencing our very interesting tour, which started with a gin and tonic of our choice from three Bombay gins. A good way to start a tour! Whilst enjoying our gin and tonics we watched a short video, followed by a walk round the historic buildings; the site had originally been a paper mill and print works. We visited the Glasshouses, designed by Heatherwick Studios, where samples of the 10 botanicals used in their gins



grow and the dry room, where our guide explained the dried botanicals. We were able to feel, taste and smell the various botanicals that are infused into Bombay Sapphire gin and learn about the vapour infusion distillation process and have a look at the stills where all the action takes place.



Following our tour (and visit to the shop) we boarded the coach weighed down with our purchases to continue our day in Winchester. Inhabited since prehistoric times, and that King Alfred the Great made his capital, the city has the famous cathedral where Jane Austin is buried, a medieval castle to visit, a maze of cobbled lanes and half-timbered buildings. The pedestrianised High Street is perfect for shopping and there are many old pubs, traditional cafes and a market, so there was lots of choice as to how to spend our time in Winchester.

We left Winchester for the journey back to Caterham. I think a good day was had by all.

Joyce Jessop

Bus Pass Adventurers Group



On the morning of their first trip, members of the new Bus Pass Adventurers Group woke to the sound of thunder and heavy rain. Luckily by 9.30, the time their bus passes could be used, the rain had stopped and the sun was peeking through.

Eleven group members boarded at various stops as the 409 bus proceeded through Caterham. The aim of the group is to go on interesting journeys to interesting places, so we were pleased when the driver turned off the A22 to journey through several small villages which most of us had never seen before, even though they were not very far from Caterham.

Once we arrived at East

Grinstead we took a stroll up the main shopping street, London Road, until we got to Sackville College Jacobean Almshouse dating back to 1609. We were not able to enter (you can by appointment) but we could admire the beautiful exterior located in an area full of historic buildings. Next to the College is a fascinating statue, erected just a few years ago, dedicated to Sir Archibald McIndoe, the famous surgeon who did pioneering work with airman and soldiers injured in World War 2.



This New Zealand surgeon who, through his pioneering work at the Centre for Plastic and Jaw Surgery at the Queen Victoria Hospital East Grinstead, reconstructed the faces and hands of the severely burnt Allied Aircrew of the Second World War. He realized that these men were damaged, not only physically, but psychologically too and he encouraged the nurses and residents of the town to socialize with the young airman and to welcome them into their homes during their recuperation. McIndoe and his team treated thousands of men, women and children who suffered burns and similar injuries. He pioneered medical techniques which went on to underpin the future treatment of burns across the world. He also recognised the importance of the social rehabilitation of his patients: 649 Allied Aircrew who went through his operating theatre went on to form The Guinea Pig Club. The townsfolk accepted these men as they went about their daily business and East Grinstead became known as **'The Town that does not stare'**.

Deciding it was time for some refreshment, we walked back down London Road to the Engine Room – a fascinating pub located in a number of small rooms in the basement of an old mill hidden down a narrow alleyway, and serving a range of interesting craft beers. To our surprise it was shut! We discovered that it is not open at lunchtime on weekdays – our recce visit had been on a Friday! Our adventurers' skills soon found an alternative venue for a brief drink before we made our way to Rocca, a Turkish/Mediterranean restaurant.

After an excellent lunch, and having made some new friends, we caught a 409 back to Caterham.



Chris Cumming Exposes Himself...

Photography group member Chris Cumming has been exposed – three times!

We have two active photography groups and one of our members Chris is an active participant in both groups (several group members including Chris, Liz and Ken helped to get group 2 established as did group 1 leader Mike Barker).

And if that's not enough of an opportunity to keep us snapping, u3a run a national rolling photography project called u3a Eye that invites any of us to submit a photo once a month on a particular theme. A panel then chooses up to 15 photos which it feels best interprets that theme.

Chris has been featured an impressive three times, most recently in both April and May this year, as well as back in 2021.

We are understandably very proud of Chris's success and basking in his reflected glory. You can't be over exposed Chris – please keep submitting those splendid pics!

To learn more, see Chris's photos or take part in u3a Eye – please visit <https://www.u3a.org.uk/learning/national-programmes/u3a-eye>



"Bud-Flower-Seed" – the theme was Transition



"Looking Up" – the theme was Boxes, Squares or Rectangles



"First Stages" – the theme was Growth

u3a NUMBERS IN UK

There are around 14.5 million people in the UK aged 60 and over. Current membership level of u3a is around 400,000, which means that only three percent of over 60s are u3a members.

The u3a Trip to Northern France.

Last year, the idea of trying to arrange a u3a trip overseas seemed to be quite a challenge, and although it was originally proposed that we join a Shearings holiday as a group booking, one of our members (your Editor no less) volunteered to try to organise a dedicated u3a trip! It proved to be a great suggestion, as on 3 June, forty-eight Caterham u3a members set off on a Woods Coaches holiday, with our superb driver Jamie at the wheel.



Despite a few minor pickup problems, we got away on time, and in bright sunshine headed to Dover, where we had rather a long delay at immigration, but still managed to catch our Ferry. To our delight, we were given food vouchers, and enjoyed a smooth crossing.



Our hotel in Rouen was brand new, and quite close to the city centre, and after an evening meal, a good night's sleep, and an excellent breakfast, we were ready for our first excursion – a visit to the Palace of Versailles. Those of us who had been to Versailles knew what to expect. A lot of people! We were not disappointed! However, the palace and gardens were beautiful, and I guess that those of us who had watched the TV series were trying to spot where scenes were filmed!

It was unfortunate that the little train around the garden closed for lunch, just as some of us arrived there, exhausted from the tour of the palace. However, the brave few who summoned up the energy to explore the gardens were rewarded with spectacular fountains and formal gardens.



On day two we visited Monet's house and garden at Giverny. It was also packed, but it was still voted the hit of the trip. Once again we were treated to glorious sunshine, and the roses and waterlilies were in full bloom. The day was rounded off with a visit to Rouen, which proved to be absolutely wonderful. The Cathedral, the Joan of Arc church, and the old town were all beautiful.



Our final day revolved around cheese! – and cider! We had a very interesting tour of a cheese factory, followed by a tasting which removed the need to find somewhere for lunch. However, the trip to Camembert was a bit of a disappointment. I was certainly expecting a quaint village, or perhaps a small town a bit like Gouda in Holland or Gruyere in Switzerland. What we found was a church (closed) a museum (which did open, but was rather small) and 3 houses! To be fair, the countryside was beautiful.

The day ended with a visit to Lisieux. This is the second most important pilgrimage site in France, and boasted a rather lovely cathedral and a wonderful basilica, which bore a remarkable resemblance to Sacre Coeur de Notre Dame (and just as enormous!) The problem was that they were rather a long way apart, and a long hill was involved if you wanted to see them both! However, some of us did, and managed to squeeze in a cold beer before the walk back to the coach. None of us could quite see what St Therese to whom the basilica was dedicated had done to deserve quite such a stunning monument, but it was certainly worth a visit.



We had one last "experience"! We stopped on the way back at Le Touquet, and enjoyed a stroll along the "Prom, Prom, Prom" followed by "Moules Frites" before boarding the ferry (no delay this time) for another smooth crossing.

The hotel staff were amazing, and although the hotel lacked a proper bar, I think that everyone enjoyed the fun evenings, with a lovely bar waitress who entertained us to a juggling display each evening. I think that everyone enjoyed the trip, and I was asked so often when the next one was going to be and where, that I am confident that the trip was a success. Luckily, Deb has volunteered to organise one, and I am happy to lead it.

I have to say that throughout the week, 48 people were on time at every stop when we left, and although many people did not know anybody on the trip, everyone mixed well, and we all had a lot of fun. So a big thank you from me to all the party for your punctuality, and for your determination to enjoy everything.

Mike Brigden

Upcoming events

Family History Conference 16th September, Buxton, Derbyshire

The annual u3a Peak District Family History Network Conference is to be held this year on Saturday 16th September at The Palace Hotel, Buxton, Derbyshire. This conference is the 10th that the various u3a Family Groups, in and around the Peak District, have organised.

Our speakers this year, all highly regarded, are:

Mary Evans - "Chasing Brick Walls"

Dave Annal - "Death & Taxes"

Jackie Depelle - "Digging into the Parish Chest"

Dr Penny Walters - "Why the Welsh Left Wales"



Around 150 delegates from all over the UK will have, as usual, the opportunity to meet with other family history enthusiasts and support the various commercial and family history organisation stands.

Tickets cost £30 which includes the talks, refreshment, a 2 course finger buffet lunch and a free goody bag! There is also a free prize draw with top prizes including free 12 month subscriptions to some of the major genealogy sites. We would welcome any members that wish to attend.

Visit to Bletchley Park – Thursday 28th September

The Social Committee has arranged a visit to Bletchley Park which was once the top-secret home of World War Two Codebreakers. It is now an internationally renowned heritage attraction. Step back in time to experience the stories of extraordinary men and women who worked here.



The Coach will pick up from St. Mary's Church, Caterham on the Hill leaving at 08.50 and Caterham Station at 09.00. We will arrive at Bletchley Park at approx. 11.00. You will then have time to take a look around and maybe have a bite to eat at the café before we are split into two groups for a guided tour, one at 13.00 and another at 14.30. The tour will last for about an hour. The coach will leave for the drive back to Caterham at 16.30.

The cost of this day out will be £36.50 per member (members only)

If you would like to join us bookings will be accepted on a first come first served basis.

Successful applicants will then be contacted advising payment details etc.



Proposed Caterham & District u3a trip to Germany 2024

Details still to be finalised as we went to press, but proposed trip is as follows:

6 days, departing 8th or 9th June, returning 13th or 14th June 2024

Day 1 Travelling to Cologne. This will be a full day travelling, with comfort stops. Ferry crossing Dover/Calais

Day 2 Travelling to Berlin, the emotional heart of the country and the capital of the reunited Germany, making a stop at the Mohne Dam (Dambusters) on the way.

Day 3/4 in Berlin. Itinerary to be confirmed—but possibly morning guided walking tour, with afternoon free for you to do what you wish & one day visiting the Schloss Sanssouci, former summer residence of Frederick the Great & Charlottenburg Palace.

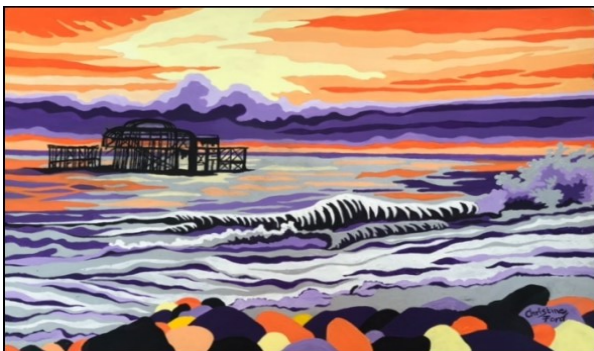
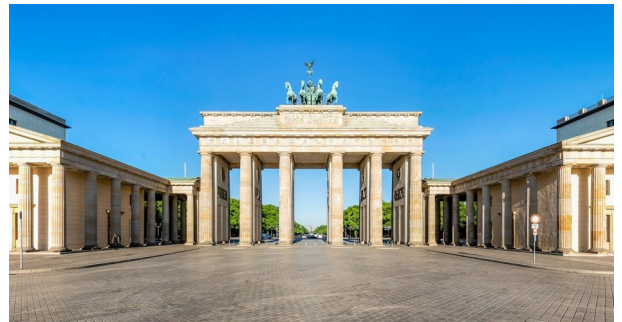
Day 5 Travelling back to Koblenz—confluence of the Rhine & Mosel Rivers at Deutsches Eck, German Corner

Day 6 Travelling to Calais for ferry to Dover & on to Caterham etc.

Due to the distances involved, there will be quite a bit of travelling time, but the joy of going by coach is that someone else does the driving & you can have a beer/wine with lunch, not worry about navigation or driving on the “wrong side” of the road, have a sleep & chat

with your fellow travellers—you can even swap seats & talk to someone other than your travelling companion!

If you are interested in joining us on this trip, please send email with Germany 2024 as the subject & please indicate if you would be wanting a double, twin or single room. I currently don't have an indication of cost. Was hoping to have more details by the time I went to press, but this newsletter is late enough! Will send email with more details when I have them



Brighton Pier, Chris

Note from your newsletter Editor

This newsletter is a bit later than usual as I was on holiday end June/beginning of July when it would normally have come out & having arrived home, after our fabulous holiday I then had Covid.... So, apologies for the late arrival of this. Also had an issue with logging on to the Beacon system—now sorted.

I've had a steep learning curve with using Publisher, which I've only ever dabbled with previously but hopefully it's come out OK.

Ideally, please send copy for newsletters in either Word or rtf/plain text format. I can deal with odt (Apple) files & pdfs, but it makes the job slightly more complicated.

Thanks

Deb



Julie Whiting's Dog



"It's come to my attention that some of you are cows."

South East u3a Form Summer School 4th—7th September 2023

at the University of Chichester

If you are still deciding whether to participate, please don't wait too long - This is the subject availability at the moment:

Archaeology & Egyptology – FULL Creative Writing Cycling

Fizziks is Phun (Physics) – FULL Fun with French – Intermediate

Irish and Anglo-Saxon Illuminated Manuscripts – FULL

Mahjong – Beginners Mathematics demystified Poetry 'A World of Dreams'

Seated and/or Standing Yoga & Mindfulness Ukulele Intermediate – FULL

Walking/Rambling – A Coastal Delight

Although several courses are **FULL** the remainder still have some spaces left.

General Information

This is primarily a 4-day residential summer school held at the University of Chichester, although there is option to be non-residential. Details about choice of accommodation, costings and payment and other relevant information can be found on the **Course Information sheet** on the Forum website. The **Booking Form** is also available on the Forum website for downloading. You can return the form either;

online to – sesummerschool2023@gmail.com **Please note:** For full payment details please refer to the **Course Information sheet**.

Details on Summer School Itinerary

Participants register on Monday afternoon and are with their tutors by 5.00pm for a short introductory session. There is full programme with their chosen subject on Tuesday, Wednesday and Thursday morning. The summer school finishes after lunch on Thursday – home time!!

There is a programme of events each evening:

Monday – Quiz night – getting to know each other and having fun

Online Talks and Learning Events

Talks and Learning opportunities on subjects such as: Stay Safe Online/ Climate Change/Hadrian's Wall events/ Philosophy and Sport/World Faith/Bletchley Park/Family History and much more....

www.u3a.org.uk/events/educational-events



Summer Lunch

We look forward to welcoming you to our annual Summer Lunch which will be held at the Bletchingley Golf Club, Church Lane, Bletchingley, RH1 4LP, on Tuesday 15th August 2023 from 12:00 noon with lunch served at 1:00pm.

Please use the Booking Form opposite to let us know your requirements. Please include the optional drink order if required.

This year we are providing a two-course lunch for £26.50. You can choose between a starter and main course, or main course and dessert. Main courses are served with seasonal vegetables.

You can add an optional drink, £3.50 for a glass of red or white house wine or £1.00 for a flute of non-alcoholic sparkling elderflower. Please note that the optional drink can only be ordered in advance and will not be available on the day at that price. Other drinks can be purchased from the bar on the day at normal bar prices.

Tea or Coffee with Dinner Mints served after the meal is included.

We shall have our usual Quiz and free Raffle.

£26.50 – 2 courses

£30.00 – 2 courses and a glass of wine

£27.50 – 2 courses and a glass of sparkling elderflower

Payment

Make your payment using BACs transfer

A/C name **Caterham & District U3A**, account number **11067721** and sort code **60 04 35** using “Summer” and your name as the reference. Email your order and confirmation of payment to

Alternatively you can pay by cheque

Send your booking form or order request, with a cheque made payable to **Caterham & District U3A**

You will receive a confirmation that your booking has been received.

We are looking forward to seeing you on 15th August.

With best wishes

Sheila Frost

Social Committee

Summer Lunch Booking Form: Tuesday 15th August 2023

		Name 1	Name 2
	Name:		
		tick	tick
Starter	SMOKED SALMON WITH PRAWNS AND PICKLED SALAD with a dill lime crème fraiche and toasted ciabatta (can be GF)		
	CHICKEN LIVER PATE Served with onion marmalade and melba toast		
	ASPARAGUS RED ONION AND BLUE CHEESE TART A shortcrust pastry tartlet filled with asparagus blue cheese and red onion (V)		
Main	All served with a selection of seasonal vegetables and potatoes		
	TRADITIONAL ROAST BRITISH BEEF (cooked Medium to Medium/Rare). Served with Yorkshire pudding (can be GF)		
	CHICKEN Ballotine of chicken stuffed with spinach and ricotta cheese wrapped in bacon with a butternut squash puree, Parmentier potatoes and a thyme jus (GF)		
	COD LOIN Served with pea puree, crushed new purple potatoes with a delicious beurre blanc (GF)		
	ASPARAGUS RED ONION AND BLUE CHEESE TART A shortcrust pastry tartlet filled with asparagus blue cheese and red onion (V). N.B. Vegetarian Tart can be starter or main		
Dessert	RASPBERRY ROULADE with white chocolate sauce		
	BITTER CHOCOLATE BROWNIE served with a blood orange crème Anglaise		
	FRUIT SALAD		
Drinks	Glass of House Red Wine £3.50		
	Glass of House White Wine £3.50		
	Flute of Sparkling Elderflower £1.00		
	Dietary Requirements		
	Sit with Group/Friends		

Diary Dates 2023

Live Talks

(Held at the United Reform Church, Caterham Valley at 2.30 pm)

Monday 25th September

Speaker Richard Marks: British Engineering

“British manufacturing is in decline and ‘we’ don’t make anything anymore” are often comments seen in the media, where factory closures also make headline news. In 2022 the belief that British manufacturing is in terminal decline could not be further from the truth. In this talk Ricahrd Marks, industrial historian and former manufacturing system engineer, looks at the condition of manufacturing in Britain today. Is the depiction of Britain’s factories as derelict monuments to the past really justified, or is something different occurring? What does Britain actually make in the 21st century? Where are the massive factory buildings of the immediate postwar years and does Britain really have a role to play on the world stage any more as a manufacturing great? You will be surprised at what the real situation is.

Monday 30th October

Speaker Helen Astrid: Unwrapped Christmas Carols

In this popular seasonal talk, Helen leads you through 300 years of musical history throughout Europe and further afield. Discover the legends and stories behind your favourite Christmas carols as well as discovering new gems. How and why did they begin? Helen invites you to join in a special festive sing-a-long at the end.



Julie Wright

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Visit **U3Ariviera.co.uk**

For group enquiries email **groups@rivieratravel.co.uk**
or call **01283 742322**

Which? Which? ABTA AG TO

Reservations for escorted holidays are made up of group and escorted. It is not possible to book a holiday for less than the minimum number of people. Minimum contribution to 10% of the total price cost for all that travel will be made by an individual and should be for those that travel with us. The minimum contribution to 10% of the total price cost for all that travel will be made by an individual and should be for those that travel with us. The minimum contribution to 10% of the total price cost for all that travel will be made by an individual and should be for those that travel with us.

Copy date for the next Newsletter is **25 August 2023**