

Letter from the Chair



Hi everyone. I hope you had a lovely seasonal break and are now looking forward to 2024. On behalf of the Committee, I would like to wish you all a happy, peaceful and healthy New Year. I hope that after the traumas of 2023, 2024 will at least bring some easing in the economic news for the country.

The new committee is getting together in January to address the regulatory issues facing new trustees; elect a vice Chair and further develop plans for the future. We have developed a new membership on line portal where you can see and change your details as well as pay your membership fees. Full details and instructions of how to use this will be issued with the membership renewal letter, and the link will soon be on the website. I would encourage you to use this as it will considerably reduce our treasurer's and membership secretary's workload if you pay on line.

The talks programme is included elsewhere in this letter as well as on the website, and we have already engaged a speaker on "Magic" for August out of our lottery fund. I am pleased to say the St Luke's carol service featuring our recorder and ukulele groups was well attended despite most roads being affected by roadworks.

Committee members and others who had worked with Mike over the last five years clubbed together for a celebratory lunch, which doubled as a farewell to our outgoing membership secretary Alan Kingsmill who had also completed five years of stalwart service.

With my added responsibilities as Chair, I have decided to step down from running the London Discovery Group and Liz Whittaker has kindly volunteered to take it on. Thank you, Liz. I will still be organising individual outings though and I have passed over our initial plan to Liz.

I am pleased to say the Festive Lunch is fully booked and Sheila Frost has also arranged a first aid talk in February (details in this newsletter).

We now have over 70 groups, some of whom are still looking for new members as described later in this newsletter so please look and see if you can join one.

Wine Appreciation Group 1, which I run, is full, but quite a few members have asked me about joining... Wine Appreciation Group 2 had sort of stalled, but Steve Collins is trying to get it going again and is planning to make it a monthly meeting throughout the year. If you want to keep this going, existing group members please get involved, and new members please contact Steve via the website. Use it or lose it, as they say!

Finally, we are having another new members meeting organised by Margaret Smith on February 19th.

Paul Knight
Chair



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REMINDER FOR EVERYONE.....

It's time to renew your membership!

I have emailed everyone with details on how to pay, including instructions on how to use our latest method of payment using your own debit/credit card via Paypal. Please do try to use this new method of payment as it considerably reduces the administrative burden for me and Ken. Thanks

Rita Dael
Membership Secretary

Thank you from your outgoing chairman



For the benefit of those members who were not at the AGM, I would like to send you all my very best wishes for 2024, with a new committee under the leadership of Paul Knight. I announced formally at the AGM that I was standing down after 5 very challenging, but extremely rewarding years as your Chairman, and I am delighted that Paul was elected as your new Chair. I am confident that he will do a fantastic job.

I have worked with Paul for many years now. He was an outstanding Publicity Officer, and a highly efficient Vice Chair, so I know that our u3a is in safe hands.

At the AGM, I thanked the Committee Members and Helpers for their work during the year, and there was a special mention for Alan Kingsmill, who is also standing down after his 5 year tenure. Alan has done a wonderful job and has been kept very busy with the steady growth in our membership. Members not on email will perhaps not know that Alan and his wife Penny copied and distributed the letters that I sent to everyone during lockdown to make sure that we kept in touch with everyone. I am delighted that we have found a replacement - Rita Dael. (Many thanks to our recruitment consultant, Lord Kitchener!)

It has been a privilege to be Chairman of this wonderful organisation. I would like to thank you all for electing me and re-electing me four times. You have given me five of the most satisfying years of my life. I would also like to thank everyone for the gift that I was given at the AGM. It was not required, but was very much appreciated.

I would like to offer one last thought for the future from me. Our u3a has grown dramatically over the last 5 years, but I think that we still maintain our friendly, inclusive and welcoming mantra. Please hold on to that. Always be willing to welcome a newcomer, and always make them feel part of the group, and not an outsider.

Finally a "thank you" to my lovely wife - Wendy - who has supported me and helped me constantly. I am moving on to work with the Surrey Network, and I know that she will continue to support me in that job, but will always remind me that my first loyalty lies with Caterham U3A. I do remain fully committed to Caterham, where I will still be a group Leader of 4 groups, as well as being involved with the Foreign holiday and our repeat visit to Thursford.

Mike Brigden

AGM report

On the 27th November our branch held its AGM at the United Reformed Church, Harestone Hill, Caterham, with over 70 members present. Each member of the committee gave a report on the year's progress for their particular responsibility. There was also a report from Sheila Frost, our Welfare Officer. Many thanks to all of you.

There were two committee members standing down: Mike Brigden, the Chair, and Alan Kingsmill, Membership Secretary. Their replacements were voted in: Paul Knight as Chair and Rita Dael as Membership Secretary.

Corrie Ball stepped into Paul's old position of Publicity Officer. A position he has held in the past.

Other members of the committee, and our Welfare Officer - Sheila Frost, Auditor - Keith Lawrance and our band of helpers retained their much appreciated "jobs". Thank You.

In his last AGM report (for now), Mike Brigden thanked everyone for their help and support (see also report above, Ed).

Mike has done a wonderful job for our branch over the years, especially over the COVID-19 times when a number of u3a branches closed due to the difficulties presented by the pandemic. He has set the bar at a high level. No pressure Paul!!

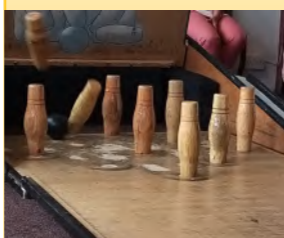
At the end of the meeting, Paul presented Mike with a voucher for Majestic Wine, which lead us nicely on to the final part of the afternoon, mulled wine and mince pies!!

Thanks to everyone who attended and here's to a very enjoyable and safe year ahead.

Ray Jessop

Skittles, Wednesday 13th March

Our traditional skittles matches have always been popular so we are arranging another one on Wednesday 13 March. The event will again be held at the Royal British Legion in Limpsfield with a buffet lunch included.



Don't worry if you have never played before - you will soon pick up the few simple rules. The main thing is to meet other members and to have a good time.

We will be sending out more information nearer the time so make a note in your diary now.

New Members

Since the last newsletter there have been 18 new members and we would like to offer a very warm welcome to....

Richard Miller from Coulsdon; **Alastair and Patricia MacDonald** from Woldingham; **Patricia Francis** and **Pauline Pocock** from Whyteleafe; **Sandra Bailey, David Sanders** and **Tony Bobowicz** from South Croydon; **Bethan Froy**, and **Martin Forzani** from Sanderstead; **Mandy Welland** and **Mick Breare** from Chaldon; **Syed Jaffrey** and **Helen Dighton** from Kenley; **John Hall** from Purley; **Margaret Clifford, Pauline Fuller** and **Brenda Carter** from Warlingham

Group Christmas Lunches etc.

Book Group 3 Christmas Party



This was Book Group 3 enjoying their Christmas party. They would like to refute the rumour that they only use books as a cover for chatting over wine! This was a literary quiz! All hard at work!

Mike Brigden

Crochet group Christmas Lunch.

We have a 'bring a dish' 3 course Christmas lunch each year with crochet related Christmas games. We also have a 'MAL' - a make along for the table. This year the MAL was a tablemat.



Wynny Mehra

Rochester Visit December 2023



The Social Committee organised a visit to the Rochester Dickensian Festival and Christmas Market at the beginning of December 2023.

We boarded the coach and left Caterham at 9am. We had a good run to Rochester and arrived at about 10.15. We had a lovely day although it was very cold.

The Dickensian Parade was fantastic. The snow machines made it very atmospheric. It was fun to identify all the Dickens characters, whose costumes were superb.

Some of us went to the Carol concert in the cathedral whilst others spent some money in the Christmas Markets.

We had a good journey home and everyone seemed to enjoy the day.

Joyce Jessop
Social Secretary

Walking Group Christmas Walk

As the Walking Group is such a large group, we chose 2 dates for the Christmas walk. For the first of those walks, the sun shone (something of a miracle!) and we had a leisurely stroll before an enjoyable lunch at the Wattenden Arms. A few members cancelled as they expected rain, but they were the losers, as the group that did go enjoyed a very sunny walk around the perimeter of the airport.



The second walk was a bit more in keeping with our recent weather, but the group were undaunted, and walked the perimeter of Kenley Aerodrome (with an extension to look at the memorial, before adjourning to the Wattenden Arms for lunch. Both walks were enjoyable, and although the walks were not strenuous, at least we were walking on dry ground! Mind you, it did feel that we were in the company of half the dog population of England!

Mike Brigden

History Group Christmas Lunch

The History Group decided to hold their Christmas celebration very early, so they had their usual monthly meeting, and then drove to the Tudor Rose in Old Coulsdon, where they were joined by partners. The food and service was very good (this was the second time that we had used that venue). A fun gathering, leaving plenty of time to recover for Christmas.



Here's a handy tip for other u3a members: two of our group were very sensible, and ordered from the children's menu! The choices were just as good, but the portions were smaller. Very sensible, and well worth repeating with so many celebration lunches!

Mike Brigden



Thursford Christmas Spectacular 2023

Some of our u3a members will have heard of Thursford. Many will not. However, 46 Caterham members will definitely know all about it now, as we organised a coach trip to the Christmas spectacular this year, and I am certain that it was a memorable trip for everyone on it.

The coach set off from the designated pickup points fairly early on the 9th November, but everyone was on time, and the journey was pretty uneventful. We enjoyed a stop for lunch at Bury St Edmunds, and members took the opportunity to have a look around this lovely Suffolk market town. The cathedral was beautiful, including a wonderful Lego model (still under construction) and there were some interesting museums and also quite a few restaurants and pubs!

Then it was on to the hotel, where the energetic few had a swim before a very enjoyable meal, served by friendly and helpful waitresses. I think that everyone agreed that the hotel was an excellent choice.



Lego model of Bury Cathedral



Enchanted Garden

In the morning of the 10th, we set off after a hearty breakfast, and got to the show ground early enough to allow members to have a look at the "Enchanted Garden of Light" (no Santa at this stage, but the lights were certainly "enchanted".) There was also an external display but that was more "spectacular" viewed after the show when it was dark.

There was time for some seasonal shopping and refreshments before the show started, and what a show it was. The decorations in the hall have to be seen to be believed, and the singing, dancing, and music were all truly amazing. A very amusing compère, some "circus" acts (including a mountain bike experience, and two jugglers who changed clothes while juggling) and a wonderful display of singing and dancing, kept us enthralled for the three hours duration of the show.



The Show

I don't think that anyone will forget the organ recital, which was shown live on the stage, but also the hand and feet movements were projected into giant screens, which made you realise how complex playing the huge Wurlitzer is. The very moving Christmas carols with three huge choirs carrying candles moving around the audience as they sang gave it a truly festive air.

Then, after a short wait for those who wanted to see the lights at night, it was off for the journey home. The drive both ways was smooth, and the coach was comfortable.



Light Show, Thursford

Mike Brigden

STOP PRESS!! Thursford 2024

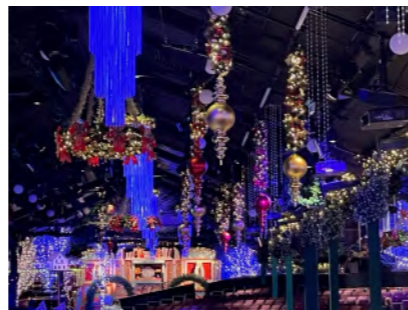
I have just heard that we have a coach/hotel booking for 28-29 November and will, hopefully, be able to get the tickets we require when they go on sale next week! I currently have 40 people who have expressed an interest in going, so it looks like it's on.



Our booking is with the same hotel as 2023, the Wensum Valley Hotel.

The format will be much the same as 2023: Thursday - travel up to the hotel, stopping at a town on the way for a bit of lunch/shopping/lights etc, arriving at the hotel in time to relax before supper.

Friday - a leisurely breakfast, drive to Thursford, with time to look at the shops and have some lunch if you like. See the matinee performance of the Christmas Spectacular and then head home, arriving mid evening.



The cost is £220 per person for half board accommodation, ticket to the show and all coach travel. If required, insurance from Woods will be £12. Deposit to be paid on booking is £100 + £2 for the Thursford ticket reservation

I've sent an email to everyone who'd already expressed an interest, so if you haven't received that and would be interested in going to Thursford, please get in touch with me for further information/booking form etc. Remember to let me know what type of room you will require (Single/Twin/Double)!

Deb Skinner

News from the groups

Groups Coordinator Update

Happy New Year. I hope 2024 brings you good health and lots of fun.

How about introducing a new activity into your life???

We have such a wonderful selection of u3a groups - I suggest you investigate and see if something catches your eye. As always our section of the website is your starting point <https://u3asites.org.uk/caterham/groups>

We have such an amazing variety of new groups starting in the next few weeks - all keen to hear from you.

Jass - a Swiss card game and **Chess** - 2 possibilities if you fancy a new competitive challenge.

A **Philosophy** group is starting and a **non-fiction Book Group** - options to stimulate the mind and give you plenty to discuss.

Maybe you need to relax - if so how about the new **Meditation** group?

Or do you fancy a more physical challenge - **Belly Dancing!!!** I think that is one for me so come and join us.

We also have new groups for **Current Affairs** and for **Shakespeare Discovery** to accommodate those of you who were not able to join our existing groups.

Last autumn saw the start of several new groups: are you aware of them?? **Swimming, Tennis, Bus Pass Explorers, Italian for Beginners.**

Several of our existing groups would particularly like more members - **Dancing, Yoga, German, Wine Appreciation 2** and **Glee** are examples.

Of course if you can't find a group to suit you please let me know - I'm always happy to get more ideas.

As always 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)

Psychology Discussion Group B

Psychology can, and does, relate to every aspect of life. Whatever we do, however we behave, psychology is at the root of it. Our small and friendly discussion group has been active since April 2023, meeting on the 3rd Monday of the month, to discuss a variety of topics selected by our members. The chosen topic is researched on Google (or books if preferred) prior to the meeting for an interesting discussion to take place. Next year we hope to bring the occasional speaker to our meetings which will bring yet more variety and, hopefully, a deeper understanding of psychology. Anyone who has a background in any section of psychology, please get in touch. We'd very much like to pick your brains!

Please see <https://u3asites.org.uk/caterham/page/126721> for further information.

We replaced our December meeting with lunch to celebrate Christmas. Not everyone was included in the photo although they were there in spirit.

Sue Seymour



Yoga Group

Our Yoga Group continues with an enthusiastic hardcore but we would welcome any new members who would be interested in joining us.

Our excellent teacher is Dimi Booth (www.feelgoodyoga.co.uk/) and we meet on Thursday afternoons at 3.00pm in Warlingham Methodist Church Hall for an hour. Each session costs £8 for the teacher and £2 for the hall hire (pay on the day). For further information please visit: www.u3asites.org.uk/Caterham/page/112389



Julia Sunley

Update for the Jass Group

The group has started to meet on Tuesday evenings from 7.30 until 9.30 during December at the Wattenden Arms in Kenley. We had a good initial response but as always it was difficult to find a day/



time to suit everyone. We will continue to meet Tuesday evenings from 9th January. We have progressed quite well and everyone who joined in December is able to play and enjoy the game already. We are hoping to continue to meet Tuesday evenings and would welcome more members to join our little group in January. See <https://u3asites.org.uk/caterham/page/132055> for more information

Bruno Gall



uk70s.com

Photography 2

The members of Photography2 have had some success in the u3a Eye competition. This is an ongoing photography project open to all members of the u3a around the country. Each month there's a theme and members are asked to submit one photograph on that theme. Up to 15 photos are selected after the closing date and they are published on the u3a Eye page of the website <https://www.u3a.org.uk/learning/national-programmes/u3a-eye>

Regular readers will recall that Chris Cumming had some success during 2023 (see report July 2023) with photographs chosen in three separate months, with the themes Transition, Boxes: Squares or Rectangles and Growth.



Since then, some of our other members have had some success, with tow of our members having their photos chosen for the latest theme: Journeys (November 2023). Those chosen were by Keith Barnard with "View from Above", the intersection of three railway lines taken from the Shard and Deb Skinner with the M23 at night.

Other successes since we last reported in July are Anticipation by Deb Skinner in August's competition. September's theme was "Aftermath" & October's "Technology". I don't think any of us entered, if we did, our photos weren't chosen.

Chris Cumming had some success with another of his images, getting a perfect 10 in the Tandridge Photographic Society's Competition with his image of Battersea Power Station, which also won 2nd place in a Royal Photographic Society group (as voted by the members) and

was featured in their magazine. Well done all!



London Discovery

Having taken over as chairman of our u3a, Paul Knight, who has led this group for eight years, has decided to step down from leading London Discovery, although he will still be leading some trips. During this time, he's done a fantastic job in assembling a team of helpers to offer you so many different options to find out more about our great capital city. I'm sure you will join me in sending him heartfelt thanks.

I am delighted to take over although I appreciate he will be a hard act to follow. My job is made easier by a team of 12 of our members who design and book trips for your delight. Thank you Corrie, Lesley, Dave, Mike C, Mike B, Grethe, Paul, Phil, Mindy, Sandy, Bruce, and Wendy.

Would you like to join the crew? I would be delighted to have a bigger team so that we can continue to increase the variety of trips we offer.

For more information about London Discovery and to see some of the trips we already have on offer for 2024 please go to the website page <https://u3asites.org.uk/caterham/page/15181> (and see below)

Liz Whittaker

- Mon Jan 29th Building Cathedrals Underground
- Thu Feb 8th Armourers Livery Hall
- Wed Feb 21st Drury Lane Theatre backstage tour
- Thu Mar 21st Syon House visit
- Thu Apr 11th HMS Belfast visit
- Mon Jul 8th Inns of Court guided walk



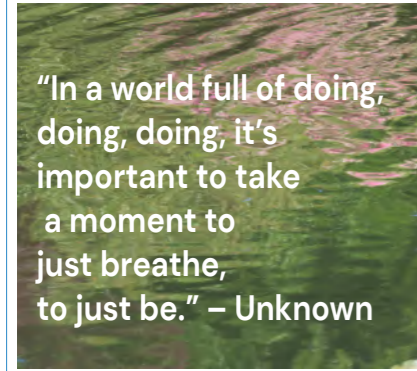
Image from LWTheatres.co.uk



Looking for inspiration? Here are some proposed new groups for you to join

New group – Mindfulness and Meditation

Do you find that time is rushing by (even if you are not having much fun)? Do you notice how quickly your birthday comes again, how quickly the people you care for are growing and changing? There are biological reasons for this perception of accelerating time as we grow older, but it turns out we can actually slow time down by just paying more attention to what is happening around us. This includes things inside us like thoughts and feelings. This is the core of mindfulness. Why would we want to practice this? A meal eaten slowly, savouring every mouthful, every sensation of smelling, tasting, chewing and swallowing would take longer than eating while travelling, talking, reading, watching your phone etc.; but you may find yourself eating better, and less, as a result. If by paying attention you were really present for the person you were with, not distracted by clock-watching, your phone, planning, worrying or any of the other myriad

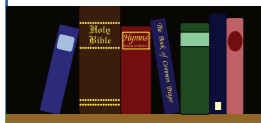


of stimuli with which we bombard ourselves all the time, wouldn't it be more interesting? Learning the skills of mindfulness can bring you the benefits of "adding life to years". Mindfulness is developed by practice in the hurly-burly of everyday life, but progress is greatly

accelerated by regular meditation. In meditation you set aside time for a pause in your routine, in a quiet and congenial space, when you can hone your skills in awareness by focusing on your experiences like your breathing, sounds or sensations in your body. Regularly pausing like this can be enormously valuable even when you seem to be making little progress in mindfulness in everyday life. To find out more about mindfulness and meditation join our U3A group <https://u3asites.org.uk/caterham/page/132153>. We will start a 6-week exploration for beginners in Woldingham on Monday 22nd January, after which you can join our regular evening meditation group.

Alastair & Patricia Macdonald

Proposed Non-Fiction book group



Are you interested in reading and discussing non-fiction books?

Are you prepared to read books that you may not like? (Otherwise, there's no discussion.)

Most likely meeting time either 3rd Monday of month or 1st Tuesday of the month. Would be afternoon 2 - 4 approx. Location Purley, walking distance from bus and train station.

If you are interested please contact me via the website <https://u3asites.org.uk/caterham/page/133230> with preferred choice of above dates.

Wynny Mehra

German – new group



They say that learning a language is good for the brain so challenge yourself and revive the schoolday German that is lurking there. We meet at 10.30 every other Thursday in Sanderstead and the conversation is always very general. It would be lovely to see you. See <https://u3asites.org.uk/caterham/page/126722> for more information or to register your interest

Madeleine James

Egyptian Dance (AKA Bellydance)

Want to get those joints gently moving? Want to move to music? Want to dance without a partner?

Try our brand new classes in Egyptian Dance running from 22nd February until 28th March (6 weeks).



The term bellydance is a) a misnomer since we use hips and other joints more than bellies, and b) is the name for a variety of Middle Eastern dances. It is also known as Oriental Dance, or Raks Sharki.

The dance, in its many forms, dates back to 3000BC. Traditional dances were always a part of celebrations, danced by everyone, passed down to the very young by

them following the older women in their moves. Obviously any art form eventually becomes a form of entertainment, bringing its own styles of dress, i.e. the Bedlah, the top and hipbelt we often see today.

PLEASE NOTE – those YouTube videos of professional dancers wearing such skimpy clothing is a relatively recent style of dress. It is by no means compulsory, nor is it even necessary. No need to wear anything special, just comfortable clothes that allow you to move with ease. Hip belts and scarves will be provided as they help to accentuate the hips.

The moves we will learn are gentle and rhythmic, building slowly from a warm up, to practice of moves (isolations), to putting them together into small combinations, eventually building into a simple choreography of 3-4minutes. Arabic music will mostly be our rhythmic guide, with some Western music for familiarity.

This dance is a wonderfully gentle exercise that can be done by anyone of any age, size and shape.

These classes will be held in The Cameron Hall in Old Coulsdon, for 1 hour, from 2pm – 3pm. The cost per class is determined by the number of attendees, since the hall hire needs to be paid, so more people is definitely merrier.

If you have knee or back problems, only do what you can do without pain or discomfort. Please take responsibility for your own body, is all I ask. Moves can be adapted if necessary.

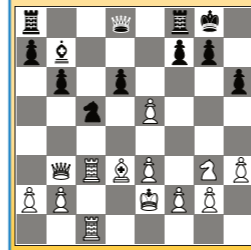
PS – although most Egyptian dance classes are aimed at women, men do dance too. As this is primarily an exercise to music class, both men and women will be welcome.

Please see <https://u3asites.org.uk/caterham/page/132531> for more information. I look forward to seeing you!

Sue Seymour

Proposed new groups for you to join (cont'd)

New Chess Group



Novices and more experienced players alike are welcome to join this new group that will initially meet on Monday 22nd January from 10-12 (venue to be decided). The plan is to meet in people's homes based on numbers attending – would you be willing to host? For more information and to register interest, please go to

<https://u3asites.org.uk/caterham/page/132868>. Please bring along a chess board and pieces if you have them.

Derek Nickless

Wine Appreciation group 2



As Paul mentions in his letter from the Chair, we have a successful Wine Appreciation Group 1, which is fully booked, but with quite a few other members wanting to appreciate wine.... Wine Appreciation Group 2 has been in existence for a while, but had stalled and wasn't really happening. I've said that I'll try to get it going again and am planning to run it monthly throughout the year, not just in the summer, which is what it used to be. But I need the support of members. So, if you're already a member of the group, or would like to join, please contact me via the website <https://u3asites.org.uk/caterham/page/110831> and let's make this work!

Steve Collins

The Current Affairs Group 2 – new group

The Caterham u3a Current Affairs Group 2 holds its meetings once a month – on a Tuesday afternoon from 2 pm to 4 pm.

It is a non-partisan discussion group looking in depth at some of the key issues in the current news media. During the meetings, members discuss interesting news topics that they have seen, sharing knowledge and opinions, with the aim of knowing and understanding more about what is happening in the world.

Meetings are normally on the First Tuesday of each month – however the January 2024 meeting will be on Tuesday 16th January 2024 – at 1 Manor Wood Road, Purley, CR8 4LG.

Discussion Topics:



At the first meeting of this new Group in early December 2023, we brainstormed a list of interesting Current Affairs Topics and then voted on their appeal and decided that in our January meeting we'll discuss **The Futility of Demonstrations** and **Rwanda**, together with discussing other topics (positive and negative) that have arisen since our last meeting.



Attendees are invited to do a bit of research/fact-finding on the topics that most interest (or annoy) them and share their findings during future meetings. Articles/paperwork can be photocopied and shared on arrival, and it's possible to view visual aid materials (short YouTube videos etc.) on our TV

If you'd like to join this group, or would like additional information, please contact me via <https://u3asites.org.uk/caterham/page/133084>

Alan Speed



Christmas Carols Unwrapped October Talk



We finished off an excellent series of talks with an interesting and uplifting talk on the history of the Christmas Carol. Not the book, but the songs that we traditionally sing at Christmas! We had a great turnout once again, and I think that this time everyone could hear every word!

Our speaker – Helen Astrid – not only gave us an insight into how carols have developed over the years, and their origin (not always Christian) but also sang to us. She has a beautiful voice, and she told me on the back to the station that she teaches singing, and is a voice coach – which I did not find surprising.

Not only did she sing, but she led the entire audience in some festive singing. It may have been a bit early, but as the Christmas adverts are already appearing, I don't think that anyone worried unduly. She also told us about a Christmas concert with soloists, and kindly sent us a link, which was posted on the Caterham U3A members Facebook page.

It was a wonderful way to complete our 2023 programme, and having seen the list of topics for next year, which is set out in this edition of the Newsletter, and is also now available on the website, I think that we are in for another enjoyable season next year. Congratulations to Lyn for such an interesting series this year.

Mike Brigden

First Aid Talk by Hazel Shirley, BEM, Wednesday 28th February

10.30am at The Arc, 9 Weston Drive, Caterham, CR3 5XY

We have arranged another talk about First Aid for our members. Lasting approximately 2 hours (with a short break during the talk for tea or coffee) it will cover CPR and serious medical problems requiring urgent action, in addition to answering any questions submitted in advance by members attending.

There will be demonstrations of the appropriate actions needed with visual aids.

As numbers are limited could you please let me know if you would like to attend, plus let me have any questions that you would like Hazel to answer during or after her talk

If you would like to have coffee or tea during the break it will be available at a cost of £1.50.

Sheila Frost
Welfare Officer

Hazel Shirley has belonged to St John Ambulance for many years. She is an experienced cadet leader, first aid trainer and examiner for all age ranges, including pupils at Caterham School. Hazel has used her first aid practically at many events and recently taught other members of St John Ambulance how to vaccinate and how to teach giving vaccinations to assist in the anti-Covid battle.

Hazel was awarded the British Empire Medal for her voluntary services in the 2020/21 New Years' Honours List.

If you would like practical first aid training or refresher training, please contact Patricia Barnard who organises first aid training sessions.



Request (rant) from your editor

Please, please, please, my name is Deb. Deborah if you like, but NOT Debbie, please. I absolutely hate being called Debbie, but despite my previous request & the fact that I sign my emails Deb & my email address is deb@, I still get people emailing "Hi Debbie".

To date, I have been polite & in my reply, when I sign off, have put (NOT Debbie, please. I hate it!) I have, so far, resisted the temptation to email back changing the person's name, so an email from James, not replied to as Jim or Jimmy, BUT, my patience is wearing thin.

I suspect that Liz Whittaker never gets emails to Lizzie, Ken Johnson to Kenny, or Mike Brigden to Mick, so why do I get emails to Debbie???

I know from emails & conversations I have had with some of you that you also hate your name being changed....

So, I repeat my plea from when I took over as newsletter editor: please look at how someone signs their emails & reply using THAT NAME!

Thank you

Deb

Monday Talks for 2024 at the UR Church, Caterham

See below for the regular "last Monday" talks that Lyn has booked for this year – an interesting and varied selection – with additional talks to be slotted in too!

26th February 2024

US Presidents – 'The Good the Bad and the Ugly' – James Christie

This talk combines a light-hearted look at some past Presidents with a more serious look at others' failures and successes. By February 2024 the election campaigns for US President will have truly started, so discussion afterwards can look backwards on the talk's history or forwards to future American politics.



25th March 2024

'The Dregs of the People Remain' – The Black Death and its aftermath – Imogen Corrigan

It is possible to see a shift in artistic tastes following the plague years which began in the mid fourteenth century. This is understandable considering that we now know that at least 50% (probably more) of the population of Europe and beyond perished in the first wave and that the disease recurred over the next 130 years. Naturally, there were social changes as people adjusted to this shocking change in their communities, but there was also an understandable and distinct increase in interest in the macabre. Reactions to this disaster can be seen all over parish churches; some in the form of explorations of what will happen in the next life and some surprisingly optimistic and amusing. We see more interest in ex-pagan images and specific demands for spiritual protection and so what might be seen as a dust-to-dust mentality also becomes one of no tragedy, no triumph.

29th April 2024

Foal Farm Rescue Centre – Francis

Foal Farm has been rescuing and re-homing neglected animals in and around Kent for more than 60 years. Hear how they started and about the animals they rescue and re-home.



20th May 2024

The History of Croydon Airport – Norman Brice

The first purpose built air terminal in the world was at Croydon airport. Opened in 1928, it's now grade II listed. Norman will tell stories of the the airport's history; some of the famous flights and people connected with the airport and how it was the most important airport in the Empire.

24th June 2024

Hamsey Greens – Chris & Al Shervington

Not heard of microgreens? Come along and find out all about them! Hear why the business was started, the health benefits, how to grow them and you may even be able to try some.

29th July 2024

'The Legend of the White Mouse' – Paul Barwick

This tells the story of inspirational WW2 spy Nancy Wake. a remarkable woman who lived with the daily threat of torture and death at the hands of the Gestapo. Her incredible courage and strength of purpose is an awe inspiring tale set against a world set on fire. We follow her exploits as an agent of the famous SOE (Special Operations Executive) in occupied France where she operated with the French Resistance. Nancy became one of the most decorated Allied service personnel of the war. We explore her life, lived to the full and salute her tremendous courage.

30th September 2024

Rhyming London – Julie Chandler

Delve back into your childhood and discover the stores behind your favourite nursery rhymes. Many nursery rhymes and children's songs were based on real people and events. So, let's go up and down the City Road, watch the cow jump over the moon, listen to the oranges and lemons and meet the Muffin Man, Little Miss Muffet, Lucy Locket and Little Boy Blue.

28th October 2024

Save Soil – Louis De Souza

Save Soil is a global movement aimed at addressing land degradation and advocating for healthy soil. Caused by unabated deforestation and urbanisation, industrial pollution, overgrazing, and unsustainable agricultural practices, half of the world's soil is already degraded – i.e. has declined in quality. This threatens food quality and supply. Recognising the irreplaceable role soil plays can help us change the way we care for it. Find out what steps you can take to help stop soil degradation.

25th November 2024 – AGM

Come along to our AGM, meet your committee members, listen to what has been done during this year and enjoy some mulled wine, mince pies and good conversation afterwards

Lyn Jones

u3a Study/Exploration Days, Stoke d'Abernon

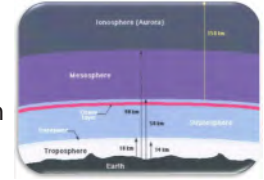


Friday 16 February – A Day on the Train: A Railway Journey, Railway Adventures & Cultural History of Railways presented by Paul Atterbury An exploration of the social, cultural, economic and technical revolution prompted by the development of Britain's railway network in the Nineteenth Century, and its enduring impact today. Architecture, engineering, art and landscape all feature, along with the trains themselves, and the people who travelled on them.

Friday 15 March – Europe at War: Putin's War in Ukraine & the British Commitment presented by Gordon Corrigan MBE, FRAS In February 2022 the unthinkable happened: the Russian Federation invaded its neighbour Ukraine and so began the most intensive military conflagration in Europe since the Second World War. This study day looks at the background to this war and examines its effect on British military planning and policies.



Friday 19 April – Earth's Atmosphere: Our Life Support System presented by Professor David Phillips (Imperial College, London). This study day covers the development of the Earth's atmosphere over geological time and the impact of man on the atmosphere since the Industrial Revolution. The great London Smog, the Hole in the Ozone Layer and the recognition of Global Warming have all occurred in our lifetimes. Society has significantly tackled the first two challenges and now we face the third and greatest challenge.



Friday 17 May – The Jazz Age & Beyond with Howard Lawes, Grace Evans, Dave Allison & The Alleycats Jazz Band The novels of F. Scott Fitzgerald chronicled the hedonism and excitement of the Jazz Age in America – Fitzgerald once claimed that the 1920s were "the most expensive orgy in history". In Britain the growing interest in jazz music brought black and white musicians, artists and audiences together, and was crucial in influencing changes in British society, while in Europe, Ballets Russe, Hot Club de France, Art Deco and Bauhaus have left a lasting legacy in dance, music and design. The influence of jazz on society and society on jazz will be discussed with plenty of musical and visual illustrations.



Friday 21 June – Planned study day on Science Topics

Friday 20 September – Study day planned – watch this space

Friday 18 October – **History of Photography** by Roger Mendham, President of Surrey Photographic Assn

Friday 15 November – Study day planned – watch this space

These study days are open to all u3a members and are held in the Yehudi Menuhin Centre at Stoke d'Abernon (and can also be viewed online). It is a beautiful venue, and if you do go, it is a very nice day out, as well as being highly educational (and extremely good value at only £12 including unlimited tea and coffee!) Registration starts at 9.30, the talks are from 10am till 4pm, with a break for you to eat your sandwiches and chat with other attendees.

Prior booking is essential, so if you are interested, please contact Denise Dobbs, Booking Secretary for the U3A Surrey Network – Phone 07964 798791 or E-mail surreyu3astudyday@outlook.com

I will attending most of these Study Day and will have 2 to 3 free seats in my car. Please contact me if you would like a lift. If there are more than 3 of you that wish to attend, then I will endeavour to arrange lifts with other regular attendees.

Alan Speed
Surrey Liaison Officer

