



Crawley u3a

Lockdown News 8/21

August 2021

Dear members,

Welcome to the August edition of the Crawley u3a newsletter.

I am pleased to report that several groups have already booked their rooms ready to restart in person meetings in September. This is in addition to those groups which have resumed walks and outdoor meetings. All meetings will have Covid risk assessments incorporating any restrictions required by the venue. Please contact your Group Leader for more details about your group's plans.

September monthly meeting

We plan to resume our Monthly Meetings at the Friary on Friday 10th September at 2.30pm. The first meeting will not feature a speaker as we want to give members a chance to socialize with others they may not have seen for many months. We will have a book swap so bring along any books you've read and swap them to re-stock your library.

Membership renewal

You will soon be receiving your annual membership renewal pack and although we have decided to put on hold the planned changes to payment of your room-based group subs, we will ask you to pay your subs for any outside activity groups that you belong to. That is, Walking, Out & About and Allotment groups. These have always been annual payment groups, collected at your group planning meetings, but as the amounts are small and due at the beginning of the u3a year, it makes sense to combine them with your membership fee as a single payment. It will be a first step toward "going cashless", a policy that we are keen to achieve as and when circumstances permit.

Phil Light, Treasurer

Membership fees

The Committee has decided to offer this year's membership fees at a reduced rate, effectively offering a free term. Our payment rates will be reviewed annually.

The rates for 2021/22 will be:

Single member:	£10
Joint member (at same address)	£17
Associate:	£6.50
Joint associate (at same address)	£10

Retiring Group Leaders

Sadly some of our long standing group leaders are standing down after many years of service to our u3a. We would like to say a big thank you to Audrey Gwynne (Circle Dancing), John Hedley and Jenny Connell (Poetry and Prose), John Crippen (O&A 5) and Anne Sinclair (Scrabble).

Walkers Extra

Walkers Extra have resumed their monthly walk programme with the July outing taking in Loxwood, the canal and surrounding areas. Not only was it one of the hottest days of the year but the rain and warmth had encouraged the weeds, thistles and nettles to encroach over a large portion of the path. Although a few members were armed with secateurs they'd have been hard pressed to clear a path with a machete! And whose good idea was it to wear shorts!! We finally made it back to the Onslow Arms for a very welcome lunch!!



Exciting opportunities

This year's AGM will provide the opportunity for more members to become involved with the organisation of Crawley u3a. This is a chance to develop those talents you once used in a previous life(!) or will offer the chance to acquire new skills and experiences. As you will be aware our u3a is a very caring supportive organisation and all new volunteers will be greatly supported as they develop their roles.

Some though not all of these roles are linked to the Committee which meets up to 10 times a year and executes its business in an efficient yet relaxed manner. While our organisation can continue without most of these roles it would operate at a much reduced level and legally, we are unable to function without a Treasurer.

The roles in question are:

- **Treasurer.** Managing the accounts of Crawley u3a. Basic admin skills and an interest in numbers are key rather than a background in accountancy!
- **Events Coordinator.** Arranging monthly meetings (but not the speakers), coffee mornings and other events to promote our u3a
- **Communications.** Spreading information to existing members and the wider community. This role can be split between 2 or more people.
- **Deputy Treasurer.** Assists the Treasurer eg with banking
- **Minutes Secretary.** Taking the minutes of Committee meetings, the AGM and any Group Leader meetings. Shorthand is not required!
- **Welfare support.** Offering support to members suffering illness, incapacity or bereavement and those with additional needs.

Role descriptions are available on our website:

<https://u3asites.org.uk/files/c/crawley/docs/1806commiteeroles.pdf>

These are intended as a guide and individuals are free to develop their role as they see fit.

Please consider taking on one of these roles to provide fresh insight into our organisation and help shape its future direction.

More details are available from any member of the Committee.

Folk Dancing

We are delighted to announce another new group, Folk Dancing, which will start on Thursday 14th October at 10.00 am, probably till 12 noon but it may finish earlier!

The session will have simple fun social dances, minimum gender specifics and no swinging, (unless requested). All are very welcome. If you have any questions leave a message on 536887. Bob Weddell Group Leader

Scrabble

Our Scrabble group is actively recruiting new members. They meet on the second and fourth Tuesday of the month at 10.00am. All levels of ability are welcome. Come along and improve your vocabulary while having fun! Please contact me and I will pass your details on.

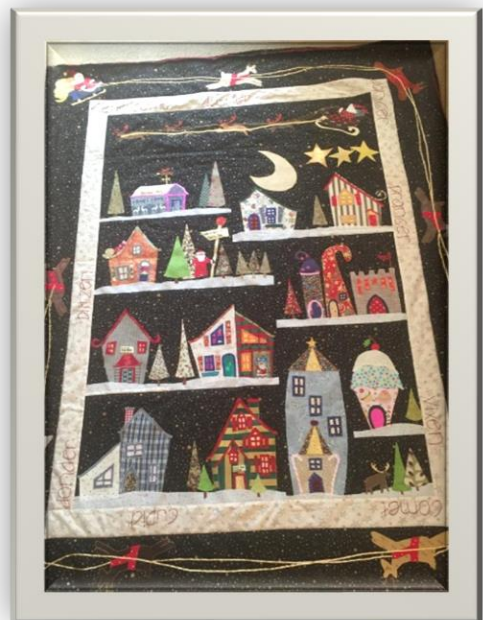
Olympics Quiz

1. Who became BG's most successful female Olympic athlete when she won her 5th Gold medal?
2. Who was GB's youngest medallist?
3. When and where will the next Olympics be held?
4. Five sports were introduced at this Olympics. Can you name them?
5. Which female GB competitor won bronze, taking her medal total to 6?
6. What is a Nacra 17?
7. In which sport would you hear the terms Shuvits, Nose grab and alleyoop?
8. Which sport incorporates 3 disciplines: Speed, Bouldering and Lead?
9. What are the components of a Modern Pentathlon?
10. Since the first modern games in 1896, 10 sports have disappeared from the summer Olympics. How many can you name (Point for each)

Answers at the end of the newsletter.

Needles

Our very talented Needles Group have been busy producing more brilliant examples of their handiwork.



South East u3a Forum

The SE u3a Forum, who run the very popular **Chichester Summer School**, have finalised their new constitution and are planning their programme for 2022. This will be held at Chichester University from **June 20th to the 23rd**, with residential and day visiting arrangements. Booking and course details will be released in December.

Help is needed with the organisation and management although there are experienced trustees who have got the planning underway! However, there are a very small number of trustees, so any u3a members willing to help with the planning and running of the event are very welcome. All meetings will be held on Zoom. Please contact Helen onturnhelen@gmail.com

New **Zoom Meetings & Talks** are listed on the SUN Events page. For more details, check the TAT website for online events & tutorials on various topics check on the national website. <https://www.u3a.org.uk/>

SUN Zoom Talks.

Saturday 14th August Recycling in West Sussex and National Recycling Schemes with Colin McFarlin from 10.30 am to 12pm. Book from 4th August at sunbookings548@gmail.com giving your u3a.

National Programmes. You may not be aware that the TAT website has a list of projects and activities available to members and interest groups. They are listed on the SUN website on a new web page called Activities. There is a link to the TAT webpage plus the current list of topics available, alternatively, go to the TAT website and click Learn on the menu which will list the projects.

Out and About 7

O&A7 have been out and about in earnest in recent weeks.

Here they are enjoying a day out in Hastings. More outings are in the pipeline.



A trip to Emsworth by train (with ice cream!)



Quiz answers

1. Who became GB's most successful female Olympic athlete when she won her 5th Gold medal? Laura Kenny
2. Who was GB's youngest medallist? Sky Brown
3. When and where will the next Olympics be held? 2024 Paris
4. Five sports were introduced at this Olympics. Can you name them? Sport Climbing, Karate, Skating, Surfing and softball
5. Which female GB competitor won bronze, taking her medal total to 6? Charlotte DuJardin
6. What is a Nacra 17? A boat
7. In which sport would you hear the terms Shuvits, Nose grab and alleyoop? Skateboarding
8. Which sport incorporates 3 disciplines: Speed, Bouldering and Lead? Sport Climbing
9. What are the components of a Modern Pentathlon? Epee fencing, freestyle swimming, show jumping, Pistol shooting, cross country run (combined as Laser run)
10. Since the first modern games in 1896, 10 sports have disappeared from the summer Olympics. How many can you name (Point for each). Croquet, cricket, jeu de paume, pelota, polo, roque, rackets, tug of war, lacrosse and motor boating.

Well done if you got more than one answer for question 10 and super congratulations if you know what they all are!!

As usual, please share the contents of this newsletter with any members who do not have email and send me any articles for future newsletters.

We hope to see you at the September meeting!!

Jan Morris

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