



Crawley u3a

Monthly Newsletter: September 2023



Monthly (and other) meetings

Dates for your diaries below. All meetings start at 2.30pm (with the exception of the Coffee Morning which starts at 10.30am) and are held at the Friary Hall, Haslett Avenue (with the exception of the New Members meeting which will be held at St Paul's, Northgate):

- **Friday 8th September** – Open Afternoon (for more details see page 2)
- **Tuesday 19th September** – New Members Meeting, 2.30-4.00pm, **St Paul's, Northgate** (see page 2 for more details)
- **Friday 13th October** – William Avenell, *I never knew Geography would be so relevant, why didn't I concentrate more at school?*
- **Monday 30th October** – Coffee Morning, **10.30am-12.00**
- **Friday 10th November** – Annual General Meeting
- **Friday 8th December** – Christmas Party
- **Friday 12th January** – Sarah Slater, *Royal Jubilees*
- **Friday 9th February** – Tony Harris as *Henry VIII*
- **Friday 8th March** – Graham Crozier, *History of Crawley*
- **Friday 12th April** – Martin Lloyd, *Becoming a Famous Author*
- **Friday 10th May** – Andy Smith, *Prosthetic Perils*

Open Afternoon on Friday 8th September

One of the most important dates in our u3a calendar is the Open Afternoon. Not only is it an opportunity to recruit new members but, if you are thinking about joining new groups, it is also a chance to talk to Group Leaders to find out more about a group.

The Open Afternoon starts at 2.30pm. Please do not turn up early as we need time to make the Friary Hall ready and you may not be admitted.

We hope that as many of you as possible will be able to attend. In addition, please tell any friends or neighbours who might be interested, perhaps persuade them to come along with you. Failing that, copies of our new leaflet will be available for you to take away for anyone who could not attend but might like to join us.

New Members Meeting on Tuesday 19th September

A new members meeting will be held on **19th September at 2.30pm at St Paul's, Northgate**. This is an opportunity for new members, and those who have joined in recent months, to meet other new members and some of the Committee. Refreshments will be available. Why not drop in for a cup of tea and a chance to find out more about us?

New Out & About Group

It has been several years since we launched a new Out and About group focused on the self-organisation of trips and outings. A launch meeting for a new group has been set for **Wednesday 27th September, at 11.30am at St Paul's, Northgate**.

So that we can ensure that we have enough chairs out, if you are interested and thinking about coming along to find out more and possibly join up, then please let us know by contacting either:

Peter Beckley – 07599247529 – peter.beckley@yahoo.co.uk

Graham Friday – 07982424533 – graham@fridayclan.co.uk

Report on 14th July monthly meeting: Tissues and Tena Lady



I think this delightful talk by Sue Hicks was just what we needed, to join friends and escape the dreary weather and all the depressing news on the media, if only for a couple of hours.

Sue is a pharmacist, from Hastings, or as her son once put it “My mummy does drugs”. She used her professional training to give us some useful health tips, in between making us all laugh with her poems, roughly in the style of Pam Ayres and Victoria Wood, beginning with a lament on the hassle of using a PC, and ending with a witty observation on shrinking packaging (coupled with rising prices) of groceries, by way of National Boob day (yes, she did mistake that for National Book day), Becoming 60, Trying to sleep, Bacteria, Laxatives ... I know I have left out a lot, but I think you get the idea.

We know that smoking, and too much alcohol, is bad for us, but perhaps did not realise that drinking very hot liquids can also contribute to oesophageal cancer, as it can damage the throat lining. Some other useful health tips I took away: take vitamin D supplements when the clocks change, to help with the lack of sunlight in the winter; try to eat more vegetables than fruit as part of your 5 a day, as fruit contains more sugar; it is a myth that a glass of red wine is good for you, as you get just as many polyphenols from red grape juice. Sue reminded us that pharmacists are a useful source of health advice, especially in these times when accessing a GP can be difficult, and I heard several people commenting that they were going to move nearer her pharmacy!

I did feel a bit guilty going home to my usual Friday evening glass of wine (or two), but the feeling soon passed. Sorry Sue, but many thanks for a lovely afternoon!

Jean Austin

Welfare Support: volunteer needed

Brenda Ashenden has stepped down from her Welfare Support role. The Committee would like to thank her for all that she did during her time in the role.

However, this means that we are looking for someone to take over from Brenda. The role comprises sending cards to members when they are ill, in hospital or bereaved (for which you will be reimbursed). If you are interested in taking this on then please contact peter.beckley@yahoo.co.uk

Venue Location and Accessibility Guide

In July our Access Coordinator, **Janet Newson**, produced a guide to the six different venues we use for group activities and meetings.

This excellent guide not only tells you about the facilities available at our venues, but will also show you whether they fit your needs, with information on parking, toilet facilities, accessibility, refreshment facilities and bus routes.

Follow this link to view the Guide:

[Crawley u3a: Venue Location & Accessibility \(u3asites.org.uk\)](https://u3asites.org.uk/Crawley%20u3a%20Venue%20Location%20&%20Accessibility)

u3a 2024 Diaries

Where has this year gone? It is already time to start thinking about next year and u3a 2024 diaries. If you would like a 2024 diary, the cost this year will be £4.00. If you would like to order one can you please email me at sueparker5@yahoo.co.uk as soon as possible so that I can order them in plenty of time to pass them on to you before the end of the year. Please note that the covers of the 2024 diaries are bright orange!

Science Group

Group Leader **Marion Lang** kindly sent me the photo below of the Science Group who meet on the third Monday in the month from 2.00-3.30pm in Room 6 at St Paul's, Northgate.

The Science Group is a friendly group, and several members meet beforehand at St Paul's to have lunch in Loaves and Fishes.

Over the years, the Group have had discussions and presentations on various and varied subjects, including Railway signalling, Nuclear Fusion , 3D Printing, 'Gruesome' Surgical Instruments, etc.

Other topics have included: 'What Can the Matter Be' (the Atom and Beyond), 'Who Sold You This Then?' (Our Weird Universe), 'The Dark Side' (Dark Energy and Dark Matter), 'That's Life' (The Origin of Life), 'Robots' (Robotics and Automation), 'Robert Hooke' (History, Mystery & Science), 'Complete Lunacy' (The Moon), 'Getting the Wind Up' (Hurricanes)

Why not join them and learn more about this diverse subject?



New Air Rifles Group

Craig Edwards has offered to start up an Air Rifles Group (using a .177 Air Gun). The venue (photograph supplied by Craig) is the 2nd Ifield Scout HQ, Friston Walk, Ifield, RH11 0AH, which is a purpose built facility for Scouting opened in 2016. It is wheelchair friendly and has accessible toilets. There is a fully equipped kitchen with a hatch into the main hall.



Below are the details provided by Craig:

- The Range to be set up in advance by Craig and would cater for up to 20 members (although 16 would be ideal) each session with four firing at any one time
- We would start with members shooting pre-charged rifles from a sitting position and progress according to ability to shooting in a standing position
- Members will get the opportunity to shoot pre-charged air pistols and also an opportunity to shoot in a prone position when they feel comfortable with the shooting range and technique

- Different types of targets will be used from standard card targets to knock down targets
- All members will need to follow the Range Safety Rules at all times, and everyone will need an introductory briefing. It is proposed to run the briefing at the start of each session so members would need to be present at the start
- Table and Chairs will be laid out with refreshments available and a row of four seats left in place for those wanting to shoot next
- Members may be asked to assist in the setting up or taking down of the range
- Members could bring their own air guns providing they are .177 calibre, and they would need to be checked by Craig before being used

Depending on the level of interest, we will initially run one session from 10.00am to 12.30pm and then if required a second session from 2pm to 4.30pm.

Suggested date is second Wednesday of each month with a proposed first meeting on Wednesday 11th October 2023.

The cost will be £3 per member per session to cover, hall hire, use of equipment (rifles, targets, pellets) and also refreshments.

Expressions of interest to peter.beckley@yahoo.co.uk

Needles Group

Pat Roberts has stood down as Leader of our Needles Group. The Committee would like to thank her for the work she has put into running the Group. We hope to re-start the group shortly with a new leader. This may be home based as before or, depending on numbers, at St. Paul's. Expressions of interest in joining or re-joining the group to peter.beckley@yahoo.co.uk

Quiz Group 1 meeting on 4th July

Many congratulations to **Jan Morris**, who topped this year's Quiz Group 1 table and won a book of crossword puzzles. Thanks to **Clive Morris** for the photo.



Amblers walk on 14th July

Ignore the umbrella, Phil assures us that it was to ward off the bright sunshine during Amblers' walk around Nutfield Marshes. After the walk, they adjourned to The Dog and Duck at Outwood for lunch.

Thanks to [Phil Light](#) for the photo.



Isabel Baker: used stamps for the RNIB

If anyone has any used postage stamps they are looking to rehome, please contact [Isabel Baker](#) via isabelbkr@virginmedia.com. She is still collecting them and will send them to the RNIB.

Out & About 7's visit to Springs Smokery on 25th July

Members of O&A7 visited Springs Smokeries near Henfield. The Smokeries has been in continual operation since 1964, when it was founded by Geoffrey Harris and our host and guide, Nick, has worked there for nearly 40 years.

It is a true traditional Smokery with every fish, prime Scottish salmon, hand filleted, cured with salt then smoked in brick kilns using only whole oak logs for over 24 hours. The smoked fish are then taken to the cutting and packing department where the remaining bones are removed manually, some by using a pair of stainless-steel pliers. When Nick started, all the fish were cut into slices by hand. Now they have 2 mechanical cutting machines, one producing a D cut and one a long cut. The sliced fish are then hand packed and vacuumed sealed to give a product with a long shelf life (especially in comparison to some supermarket products). The Smokeries produces hot smoked and cold smoked salmon and gravadlax as well as smoked chicken, mackerel, and cheese. Pate is produced using scraps produced during processing.

The Smokeries strive to improve their green credentials. The surplus food waste is used by local fishermen as bait, some is used to produce electricity and the skins can be used by a local artist who produces leather type goods. The oak used for smoking comes from a local supplier using wood from Petworth. Any polystyrene boxes (in which the fish are received) are used for insulating fridges and freezers.

At the end of the tour we were treated to a buffet lunch serving all the products from the Smokeries (including the chicken we'd seen being smoked) with added salad and bread.

Most of us treated ourselves to a packet of salmon from the shop. And we all went home smelling slightly smokey but with the satisfaction of knowing we'd had a grand day out!

Thanks to [Jan Morris](#) for the report.



Walkers Extra walk on 27th July

Walkers Extra enjoyed a 4 mile walk in the Bolney area on a dull but mainly dry morning. The group are pictured standing in front of a medieval barn. After the walk we headed to The Eight Bells at Bolney for an excellent lunch (I can highly recommend the Ploughman's lunch!).



Worth Festival Choir Concert on 17th September

If you are free on Sunday 17th September, Worth Festival Choir will be performing Vivaldi's *Gloria* at St. Nicholas' Church, Worth at 4.00pm. Admission is free, donations are welcome. Thank you to [Stewart Sole](#), who is a member of the Choir, for letting me know about this.

Amblers walk and Planning Meeting on 4th August

On a dry Friday morning, Amblers enjoyed a 3 mile(ish) walk along part of the Worth Way and around East Grinstead.

After our walk, rather than the usual trip to a pub, Amblers went to Phil's house to enjoy a buffet lunch before our planning meeting. We were lucky enough to be able to sit in Phil and Yvonne's lovely garden to eat our lunch before we started planning.

Many thanks to **Phil and Yvonne Light** for their hospitality and to Phil Light for the photo of their garden.



Out & About Groups' visit to Ramsgate Tunnels on 7th August

Members of our Out & About Groups enjoyed a trip to Ramsgate and Broadstairs.

Many thanks to [Phil Light](#) for the photo taken in Ramsgate Tunnels.



Walkers Extra walk on 24th August

The forecast for our walk on 24th August predicted rain at around 11.00am. We were fortunate that it did not start raining until early afternoon and we were able to enjoy a 5+ mile walk around the Horley area before adjourning to The Farmhouse for a delicious lunch in their garden.



Walkers Extra cannot agree on the best way forward!

Petanque Group

The photo below was taken when Councillor Chris Mullins paid a visit to one of our weekly Petanque sessions. As a result of his visit, the court was finally weeded, and we had less excuses for our occasional poor throws. This photo and a short article about Councillor Mullins' visit appeared in a recent edition of *The Crawley Observer*.

The Petanque Group will be running for a few more weeks so it's not too late to join us every Thursday (weather permitting) at 4.30pm on the Petanque court in West Green Park.



Out & About 7's visit to Crawley Croquet Club on 28th August

For the fourth year in a row, Crawley Croquet Club kindly played host to members of Out & About 7 for an enjoyable morning of croquet. Thanks to **Neil and Jackie Hoey**, who are members of the Croquet Club, for arranging for us to play and their help on the day, and to **Phil Light** for organising it. **Phil Light** was this year's winner; **Keith Cooper** came second, and **Clive Morris** was third.

Thank you to **Jackie Hoey** for the photograph.



Crawley Art Society Exhibition

I recently visited the Crawley Art Society Annual Exhibition 2023 at Crawley Museum. A few of our members belong to the Society and I am delighted to report that **Pamela Wilson** received the Crawley Arts Council award for Chairman's Choice. A well-deserved award, as you will see from my photograph below.

I highly recommend a visit as you can also view the excellent photographs by Crawley Camera Club. The exhibition is on from 10.30am – 4.30pm on Thursday, Friday and Saturday until the end of September.

For reasons of space, I am only able to show one painting here. For a full selection of the paintings and photographs I took photos of, why not join our Crawley u3a Facebook page? [Crawley u3a | Facebook](#) There you will find photos of paintings by **Pamela Wilson**, **Yvonne Ellard** and **Margaret Lloyd** as well as **George Redgrave's** photographs.



Welcome to new members

I would like to extend a warm welcome to our new members:

Julia Achucarro, Gillian Clifton, Anthony Cox, Kitty Jenkinson,
Chris & Ines Manning, Fatima Moseley, Anne Newman

Write a letter to your younger self

Thank you to [Margaret Lloyd](#) for drawing this suggestion to my attention, which she found in the Learning section of the national u3a website.

According to the website:

Writing a letter to your younger self can be a cathartic and extremely thought provoking experience. Do you have wisdom now that you wish you had back then?

Have a go at reflecting and putting your thoughts to paper in this creative exercise for u3a members.

Write a letter to send back through time, to a past version of yourself - what do you want to say to this person? What experiences and hindsight will you share? What advice do you give them?

Your letter can be as short as you like and up to 1500 words. We advise you to focus on one or two areas that you think your younger self would benefit from, rather than a full biography.

If the idea appeals to you, follow the link below to read more about it:

[u3a - Write a Letter to Your Younger Self](#)

The October newsletter will be emailed to members on Monday 2nd October and posted or hand delivered to those without email shortly thereafter.

Sue Parker

Newsletter Editor

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