

# The Windmill

Eastbourne & Wealden u3a

Issue 97

Charity No. 1184226

July – September 2023



Photo by John Riley

## RAMBLING GROUP

### Finally Enjoying Good Weather

In June Norman Brown led our 4½ m morning walk from Boreham Street past Herstmonceux Science Centre and Castle with a coffee stop at Herstmonceux Church. It was a gloriously sunny day with a welcome gentle breeze. The fields were awash with yellow buttercups.

Walks are on the 2nd Fri each month starting at 10.00 a.m. As can be seen from the photo we use footpaths and climb stiles, so a certain level of fitness is required and good footwear and a walking pole is recommended.

Forthcoming walks start at Seaford Head on 14 July, Folkington on 11 Aug and Kingston, near Lewes on 8 Sept.

We give lifts, when possible, and encourage car sharing subject to a voluntary contribution towards petrol.

For a copy of the current programme please email the Group Leader, Theresa Hancock

# News from the Committee

By John Riley, Chair

## **Every member should be doing something.**

This was the Opinion of Eric Midwinter, one of the co-founders of the u3a, in the Spring edition of **third age matters**, the Third Age Trust magazine.

Every new member is told about the Principles of the u3a, that we are a self-help movement, that groups and activities are run “by the members, for the members”, and that “there is no distinction between the learners and the teachers; they are all u3a members”.

Every member should play an active part. I think most of us do. Some of us are on committees, others are group leaders, many help at our monthly meetings and socials. Some of you help with running your groups. All of us are grateful to our many volunteers for the work you do, whether on a regular or occasional basis. Thank you.

If, however, and this comment is addressed more to our newer members, of which there are 26 who have joined in 2022 and so far this year, you have not been asked to volunteer in any way, please think about what you could do. How involved do you want to be? Obviously, it depends upon how much time you have. Most of us have other interests and family commitments. There are often jobs which need doing, and group leaders can't, or should not, do everything on their own. Some groups rely on members taking their turn to lead the group occasionally. If you don't know what to offer speak with a committee member or group leader.

Indeed, if you were able to start a group or help run a group, that would be brilliant. We always need more groups but first we need someone to take charge. There is plenty of help on hand, especially from Sharon Phillips, our Group Leader Co-ordinator.

## **Changing the subject—Do you have a passion? A Story to tell. We all do.**

Last month a member told me she would like to share her story about how the British Heart Foundation was formed. She has not spoken in public before and would probably be a little nervous. She thought her talk would only last 10/15mins.

It got me thinking. Many members, probably all of us, have an interesting/amusing story inside us. One we have told to family and friends over a meal or at the pub. If it was interesting to them we would like to hear it.

Maybe we could have a couple of members giving a short talk in the second half of our monthly meetings. Or even devote a whole meeting to members' stories.

If this is something you could do, please speak with me or another committee member.

Windmill Editor: John Riley Tel: 01323 724972 and email [jwriley@btinternet.com](mailto:jwriley@btinternet.com).

Final submission date for the October – December issue is the 15th September.

## Monthly Meetings

Sometimes I think, "I won't be interested in that." But mostly I am proved wrong. The speakers we engage are experts in their respective fields and they bring their subject alive with their knowledge, presentation and humour. Very rarely am I disappointed and the feedback from members is very positive and rarely negative. Come along if you can. Victoria Baptist Church Hall, Eldon Road at 2.00 p.m.

*John Riley, Chair*



### July 4th

"A Time to Remember the 60s". A nostalgic look at a decade of change. An illustrated talk by **Paul Robbins**, BSc (Hons) BA, ISEB Cert, PHF who is a highly experienced Presenter, Historian and Author.

### August 1st

Cream Tea at JPK Project Old Town Café in The Goffs, Eastbourne (opposite St. Mary's Church) at 2.00 p.m.

See advert on p.9

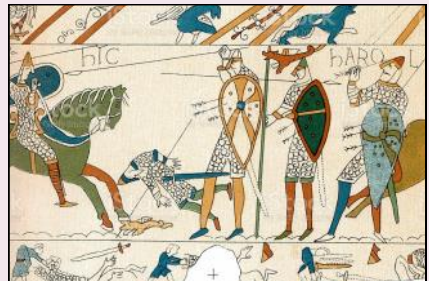


### September 5th

This month we welcome **Thea Taylor**, Head of the Sussex Dolphin Project, overseeing their research, awareness and education programmes. A marine biologist Thea will give an illustrated talk about the work of the SDP, including seals and dolphins seen locally.

### October 3rd

A treat for local historians, **David Clarke**'s talk is entitled "1066 The Battle of Hastings - We Should Have Won", an examination of the battle that sealed England's fate and ended 600 years of Anglo-Saxon rule.



## **My little bit of Heaven!** By Anne Beck

20 + years ago when I moved in to my house in Old Town, Eastbourne, I was sitting on the patio at 10 pm enjoying the warm summer evening when I heard an animal come down the steps from the top part of the garden. It was a badger. It walked past me and disappeared behind the garage. It never came back and I later found out it had burrowed underneath next door's stone wall and avoided passing me again. I never saw it again but I think it still visited the top part of my garden.

A family of foxes has always visited my garden. I think their den is at the wild area at the top of next door's garden. They use my garden as their hunting ground. Several local cats also visit and are not the least bit bothered by the foxes.

One year a vixen made a den under my unused Wendy House in a corner of the garden. As I could see she was pregnant I had been giving her some suitable food most evenings. She eventually had 6 cubs (a fluffy grey colour) and fed them on the patio in front of my lounge patio doors, a few feet away from me till they were old enough to fend for themselves. Foxy, the Mum still visits most evenings and waits for her treat of a few dog biscuits and a drink of water.

I usually find one or two Slow-worms every year and remember picking one up to show my grandchildren. It slid out of my hand leaving me with its tail. A surprise to me and the children but apparently they grow another one.

For the first few years of living here, every evening Bats would fly over the garden at dusk hunting insects. Not any more. What happened to them?

A wild animal we probably all see is the Grey Squirrel. After a ferocious windy day a while ago I went to the top of my garden and found a very small cold baby squirrel who didn't have any fur. I picked it up and made a tunnel under some dried grass and weeds and put it in and covered the entrance so that hopefully a predator would not find it. Next morning I went to see how it was and it had disappeared. Looking up at the tree above I was being watched by an adult Squirrel. I like to believe it was the Mother

I have a pond and every year the frogs and toads lay their spawn. After a while dozens of tiny frogs, the size of my thumb nail are hopping around in the undergrowth. Then later come the dragonflies and damselflies and pond skaters etc. I did once have a few goldfish but a heron got them, so no more.

Finally, yesterday (Good Friday) I watched two pigeons seated on opposite sides of the bird bath when one of them bowed its head to the other and spread its tail into a fan shape. It happened three times and then they flew off. Was it a courtship display?

Over the years the bushes have grown and the daffodils have spread themselves and the 'wild areas' are growing wilder including what was once a lawn. But who cares! The wild life are happy and so am I.

*Editor: Thank you, Anne. Who next for the October – December issue?*

## READING ALOUD – New Folk Welcome

Our Reading Aloud group is enjoying some lively debates on a wide range of topics. These have included:

1. Should the House of Lords be reformed?
2. Some unusual stories about previous coronations,
3. Pets in our lives,
4. Favourite poems,
5. and from time to time matters in the news generally.

It's good fun and keeps us curious.

A cup of tea/coffee and cake all helps.

This is a small group who meet on the 1st Wed each month at 2.00 p.m. at the Group Leader's home in Lower Willingdon, close to a bus route.

One of the group has left recently, so we would welcome new folk if you enjoy a friendly debate.

Group Leader, Pat Brinson

**Website Address:** <https://u3asites.org.uk/eastbourne-wealden/home>

*Some pages of the website are password protected and so cannot be viewed by non-*

# DAYTRIPPERS

Group Leader: Sylvia James

Payments for these trips, preferably by cheque made out to Sylvia James.

With car share passengers to make a voluntary petrol contribution to the driver. Amount dependent on number of passengers.

## **SUNDAY 23rd JULY at 3pm**

**Finchcocks Musical Museum, 51 Frant Road,  
Tonbridge Wells, TN2 5LE**

Finchcocks is an early Georgian manor house in Goudhurst, Kent. For 45 years it has housed a large, visitor-friendly museum of historical keyboard instruments, displaying a collection of harpsichords, clavichords, fortepianos, square pianos, organs and other musical instruments. Our visit will include a 30 minute recital of Haydn music played by Jean Phillips, followed by a wander around the collection led by experienced musicians. There will be an opportunity to play the instruments yourself.



This will be by car share and is about 32 miles each way. Tickets £15 to include light refreshments. Payment required by July monthly meeting.

## **MONDAY 21st AUGUST**

**Eltham Palace, Court Yard, Eltham, Greenwich.**

Explore 19 acres of award-winning gardens and step inside the striking art deco mansion. Once a favoured medieval palace and then a Tudor royal residence, in the 1930s Eltham Palace was transformed by eccentric millionaires Stephen and Virginia Courtauld. Get a taste of the Courtaulds' extravagant lifestyle as you explore their unusual home, try on a range of period costumes, follow the family trail and admire the magnificent medieval great hall.

Travel by Lynns Coaches. 14 seats reserved, so be quick. Fare £26 per person plus Entry Ticket £14.50 (or free for English Heritage members). Payment required by July monthly meeting.

## **SATURDAY 16th SEPTEMBER**

**Knole House and Park NT, Sevenoaks, Kent, TN131HX.**

Explore this 600 years old estate, including a Deer Park. Hopefully, we will see NT conservators at work in the Royal Oak Foundation Conservation Studio.

This will be by car share and is about 80 miles round trip. Entry £15 (or free for National Trust members). Payment required by September monthly meeting.

## **SUNDAY 15th OCTOBER**

**Greenwich, SE10.**

Free time to explore the heart of Maritime London.

Travel by Lynns Coaches. 14 seats reserved. Fare £23.50 per person. Payment required by September monthly meeting.



## Daytrippers visit to the Weald and Downland Living Museum at Chichester.



On Sat 27th May, eight of us travelled in two cars to this interesting and delightful outdoor museum.

It was founded in 1970 for the conservation of historic buildings. Recreating rural life from 1300-1910, on a 40 acre site, there are examples of dwellings, craft and industrial buildings.

These have been relocated from across several UK counties including Sussex, Kent, Surrey, Norfolk, Hampshire and Hertfordshire. It is staggering to see how such old buildings have been reassembled on their new site.

The ages of the dwellings range from Saxon and Medieval to Victorian and give a good sense of their daily lives. In the craft and industrial buildings you can explore the ancient methods which were used.

This museum is well worth a visit and if the sun shines, as it did for us, that is an added bonus.

Report by Sylvia James

## GLOBETROTTERS

Globetrotters continue to meet at the leader's house in Willingdon at 2pm on the 4th Monday each month. If you travel, or have travelled, extensively we would love you to share your experiences with us.

- On **24th July** Vivienne Lewis will give an illustrated talk on Peru.
- No meeting in **August**
- On **25th September** Richard Wentworth will present an illustrated talk on Chile and Argentina.

Group leader: Wendy Brownlow

*Vivienne Lewis* writes about Peru:

In July, my illustrated talk on **Peru** will mainly focus on the north of the country little visited by tourists. Most visitors to Peru visit the south concentrating on Cusco and Machu Pichu which I myself saw over 20 years ago.

Our trip was in April 2022. My interest in the north was first engendered on visiting the Metropolitan Art Museum in New York and seeing an exhibition about the artefacts recently discovered in the Tomb of the Lord of Sipan, a Moche Lord.



The guide informed me that Peruvians, like most visitors to the country think that all the wonderful archaeological sites are of INCA origin. Not so as there were many pre-Columbian people who left traces of their civilizations.

The Lord of Sipan's Tomb was found intact. We visited the site where there were replicas and then saw the original artefacts in a museum in nearby Lambayeque. The museum, in the shape of a pyramid, has won many awards. The prize exhibit which I had first seen in New York was a wonderful gold necklace made of spiders. Spiders being considered lucky as any ground full of them signified the earth would be fertile for growing crops.

We went on to see other amazing things including a museum of mummies of the Chapapoyas people located in a remote valley between the Western and Eastern ridges of the Andes.

A truly magical trip. My talk will go into more detail.



# AUGUST CREAM TEA

**Tues 1st August at 2.30 pm**

at Old Town Cafe (JPK PROJECT), 39 Church Street, Eastbourne, BN21 1HP  
(opposite St. Mary's Parish Church)

On a bus route or on-street parking in nearby roads

**COST £10.00**

**Tickets from Sandra Rowe**

## LUNCH GROUP

We are a friendly bunch of people who enjoy meeting up and eating out once a month.

We meet on the 4th Tuesday of the month at a venue chosen by one of the group members. Therefore we are visiting different venues every month.

The group is open to all members. I suggest you book early because restaurants limit numbers. If you need a lift or can offer "car share" mention this to the person organising the lunch.

The following is a list of forthcoming dates and venues with contact details.

**27 June** Smugglers, Pevensey

**25 July** The Old Oak Inn, Arlington

**22 Aug** The Cricketers, Berwick

**26 Sept** Yew Tree Inn, Arlington

**24 Oct** Royal Oak & Castle, Pevensey

Group Leader: Anne Newson

# Strollers

We have been blessed with glorious weather for our recent strolls. These have been along the seafront to Holywell, around Hampden Park and South Harbour, always mostly flat and less than 2 miles at a gentle pace. We stop at a café either part way round or at the end. The start point is usually on a bus route or where there is easy parking.

All strolls are on the 2nd Monday of the month.

Group Leader: Carolyn Brown.



## **Monday 10th July at 10.30 am**

Meet Arlington Reservoir. Use roadside lay-bye or car park (charge £2.50). Phone Carolyn if lift required.

It is a 1.75-mile gentle stroll. There are slight slopes, but we will stop at the reservoir dam for a break and to admire the view. There are seats. We finish with coffee and cake at the Shack Café.

## **Monday 8th August at 10.30 am**

We meet at the entrance to Manor Gardens in the Goffs opposite The Lamb Pub next to Waitrose. Served by buses Stagecoach 1, 1A and 4 and Brighton and Hove buses 12A and 12X.

We walk around Manor Gardens and Gildredge Park, looking out for the white squirrel and stopping at the Hermitage. After coffee at the café near the tennis courts, we complete the circuit.



## **Monday 9th September at 10.30 am.**

We meet at Sovereign Harbour, near the Fish and Chip shop (pictured) and the raising bridge.

We will walk across the bridge and then east around the North Harbour, returning via the seafront before stopping for coffee! Depending on the tide we might see the grey and harbour seals.

## GARDEN GROUP

The Garden Group is now full for this year with 8 members.

At the April meeting we covered composting - why make compost, types of compost bin, choosing a compost bin, hints and tips, using compost in the garden.

At the May meeting we covered the following topics:

- Members favourite plants/flowers
- Garden time savers - taming your lawn (e.g. simplifying the shape), using carpeting plants to suppress weeds (e.g. using ground covering plants to produce a low growing carpet that deters weeds)
- We then moved on to an introduction to organic gardening. The organic approach aims to minimise our impact on the wider environment by avoiding the use of materials from non-renewable resources, recycling where possible and keeping the use of pesticides to a minimum.

The group members are sharing a wealth of gardening experiences, problems and solutions.

*Group Leader: Charles Ackerman*



Image by stockiu on Freepik

## National u3a Learning Events

u3a members can join a wide range of online talks, workshops and courses for free with their membership! All organised by the Third Age Trust.

Most of these opportunities are presented by members of other u3as themselves; sharing their knowledge or skills with members across the movement. The Third Age Trust also have a wide range of talks on offer from well-known speakers and organisations, plus in-person events at venues like the Royal Institution.

The online events are hosted on Zoom.

The u3a also runs many projects, initiatives and competitions available for all members to get involved in.

For full details of all such events see <https://www.u3a.org.uk/events/educational-events>.

The courses include the following:

- |                                      |                           |
|--------------------------------------|---------------------------|
| ◆ Adapting to Climate Change.        | ◆ Exploring World Faiths. |
| ◆ Meditation and Mindfulness.        | ◆ Van Gogh.               |
| ◆ Laughter Yoga.                     | ◆ Expedition Cruising.    |
| ◆ Introduction to CrypticCrosswords. | ◆ Philosophy and Travel.  |
|                                      | ◆ History of US Military  |

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## GROUP CONTACTS, MEETING DAYS AND TIMES

Group Leader Co-ordinator: Sharon Phillips

**Some groups are full. Please ask to be put on the Waiting List. Any problems, tell Sharon.**

GROUP	GROUP LEADER	PHONE/EMAIL	MEETING DAY	TIME	VACANCIES
Canasta	Mike Garner		Every Fri	14.00	Enquire
Day Trippers	Sylvia James		Varies	Varies	Open to All
Dining	Sharon Phillips		3rd Fri	18.30	Open to All
Spoken French	Susan Winge		Wed twice monthly	14.00	Enquire
Gardening	Charles Ackerman		4th Wed	14.00	Enquire
Globe Trotters	Wendy Brownlow		4th Mon	14.00	Yes
Literature	Christine Neuss & Janet Harper		2nd Wed	14.00	Enquire
Luncheon Club	Anne Newson		4th Tues	12.30	Open to All
MahJongg	Cheryl Bone		1st & 3rd Mon	10.00	Enquire
Music Makers	Ann & Ted Barden		2nd Thurs	10.00	Yes
Musicality	Bill Kipling		3rd Wed	14.00	Enquire
Photography	Norman Brown		3rd Mon	14.00	Enquire
Rambling	Theresa Hancock		2nd Fri	10.00	Open to All
Reading Aloud	Pat Brinson		1st Wed	14.00	Enquire
Reading for Pleasure	John Moore		1st Mon	14.00	Enquire
Small Group Lunches	Barrie Pipe		4th Tues	12.15	Open to All
Spanish	Anne Barden		Alternate Mon	09.30	Enquire
Stretch & Balance	Sylvia James		Every Tues except 1st Tues	14.00	Yes
Strollers	Carolyn Brown		2nd Mon	10.30	Open to All
Ten-Pin Bowling	John Phillips		2nd & 4th Tues	10.15 for 10.30	Enquire
Theatre	Margaret Kipling & Marion Ward		Varies. Open to all.	Varies	Open to All