

# **Summer Newsletter 2023**

## **Introduction by Acting Chair Richard Collisson**

This is the last newsletter before the AGM in July for which there is paperwork enclosed. You are urged to attend and participate in the voting for your new committee. I am pleased to report that we have volunteers for the committee posts of Chair, Assistant Treasurer and Venues for monthly meetings, as well as volunteers for regional matters, speakers secretary and social events.

What a year it has been: the death of The Queen, a new monarch Charles III, the ongoing war in Ukraine, the lifting of pandemic restrictions and the mass rollout of vaccinations.

It has been a good year for Hastings and Rother u3a. Having come out of pandemic restrictions we have reinstated u3a activities we all love as well as increase the choice of groups. With over 600 members we need some new groups. Please come forward and contact Lynda, the Groups Coordinator, and ask for advice if there is a group you want to start.

I am also pleased to report that we are joining a cluster of nearby u3a. Hopefully, we will be able to organise some regional activities. Watch this space.

I am sure you will join me in thanking all those incoming committee members.

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## **Notes and Notices**

### **Changes to Our Subscriptions and Membership Year**

The committee has taken the decision that in order to keep H&R on a stable footing we must increase our subscription rate. For the last 3 years it has been held at £15 per year. However, we face increasing costs from suppliers such as our venues and speakers as well as increasing fees from the Third Age Trust.

**Our new rate will be £17 for individuals and £34 for joint memberships.**

We have canvassed other u3a's in our area and their fees range from £15 to £19 so we believe it is a fair adjustment.

However, we are changing the dates of our membership year to align with our financial year. We are doing this to make our budgeting and reporting clearer in the future. To achieve this we will be making renewal fees pro-rata for 7 months from 1 September 2023 to 31 March 2024. Then from 1 April 2024 to 31 March 2025, individual membership will become £17.00 for a full 12 month subscription.

### **AGM - 24 July 2023**

#### **St Peter's Community Centre, Old Town, Bexhill, TN40 2HE**

Included with this Newsletter you will find the documents you need to participate fully in this year's AGM. This year it is more important than ever with both Chair and Vice Chair Due for election. We are also required to confirm the incumbents for the continued function of the committee on your behalf. Although our existing committee is full of dedicated and in many cases long serving members it is important not to overload them with multiple roles.

Several members have responded to our previous appeal and are already involved with the committee to get up to speed so that when elected they hit the ground running for a smooth handover.

**Please put this date in your diary, come along and enjoy a cream tea with us after voting in our new Chair.**

### **Acknowledgements**

We would like to thank all who contributed to the ongoing activities of Hastings and Rother u3a in particular to Richard Collison who having stepped up as acting Chair for most of this year has chosen to step aside to allow a new Chair to be put in place. He continues to work tirelessly to assist in the smooth transition.

## U3A Chair and Vice Chair Candidates as of June 2023

**Chair:****Nominee:   Derek Hussey**

The committee is very pleased to announce our candidate for Chair, Mr Derek Hussey. Derek has been co-opted as Vice Chair now and will be Proposed for election as Chair at the AGM. We are delighted that he has stepped forward to take the helm which means we have avoided the imminent closure of our u3a. You will be able to meet and chat with Derek at our AGM

**Vice Chair:       Open****Nominee:**

This post is currently without a nomination. Are you able to take this up?

**Assistant Treasurer:****Nominee:       Ewa Goulding**

Ewa is currently working with Josephine to help administer the H&Ru3a account in an administrative role. She is not required to attend Meetings on a regular basis.

## **Your Committee** **Subject to AGM on 24<sup>th</sup> July 2023**

**The following existing members of the committee are prepared to continue in their roles for the coming year.**

Treasurer:	Josephine Noyce	<a href="mailto:treasurer.hru3a@gmail.com">treasurer.hru3a@gmail.com</a>
Minutes Secretary:	Jenny Meteyard	<a href="mailto:minutes.hru3a@gmail.com">minutes.hru3a@gmail.com</a>
Business Secretary:	Ginny Edwards	<a href="mailto:secretary.hru3a@gmail.com">secretary.hru3a@gmail.com</a>
Initial Enquiries:	Sue Shilstone	<a href="mailto:initialenquiries.hru3a@gmail.com">initialenquiries.hru3a@gmail.com</a>
Membership Secretary:	Matilda Jarvis	<a href="mailto:membership.hru3a@gmail.com">membership.hru3a@gmail.com</a>
Website Administrator	Brian Gould	<a href="mailto:website.hru3a@gmail.com">website.hru3a@gmail.com</a>
Newsletter Editor:	John Goodwin	<a href="mailto:newsletter.hru3a@gmail.com">newsletter.hru3a@gmail.com</a>
Speakers Secretary:	Pandora Bastian	<a href="mailto:speakers.hru3a@gmail.com">speakers.hru3a@gmail.com</a>
Venues Coordinator:	April Yasamee	<a href="mailto:venues.hru3a@gmail.com">venues.hru3a@gmail.com</a>
Beacon Administrator:	Tricia Jobling	<a href="mailto:database.hru3a@gmail.com">database.hru3a@gmail.com</a>
Regional Liaison:	Carole Benton	<a href="mailto:regional.hru3a@gmail.com">regional.hru3a@gmail.com</a>

**In Addition the following have volunteered to help the committee and to take on supporting roles:**

Wendy McNally Has joined our Newsletter team.

Christine Evans is assisting the Chair as Monthly Meeting Coordinator:

## **Events**

### **2023/24 Speaker Programme**

**Venues: St Peter's Community Centre, Old Town, Bexhill, TN40 2HE**

**Or: White Rock Theatre, Hastings, TN34 1JX**

*10.00 Coffee*

*10.30 Notices*

*10.45 Speaker*

*12.00 Close*

### **Monday 25<sup>th</sup> September 2023 - White Rock Theatre**

**Gypsum & the Mountfield Mine - David Alderton**, a retired lecturer in Geology, talks about the local mine where gypsum has been extracted for 150 years. Telling us how the deposits were discovered, and how they were formed and mined.

### **Monday 25<sup>th</sup> October 2023 St Peters Community Centre**

**The Honourable & Dishonourable Art of Acting - Malcolm Jones**,

an Accredited Lecturer for the Arts Society, who lectures on Theatre & Entertainment History tells the story of Actors, often seen in the past as rogues & vagabonds, and the long & lively road to respectability filled with fascinating characters.

### **u3a Regular Coffee Mornings**

You are cordially invited to come along and meet some of our members for a coffee and a chat. These coffee mornings are held between 10.30 am to 12 noon on the second Monday and Thursday of each month at two separate venues. Please choose the venue that suits you or come to both. Just make yourself known to the group. N.B. The venues below host our get-togethers at no charge so it is only a courtesy to purchase a beverage when attending.

#### **Venue 1:**

Second Monday  
White Rock Hotel Hastings  
Coffee Bar/Restaurant  
Roadside parking meters nearby  
(98 and 99 buses stop nearby)

#### **Venue 2:**

Second Thursday  
De La Warr Pavilion, Bexhill  
Go to the cafe on the 1st floor.  
Lift available if required.  
Plenty of parking available  
(99 bus stops nearby)

## **Risk Assessment Guide**

### **An introduction from New Venues co-ordinator April: To Risk or Not a Risk?**

Greetings to all the Convenors who organise a wide variety of events for U3a members in hired venues. This means any venue that requires a Risk Assessment for our **The Third Age Trust (TAT)** public insurance This could be any inside room that you hire for your activity eg:

- a community centre room,
- church hall
- sports centre.
- Club premises

Here is a reminder from the current Venues Policy document:

“Whenever an outside venue is used a risk assessment **MUST** be done of the premises and activity. (downloadable proforma available from the H&R website) and a copy passed to the Business Secretary.”

If you do organise a group activity in such a venue, we ask that you complete a **U3a Risk Assessment Form** You'll find this on the U3aHastings&Rother website:  
[u3asites.org.uk/hastings-rother/home](http://u3asites.org.uk/hastings-rother/home)

1) Click on **Links** on the top menu. 2) From the **Links** page, scroll down & Select **venue risk assessment checklist**; 3) this opens the **Risk Assessment form**. 4) Complete this form.

Return it to me via email at [venues.hru3a@gmail.com](mailto:venues.hru3a@gmail.com) or post it to Ginny Edwards the Business Secretary: Flat 4 St Peter's Mews, Church Street, Bexhill TN40 2EU

Or, as volunteer Venues Co-ordinator I can send you a Risk Assessment Form via email.

We keep the forms safe as proof of our compliance.

***N.B. You do NOT need to complete a Risk Assessment for group activities within your own home, in a public cafe, pub or restaurant (they have their own Public Liability Insurance) or if you are taking outside walks around the countryside.***

If you have any queries do contact me via email [venues.hru3a@gmail.com](mailto:venues.hru3a@gmail.com)

Thank you

Stay active. Stay healthy, Stay Safe!

## **Light Reading**

### **A Short Thesis on Anti-Social Behaviour in Socks.**

There was a time, not so long ago, when socks paired for life. In those days they were bought as a pair, worn as a pair, and often met their demise as a pair. Nowadays this is not the case. It is quite a difficult task to find a single pair of socks in a shop. They are usually packaged in sets; occasionally a pair of pairs, sometimes a six-pack, five-pack or buy two get one free pack, arranged in cardboard retainers or plastic packets and hung on display stands to catch the eye of the passing shopper.

Back in those innocent days socks were in general made of wool or cotton, with a small exclusive provision in luxurious silk. The public had little difficulty in keeping their socks in order having just sufficient to maintain their feet from one washday to another. Furthermore, socks were more cherished. They were looked after, hand washed when noticeably niffy, darned when holed, and even when beyond repair unpicked to provide wool for the next generation, thus extending their DNA (Darning, kNitting and Alterations) to further modifications of the genus. Nowadays, while not necessarily discarded at the first sign of wear or tear, they are at least semi-retired and never recycled into the community.

Socks by their nature have always been somewhat downtrodden and in the case of size nine and above heavily downtrodden. Unlike other clothes, that exist in the egalitarian society of the wardrobe, socks have always been consigned to the ghetto of the sock draw, shunned by jumpers, shirts and even underpants, not even ironed or folded and laid in piles, but rolled into balls and tumbled willy-nilly together, for the most part, used but unloved. That is why the instinct for pair bonding is so important to the honest god-fearing sock.

Despite their pedestrian nature, monogamous behaviour among socks is not a foregone conclusion. In the case of a multi-pack of same colour footwear, it is positively incestuous. From the moment, one breaks the cotton umbilical that has held the pair together since leaving the factory there is a propensity to be unfaithful. It has to be said that there is also a tendency towards racialism among the sock community, marriage between even similar colours is rare and any such accidental mismatch is treated with derision among socks and their wearers alike.

There are of course always those who are rebellious enough to go their own way, plough their own furrow, or go AWOL. It is hard to say what motivates these individuals to go walkabout but it is evident that this is happening more and more often.

Since the advent of the washing machine, the conundrum of the lone sock, when all the others are balled and put away, has been on the increase. It can be accounted for in part by the thrill-seeking sock, which adheres itself to the drum of the washing machine intent on getting a second ride. These are easily spotted by their paler

colour and a tighter fit from shrinkage. Modern techniques in sock management can almost eliminate this by pairing the socks as they are hung on the line and investigating the drum to find the partner of any poor-benighted sole left to hang alone. Not that the discovered loner need be entirely innocent, it could be the return of one that has had a sojourn in the hosiery version of Never-never Land, maybe having enjoyed the pleasures of the flesh from some other athlete's foot.

Currently, there is no knowing where socks go in the Dreamtime but a straw poll suggests that about one sock in thirty is missing at any one time. Given the population of Great Britain at about sixty-six point five million of whom sixty percent own seven or more pairs of socks, the sock population of the UK would be about five hundred & sixty million. That means that at any one time more than eighteen million socks are unaccounted for. Could it be that some foreign power has abducted them, in order to keep their feet warm in preparation for some fiendish invasion plan? Or are they, the socks that is, simply moving around among us according to some will of their own?

I call upon the Government to commission a project to investigate the matter with some urgency. Surely, it is not impossible in these days of satellite tracking and global positioning to trace the movements of a simple sock.

*All offers of research grants to John Goodwin, Ridge Writers, H&R u3a.*



## **Editorial**

If you would like to contribute to our Newsletter, please contact the team with any articles and pictures of u3a activities, group information or events both recent and planned.

**For inclusion in the Autumn 2023 issue please send as an attachment by e-mail to [newsletter.hru3a@gmail.com](mailto:newsletter.hru3a@gmail.com) before the 10th of September**

Best wishes from the Newsletter Team: John, Anne and Chris.

## Poetry Corner

### Incel Survivor by Susan Jones

The secret is to act as if  
You don't feel like a sinking ship.  
To roll and sway as best you can.  
Be not afraid of any man.

Make of your heart a core of steel.  
Never show them what you feel.  
Smile while under your wounded wing,  
You hide a short, sharp, poison, sting.

Yet deep within eternal spark  
Of love will light your future path  
Love they'll never know because  
Their twisted hearts are full of pus.

And they are closed forever thus  
All vitriol is aimed at us.  
Pity those who do you wrong,  
For they will sing an empty song.

Although the world cares not your pain,  
Believe that love will rise again.  
Feed it with a child's pure smile  
Or sit amongst the trees awhile.

Read the words that make you strong.  
Nurture those you live among.  
Kindred spirits old and young.  
And when the storms of nature's fury

Crush and crack oppressions crown,  
You will float and they will drown.  
Bide your time, revenge is sweet.  
You'll lay their failures at their feet.

Stand your ground when they attack.  
Empathic souls will have your back.  
Leave them howling at the burnt out sun  
A life forever on the run.

Ignore the ones who scourge and mock.  
Use your brains to form a block.  
Halt the raging tide of blame,  
With barricades of law and shame.

### **And one from Lorna but Written by ChatGPT. Instruction:**

#### **"Write a poem, in the style of Shakespeare, about Hastings & Rother U3a"**

In fair Hastings, where wisdom finds her home,  
There lies a guild of knowledge, bright and fair,  
Where minds of age with fervor ever roam,  
U3A, a bastion of wisdom rare.

With Rother's gentle flow, they gather near,  
The learned souls in harmony unite,  
Embracing fellowship, devoid of fear,  
Quest for knowledge shines in joyous light.

Oh, U3A, where friendships intertwine,  
The threads of shared interests tightly bound,  
From art and science to literature's shrine,  
In you, true camaraderie is found.

In classrooms, gardens, and on sunny shores,  
They gather, eager minds in vibrant bloom,

Their quest for knowledge ever onwards soars,  
With open hearts, they conquer any gloom.

Through lectures, workshops, and lively debates,  
They foster wisdom, yearning to explore,  
Each day, a canvas for discoveries great,  
In U3A's embrace, they find rapport.

In Hastings' streets and by Rother's side,  
U3A stands as a beacon so bright,  
With knowledge as our compass, we shall stride,  
Towards horizons bathed in wisdom's light.

Hastings and Rother U3A, we commend,  
Your legacy of learning, without end.



## **In the Good Old Summer Time**

At the time of writing The Met Office Extreme has already issued heat warnings and with summers becoming warmer it is probably wise to follow the advice for coping with the heat and to watch out for sunburn and heat exhaustion.

### **How do hot temperatures affect the body?**

**Dehydration:** Drink enough water to make sure you replace that lost through urination, sweating and breathing

**Overheating:** This can be a particular problem for those with heart or breathing problems. Symptoms include tingling skin, headaches and nausea

**Exhaustion:** This is when you start to lose water or salt from your body. Feeling faint, weak, or having muscle cramps are just some of the symptoms

**Heatstroke:** Once a body temperature reaches 40C or higher, heatstroke can set in. Indicators are similar to heat exhaustion but the person may lose consciousness, have dry skin and stop sweating.

### **There are things you can do to beat the heat.**

#### **1. Stay hydrated**

Drink enough water throughout the day but avoid drinking very large amounts before bed. You probably don't want to wake up thirsty - but you don't want to take an additional trip to the bathroom in the early hours either.

#### **2 But think about what you drink.**

Be careful about soft drinks. Many contain large amounts of caffeine, which stimulates the central nervous system and makes us feel more awake.

Avoid drinking too much alcohol as well. Many people drink more when the weather is hot. Alcohol might help us fall asleep but it promotes early morning waking and a poorer quality of sleep overall.

#### **3 Remember the basics.**

Take steps to make sure your bedroom is as cool as it can be at night. During the day, draw the curtains or blinds to keep the sun out. Make sure you close the windows on the sunny side of your home, to keep hot air out. Open all the windows before you go to bed, to get a through breeze.

#### **4 Use thin sheets.**

Reduce your bedding but keep covers handy. Thin cotton sheets will absorb sweat. However hot it is in your bedroom, your body temperature will fall during the night. That's why we sometimes wake up feeling cold.

**5 Chill your socks.**

Using even a small fan can be sensible in hot weather, especially when it's humid. It encourages the evaporation of sweat and makes it easier for your body to regulate your internal temperature. If you don't have a fan, try filling your hot water bottle with ice cold liquid instead. Alternatively, cool socks in the fridge and put those on. Cooling your feet lowers the overall temperature of your skin and body.

**6 No napping.**

Hot weather can make us feel a bit lethargic during the day. That's because we're using more energy to regulate our internal temperature. But if your sleep is disturbed at night, try to avoid napping during the day. When it's hot, sleepiness can be precious - save it for bedtime.

**7 Keep to routines.**

Hot weather can encourage you to change your habits. Don't. That can disrupt sleep. Try to keep to your usual bedtime and routines. Do the things you normally do before bed.

**8. Stay calm.**

If you're struggling to sleep, get up and do something calming. Try reading, writing, or even folding your socks. Just make sure you don't play on your phone or a video game - the blue light makes us feel less sleepy and the activity is stimulating. Return to bed when you feel sleepy.

**9. Watch out for others.**

If someone has heat exhaustion, follow these 4 steps:

Move them to a cool place.

Remove all unnecessary clothing like a jacket or socks.

Get them to drink a sports or rehydration drink, or cool water.

Cool their skin – spray or sponge them with cool water and fan them. Cold packs, wrapped in a cloth and put under the armpits or on the neck are good too.

Stay with them until they're better.

They should start to cool down and feel better within 30 minutes.

**10. Get over it**

Most of us need about seven to eight hours of good-quality sleep each night to function properly. But remember that most people can function well after a night or two of disturbed sleep. Although you might yawn a little more frequently than usual, you'll probably be fine.

*These tips were based on suggestions by Prof Kevin Morgan, former director of the Clinical Sleep Research Unit at Loughborough University, and Lisa Artis, of the Sleep Council. This article was first published in July 2019.*

## **Group News**

### **Ridge Writers Change of Venue:**

Having experienced difficulties finding a suitable venue the group has found a new home and will now meet on the second and third Tuesdays of each month starting at **10:30 am** in the restaurant area at:

**The Bull Inn Bexhill Rd TN38 8AY (in the restaurant area)**

### **Bexhill Storytellers.**

We are sorry to report that Barry Taylor passed away on Friday 26 May. His Writers Group will merge with Ridge Writers and will continue to meet as before on the **last Friday of each month from 3.30-5.30**, at the same venue, as long as there is a continued interest:

Enquiries: [john@jgoodwin.info](mailto:john@jgoodwin.info) Tel:07307878647

### **the History Group 2. has vacancies:**

At 2.30pm on the fourth Wednesday of the month a group of inquisitive historiophiles gather at a pre-determined venue to be enlightened about the world and its peoples. Choice of subject is made in advance, more or less democratically. After demolishing the host's biscuits they leave a small monetary deposit and flee into the night (usually about 4.40 pm), only to reconvene at a different venue the following month.

If you're interested in joining the group, please contact Ernie Grice by phone 01424 433034 or by email: [egrice24@gmail.com](mailto:egrice24@gmail.com).

### **Table Tennis**

We meet at the Hollington Community Centre, Wishing Tree Road, TN38 9LL every



Monday afternoon (barring bank holidays) between 2 - 4 pm to play Table Tennis. Usually between 8 - 14 players and we play singles and doubles. A very mixed ability group, we don't take ourselves too seriously, it's all about having fun. If we are very busy it is possible to have 5 table tennis tables so 20+ players are easily accommodated.

It costs £5 per person per session plus 50p for tea/coffee and another 20p for biscuits and sometimes cake. We always stop for a refreshments break halfway through, a chance for a good natter.

More members are always welcome, come and see if you like us.

Maira Foster (Convenor)

## **Looking Forward.**

We are planning a thank you tea for all our hardworking Convenors in **September** date and time to be advised.

### **Thursday October 5<sup>th</sup> 2023**

We are planning a social evening at the **Manor Barn Bexhill Old Town**. Entertainment will include a fun Icebreaker lesson in Modern Jive followed by music for general dancing. Complete with Cold Buffet Members and guests welcome.

There is a licenced bar and ample parking nearby.



**Tickets £15.00pp on sale after AGM**

### **Our Facebook Group.**

We will shortly be updating and developing our Facebook Group to provide regular updates re Events etc.

You can follow our progress just type "Hastings & Rother u3a" (and then press enter) into the Facebook Search Bar at the top of the Facebook homepage.