

26th March 2024

### Special points of interest:

- \* Monthly Meeting
- \* A word from your Chair

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## News Bulletin



YOUR NEXT NEWS BULLETIN WILL BE PUBLISHED ON May 28th 2024

### Monthly Meeting

**Monday 8th April at 2-4pm at the LANCING PARISH HALL, South Street, Lancing**  
**Guest Speaker Neil Sadler "(Almost) Death in Paradise"**

Neil trained as a school teacher and worked on the Isle of Man before returning to England for a very brief spell as a civil servant based in Bristol. In 1978 he decided that an office based job was not for him and he joined Sussex Police. He spent much of his 30 years service as an operational officer in various ranks across Sussex, working briefly in Hong Kong, Trinidad and Abu Dhabi....he even survived Bognor Regis, Haywards Heath and Crawley!

### REFRESHMENTS

Don't forget, help is *always* needed and very much appreciated, especially with clearing and washing up at the end of a meeting. We need YOU

### A word from your Chair

A very Happy Easter to all our readers! Because of the bank holiday on Easter Monday, our April meeting is on the 8th. This is the third of our meetings with a guest speaker. There will be another in May and then a break during the summer months for our AGM, Showcase and Summer Quiz. This year we won't meet in August but there will be two more meetings with speakers in the Autumn. Please see the details elsewhere in this Bulletin.

Very shortly, we shall be sending out the notice for our AGM in June together with a nomination form for the positions that we need to fill. There are

more details about the vacancies in this Bulletin. Please think carefully whether you could give a little of your time to help run your u3a. There are definitely opportunities for all tastes and inclinations! As a charity we are legally obliged to fill certain key posts but, just as importantly, sharing the work makes it easier for everyone.

I thought that I should confirm that no one was fined for car parking at our previous meeting in early March. There was a temporary fault in the NPC system that has been fixed. I know that several members were issued with tickets which were cancelled once the fault was discov-

ered. Of course, no one likes to receive something like that in the post and the Parish Council have apologised for the worry and inconvenience. Please just follow the guidance that is reproduced later in this Bulletin and there should be no problems. Do let me or another committee member know if you are concerned for any reason.

Lastly, if you have any suggestions for how we can do what we do even better, then do drop us a line. After all it is your u3a!

Best wishes for the Easter holidays,  
David

## Quiz



1. What month does Spring begin in the Northern Hemisphere?
2. What Christian feast day can take place any Sunday between the 22nd of March and 25th of April?
3. Every year, millions of tourists visit Japan during the springtime to admire which flower?
4. What kind of animal delivers Easter eggs to children?
5. How long is the nighttime on the day of the Spring Equinox?
6. What kind of dancing might you see at a town fair on May Day in the UK?
7. The 1st of April is also known as what?
8. From March until May, the Keukenhof gardens in the Netherlands thrill visitors with their splendid fields of what kind of flower?
9. Which BBC TV programme follows springtime wildlife in the UK?
10. What month does Spring end in the Northern Hemisphere?
11. Who is the Goddess of Spring in Roman Mythology? Flora / Aestas / Juno / Pulchra
12. Spring is when many animals wake up after hibernation. Which of the following animals does not hibernate during winter? Tortoises / Chipmunks / Bats / Pandas
13. On Holi, Indians celebrate the end of winter by throwing what? Flowers / Turmeric / Painted leaves / Powdered Paint
14. Mayflies spend most of their lives underwater, emerging in late spring to mate. How long does an adult mayfly live once it flies out of the water? One to Two days / Four days to a week / About a week / About two week
15. Which of the following spring flowers is not grown from a bulb? Lilies / Sweet Peas / Crocus / Tulips
16. Thai New Year, known as Songkran, takes place during which Spring month? March / April / May / It changes each year.
17. Which of these is a typical ingredient in hot cross buns? Dried Cranberries / Lemon Zest / Orange Juice / Chives
18. Which of the following animals gives birth during spring? Skunks / Hedgehogs / Squirrels / All of the above
19. Where would you have to stand to see the sun pass directly above you during the Spring Equinox? The North Pole / The South Pole / The Northern Tropic / The Equator
20. In which Spanish city does the *Las Fallas* festival take place every year on the 1st of March? Barcelona / Bilbao / Valencia / Seville





## Monthly Meetings - Speakers

## 2024 Programme

**13th May 2024 - Ron Marsh "Felt Hat and Dusty Boots"** The outer and inner journey of a post war lad to India In his twenties (the 1970's) he left home to go round the world with a possibility of never returning. He travelled through Scandinavia and got to India where he spent some nine months. He never did go round the world as he says he achieved what he was seeking there!

**10th June 2024 - Annual General Meeting**

**1st July 2024 - "New" Summer Quiz**

**August 2024 - NO MEETING**

**2nd September 2024 - Interest Groups' Showcase**

**7th October 2024 - Paul Weakly "A Tenors Worth"** A musical trip down memory lane

Operatic tenor Paul Weakly, famous for his annual triumph at the Crawley Proms and performances in the renowned D'oyly Carte will add fun, emotion, laughter and tears to your afternoon entertainment.

**4th November 2024 - Tony and Lizzie Gilks "The Way We Were"**

Depicts Britain during the two world war with humour, dramatisation, costumes and memorabilia

**2nd December 2024 - Christmas Event**



## Lancing and Sompting u3a - Welfare

Jan Smyth is our Welfare Officer,

If you are a Group Leader and you haven't heard from one of your group, for a while, please be encouraged to contact them to enquire why."

Or, as a member, if you know of anyone in our u3a who is ill, or you feel needs a cheer, please contact the

**Welfare Officer (detail below).**

**Welfare Officer: Jan Smyth.**

**Email: [memseclandsu3a@gmail.com](mailto:memseclandsu3a@gmail.com)**



## Monthly Meetings - Car Parking

This is a just friendly reminder to all our members regarding parking in the Parish Council Car Park on Chester Avenue.

I believe that many of you have already successfully registered your car number plate on the iPad at the reception desk. On each occasion, the key thing to remember is to complete the **whole** process within 15 minutes of arrival at the car park entrance. This **includes** confirming your vehicle details once they are displayed on the second screen. If you do not do this, your registration will fail and you will most likely receive a fine in the post. As there may well be a short queue on busy days, please allow enough time to complete your vehicle registration **before** checking in for the meeting. If in any doubt, ask the receptionist on duty to help.

Please see below a copy of the notice from the Parish Council highlighted in red.

Car parking at the Parish Hall is managed by NPC (National Parking Control) using number plate recognition cameras 24/7.

Vehicles must register for an event or meeting via the tablet at the reception desk, any unregistered vehicles will be subject to an enforcement notice by NPC.

There is a 15min grace period for drop offs or pick-ups, after that time vehicles will be subject to an enforcement notice by NPC.

Parking in the disabled bays and not displaying the correct disabled documentation will be subject to immediate enforcement notice regardless of the 15min grace period.

Once an enforcement notice is issued by NPC anyone disputing the notice will be dealing with NCP not Lancing Parish Council, we have no input once the notice is served.

Overnight parking after an event is not permitted and will result in an enforcement notice being issued.

Only users of the Parish Hall are permitted to park in the car park. Users of the car park do so at their own risk – Lancing Parish Council accepts no responsibility for damage, accident or loss.

## Membership Renewal Forms

**2024/25**

### ANNUAL MEMBERSHIP PERIOD 1st APRIL TO 31st MARCH

**Renewal of your annual membership is due NOW.** To renew your membership of Lancing & Sompting u3a for 2024/25 online, please go to

<https://forms.gle/NcZCdUcodrtwMCGg6>

\* Please be careful to select the correct level of membership for you. **In particular, whether you wish to receive Third Age Matters/u3a Matters by post for an additional charge of £4.00**

If there are no changes in your circumstances from last year, it just takes a minute or two to complete - it's perfectly safe to complete online. Your answers get copied to a secure spreadsheet and our membership secretary processes them in small batches once she has also received your payment.

If you prefer to complete a printed form, please download one from the membership page of our website and post it to Mrs Janice Smyth at the address on the form.

\* Our basic subscription rates have not changed this year but, if you would like to receive the quarterly Magazine—**Third Age Matters (TAM)/u3a Matters - by post**, then there will be a small additional charge of £4.00 for this service. However, you can always read the current and previous editions for free [online](#).

Individual Member - £12

Individual Member + TAM/u3a matters - £16 (new)

Joint Members - £20

Joint Members + TAM/u3a Matters - £24 (new)

Associate Member - £8

Joint Associate Members - £12

Honorary Member - Nil

We're looking forward to seeing you all again at our meetings.

Kind regards, David



## Lancing and Sompting u3a AGM – 10<sup>th</sup> June 2024

### Committee Posts from June 2024/25

#### NOMINATIONS FOR OFFICERS & COMMITTEE POSTS.

Nominations are sought for the following posts:

CHAIR This role is for 2 years.

VICE CHAIR This role is for 2 years.

SECRETARY\* This role is for 2 years.

MEMBERSHIP SECRETARY This role is for one year.

GROUP COORDINATOR This role is for one year.

4 GENERAL COMMITTEE MEMBERS# This role is for one year.

*BULLETIN EDITOR AND WEBMASTER \*\* (Additional help from the membership but does not have to be a committee post)*

If you, or someone you know, would be interested in one of the above roles, please contact the Chairperson (chairlandsu3a@talktalk.net) or Secretary (secretary.landsu3a@gmail.com).

If you would like to find out more about these posts, you are welcome to attend our next Committee Meeting, which is on Thursday 18th April 2024, from 10.00am, at Chesham House.

\* The current holder, of this post, has indicated he is prepared to continue, if elected, in this office, for the ensuing year/s.

#The current (3) General Committee members, have indicated they are prepared to continue, if elected, in this post for the ensuing year

*\*\*Alongside committee roles there are lots of people who can volunteer on a more informal basis for the u3a. This includes the people who prepare meeting rooms and help with the refreshments for member's meetings and much more !*



## Group News

### Play Reading Group

Play Reading Group - there are currently spaces in this group.

Also to say that I wish to step down as leader by July so a volunteer is needed for Autumn onwards!

**Roger Frewin, Group Leader**



### Gardening Group

" The Gardening Group had its second group visit to [Highdown Gardens](#) on 11 March. Despite being a rather cool and overcast day, members enjoyed a walking tour of the gardens ending up in the onsite café.

Of particular note were the extra-tall snowdrops (*Galanthus plicatus* subsp. *Byzantinus*) and [Stachyurus praecox](#) with its striking drooping racemes of yellow-green bells.

u3a members are recommended to visit to this local and free entry garden with its most interesting history at any time even just for its wonderful location at the top of the Downs.

It's now time to look for a new group leader from this summer. We meet monthly during the afternoon on the second Monday, mainly in members' homes with



the occasional group outing to a local public or National Trust garden. As well as discussing any aspect of gardening that members might raise, we regularly swap seeds, cuttings and tubers. Typical attendance is between 10-12 members. If you're interested in leading or joining this happy group, please get in touch via the Chair's contact button on the website or at any General Meeting."

**David Herson**



## Walking Group



### Monday 8th April to 24th June 2024 planned walks

*If you wish to join any of the following walks, please book in by replying to Heather Stone with your name and a telephone contact number.*

#### **Monday 8<sup>th</sup> April 2024: Circular walk round Brooklands Park, Lancing 68**

As the Monthly meeting has been postponed from the 1<sup>st</sup> April (Easter Monday) to the 8<sup>th</sup> of April, it will clash with our scheduled walk. We will therefore have a short walk so members can get back to Lancing in time to attend the monthly meeting.

Meet at 10.30 am at the west end of Brooklands Car Park in Brighton Road, next to the BP garage. If coming by bus, the 700 and Pulse buses both stop at the Brougham Road Bus Stop.

*Walk Leader: Heather*

#### **Monday 22<sup>th</sup> April 2024: Circular walk : Kempton Town, Brighton, guided walk**

Meet at Old Steine, Brighton the drop off point for the 700 bus, at 10.30. We will walk along Marine Parade taking detours up and down some of the roads leading north from Marine Parade looking at various houses occupied by famous people associated with the entertainment business including Sir Laurence Olivier, Terrence Rattigan and Dame Anna Neagle.

On the way back to Old Steine we can walk along the side of the road by the sea to get a better view of the buildings or catch a bus to Old Steine. There is a frequent bus service along the road.

*Walk Leader: Rose*

### **PLEASE NOTE THE DATE**

#### **Monday 29<sup>th</sup> April 2024: Linear walk from Hove Lagoon to Palace Pier 132**

We are trying a new venture. As there are 5 Mondays in April, we are scheduling an extra walk.

Meet at 10.30 am at the 700 bus stop at Wish Road at Hove Lagoon. This is opposite the child's play area. The first 10 or 15 mins of walk will be along the Kingsway, when Ann will explain about the refurb that is going on. Then we will cross the road and walk along the Promenade until we reach Brighton Pier.

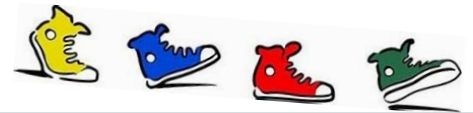
*Walk Leader: Ann*

*Do let us know of any walks you would like us to organise in the future. We would be delighted to receive any offers to lead walks too.*





## Walking Group



### Monday 8th April to 24th June 2024 2024 planned walks *Continued*

*If you wish to join any of the following walks, please book in by replying to Heather Stone with your name and a telephone contact number.*

#### **Monday 13<sup>th</sup> May 2024: Linear walk from the Perch, Lancing to Worthing Pier 80**

As the Monthly meeting has been postponed from the 6<sup>th</sup> May (the Bank Holiday) to the 13<sup>th</sup> of April, it will clash with our scheduled walk. We will therefore have a short walk so members can get back to Lancing in time to attend the monthly meeting.

Meet at the Perch, Lancing at 10.30 am. The walk is scheduled for low tide, so we will be able to walk along sand on the seashore, so wear suitable shoes or wellingtons, as it can leave lots of pools of water. We can also do a little beachcombing or even some beach cleaning at the same time.

*Walk Leader: Heather*

#### **Monday 29<sup>th</sup> May : Bank Holiday: no walk**

#### **PLEASE NOTE THE DATE**

#### **Monday 3<sup>rd</sup> June 2024: Linear walk from the Red Lion Shoreham, to Mill Hill Nature Reserve 98**

As the Monthly meeting has been postponed from the 3<sup>rd</sup> June to the 10<sup>th</sup> of June, it will again clash with our scheduled walk. We have therefore decided to move our walk forward one week to the 3<sup>rd</sup> of June.

Meet at 10.30 am at the Red Lion in Shoreham, near the Toll Bridge. We will walk along the river and up to the Mill Hill Nature Reserve. There will be some steep climbs in places.

*Walk Leaders: Clare and Ann*

#### **Monday 24<sup>th</sup> June 2024: Linear walk from Brighton Old Steine to Rottingdean 140**

Meet at Old Steine, Brighton the drop off point for the 700 bus at 10.30. We will then catch the first bus to Rottingdean. We will stroll around the village, visiting the village pond, St Margarets Church with its beautiful stained-glass windows and Kipling's gardens. We will also see several old houses associated with famous people.

Return by bus to Brighton and then the 700 to Lancing.

*Walk Leaders: Rose and Ann*

*Do let us know of any walks you would like us to organise in the future. We would be delighted to receive any offers to lead walks too.*



## List of Groups

To contact individual Group Leaders visit lancing & Sompting U3A Website

<https://u3asites.org.uk/lancingandsompting/groups> & click on the Bird icon in each Group listing.



Group	Day	Week	Time	Leader
Art Appreciation	Monday	2nd	10 a.m.	Wendy Bowers
Art/ Painting & Drawing	Wednesday	Fortnightly	a.m.	Peggy Smart & Jan Gray
Beginners Cryptic Crossword	Tuesday	8 wk course	2 p.m.	Heather Stone & John Leaney
Bird Watching	On hold due to poor health			
Book Group 1	Wednesday	1st	2 p.m.	Kathy Schilbach
Book Group 2	Wednesday	Every 2 months	10 a.m.	Jackie Betteridge
Bridge	On hold due to poor health			
Bus Group - NEW				Janice Roberts
Creative Writing	Thursday	3rd	10 a.m.	Jenny Barnes
Cryptic Crossword	Tuesday	3rd	10 a.m.	John Leaney & Heather Stone
Current affairs	Friday	4th	a.m.	Peter Bowers
Dance	Monday	1st & 3rd	11 a.m.	Jean and Barry Upton
Easy Cycling	Thursday	Weekly	10 a.m.	Terry Pashley
French for Beginners	Thursday	2nd & 4th	2 pm	Kathy Schilbach
German Conversation	Wednesday	Every 2 weeks	10 a.m.	Heather Stone
Advanced French Language	Thursday	1st & 3rd	2 pm	Kathy Schilbach
History	Tuesday	2nd	2 p.m.	David Fleck
Knitting and Crochet	Tuesday	2 <sup>nd</sup> & 4 <sup>th</sup>	10 a.m.	Lynda Christmas
Local History	Tuesday	4th	2 p.m.	Sue Leaney
Music Jamming - NEW				Jo Heaven
Petanque	Friday	Alternate	p.m.	Sue Fleck
Play Reading	Wednesday	2 <sup>nd</sup> & 4 <sup>th</sup>	p.m.	Roger Frewin
Poetry	On hold due to poor health			
Pottery	Wednesday	Every week	p.m.	Jo Heaven
Practical Gardening	Monday	2nd	2 p.m.	David Herson
Quilting & Patchwork, & sewing	Wednesday	Fortnightly	a.m.	Lynda Christmas
Rag Rug Group	Thursday	1st	10 a.m.	Jenny Barnes
Scrabble	On hold due to poor health			
Simply Social	Via What's App	Ad Hoc	Ad Hoc	Janice Roberts
Walking	Monday	2 <sup>nd</sup> & 4th	10.30 a.m.	Heather Stone
Wine Appreciation	Wednesday	1st	7.00 p.m.	Peter Bowers

## In the Community



## Lancing Village

IS PROUD TO BE PART OF THE  
#REFILLREVOLUTION!



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Find free water refills and places to  
eat, drink, shop and live with less plastic

   @RefillHQ #RefillRevolution

GET IT ON  
Google Play

Download on the  
App Store





## SE u3a Forum Summer School

Monday 2nd – Thursday 5<sup>th</sup> September 2024

University of Chichester



### South East u3a Forum Summer School 2024

Everything is moving steadily forward with the launch of the first phase on **Thursday 14<sup>th</sup> March 2024 @ 10:00am** via the SE u3a Forum's website. You will be able to peruse the fourteen subjects on offer for Summer School 2024.

There are many new subjects, such as:

- Art & Mythology, Photography, Crochet
- Living History, Patchwork, Philosophy
- Latin Remembered, Bridge, Politics
- Illuminated Manuscripts and Science



Also, on the agenda are the returners:

- Cycling, Mah Jong and Mathematics

Please be patient, as **no places can be reserved**, prior to the initial booking date going 'live', see below - thank you.

The costings for this year are:

- |   |   |
|---|---|
| • Residential En-suite - <b>£390</b>        | Residential Standard – <b>£360</b>      |
| • Non-Residential with dinner - <b>£195</b> | Non-residential no dinner - <b>£140</b> |

There will also be entertainment on campus, each evening, which is included in the price. But, if you would like to attend the theatre on the Tuesday evening, this comes at an extra cost – ticket price unknown at present.

The next phase will be the Booking Information sheet and the Booking Form; they will be going 'live' from **Thursday 11<sup>th</sup> April 2024 @ 10:00am**; a date for your diary - just Google - [se u3a forum](https://u3asites.org.uk/southeastu3aforum/) and they will be accessible to download.

The Forum's web address is - <https://u3asites.org.uk/southeastu3aforum/contact>

As we progress towards September more information will continue to be added, on a regular basis, to the Summer School webpage on the South East u3a Forum website.

The Summer School Team 2024, South East u3a Forum



All images are from Summer School 2023

Information Correct: 12<sup>th</sup> March 2024

## Latest updates from the Third Age Trust



## u3a - Learning News

### Workshops for members

Below is our programme of upcoming online workshops for u3a members.

- Friday 15 March - u3a Model Constitutions - an overview
- Monday 25 March - Recruiting and Valuing Volunteers
- Wednesday 27 March - Keeping it Legal
- Thursday 11 April - Running your u3a - information for trustees
- Monday 15 April - Growth Matters
- Tuesday 16 April - Equality, Diversity and Inclusion coffee morning
- Wednesday 17 April - Running discussion groups and getting feedback

All u3a members are welcome to attend. Details about workshops can be found in [the members' area of the u3a website](#).

### u3a in the Press

Our wonderful press coverage continues. This month it includes members who have featured in a new bio-pic that was released on Friday 8 March - *Vindication Swim* - with u3a featured in [Women Talking](#) and in an article in [the Guardian](#)



### u3a Festival 24

This year, the first ever u3a festival is taking place at the University of York between **18-20 July**.

There will be a wide range of activities, from sport to music and workshops. We'll be sharing a programme in the next few months. To get a sneak peek of what to expect, read more [on the u3a Festival 24 page](#) and [watch our Festival vlogs](#) about the planning process so far.

### THIRD AGE TRUST – FRIENDS EXTRA

In 2024 the Third Age Trust will be launching a FRIENDS EXTRA scheme offering a very wide range of discounts and services to u3a members who have signed up for the Friends Newsletter (was the National Newsletter).

This will include discounts with retailers, cinemas and a wide variety of service. It will also enable access to TOTEM (the NUS Student discount card). Unlike the Click & Save, individual members will join this scheme. To sign up for the Friends Newsletter the link is: [www.u3a.org.uk/news/newsletter](http://www.u3a.org.uk/news/newsletter)

### THIRD PARTY LINKS & WEBSITES DISCLAIMER

On occasions we will include links to third-party websites, plug-ins and applications. Clicking on those links or enabling those connections may allow third parties to collect or share data about you.

We do not control these third-party websites and are not responsible for how they handle your personal data. We ask you to read the privacy notice of every website you visit.

Please ensure that your Antivirus, AntiSpam and Antimalware is up to date. It is your personal choice and at your own risk

#### Links

(Right click the blue link to open in a new page)

## Answers - Quiz



*Disclaimer - All the information is published in good faith and we do not guarantee reliability, and accuracy of this information.*

- |                                  |                        |
|----------------------------------|------------------------|
| 1. March                         | 11. A. Flora           |
| 2. Easter Sunday                 | 12. D. Pandas          |
| 3. Cherry blossoms/Sakura        | 13. D. Powdered Paint  |
| 4. A Rabbit (the Eastern Bunny)? | 14. A. One to Two days |
| 5. Twelve Hours                  | 15. B. Sweet Peas      |
| 6. Maypole Dancing               | 16. B. April           |
| 7. April Fool's Day              | 17. C. Orange Juice    |
| 8. Tulips                        | 18. A. Skunks          |
| 9. Springwatch                   | 19. D. The Equator     |
| 10. June                         | 20. C. Valencia        |

Have you checked out the Lancing & Sompting u3a website recently? We are updating it regularly [Lancing & Sompting U3A: Home \(u3asites.org.uk\)](http://u3asites.org.uk)

### Links

(Right click the blue link to open in a new page)

## 13th May 2024 Meeting – Advance Notice -

**13th May 2024 - Ron Marsh "Felt Hat and Dusty Boots"** The outer and inner journey of a post war lad to India In his twenties (the 1970's) he left home to go round the world with a possibility of never returning. He travelled through Scandinavia and got to India where he spent some nine months. He never did go round the world as he says he achieved what he was seeking there!

And Finally .....



*The Editor of the Bulletin and Webmaster will be stepping down as at the next AGM on the 10th June 2024.*

*It has been an enormous privilege and joy to be part of the u3a serving on the Committee and in the background for many years, but I feel it is now time to pass the mantle to someone else.*

*If there is anyone out there who would like to carry on these functions but is unsure what is involved then I would be most pleased to help. Don't forget you don't have to be a Committee Member to do these functions.*

*Best wishes and I look forward to seeing you at meetings and groups.*

Would you like to include an article about your group or have ideas for a new group, then why not get in touch.. We'd love to hear from you. Please e-mail information for publication to [bulletinlandsu3a@outlook.com](mailto:bulletinlandsu3a@outlook.com) by **12 noon on Friday 24th May 2024**