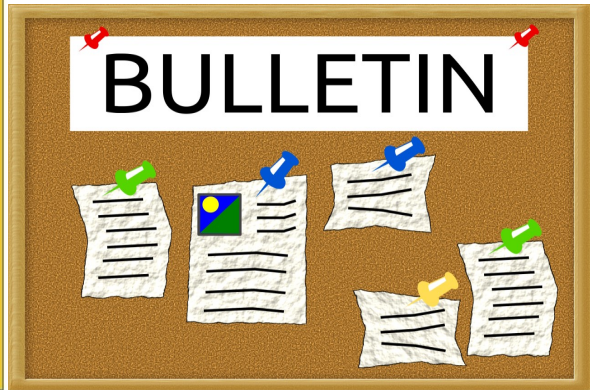





NOVEMBER 2023




Monthly Meeting

November 2023
Thursday 2nd November at 2:15pm
in The Hillcrest Centre, Newhaven



Sussex
Witchcraft
A talk by
Chris Horlock
Local Author and Historian



NEWHAVEN 2.15 pm

Main Hall,
Hillcrest Centre,
Bay Vue Road,
BN9 9LH.



Please remember to bring your own cup/mug for tea/coffee

As we are not far away from Halloween he will be talking about Sussex Witchcraft. As always everybody needs to bring their own mug for tea/coffee.

Marian

Monthly Bulletin

The **Monthly Bulletin** contains any important information or updates to the information published in the preceding Newsletter and it is only distributed by email.

Please send all content for the Monthly Bulletin to John Harrison at 01273 586766 or harrystjohn2003@yahoo.co.uk to arrive before 26th of the month.

If you know a member who does not have email please pass any relevant information onto them.



Get well and sympathy cards

If you know of any U3A member who is ill or in hospital and would appreciate a cheery card from us all at the U3A, please let **Marion Booker** know on: **01273 587712 / 07772078052**

The u3a is a self-help learning organisation for people who have completed their career or finished raising a family and is an equal opportunities organisation welcoming all members.



u3aNewhavenPeacehaven



our email u3aNP@outlook.com



u3a Newhaven & Peacehaven

<https://u3asites.org.uk/newhaven-peacehaven>

GROUPS & GROUP NEWS



Interest Groups

Details of all Interest Groups can be found on our website or by contacting the appropriate Group Leader:

Art Club: Graham Heys - 01273 585999	Book Group Newhaven: Delia Boatin - 01273 514303
Book Group Peacehaven: Rose Lawrence - 01273 580908	Boccia: Mick Etheridge - 07766514161
Bridge: Jacquie Webber - 0742815944	
Book Group - Under the Covers Joyce Bourne - 07879441106	Outings - Bus Pass Outings: Leslie Hirtle - 01273584494 : Andy Rutherford - 01273582620 : Deanne Smith - 01273982598
Chatter Boxes: Doreena Evans - 01273 585089	Crochet: Angela Barnet - 07788230523
Classical Music: John Pheby - 01273 579642	Cribbage: Nigel Barnes - 07963431887
Discussion 1 Peacehaven: Jacquie Webber - 07428159444	
Discussion 2 Newhaven: Marian Stanley - 01273 611068	French (Basic): Chis Sutton - 01273 512261
Gardening: John Shepherd - 01273 516079	Keep Fit: Jacquie Webber - 07428159444
Laptops, Tablets and Smart Phones: Tony Garwood - 07428122161	
Lunch Bunch: Sharon Ahearn - 01273 589953	
Mahjong: Joan Farrimond - 01273 580143	Movies Club: John Pheby - 01273 579642
Meditation: Kevin Knight - 01273 786488	Music Appreciation: John Pheby - 01273 579642
Needles & Pins: Pat Bethel- 01273 758041	Rock Music Appreciation: Tony Garwood - 07428122161
Scrabble: Yvonne Maclaughlin - 01273 581523	Singing for Pleasure: Pam Beaumont- 01273 982218
Ten Pin Bowling: Alan Worth - 01273 302967	Theatre Group: Jacquie Webber - 07428159444
Ukulele: Marian Stanley - 01273 611068	Walking: Pam Thompson - pamthompson2@btinternet.com
Wine Tasting: Tony Garwood: tonygarwood@hotmail.com	

Group Coordinators

Pam Beaumont on 01273 982218 or prmbeaumont@hotmail.com

Tricia Shepherd on 01273 516079 or johndantricia@tiscali.co.uk

Groups News

Lunch Bunch Update

Most of our venues have introduced their winter menu as from end of September. Surprise, surprise all their charges for the new menus have gone up in line with price increases we are all experiencing in our weekly shopping. Some of our favourite dishes have been deleted and others, possibly less popular, have been inserted into the winter menus instead. We won't know how it is all going to go until we make bookings for our regular venues and test what is now available to us.

From November I am hoping to resume my usual Lunch Bunch activities following 6 months of health problems and leave of absence. I was able to do admin from home but was not able to be with the group or the Committee under strict orders from my consultant.

A big thank you to Marion Booker who has deputised for me in my absence when I could not attend myself. It was a great relief to me to have a deputy who was so organised and efficient when I was unable to attend lunches and meetings. Thank you Marion, without you the Lunch Bunch would have been cancelled for 6 months.

I look forwards to being with the Lunch Bunchers once again with our variety of venues and menus into 2024. Wish me luck....!

Sharon Ahearn

P.S. There are a few refunds still available from the Old Plough booking which had to be cancelled. Please pick up yours at a lunch or monthly meeting.

Music Appreciation Group

What are your favourites?

I'm sure you have favourite pieces of Classical Music, but do you know their titles and composers? Chances are we play them now and again in our alternate Friday afternoon Music Group in Peacehaven from 2pm to 4pm. Now I know several of you have applied for the two spare seats we have left in the group, but because of a disruptive holiday period, I seem to have lost the contact details, though I'm afraid my incompetence has played a part in this blunder. So here's what to do if you are interested in finding out more about Music Appreciation.

1. Open an email message to jbpheby@outlook.com
2. Confirm you want to know more about the Music Appreciation Group
3. Type out your name and telephone number; I'll capture your own email address
4. Add your u3a membership number
5. Confirm you can attend on a Friday afternoon



We like to relax and stretch our legs out, to kick-start the weekend, while we listen to popular light classical music. We break at half time for a chat while playing Jazz numbers, enjoying a drink and cookies. A 50p charge covers the refreshments plus music I may have to buy, though my music library is extensive.

Here's a quick quiz for you – who composed Finlandia? Danse Macabre? Ride of the Valkyries?

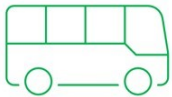
A typewritten program is offered to you at every music session, showing lots of info for each piece we play, and feel free to ask for your favourite music to feature in the following Friday session. If you apply too late to catch the final two seats, I'll set up a waiting list.

John B Pheby

Potential New Groups

Following on from our successful New Members afternoon there were a few people who were interested in Creative Writing, Poetry, Short Stories etc. We are looking to start a group. Please contact Pat Bethel to show your interest – 01273 758041 or 07956463952

Tricia Shepherd



Outings

Outing to RHS Wisley to see the Glow event—£46 (£37.50 to RHS members)

5 Deans u3a are organising a trip to RHS Wisley for "Glow" and they are inviting N&P members to join them. Glow is an after dark spectacle of lights. Wander the route around the garden to see some of Wisley's sights in a new light, see the illuminated wicker alliums, globes and arches. The Glasshouse will be filled with a Christmas beach theme and the Glasshouse Lake will sparkle with disco balls. The Rock Garden and Oakwood will be aglow and the Alpine Meadow, a field of fire. The Wisteria Walk will be lit in a haze of purple before a grand finale of fire and water at the Laboratory. There will be a good range of food and drink on offer in the Terrace Restaurant, Wisley Cafe and from the festive themed chalets in the Village Square. Of course, the Wisley Garden Centre will be open offering a wide range of gifts, festive houseplants and wreaths. You will have the opportunity to enjoy the gardens during daylight hours and remain when the garden closes before it re-opens for the lights. The coach will leave from Saltdean Lido at 10.30 am arriving about midday and will leave at 8pm. Pick up points can be added for members in Peacehaven, Newhaven or Seaford. Coach parking is approx. 100 metres from the main entrance and there are plenty of resting places. There is also the possibility to hire a mobility scooter free of charge but this would need to be booked in advance. Payment is to 5 Deans u3a by bank transfer to u3a The Five Deans, sort code 20-12-80 account number 30314129 or by cheque. To join the outing please phone their organiser Linda Fisher on 07791749737 or email her at lindainbrundall@aol.com



Future Outings

Where would you like to go? It is so much more fun to go with a group of friends. Someone to discuss the exhibits with or chat as you walk down a path you have been wanting to explore.

It could be close by or needing a Brighton & Hove bus or a CTLA mini bus. It could be further afield to the Weald and Downland Museum where they produce The Repair Shop or car sharing to lunch and Christmas shopping at Rushfield's Garden Centre.

Why not organise a trip for yourself and some of our members? Tony will take any money if that is necessary so you don't have to worry about that. There are many of our members who would love to join you for an outing. What is the passion that you would like to share? Why not organise a trip? It won't commit you to running more than one trip but it would add to the things we are able to offer to our group.

Come up with an idea and pass it on to Jacquie.

Contact Jacquie Webber to make a start.

jacquiewr@hotmail.com 07428159444

Meditation Group

There will be **NO meditation session on 7th November** (1st Tuesday of the month).

The next meditation session will be on Tuesday 21st November. Sorry for any inconvenience this may cause.

Kevin Knight



Boccia Group — We are approaching winter and Boccia and because is an outdoor sport the meetings will be suspended until the Spring of 2024.

Mick Etheridge

Rock Music Group

Santana will be the focus for the next meeting on Friday 3rd November.

During the last year the group has listened to music by, amongst others, The Who, Jimmi Hendrix, Pink Floyd, Jethro Tull, The Jam and Fleetwood Mac. The group meets the first Friday afternoon of each month for a couple of hours. Each month those present agree the focus for the following meeting. The whole of rock music is to choose from, provided only that someone has the relevant LP. We usually listen to something from the beginning of the bands' career and compare that with later work. However, in true rock style, flexibility in format is embraced.

If you would like to know more about the group contact the Group Leader Tony on 07428122161 or tonygarwd@hotmail.com.



Wine Tasting Group

The Wine Tasting Group is working on a self-education model.

A theme is chosen for each meeting, say Italy. Half the members buy a bottle of wine from the region with no more than £10 spent. Each wine purchaser does some research on the wine so that they can report back to the group.

At the meeting, each wine is tasted in turn and the research is shared with the group. Meetings are every 2 to 3 months.

The current wine group has 12 members which is the optimum size to sample 6 bottles of wine.

There is a small waiting list to join, so we would like to explore creating a second group if there are enough members interested in forming one.

If you would like to be part of a second Wine Tasting Group please email me on tonygarwd@hotmail.com

Tony



Family History

The Five Deans u3a have a limited number of spare spaces in their Family History Group. They meet on the second Friday of the month from 2.30pm – 4.00pm either in Woodingdean or Saltdean. They discuss various aspects of family history research and welcome both experienced researchers and people just starting their research. Contact Ann Titheradge for more information email annbrighton129@gmail.com or phone 01273 305798

N&P Coffee Morning

Join us for a chat and a cuppa



Open 10am-12noon

2nd Tuesday of each month

At Peacehaven Stonehouse Carvery

293- 295 South Coast Road, Peacehaven BN10 7HX

Next Coffee Morning 14th November

No need to book
 just turn up and socialise



Membership 2023 – 2024

Thanks to everyone who has paid their fees for the current year. We are in the process of reminding the few members who have not yet paid.

Membership fees are due 1st September each year. We take renewal payments from mid July. There is a grace period of 2 months for payment of the fees. That means that anyone who has not paid by 1st November technically stops being a member. However, we will not take that step until we have contacted each person individually because it is so easy to forget.

Tony

Moving house, changing your phone number or email address?

If any of the above are true, please make sure you tell Sally, our Membership Secretary, so that we can keep our records up to date. We have a special form available for this.

You can get one at any monthly meeting or download one from our website:

<https://u3asites.org.uk/files/n/newhaven-peacehaven/docs/membershipchangeofdetailsform.pdf>

While you doing that make certain you tell us who your emergency contact is at the moment.

u3a

Monthly Meeting

December 2023
 Thursday 7th December at 2:15pm
 in The Meridian Centre, Peacehaven

The Christmas Meeting

Entertainment by
Cotillion
 Sussex-based folk group

PEACEHAVEN 2.15 pm

Main Hall,
 Community House,
 Meridian Centre,
 BN10 8BB.



Art Group

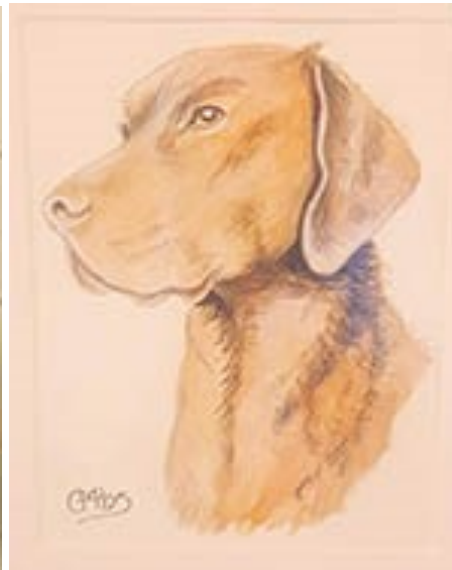
Graham Heys



Anne Campbell



Graham Heys



Fran Pearson



Daphne Ashton



Joy Jackson



Ros Dowling





The Theatre Group

To book your place
 phone **Jacque** on **07428159444**
 or email **jacquiewr@hotmail.com**

If paying for theatre trips in cash, please bring it in a sealed envelope marked with your name and the trip.



Alice in Pantoland Meridian Centre

Saturday 9th December at 2:30pm Tickets £11.50

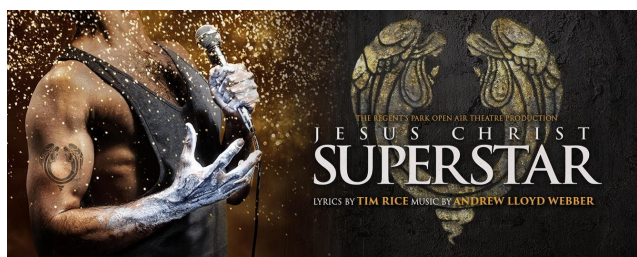
A family pantomime in traditional style from Peacehaven Players. Alice is off on her travels again in a completely new adventure. This time too she strays into the enchanted realm where all our favourite panto characters go in the down season. If Witch Whey cannot be stopped, evil will triumph in all pantos. Only Alice and her new friends can defeat the evil ones and ensure good prevails. Along the way Alice finds love and there's song, dance and loads of laughs.



Sister Act – Theatre Royal, Brighton – Wednesday 13th March 2024 at 7.45 pm £42.50

Disco diva Deloris' life takes a surprising turn when she witnesses a murder. Placed under protective custody, she is hidden in the one place she shouldn't be found – a convent! Encouraged to help the struggling choir, she helps her fellow sisters find their true voices as she unexpectedly rediscovers her own. Lesley Joseph as the Mother Superior stars in this award-winning production.

Sister Act features original music by 8 times Oscar and Tony Award winner Alan Menken whose credits include Disney's Beauty and the Beast and Aladdin, and songs inspired by Motown, soul and disco. This joyous and hilarious musical is one nostalgia filled trip you will never forget. This is going to be a sell out, so book early.



Jesus Christ Superstar – Thursday 18th April 2024 at 2.30pm

Congress Theatre Eastbourne – £39

[Optional pre-theatre lunch at The Stage Door](#)

An album that inspired a revolution, a revelation that changed the world. A reinvention for this millennium. Timothy Sheader (*Crazy for You, Into the Woods*) directs

this mesmerizing new production of the iconic global phenomenon. Originally staged by London's Regent's Park Open Air Theatre, this reimagined production won the 2017 Olivier Award for Best Musical Revival, garnering unprecedented reviews and accolades.

Choreographed by Drew McOnie (*King Kong, Strictly Ballroom*), with music and lyrics by Andrew Lloyd Webber and Tim Rice, JESUS CHRIST SUPERSTAR is set against the backdrop of an extraordinary series of events during the final weeks in the life of Jesus Christ, as seen through the eyes of Judas. Reflecting the rock roots that defined a generation, the legendary score includes *I Don't Know How to Love Him, Gethsemane* and *Superstar*.

Don't miss your chance to see this "gorgeous, thrilling, heavenly musical." The Guardian.



u3a Diary 2024 £4.50

Order and pay for your u3a Diary now. Diaries will be distributed during November.
Jacque



Chess *The Musical* –with The Rattionians Saturday 3rd August at 2.30pm

Royal Hippodrome Theatre, Eastbourne—£22

[Optional pre-theatre lunch](#)

At the height of the Cold War, two chess masters meet in Bangkok to battle for the world championship, but their greatest contest is for the love of one woman. Written in 1984 by Abba songwriters Benny Andersson and Bjorn Ulvacus, and Tim Rice it includes the international hit singles 'I Know Him So Well' and 'One Night in

Bangkok'.



Lionel Bart's *Oliver!* – from Brighton Theatre Group –

Theatre Royal Brighton,

Thursday 15th February at 2.30pm £25.50

[Optional pre- theatre lunch at Pinocchio's at 12 noon](#)

Experience the life and death adventures of young orphan Oliver Twist who, through his education in the finer arts of pickpocketing, by none other

than the Artful Dodger, finally pockets the greatest treasure of all – a home and a family of his own. This production is by the Brighton Theatre Group who are a long established local amateur dramatic company with a big, big reputation.



Notice from the Theatre and Outings Teams

Please help us by putting all cash and cheque payments to us in a sealed envelope with your name on and details of what you are paying for. This helps us to process your payment accurately and efficiently.

Residues from Events

It is the intention of this u3a that all events (e.g. outings, theatre visits, meals.) be planned to cover their own costs. We do not set out to raise funds from these activities. This is the same principle as applies to Group activities. However, we must not make a loss on either.

To ensure that unexpected losses do not occur it has been agreed that refunds will not normally be made if someone cannot attend whatever the reason.

The expectation is that they will find a replacement. We offer help in finding a replacement. The one exception to this is where a cost has not been incurred (e.g. an entrance fee) the monies for that part of the initial charge will be refunded.

Due to the popularity of some events, the monies collected are greater than expected or unexpected economies of scale are made due to the use of a larger coach. This leaves a surplus.

The u3a Committee has agreed the following policy to cover what we will do if there is a surplus.

- If the likely refund per person is £10 or more, then individual refunds will be made.
- If the likely refund per person is less than £10, then the surplus will be used to reduce the cost of future similar events including any losses incurred on similar events.

Tony

One is the way!

Paying for several events at the same time?

Please use just **ONE** cheque, **ONE** BACS, **ONE** card payment or **ONE** envelope of cash to pay for all your events in **ONE** go.

So long as you make it clear what you are paying for it is less work for us to process **ONE** payment rather than lots of separate ones. Also less work for you.



FASHION SHOW

WE ARE FULLY BOOKED

**The show is in aid of
Seahaven Food Bank.**

**Cannot attend
but would like
to support this cause?**

**Please bring
CASH**

(envelope not required)

or

food tins/packets

to a

monthly u3a meeting.

*We cannot accept
cheques or card payments
on this occasion.*

A u3a charity event in aid of
Seahaven Food Bank



U3A Lunch Bunch

Friday 24th November 2023 at 12.15 pm for 12.30 pm service

The Drove (Brewers' Fayre) Newhaven BN9 OAG

(Behind Sainsbury's Newhaven)

2 courses + tip £ 10 Pre-order in advance and pay in CASH.

Please buy your drinks at the Bar.

Main Courses

Smothered Chicken: In a bacon, cheese and barbbq sauce with skin-on fries, coleslaw, garlic bread and salad garnish.

Beef Lasagne: *with mixed salad garnish and garlic bread.*

Sausage and Mash *with onions ,peas and gravy*

Spicy Chicken Burger *Chicken goujons in a bun with chips and coleslaw*

Cheese and onion pie *with chips, peas and jug of gravy (V)*

Desserts

Apple Betty served warm with custard

Mini Sundae with Berries Vanilla ice cream topped with berries

Mini Knickerbocker Sundae Ice cream layered with berries, sponge, sauce ,sprinkles and a wafer

Last day for orders and payment : **Friday 10th November 2023**

Maximum 30 places available

----- Please cut off the slip below -----



Name:.....

The Drove : Friday 24th November 2023 @ 12.15pm for 12.30pm

Main Course:.....

Dessert..... Price: £10 CASH

Phone no or email:.....



U3A Lunch Bunch

Friday 26th January 2024 @ 12noon for 12.30pm
 (as we have to queue to order our meals)

**Stonehouse Peacehaven Carvery,
 295 South Coast Road, Peacehaven, BN10 7HX**

Instructions:

Sign-in with me.

Find yourself a seat.

Check the menu on your table for choices and prices

Go to the Bar, order & pay for your meal & drinks.

**All prices subject to change.

Traditional Carvery £7.99	Small Carvery £4.99
Scampi £8.99	Classic Burgers from £ 9.99
Mac and cheese (v) £8.49	Camembert +veg bake (v) £7.99
Pizzas from £10.99	
DESSERTS from £4.99	Tea and Coffee available
The menu has Meal Deals on it. Check carefully!	

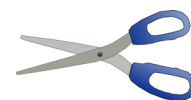
There will be no need to pay in advance for this meal. It's pay as you go!

Booking available for max. **30 members.**

Please book a seat with me before Fri.12th January 2024

Sharon Ahearn Tel: 01273 589953 Email: sunview70@yahoo.com

----- Please tear off slip below -----



Name:.....

Peacehaven Carvery Friday 26th January 2024 at 12 noon

Please reserve me a place.

Name.....

Phone no. or email:.....





The Christmas Dinner

Sunday 17th December 2023

12 noon to dine at 1pm

Booking Form



Christmas Dinner with friends, crackers, decorations, festive napkins,,
and a Christmas themed quiz to round off the afternoon.

£32 a head (Drinks extra)

Last date for booking 2nd December

Booking Form available at monthly meeting and using this link:

<https://u3asites.org.uk/files/n/newhaven-peacehaven/docs/christmasdinner23bookingform.pdf>

The Christmas Menu

1st Course

Classic Prawn Cocktail (gfa)
Butternut Squash & Bramley Apple Soup (vg) (gf)
Duck Liver & Pork Pâté with orange & Cognac liqueur (gf)

2nd Course

Roast Turkey served with all the trimmings (gfa)
Salmon En-Croûte served with a creamy mash & parsley sauce (gfa)
Festive Nut Roast served with a sweet cranberry sauce (vg) (gf)
All served with roast potatoes, parsnips, carrots, brussels sprouts & gravy.

3rd Course

Christmas Pudding & brandy sauce (vg) (gf)
Homemade Trifle (v)
Ice cream
Cheese Plate, biscuits, celery, grapes served with onion marmalade (v) (gfa)

& Warm Mince Pies
Tea, Coffee & Mints



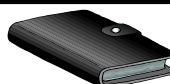
At The EMB Centre, 16 Seaview Road, Peacehaven, BN10 8PX



Paying for u3a events and membership

We know that different people like to pay for events in different ways. We believe that we should be as flexible as possible in how we accept payments. That's why we have been accepting payments in cash, by cheque and by bank transfer for some time. However, during the pandemic many of us got used to paying by card. Some of us actually don't carry money around with us any more. So, we have introduced the option for you to pay by card (or even using a smart phone). The choice is yours.

Dates For Your Diary



2023	Day	Time	Event
November	Thursday 2nd	14:15	Monthly Meeting: Sussex Witchcraft , Hillcrest Centre, Newhaven
	Thursday 9th	14:30	Theatre: Everybody's talking about Jamie , Theatre Royal, Brighton: pre-theatre lunch at Pinocchio's
	Friday 24th	12:15	Lunch Bunch: The Drove (Brewers Fayre), Newhaven, BN9 OAG
	Saturday 25th	14:30	Theatre: A Christmas Spectacular with the Rattonians , Meridian Centre, Peacehaven.
	Wednesday 29th	14:00	Fashion Show, Meridian Centre, Peacehaven
December	Thursday 7th	14:15	Monthly Meeting: The Christmas Meeting , Meridian Centre, Peacehaven
	Saturday 9th	14:30	Theatre: Alice in Pantoland , Meridian Centre, Peacehaven
	Thursday 14th	14:30	Theatre: The King and I , Congress Theatre, Eastbourne
	Sunday 17th	12:00	The Christmas Dinner, The EMB Centre, 16 Seaview Road, Peacehaven, BN10 8PX
2024	Day	Time	Event
January	Thursday 11th	14:30	Theatre: And Then There Were None , Theatre Royal, Brighton: pre-theatre lunch at Pinocchio's
	Monday 15th		Holidays: 5 Days at Warner's Cricket St. Thomas Hotel
	Friday 26th	12:00	Lunch Bunch: Stonehouse Peacehaven Carvery, 295 South Coast Road,
February	Thursday 15th	14:30	Theatre: Lionel Bart's Oliver! , Theatre Royal, Brighton: pre-theatre lunch at Pinocchio's
March	Wednesday 13th	19:45	Theatre: Sister Act , Theatre Royal, Brighton:
April	Thursday 18th	14:30	Theatre: Jesus Christ Superstar , Congress Theatre, Eastbourne: Pre-theatre lunch at the Stage Door.
June	Monday 10th		Holiday: TLH Resort Derwent Hotel, Torquay.
August	Saturday 3rd	14:30	Theatre: Chess The Musical with the Rattonians , Royal Hippodrome Theatre, Eastbourne: Pre-theatre lunch optional

When possible, please contact committee members only between the hours of 09:00 to 17:30