

Newsletter for April 2021

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It seems no time since I published the last newsletter. Despite the same old routine of lockdown, time seems to have flown by. I suppose the secret is to keep busy and take a daily walk – and sometimes two. Now of course we can meet up outside with five other people and what a treat that is. We are all social beings and that is probably the thing we all missed most.

As we restart our u3a meetings we must take extreme care and abide by the Covid restrictions that are in force. Your committee met recently to discuss the future and you can read more inside on this. I always think that Spring is a wonderful time of the year as new life appears on all the trees, shrubs and plants. This newsletter issue features wild flowers and in particular "Wildflower Ringmer". It is a project worthy of our support. There are more details on page 3 and in a Zoom talk on Wednesday 28 April (see page 4).

**Hands
Face
Space**

Finally, I make yet another plea for some of you to join our committee. We have several vacancies including Committee Secretary and Newsletter Editor. Please do give it serious thought. Most of the current committee have served for several years and will need to step down in the not too distant future. We really need a regular intake of new committee members so that there can be continuity.

Best wishes,

Jan

Member Link

Member Link is a new national initiative to support u3as and their members to keep talking and learning together. Member link collates in **one place all the advice, tips and resources** to help us stay connected. [Click here to see.](#)

Stay Safe, Stay in Touch

Have you seen our updated website? Why not take a look.

Home **Welcome** Groups Events Membership News Resources
Contact Links Sitemap U3A

Ringmer

u3a learn,
laugh,
live

RINGMER U3A

Notice
Board

CORONAVIRUS THREAT: VISIT [RINGMER U3A NEWS PAGE](#)

What is the U3A?

MONTHLY NEWSLETTERS:
The February issue is now
available, to view visit the

[Here is the link to our website](#)

Interest Group Open Meetings

Whilst we have been holding virtual (Zoom) group meetings some groups have kindly allowed other u3a members to join their meetings. This provides all members an opportunity to try out a particular group. As we move back to face-to-face meetings this will not be possible and members will need to contact that particular group Convenor if they wish to join that group for meetings.

u3a radio podcast out now



It features stories from u3a members about their experiences of the Battle of Britain and the Blitz, an interview with the u3a Egyptology Subject Advisor and our team find out more about a Speaker Swap that's been happening across u3a British History groups.

Record Attendance

If you missed the talk by John Kay last month then you missed a treat. It gave a fascinating insight into life in Ringmer in the 1800s. It attracted a record attendance with a total of 64 u3a members in the audience, 42 of which were from Ringmer u3a. The remainder came from Burgess Hill and Hassocks. Zoom sessions have given the opportunity for us all to benefit from each others activities.

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Getting Wild about Ringmer



Some of you might have heard about **Wildflower Ringmer**. It was started in 2020 by a small group of Ringmer residents who decided to do something to stop the loss of wildflowers and the invertebrate life that depends on them in our local area. Their aim is to encourage wildflowers into the road verges and green spaces within the village.

Since 1940 we have lost 97% of our flower-rich meadows and thousands of our pollinating species are in decline. It is not just individual species which are disappearing; the sheer abundance of insect life in our countryside has fallen. The main cause for this is the widespread destruction and fragmentation of habitat through urban development, road building, use of pesticides and herbicides and unsympathetic green space management. Pollinators are finding themselves walled in by agricultural land, urban landscape, roads and gardens.

Wildflower Ringmer supporters are in the process of submitting applications to ESCC Highways for a number of road verges to be designated as wildlife verges. If these are approved the management will change to benefit wildflowers and wildlife. The more verges that can be designated the better!

All of us with gardens can get involved by doing our bit to make space for wildlife. There is plenty of advice on hand and if we all adopt a number of small measures we can make a great difference in Ringmer. We have given some tips below.

Watch a short video from Buglife, The Invertebrate Conservation Trust

Top Tips for Gardeners

Plantlife (The Wild Plant Conservation Charity) has some great campaigns that you can follow:

1. No Mow May: Mow the lawn less frequently, raise the mower blades and join **Plantlife's No Mow May Campaign**. It could be your entire lawn or just a section. Every little helps. Get creative and experiment with different mowing regimes in different areas.

2. Survey: Take part in **Plantlife's Every Flower Counts survey** between 22nd and 31st May 2021 to determine your lawn's Personal Nectar Score. This will contribute to a National Nectar Index showing how well lawns across Britain are helping to feed our pollinators

3. Blue Campaign: Follow guidance for gardeners given by the **BLUE Campaign** to help wildlife thrive. The campaign was founded by wildlife film maker, Fergus Beeley, who produced award winning films with Sir David Attenborough, including The Life Of Birds. The campaign promotes the rewilding of our gardens, parks, road verges and school grounds. It suggests that a part of this ground is set aside and left to grow through the summer. A blue heart symbol, made out of recycled materials, is staked in the ground over the area being rewilded. This tells neighbours and friends that rewilding is in process (and that it is not the owner being lazy!).



See details about the Zoom talk on page 4. To find out more about **Wildflower Ringmer** email ringmerwildflowers@gmail.com to be added to their contact list or find **Wildflower Ringmer** on Facebook.

From your committee

The committee met on Zoom last month to discuss what we should do during the coming months. Here are the main issues addressed.

Finance: Sylvia reported that our finances are in a healthy position. After we have paid our u3a fees, etc this month we will be left with just over £1,000 with no other scheduled commitments before our individual annual fees are due in August. The committee have therefore decided that we will keep our 21/22 fees at the reduced rate (Full £8, £6 after 1 Jan 22, and Associate £4).

Annual General Meeting: This year the committee would like to hold a face-to-face meeting rather than a virtual meeting. With this in mind we plan to delay the AGM until Covid restrictions have all been lifted. The date will be reviewed by the committee in a few months. The AGM must be held within 15 months of the 2020 AGM which took place on 12 August 2020.

Open Day: We plan to hold our annual Open Day as usual in late August 2021 subject to Covid restrictions being lifted. More details will be given nearer the time.

Zoom Account: We will keep the Zoom account active until at least June/July 2021.

SUN Study Days and Workshops ([Website Site](#))

Take a look at the SUN website to see all the events that are being held and how you can book to join in.

u3a March Wordsearch – Herbs (Answers)

This month's theme contains words associated with herbs. The words can all be found in the grid - running forwards, backwards, up, down and diagonally.

F	E	B	E	T	E	M	Y	H	T	5	Basil
E	W	A	A	T	N	R	R	P	N	6	Chives
N	C	M	T	S	L	I	A	A	I	6	Garlic
A	H	M	A	E	I	R	M	R	M	6	Fennel
A	I	T	N	R	S	L	E	C	A	8	Marjoram
L	V	N	A	L	O	I	S	I	R	7	Parsley
D	E	N	E	M	A	J	O	L	R	8	Tarragon
F	S	Y	I	T	G	O	R	R	J	8	Rosemary
E	A	N	O	G	A	R	R	A	T	5	Thyme
S	T	A	R	A	N	N	P	G	M	4	Mint (x3)

u3a Anagram – 2020 Words

1. Hires Hoards (11) [Horseradish](#)
2. Rang Root (8) [Tarragon](#)

Zoom Talk: "Getting Wild about Ringmer"

Wednesday 28 April 2021

starting at 2 pm

(The link will be sent to all members nearer the date)

Anne Duke will tell us about "Wildflower Ringmer" and what projects are planned for Ringmer. Basil Dean, from the Environment Agency, will tell us what we can do to help our pollinators and Betsy Gorman will tell us about the Blue Campaign and how we can all participate.

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u3a April Wordsearch – Wild Flowers

This month's theme contains words associated with wild flowers. The words can all be found in the grid – running forwards, backwards, up, down and diagonally.

L L E B E U L B L U
 R E W O L F N R O C
 H E P R I M R O S E
 E D I R P O S A T V
 M E L C A T M I N T
 L V S N E T T L E S
 O O W L Y O N I R P
 C R O S S W O R T Y
 K I C C A T H Y T S
 V T O O F S T L O C

7	<i>Vi</i>
7	<i>Ne</i>
7	<i>Cow</i>
8	<i>Pri</i>
8	<i>Blu</i>
9	<i>Cros</i>
7	<i>Hem</i>
7	<i>Cat</i>
9	<i>Col</i>
10	<i>Cor</i>

u3a Anagram – Wild Flower Words

1. Any nil odd (9)
2. Powers clay (3,7)

The answers will appear in the May 2021 Newsletter.

Stay safe online - two useful websites (click the link)



[Action Fraud Link](#)



Get Safe Online
Free expert advice

[Get Safe Link](#)

May 2021 Newsletter: I would like to get the next Newsletter out by 6 April 2021. Please let me have any items before 28 April 2021. Thank you.

Stay Safe, Stay in Touch