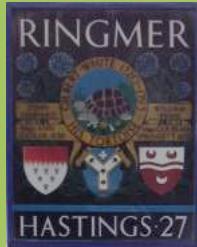


# Ringmer U3A



## Newsletter



Spring 2019 Edition

### Announcements

**Friday 12 February**

Next E-Bulletin

**Friday 22 March**

Copy deadline for Summer 2019 edition  
of the Newsletter

**Monday 15 April**

Summer 2019 edition of the Newsletter  
to be published

Important changes to our website

Presentation on  
Lasting Power of Attorney

New groups to join

### Greetings from your new Editor

Welcome to my first edition of the Ringmer U3A newsletter. Stephen van Dulken has set the bar very high, and I hope I can continue to produce it to the same great standard! Please let me know if you have any comments or suggestions.

**Jon Elphick**

### Contacting Committee members

Now that the new website is active, you are asked to use <https://u3asites.org.uk/ringmer/contact> if you wish to send an e-mail to any of the Committee members.

To contact a group Convenor, please click on the Convenor's name in this Newsletter.

Season's  
Greetings  
to all  
members of  
Ringmer  
U3A



# From the Chairman

This year has seen more change with our U3A group, the most significant being the adoption of U3A's Beacon system. I offer my sincere thanks to Ken for all his hard work with this project. This new membership database should make life easier for the committee and group Convenors, and it will enable us to comply with the data protection regulations.

Some new members have joined the committee – Jon Elphick, Keith Moore and Tim Polwart. However, we do need more volunteers to join us on the committee. I need to stand down as Chairman, and Sue will also be standing down as Treasurer. We have made significant advances in the past few years but this will only continue if we continue to bring in new committee members.

I can tell you from personal experience that serving on the committee can be very rewarding. Please do think carefully about what you could do to help.

We have lost one or two groups this year, but that is to be expected. We are always happy to start up new groups, if there is sufficient interest and one or two members to act as Convenor. It might seem a daunting task starting up a new group, but with our help it can be remarkably easy.

Several of our groups are full, so we do need more groups if we hope to continue expanding our membership. U3A has so much to offer to retired or semi-retired people – and there are plenty of them in Ringmer.

Finally, can I wish you and your family a peaceful Christmas and Happy New Year. Let us all make 2019 another successful year for Ringmer U3A.

**Ian Loughborough**

## Progress in using Beacon

Beacon is a computer management system designed specifically for managing U3A branches. Ringmer U3A has adopted the use of Beacon because it allows us to comply with the new General Data Protection Regulations (GDPR) which came into force in March. The GDPR imposes stringent requirements on how personal data is handled and processed. Since the membership renewal period last August all personal data is stored on Beacon.

One benefit of using Beacon is that we no longer need to use membership cards internally within Ringmer U3A, as Group Convenors always have an up-to-date list of the people who have renewed their membership. In the past

we have had difficulties in distributing membership cards, so this year we have instead sent each member an e-mail statement confirming their membership. Members without e-mail have been sent a paper statement.

An important feature of Beacon is that it allows the sending of e-mails to members in a way that hides the e-mail addresses of the other recipients of the message. Over the coming year we are hoping that all Ringmer U3A and Group e-mail messages will eventually be sent this way. We are working with the Group Convenors to get them used to using Beacon for e-mails.

# Ringmer U3A Website

Some interesting changes have been made to our website, designed to provide improved online access to the latest Ringmer U3A news. The following is a summary of the changes and what's new.

## NEW

### **News web page**

To make it easier to find news articles we have added a 'News' page to our website's main navigation. All Ringmer U3A news articles will be published under this heading.

Please note that individual group newsletters and articles will still be published within each group's own web pages.

Click on this link to visit the News page:  
<https://u3asites.org.uk/ringmer/page/89438>

## NEW

### **Notice Board announcements on the Welcome web page**

Additions to the Notice Board include information on new and re-emerging groups, also any proposed new groups.

Notice Board announcements are simply 'newsflash messages' which are posted for short periods of time only. So it's worthwhile checking the Notice Board regularly for messages about any up-and-coming events, important dates, announcements and reminders.

Click on this link to see Notice Board on the welcome page:  
<https://u3asites.org.uk/ringmer/welcome>

## NEW

### **E-Bulletins web page**

A new 'E-Bulletins' page is now active on our website and ready to view.

From October these bulletins have been published on the Ringmer U3A website. The latest one (October 2018) is now available to view; click on this link to visit the E-Bulletins page:  
<https://u3asites.org.uk/ringmer/page/89440>

## And finally:

### **New location for the Newsletters page**

The Newsletters web page has moved from the 'Resources' page to its own sub-page located under the 'News' page heading.

Click on this link to visit the Newsletters page:  
<https://u3asites.org.uk/ringmer/page/89439>

**Keith Moore**  
**Webmaster**



## Family History Group

The Family History Group began in March 2009 under the leadership of Ian Loughborough, and 11 of the founder members are still regular attenders. Bob Cairns became the Convenor in September 2016, and he is very well supported by a five-strong planning group. The group now has 55 members, and is averaging 80% attendance.

In this special year our autumn theme has been WWI and finding out more about our ancestors who served in the military services. We have been excellently supported by two well-known guest speakers. Graham Mayhew – retired university lecturer, past Mayor of Lewes and eminent local historian – shared the research methods he used to produce biographies for each person named on the Lewes War Memorial.

Geoff Bridger, Ringmer's own noted WWI historian and author of 'The Valiant Hearts of Ringmer', explained his research techniques and sources. Several of our members made fresh genealogical discoveries following the advice of these excellent guest speakers.

Our group is a lively one and, although we are serious about our research, everything is underpinned by fun and fellowship. Our 'buddy' system brings experienced family historians together with those just starting out and needing support and advice.

Our 2009 aims still hold good in that our overall focus

is to provide a forum in Ringmer for U3A members to share their experiences (triumphs and frustrations), gain help and advice, improve their research knowledge and skills, and enjoy fellowship with other local amateur genealogists. We meet monthly at 2pm in the Scout hut on the last Tuesday of each month.

This festive season we have a joint meeting with the Photography and IT groups on Thursday 27 December. It will be a social event with a few brain teasers, a play which has a part for everyone, enough day-old turkey sandwiches to fill the Scout Hut – and a room full of third-agers returning, hopefully, to their first age for an hour or two.

In the coming months we are looking forward to a return visit from nationally renowned fashion historian Jayne Shrimpton, who can date old photographs to within a few years from what people are wearing in them.

**Bob Cairns**

### Trip to Kew

A trip to The National Archives and RHS Garden at Kew has been arranged for Wednesday 12th June. Further details will be in the next Newsletter.



## Walking Group

The aim of the group is to enjoy our wonderful local countryside with friends. We meet on the first and third Wednesday in the month, in the car park behind the Ringmer shops, at 1.30pm.

The first Wednesday walk is about two hours long covering around five miles (on any terrain!). Transport will be shared. There is no pre-walk information so you need to be ready for anything! Good walking shoes or boots will be needed. Walks will be without dogs.

We take it in turns to lead the group and have agreed that the leader must always turn up at the car park regardless of the weather... if it's bad we may just have a coffee instead. We support each other, so a 'pre-walk' to check a route may be done with another group member.

We usually have enough cars to ferry non-drivers to walks. We give a donation of £1 each to the drivers towards petrol, wear and tear, depreciation etc. so bring £1 each time in case you need it. We sometimes manage to have a coffee at the end of a walk, so you may want to bring money for this.

## We'd like your views on hearing difficulties

Some of our members have difficulty hearing what is said at meetings which take place in the Scout Hall. The Scouts have now purchased an amplification system, but there have been some difficulties with this; most members seem to prefer not to use it.

We would appreciate feedback from any member who wears a hearing aid and feels that more could be done to help them. We have taken advice from the East Sussex Hearing Resource Centre, which has referred us to its 'Action on Hearing Loss' website ([www.actiononhearingloss.org.uk](http://www.actiononhearingloss.org.uk))

Ian Loughborough



*On a Caburn footpath: Lynne, Rita, Jo, Eileen and Pauline, amused by Bob yet again...*

On the third Wednesday our walk **may** be a local one around Ringmer, leaving from the car park. (This will be repetitive – so don't expect many new routes!)

**Note:** All members of the group walk at their own risk, and share the running of the group.

**Lynne Booth**

## What The Papers Say

We are a small friendly group that meets on the fourth Monday of each month to discuss all sorts of news. It can be national, international or local. Each member brings to the meeting an item of news that has particularly interested them.

Our subjects are incredibly varied, and we can go from Ringmer to Syria to America in one meeting (trying not to let Brexit dominate our discussions). We do try to solve the world's problems – quite unsuccessfully – but at least it makes us think hard and question our ideas.

At the moment our group is full, but if you add your name to the waiting list we will let you know as soon as there is room for a new face!

**Sue Wilkins**

## Knit One, Chat One

Group members continue to be industrious producing a variety of knitting projects, from sweaters for their family members to hats, scarves and glittery owls for charities and cross-stitch Christmas cards. Meetings have been well attended, and in October we even managed to sit in the garden and enjoy the warm autumn weather.



In December we held a congenial joint meeting with members from Knit & Natter and Ringmer U3A's latest handicraft group, Creative Crafters. This gave us an opportunity to see each other's work, swap patterns and learn about new handicrafts.



We are now looking forward to our spring term meetings with the prospect of trying some new projects, and continuing to learn from each other regarding techniques – all, of course, with a nice cup of tea and biscuits!

Sue Hall

## New Groups

Ringmer U3A continues to develop, and we are pleased to announce that three new groups have recently started or are about to be formed.

### Poetry Group

From its very beginning Ringmer U3A has had a Poetry Group. Unfortunately when Elsie stood down as Convenor the meetings ceased; however four members are interested in restarting the group, and one has volunteered to act as Convenor. We would like more members to join to make it viable. If you are interested then please contact **Sylvia Coleman** as soon as possible via our website. If numbers are sufficient we will organise a meeting in the New Year to discuss the way ahead. If you have an interest in poetry then please do give this a go.

### Creative Crafters

The knitting and crochet groups had a waiting list that was big enough to launch a new group, so Creative Crafters was started on 2nd November. Our interest is all crafts, but also designing items.

We decided to meet at the same time as the other groups, so that we could all meet occasionally on a social basis. We meet at my home, but as the group develops this may change. Interest has already been voiced by members who want to do some patchwork or quilting. My vision is that we are a flexible group, with our own crafts, but to combine them with topics and teaching.

There are five of us in the group at present, and we have had quite a few enquiries about joining us. We have room for more if people are interested. We meet on the first Friday of every month, from 2 to 4pm.

Julie Terry

### Ceramics

Neil Morgan is willing to run a short course in the New Year. This has proved very popular in recent years; if interested please contact **Sylvia Coleman**.

## Gardening Club

Our monthly meetings are held on the third Tuesday of each month, mainly in-house in each others' homes and gardens.

Our 2019 programme runs from March until October. It will include pruning advice and plant swap, propagating and care of succulents, greenhouses/cloches and top tips for summer, strawberry tea, discussion on garden designer Beth



Chatto, photographs, and plans for 2020. We will also visit a garden centre in Henfield and a member's flower allotment in Isfield.

We currently have a full membership of 18 keen gardeners.

**Joan Wignall  
Jenny West**

## Short Walks Group

The group is intended for those who like a leisurely stroll in friendly company but feel that the Walking Group's rambles may be too much for them. Our walks last for no more than 90 minutes and are



*Taking a break during a short walk in September.*

on flat terrain – no hill-climbing! – and try to avoid routes that involve stiles.

We have been enjoying short walks around Ringmer for a little over a year now, and in that time we have explored most of the village's lanes, footpaths and twittens. We have been very lucky with the weather conditions – only one walk was cancelled due to rain – and after a bit of a thin time during the summer holiday period numbers have built up well.

To try to meet the convenience of as many people as possible we have both morning and afternoon walks – the second Monday of each month (morning) and the fourth Thursday (afternoon). We start from the Doctors' Surgery Car Park in Anchor Field. These is no charge for joining in our walks.

**Jon Elphick**

## Photography Group

Meetings are held on the last Thursday of the month in the Ringmer Village Scout Hut from 2pm to 4pm. Photographic outings are also organised occasionally.

At each month's meeting we set a topic for the following month, and group members show their work (photographs) to the group. We also have discussions about famous photographers and, of course, tea/coffee and biscuits! We are a very social group.

The Photography Group web pages also show some



of the group's photographs (the pages are still under construction at this time). We have once again produced a calendar for 2019: the subject for the new calendar is 'Sussex Downs to the Sea'.

You can find a list of topics to be covered in the coming year on the group page of the Ringmer U3A website.

There are currently 34 members, but there is room for a few more. Please contact the Convenor **Martin Whitlock** – and visit the Photography Group page on the Ringmer U3A website at <https://u3asites.org.uk/ringmer/home>

## Talk on 'Power of Attorney' – Wednesday 6th February

We have arranged for a talk on the topic of Power of Attorney from Gaye Illsley, a fellow U3A member, who has given similar talks to U3As throughout the southeast. We should all be thinking about making arrangements so that a suitable Lasting/Enduring Power of Attorney can look after our affairs in the event that we are unable to do so.

Too many of us fail to make such arrangements, and this can lead to difficulties for our families.

Gaye will give her illustrated 40-minute talk in St Mary's Room at the Village Hall starting at 10.20am on Wednesday 6th February. There is no need to book, so be there in good time to get a seat. Gaye will be available to answer questions afterwards. Refreshments will be available in the Rogers Room from 10am to noon.

## Out and About Group

We have 37 members and the Group meets four times a year to discuss the future programme. Events/outings are suggested and co-ordinated by members, and regular e-mail updates sent out with details. We use public transport or share cars.

Recent events have included a visit to Seaford to see the Shoal Bench, with lunch at Seaford Head Golf Club; a visit to Trading Boundaries and Sheffield Park; and a visit to Fishbourne Roman Palace.

A Christmas Lunch will take place at the Kings Head in Horsebridge. Future events will include a trip to Uckfield Cinema for a matinee showing of a classic film, followed by cream tea. We have occasional get-togethers for coffee, at various venues. A new idea for this year is to meet for Sunday lunch at different venues on the first Sunday in the month. As you can see, our members do like to eat!

**Valerie King**

### Visit to Fishbourne

The weather wasn't the kindest it could have been, but that didn't spoil our enjoyment of a trip to the largest Roman Palace in the UK – Fishbourne, near Chichester.

The entrance through a housing estate was quite surprising, but what treasures lay beyond! After a fortifying coffee we set off to see the wonderful mosaic floors, which were only discovered in 1960!



*Our Group in the 'triclinium' at Fishbourne Roman Palace.*

These were all laid out under cover, and were quite extensive and beautiful. When the sun came out we went outside to the recently restored gardens, and I especially liked the Physic Garden of herb beds. The photo shows us under the triclinium (a sort of covered eating space).

After lunch in the café we went into the museum and enjoyed two talks, one on the artefacts which we were able to handle, and the other on the Bath House (a series of hot and temperate rooms ending in a cold plunge pool).

I learnt so much, and our organiser Barbara Marsden was a well of information. It was such good fun and a wonderful day out. Thank you Barbara!

**Jenny Sullivan**

## Spanish Conversation Group

This group has been meeting for at least six years. Most members started as complete beginners in Spanish; now they all have a good basic grasp in the language skills – reading, writing, listening and speaking.

We are now a 'Conversation Group' and we meet fortnightly in each others' houses from 10.30am to 12.00. At present there are nine of us. The aim of these meetings is to provide a context in which

people can consolidate and improve their knowledge of Spanish.

We are a very friendly group and the emphasis is on having fun while helping and supporting each other to speak and understand the language. Over the years that we have been meeting we have evolved different strategies to improve our Spanish including, for example, card games, role plays, news (personal and in

the media), reading cultural articles, singing in Spanish, etc. The members are welcome to bring their own ideas and experiences, and I actively encourage their input, so that they can learn and benefit from one another.

The members of our group are keen to improve their grammar and, with that in mind, we will cover different grammatical points as they arise. However, as this is primarily a conversation group, the first and most

important aim is to speak the Spanish language.

As we meet in each others' houses, we cannot take on any new members at the moment because of the restricted space. However I have been contacted by two U3A members interested in joining the group, so we have a waiting list.

**Conchita Wigley**

## French Conversation Group

The aim of our group is to try and improve our everyday French, so that we should never be stuck when called on to use our linguistic skills – be it booking a room, discussing the weather, shopping in the market, ordering a meal, or just passing the time with people in a café. Our level is approximately 'O' Level – give or take a bit. Absolute beginners would not be able to cope, but if you haven't done any French since school, or visit France sometimes and feel frustrated by your language level, you'd be welcome to try us out.

We meet in each others' houses every Thursday at 10am for an hour and a half, and do have room at the



*The French Conversation Group at play!*

If you're interested in joining please contact the Convenor **Bridget Cross**.

## Computer Group

The computer group continues to be well supported, with a membership of 36 and a regular attendance of about 70%; however there is always room for more members. The group is run by a planning team who meet regularly to develop a programme of topics, which are suggested by members as being of interest to them.

Past presentations have been on Ringmer U3A's website, which is now up and running; Cloud storage for Mac/PC/phone; a very interesting talk by Chris White, the Police Cyber Security Officer, on staying safe online; passwords – how to keep them secure; and how to use PowerPoint and Keynote (the Mac equivalent).

Future topics will include sound recording; desktop publishing; Word and Excel; and later on in the spring a presentation of computerised sewing. At all our meetings there is a general table in place where members can discuss their individual problems with a knowledgeable member of the planning team.

The computer group meets on the first Thursday in the month at 2pm in the Scout Hut. The future programme can be found on the Computer Group Calendar page of the Ringmer U3A website. More information can be found on the Computer Group News page.

**Sylvia Coleman**

## **Your Current Committee**

			<u>Key to Chart Status</u>
Chairman	Ian Loughborough		
Secretary	Kay Fitzgerald		NMM: Needs more members
Treasurer	Sue Hall		
Membership Secretary	Ken Boot-Handford		WL: Waiting list
SUN Representative	Jill Collins		
Newsletter Editor	Jon Elphick		SA: Spaces available
Group Co-ordinator	Sylvia Coleman		
Webmaster	Keith Moore		Numbers according to Beacon
Committee Member	Tim Polwart		

**Committee members can be contacted via the U3A website.**

## **Your Current Groups and Convenors**

Group	Convenor	Status	Members	Meets
Astronomy	Brian Wignall	SA	18	Second Wednesday of each month at 19.30.
Ceramics	Neil Morgan			It is anticipated that the group will start holding meetings in the New Year.
Computer Group	Sylvia Coleman	SA	36	First Thursday of each month at 14.00.
Creative Crafters	Julie Terry	SA	5	First Friday of each month at 14.00.
Family History	Bob Cairns	SA	55	Last Tuesday of each month at 14.00.
French Conversation	Bridget Cross	SA	6	Every Thursday at 10.00.
Gardening Club	Jenny West; Joan Wignall	WL	16	Third Tuesday of each month at 14.30.
2 Garden	Rita Price Marie-Claude Pullen	WL	20	Second Tuesday of each month from February to November at 14.30.
Knit & Natter	Margaret Eggleton; Linda Perrott	SA	8	First Friday of each month at 14.30.
Knit One, Chat One	Sue Hall	WL	9	First Friday of each month at 14.00. Space for one more.
Mah-Jong	Julia Middleton	WL	9	Every Monday at 10.00 (except Bank Holidays).
Out & About	Valerie King	WL	46	6 <sup>th</sup> March in the Village Hall, St Mary's Room. The group meets for lunch on the first Sunday of the month.
Photography	Martin Whitlock	SA	45	Last Thursday of each month at 14.00, and the occasional field trip.
Poetry	No current convenor			Will run, if enough interest is shown, on the 1 <sup>st</sup> and 3 <sup>rd</sup> Wednesday or Friday. Contact Sylvia Coleman, via the website, if interested.
Short Walks	Jon Elphick	NMM	19	14 <sup>th</sup> January; 11 <sup>th</sup> February; 11 <sup>th</sup> March; 8 <sup>th</sup> April at 10.15. 24 <sup>th</sup> January; 28 <sup>th</sup> February; 28 <sup>th</sup> March; 25 <sup>th</sup> April at 14.30.
Spanish Conversation	Conchita Wigley	WL	9	14 <sup>th</sup> & 28 <sup>th</sup> January; 11 <sup>th</sup> & 25 <sup>th</sup> February; 11 <sup>th</sup> & 25 <sup>th</sup> March; 8 <sup>th</sup> April at 10.30.
Walking	Lynne Booth	SA	24	1 <sup>st</sup> & 3 <sup>rd</sup> Wednesday of each month at 13.30.
What the Papers Say	Sue Wilkinson	WL	6	Fourth Monday of each month.

## Ringmer U3A Calendar for Spring Term 2019

**AS** = Astronomy (Brian)  
**CG** = Computer Group (Sylvia)  
**CC** = Creative Crafters (Julie)  
**Fr** = French (Bridget)  
**FH** = Family History (Bob)  
**Ga** = Garden Club (Jenny)  
**2Ga** = Garden (Rita & Marie)

**K&N** = Knit and Natter (Margaret & Linda)  
**Kn** = Knit One, Chat One (Sue)  
**Ma** = Mah-Jong (Julia)  
**OA** = Out & About (Valerie)  
**Ph** = Photography (Martin)  
**Po** = Poetry

**PS** = What the Papers Say (Sue)  
**Sp** = Spanish (Conchita)  
**SW** = Short Walks (Jon)  
**Wa** = Walking (Lynne)

All the convenors can be contacted via  
the Ringmer U3A website.

Day	January	February	March	April
Mon				1
Tue	1			2
Wed	2 Wa 1.30pm			3 Wa 1.30pm
Thu	3 Fr 10.00am			4 Fr 10am; CG 2pm
Fri	4 Kn 2pm; CC 2pm; K&N 2.30pm	1 Kn 2pm; CC 2pm; K&N 2pm	1 Kn 2pm; CC 2pm; K&N 2pm	5 Kn 2pm: CC 2pm; K&N 2.30pm
Mon	7 Ma 10am	4 Ma 10am	4 Ma 10am	8 SW 10.15am; Ma 10am; Sp 10.30am
Tue	8	5	5	9 2Ga 2.30pm
Wed	9 AS 7.30pm	6 Wa 1.30pm	6 OA; Wa 1.30 pm	10 AS 7.30pm
Thu	10 Fr 10am	7 Fr 10am; CG 2pm	7 Fr 10am; CG 2pm	11 Fr 10am
Fri	11	8	8	12
Mon	14 SW 10.15am; Ma 10am; Sp 10.30am	11 SW 10.15am; Ma 10am; Sp 10.30am	11 SW 10.15am; Ma 10am; Sp 10.30 am	15 Ma 10 am
Tue	15 Ga 2.30pm	12 2Ga 2.30pm	12 2Ga 2.30 pm	16
Wed	16 Wa 1.30pm	13 AS 7.30pm	13 AS 7.30pm	17 Wa 1.30pm
Thu	17 Fr 10am	14 Fr 10am	14 Fr 10am	18 Fr 10am
Fri	18	15	15	<b>19 Good Friday</b>
Mon	21 Ma 10am	18 Ma 10am	18 Ma 10am	<b>22 Easter Monday</b>
Tue	22	19 Ga 2.30pm	19 Ga 2.30pm	23 Ga 2.30pm
Wed	23	20 Wa 1.30pm	20 Wa 1.30pm	24
Thu	24 Fr 10am; SW 2.30pm	21 Fr 10 am	21 Fr 10 am	25 Fr 10am; Ph 2pm; SW 2.30pm
Fri	25	22	22	26
Mon	28 Ma 10am; Sp 10.30am; PS 2.30pm	25 Ma 10am; Sp 10.30am; PS 2.30pm	25 Ma 10am; Sp 10.30am; PS 2.30pm	29 Ma 10am; PS 2.30pm
Tue	29 FH 2pm	26 FH 2pm	26 FH 2pm	30 FH 2pm
Wed	30	27	27	
Thu	31 Fr 10am; Ph 2pm	28 Fr 10am; Ph 2pm; SW 2.30pm	28 Fr 10am; Ph 2pm; SW 2.30pm	
Fri			29	

Dates and times are subject to change. Always keep in touch with your Convenor.