



u3a
Wadhurst
NEWS

March 2022

WADHURST u3a

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News Magazine Editor: Philip Cheung

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Please email copy to the editor: newsmag@wadhurstu3a.org.uk

TO JOIN WADHURST u3a

Download a membership application and Gift Aid form
from the 'About Us' page on the Wadhurst u3a website:

www.wadhurstu3a.org.uk

Print, complete the form and return with
a cheque for the annual fee of £25, payable to 'Wadhurst u3a', to:

Pam Coyne,

38 Chartwell Lodge, Bishops Down Road,
Tunbridge Wells, Kent TN4 8AF

OR contact the membership secretary on **01892 710678**

ONLINE PAYMENTS TO WADHURST u3a

Lloyds Bank, sort code: 30-98-77, account number: 48499968,

In name of: *Wadhurst u3a*

FROM OUR CHAIRMAN

You may notice the late arrival of this issue of NEWS. It took me about a week longer than usual to prepare it for two reasons. First, at the deadline for copies, I was about ten pages short of a full issue. Second, I was hit with a debilitating cold soon after, which delayed me for about a week.

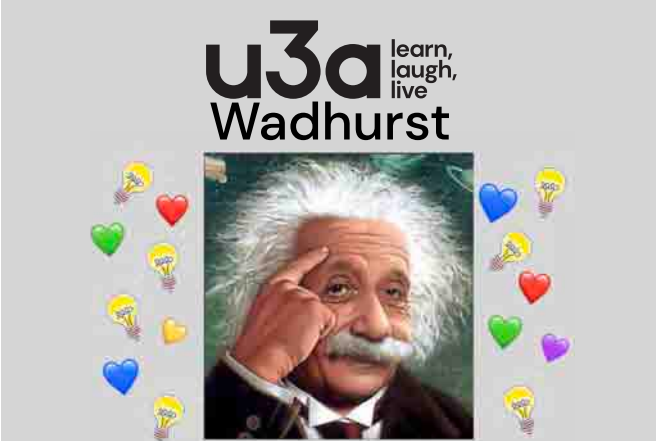
Storm Eunice came to my rescue in a way. When electricity was restored the day after the deadline, I sent out an appeal to contributors to write something about their experiences during the storm. I was not disappointed with the response and am very grateful to those who wrote in reply. I hope you will enjoy their accounts in the pages that follow.

As for the cold, it was nothing serious: just fatigue, a foggy head, muscular pain and a retching cough that combined to make it impossible to make any progress with NEWS. I dozed more or less for five days. I tested twice for Covid and came up negative both times... But here at last, our March issue.

Last month, we had an exceptionally good speaker at our monthly meeting. John Pearson gave a talk on *Blessed are the Cheesemakers*, without notes and without slides, but with great humour and a clear and engaging delivery. He also provided us with three cheeses to sample, to illustrate what he meant about texture and acidity. He gave us unusual insights into how supermarkets work and how cheeses taste different according to the way they are made, all the while making us laugh with funny stories from the years he spent working in many different parts of M&S supermarket. He ended up as cheese buyer for the company and an international cheese judge. We had a wonderful afternoon where we were informed and entertained.

You are generally not slow to complain when a speaker does not come up to the mark. My defence for poor speakers is that we have in most cases never heard them speak before, and it is impossible to judge what they will be like. Exceptional speakers are exceptional and the average are average. Good speakers also deteriorate with age, as with most things, I am afraid to say. When you have heard a

good speaker, do let us know. I have effectively organised the speaker programme for just about two years from 2019, but 'my' programme will drag out to the end of 2022 because of Covid. From 2023, you will enjoy a programme organised by our new speaker coordinator, Norrie Hazell.



u3a learn,
laugh,
live
Wadhurst

POP THE QUESTION!
A LIGHT-HEARTED QUIZ EVENING
TO ENJOY WITH FRIENDS AND FAMILY
SATURDAY 26TH MARCH, 7.00 FOR A PROMPT START AT 7.30PM
COMMEMORATION HALL, WADHURST
★ BRING A PICNIC/WINE ★ PRIZES
★ OPEN TO NON-MEMBERS

Tickets from 15th Feb - £6 per person - £36 per table of six.
By phone on 01892 710678 or from Carillon Cottage, High Street, Wadhurst.
Those who are not in a team will be helped to join one.
Further information on www.wadhurstu3a.org.uk

It remains for me to draw your attention to **Pop the Question**, Wadhurst u3a's quiz night. Come along and bring your friends (it is open to non-members) for a fun night out.

With best wishes,
Philip Cheung

*Wadhurst u3a has benefitted from the many facilities offered by Uplands Sports Centre ever since we started. When many members take part in an activity, we have formed interest groups, such as Table Tennis, when the convenor can help everyone settle in. However, we often have just one or two members taking part in an activity, when a group cannot be formed. Jane Austin has kindly offered to serve as **Uplands Co-ordinator** to help anyone who would like to take advantage of what Uplands Sports Centre has to offer.*

UPLANDS SPORTS CENTRE

Jane Austin, Uplands Co-ordinator

Some of our members are regular users of the Uplands Sports Centre, but for those who haven't yet ventured inside, it's well worth a visit. Located along the path from the Greyhound Car Park, it's a fantastic facility that has something for everyone, irrespective of age or fitness level.

The Centre has always welcomed u3a members and we are delighted that a range of new activities are now being offered to us at a special discounted price of £4.50 per session (or £30 per month). This is a considerable saving on the standard rate of £7.50 per session. Simply show your current u3a membership card to the reception on arrival.

What's available?

Tai Chi - Mondays at 11.30am

This class provides a mix of gentle physical exercises and stretches. Each posture flows into the next without pause, ensuring that your body is in constant motion.

20-20-20 - Tuesdays at 11.20am and Thursdays at 10.10am

Aimed at beginners, these classes offer a gentle mix of 20 minutes cardiovascular work, 20 minutes tone and strengthening, 20 minutes flexibility.

Pilates - Wednesday at 11.05am and Fridays at 11.05am

These sessions are designed to improve physical strength, flexibility and posture, and enhance mental awareness.

You'll find the staff at the Centre very friendly and welcoming. The instructors are all fully qualified, understand some of the limitations that come with age, and they're always willing to adapt the exercises to suit individual needs and capabilities.

Like to find out more about what's on offer but still feeling nervous?

No problem, just give me a call to arrange a convenient time to meet up. I'm happy to show you around the Sports Centre, introduce you to everyone and, perhaps, join you when you try out your first class.

Remember, gentle exercise is good for both our physical health and our mental well-being. It's also a great way to meet new people and have some fun too!

Jane Austin (07837 958867 or ejAustin@outlook.com)

PS Don't forget, there's also u3a Table Tennis at Uplands on Tuesdays at 12.30pm, see centrefold.

Meeting Eunice

Friday 18th February

Thai Goulton I don't have much to add. Only damage was a broken plant pot with a pretty camellia just coming into bloom, I hope it will survive in a new pot. The dog did not get a walk on Friday... I also have to mention thoughtful neighbours who called round to make sure I was ok and again later to help with connecting and disconnecting a stiff gas poker to light the fire in the fire place. So nothing very dramatic nor funny.

David Slater (ex boy-scout) I woke up on Friday morning as usual around 7am. Had my breakfast and showered. Did my ironing and just as I finished the last shirt at around 10:30am, the light went out. I decided that, without electricity, the best place was bed so I stayed there until 3pm! When I rose, I found I was able to spark my gas fire into life so I was able to keep warm till the daylight declined and I could no longer read my paper easily. Then, lo and behold, the lights came on just before 6pm when my candle was beginning to gutter. Moral: always have candles and battery lights to hand.

John O'Dwyer Shut your eyes and imagine two people of 'a certain age' sitting side by side in armchairs in the dark with several candles burning, wearing dressing gowns, blankets and scarves. No, you are not dreaming, this was me and my wife during storm Eunice. We had a power cut which lasted almost two days. Living in a fairly modern house with no such luxury as a gas fire or wood burner we were reduced to wrapping up warm and hoping for the best but the temperature in our living room was 12C! We spent two evenings like this as we had stupidly not taken up the kind offer of our neighbours to join them round their gas fire.

Earlier we had braved the wind and tied down anything that the wind might catch, tied the gate to the post, put anything that would fit into the brown garden rubbish bin and then a paving stone on top. Eventually after listening with trepidation to the wind blowing round our rather exposed house, we lost a few trimming tiles from the side wall.

The bird feeders are out again, flower tubs returned to their rightful places and we hope we will not have another such storm soon.

So what do you talk about in the dark with a storm raging outside - why storms of course! In 1987 we lived in Weybridge when we happily slept through a terrible storm. Going to the bathroom in the morning it was surprisingly light. This window looked over our garden and I suddenly realised the large tree in our garden was flat on the ground carefully tucked between our house and next door. No damage!! Our neighbour later told us that she had been awake all night as the branches of this tree scraped against her bedroom window. Other neighbours had had a restless night including a very

pregnant lady who watched a tree in her front garden fall and block her front door. On that occasion we did not lose electricity.

I was on my way back from working in France in 1990 when another storm struck. I was actually on a cross Channel ferry laid off the coast of Dover, supposedly sheltered from the worst of the storm. I made my way, rolling from side to side, to the restaurant which was nearly empty. Too many passengers were suffering from fear and seasickness. I, however, enjoyed tea, cake and a good book while the rest of the passengers lay on chairs, bunks or the floor, nursing their sick stomachs. The drive home however was another matter with fallen trees and cars run off the road. There is no place like home after a night like that.

Sally Warlow Eunice blew in on Friday morning. We had been warned that she was on her way but she was still quite a hit when she arrived.

I was endeavouring to call the dentist in Wadhurst to tell them that I would not be able to keep my appointment when the phone went dead. This was swiftly followed by the radio, the heating, lap-top, even my mobile went out of service. We were without all our aids and comforts. Luckily we have a battery-powered radio so we could keep in touch with the world that way

Lunch was cold – quite tasty salad and cheese, but there was no coffee – no tea.

The afternoon was spent watching a garden shelving unit blow round from the side of the house and across the garden, taking with it various plant pots. The plastic ones were distributed at random around the paving and the flower beds, but two special pottery ones were in pieces – their contents spread generously on the paving stones by the back door. Wooden garden chairs and a small table were lying flat on the paving, and my big pot containing a precious new rose was on its side. The rose was intact but there was a lot of good mulched soil spread around the pot.

At dusk, as I was lighting candles and distributing them around the house a kind neighbour, who had gas, brought me a thermos of hot water. I could have a much-needed cup of tea. Later on, at about 6 o'clock, while John and I were listening to the radio, I suddenly

realised that I was looking out of the window at the outside light on at the house across the road. I flicked a light switch and there was light! Joy of joys – we could watch all the horrible news on the television and were able to switch on all the lights in the house. I felt a bit downcast at having to cook the supper, but still that was better than a tin of sardines!

Philip Cheung The storm came at the appointed hour. We were sitting in the conservatory looking at the trees sway at a safe distance when electricity was cut just before midday. The cat got very excited watching the leaves and small branches flying through the air. Suddenly she rushed out into the garden to join in the fun, criss-crossing the lawn at full speed like some demented thing and finishing up her favourite tree, a twelve-foot magnolia that was also swaying madly from side-to-side. The magnolia is one of Freya's bolt-holes when she is chased by next-door's Norwegian Forest cats, but she has never thought of it as a bouncy castle.

Loss of electricity meant we had no central heating and no means to cook. We had replaced an open fire with a wood burning stove recently so keeping warm was not a problem. We also have a gas-ring on a barbecue in the garage, but this is only good for making a cup of tea, because cooking in the cramped garage in semi-darkness is out of the question.

When evening came the storm had subsided. Reading by candlelight and torchlight round our warm stove kept us occupied during the afternoon but the strain on our eyes was beginning to tell. We decided to drive to Wadhurst to see if power was restored there and whether we could get a meal. What optimism! The High Street was in darkness. Unable to face cooking in the garage, we decided to try our luck in Tunbridge Wells. After finding the road blocked on descending towards Wadhurst Station, we turned round to go via Mark Cross and had no difficulty in reaching our destination, after having found that the Abergavenny Arms at Frant was fully operational but also fully booked.

We managed to park on Tunbridge Wells High Street and the first restaurant we came across was The Ivy, which we know only as the replacement for Jamie Oliver's Italian restaurant. We had been to

neither. So in we went, feeling adventurous at the end of an eventful day.

A normal Friday evening was in full swing in The Ivy, as if Eunice has never been. We looked quite out of place, dressed in woolly jumpers while the other diners were dressed to the hilt. To our eyes their dress was skimpy for the time of year but it was the accessories that made the most striking impression: the make-up of the girls, false eye-lashes and high high-heels, and the tattoos on the men, whether sprouting up the neck through the collar or exposed along the entire arm under sleeveless *Nadal-type* T-shirts.

The restaurant appeared brightly lit, but it was mainly glitter because when we came to read the menu, we had difficulty with our aged eyes. The waiter was most helpful with the torchlight on his smart phone. The evening was enjoyable but the bill came as a surprise. Sparkling water, house-wine, coffee, ordered with no further reference to the menu (*mea culpa*), made up a disproportionate fraction of the total. I suppose we have to contribute to the wages of the bartenders who shook (not stirred) the cocktails with both arms above their heads in a Latin rhythm.

On Saturday morning there was still no electricity. We had a cold lunch and Georgina spent the afternoon ensuring that a quick evening meal could be prepared over the barbecue gas ring. Then at five o'clock, the lights came back on.

Alan Goddard did not received my appeal for experiences of the storm probably because he was without power when my email was sent. He survived an entire week on a 2.5 kW generator.

EUNICE

Eileen Ramm

I live on a ridge,
So I knew Eunice would find me.
It was just a matter of time.

I got candles ready,
Torches, batteries, keep steady!
I told myself I'd be fine.

Then the wind started howling,
The noise was astounding,
My bravery was on the line.

When my cheap shed took off
It gave me a fright.
Relocated by Eunice
She was showing her might

Next the power went off
And the game was really up
No light, heat, telly,
I was out of ... luck.

I lit a big candle, it made hardly a jot
Of light ... I lit two ... I caught sight of my car
Being crowned with a trampoline from afar.

The cold was creeping in, but what could I do?
Too early for bed at half past two!
I lit my wood burner, I basked in its glow,
And thought about folk of long, long ago.

When motherboard did not mean
that mother was bored.
Neither did she have fear of
modems, data, passwords.

A simpler life,
but much harder, less media.
But could I survive
without Wikipedia?

Then click, boom, fizz, roar,
there was light, heat, emails galore.
I thanked my lucky star for the clever ones at
Southern Power.

Wadhurst u3a Interest Groups

Interest Group	Convenor	Day of Month	Time	Venue
Art at Ticehurst	Peter Sewell	last Friday	14.00	<i>check with convenor</i>
Art at Wadhurst	Sheila King	2nd Tuesday	10.00	Orchard Room
Art Appreciation	Margot Yeo		<i>check with convenor</i>	
Ballroom Dancing	Philip Cheung		<i>suspended until further notice</i>	
Book Group One	Georgina Cheung		<i>check with convenor</i>	
Book Group Two	Janet Pelham		<i>check with convenor</i>	
Bridge	Lesley Thompson	Thursdays	10.00	Sparrows Green Pavillion
French Conversation	Paul Brown	2nd Monday	14.00	<i>check with convenor</i>
Friendly Computers	Allan Newton		<i>check with convenor</i>	
Gardening	Sheila Jemmett	3rd Tuesday	10.00	Commem Hall
Historic Buildings	Paul Brown	<i>See website for latest news</i>		
History		1st Monday	14.30	Wealden Wholefoods Cafe
Knit & Natter	Kate Metcalfe	1st Tuesday	14.30	<i>check with convenor</i>
Life Writing	Jessica Brown	alternate Tue	10.00	<i>check with convenor</i>

Mahjong	Norwill Hazell	2nd & 4th Thu	14.30	Sparrows Green Pavillion
Mindfulness & Relaxation	Sue Swift	4th Friday	10.30	check with convenor
Modern Architecture	Jane Austin	every 6-8 weeks		check with convenor
Play Reading	Philip Cheung			check with convenor
Pub Lunch	Jean Turner			check with convenor
Science & Technology	Philip Cheung	2nd Tuesday	14.00	Sparrows Green Pavillion
Scrabble	Juliet Conrad	2nd & 4th Tue	11.00	The Greyhound Inn
Table Tennis	Philippa Standley	Tuesdays	12.30	Uplands Sports Centre
Ten Pin Bowling	Lynda Emberson			check with convenor
Theatre Visits	Lynda Emberson			check with convenor
Ukulele	Iris Glover	Mondays	10.00	check with convenor
Walking	Sarah Parry	2nd Thursday	10.00	check with convenor
Wine Appreciation	David Austin	4th Wednesday	17.00	Orchard Room
Yoga	Sara Irwin	Mondays	9.30 / 11.00	Zoom

To email convenor: On the u3a Wadhurst website (see below) select the Group concerned.

Click on the **Bluebird** icon (top right corner) to send an email.

To leave a message: ring **01892 710678**. State your name, tel number and the group(s) of

*** Consult u3a Wadhurst's website: www.u3asites.org.uk/wadhurst for up-to-date information.

SELECTED GROUP NEWS

Wadhurst u3a has 28 Interest Groups to offer. Here are news items from some of them. Do not hesitate to contact the convenor if you are interested in an interest group. Contact information can be found on the centrefold. You can also email the convenor using the 'Blue Bird' on the relevant group page on Wadhurst u3a's website:

www.wadhurstu3a.org.uk

ART APPRECIATION

Alan Goddard

I am a relatively new member of the Group which is led by the knowledgeable and efficient Margot Yeo. She has asked me to prepare a report for our new year. I am not knowledgeable but interested.

"Hogarth in Europe", Tate Britain, 6th January.

A select (and brave) group visited Tate Britain for this exhibition which I had very much wanted to see but missed.

To quote the publicity from the Tate:

"In a dramatically changing 18th century Europe, William Hogarth became famous for his vibrant, often sharply satirical, paintings and prints that wittily captured the new modern experience. His art gives a unique and engaging glimpse of the time - its opportunities and innovation, materialism, exploitation and injustices, which continue to resonate today."

I still intend to go and you might want to consider seeing this interesting piece of social history.

"Late Constable", The Royal Academy of Arts, 3rd February.

A group of 7 this time, I included, attended the exhibition, led by Margot. This exhibition I had not eagerly awaited, having grown up with Constable prints which I did not then much appreciate. The exhibition explores the late works of this famous Royal

Academician, who produced some of our best known Landscape paintings.

One nearly always finds something to surprise, and even shock, from attending such exhibitions. His 1827 Chain Pier, Brighton caught my attention for the way he expertly captures the sea and boats, in addition to his usual majestic sky. Both oil and watercolours are on show and both small and large sketches.

The RA is well worth the visit and so comfortably provided.

Our next visit:

***Van Gogh - Self-Portraits at The Courtauld,
Thursday 10 March for 12.00 entry.***

This much reported exhibition in the newly re-opened Gallery has been generally admired by the critics.

We meet at Wadhurst station for the 10am train for London. The group is friendly, welcoming and supportive, and I look forward to our visits. We hope you will too and join us. Contact Margot whose details can be found on the centrefold.

GARDENING

Sheila Jemmett

In December we adjourned to the Nevill Crest & Gun for our Christmas lunch. A splendid meal was followed by a presentation to Ken and Jean Turner to thank them for their dedication from the inception of the Gardening Group.

In January we met in the Commemoration Hall for an illustrated talk about 'Rose Pruning'. This was given by Richard Huggett who was for many years Senior Gardener at Scotney Castle.

In February we had another illustrated talk – this time the subject was 'Soft Fruit'. We covered all aspects of growing and training, including growing in pots.

On Tuesday March 15th in the Commemoration Hall we will cover the subject of 'Flowering Meadows'. We start at 10am. All are welcome.

We also have two day trips planned for 2022: Capel Manor on April 26th and Wakehurst Place on May 17th. There are still places available on both trips.

We have also arranged a four-day trip to Yorkshire in June to include visits to both RHS Bridgewater and RHS Harlow Carr. Details from Sheila Jemmett at sheilajemmett@john-lewis.com or 01580 200647.

Trips and talks are open to all u3a members– you don't need to be a Gardening Group member to join us.

Christmas Lunch

Allan Newton

Most Wadhurst U3A members know of the Gardening Group. This is one of the larger groups we have, and pre-Covid, met monthly for talks or visits. Naturally all this was stopped in 2020 but gradually rebuilt in 2021. We were able to restart meetings and, much to members' delight, met yet again for our Christmas Lunch. This year we were at the Nevill Crest and Gun in Eridge, and as usual, had a warm welcome and pleasant meal.

The sad note was that our leader since 2013 (yes, we have been going that long) Ken Turner had decided to stand down and pass the lead to Sheila Jemmett. This has meant that Jean, his right-hand Lady, is also stepping down. The whole Group owe a great deal to Ken and Jean who have organised talks, trips, and even foreign holidays. How many of us for example could have envisaged that in our 80's we would be visiting the bulb fields



of Holland, and the gardens and parks in Normandy? A collection

amongst members allowed us to present Ken with two books on gardens around the world, to Jean some flowers and to them both a bottle of wine just in case they get thirsty reading the books.

Our sincere thanks to Ken and Jean for all they have done for us and we hope to see them regularly attending meetings and joining visits.

Photos on the previous page and the backcover by Jan Whiteley.

PLAY READING

Philip Cheung

We had to cancel our reading of *Fawlty Towers* twice, in December and January, because of Omicron. At the third time of trying in February, we could only muster a cast of three, who decided to have a chat over a cup of tea instead.

We shall try again in March. In April we shall read Michael Frayn's *Alphabetical Order*. The author explained that the 1976 comedy is about "the interdependence of order and disorder" and the way an excess of one makes you long for the other. The action takes place in the library office of a provincial newspaper, a scene of permanent and utter confusion.

Send me an email if you wish to join the group of about twelve. you will then receive the dates and venues of our meetings. Members volunteer to host the meetings and the date is fixed by the host.

PATCHWORK AND QUILTING

Iris Glover

Before Covid stopped us from meeting nearly two years ago, we had put out feelers to see who would like quilts. It is not possible to make quilts ad infinitum for ourselves but we did like making them. We discovered a children's hospice near Rye who asked us to make some that were a metre square. We thought this a lovely idea. The metre square ones were for the smaller children. They are given them on their beds while an in-patient then take them home when

they are discharged. We made eight and will soon be taking them to Rye.

They are called Linus quilts after a little boy in a cartoon strip that is in one of the tabloid newspapers. He holds a blanket to his face while sucking his thumb. He is called Linus.



Ann Bainham and I took the quilts to two of the ladies (Val Fachiri and Jo Leney) who had helped make them when we had been meeting. We took photographs of these ladies draped in the quilts.



SCIENCE & TECHNOLOGY

Philip Cheung

At our meeting in March Madelyn Meredith will lead a discussion on the Ethics of Artificial Intelligence (AI). This meeting concludes a number of discussions we have had on various aspects of AI over the past months. Last month we were joined by members of the book group in a discussion on Ishiguro's book "Klara and the Sun".

We looked at AI from an unusual angle, through a novelist imagination.

Our programme for the coming months is as follows:

Apr 12	Thermal imaging	Allan Newton
May 10	A Biochemist in Africa	Cheryl Lovelace
Jun 14	Heating your home and the Laws of Thermodynamics	Philip Cheung
Jul 12	Nutrition	Derek Hayes

Cheryl Lovelace is a relatively new member of the group from Paddock Wood u3a. She is a biochemist with 30 years experience of lecturing and doing research in Ghana and Zambia. She has offered to give a talk about her experiences there, the fun, the fascination and the frustration. Her research topics included malaria, indigenous beer and goat parasites.

Here is her introduction to 'A Biochemist in Africa':

"To look for adventure. That was my plan on completing a Ph.D. in Biochemistry. My colleagues were busy finding places in competitive nucleic acid laboratories across the Atlantic to be there at the start of genetic engineering. Cheekily I wrote to the University of Ghana asking if they would like me – and they did! The feeling of balmy air that enveloped me when I stepped off the plane in January 1971 still brings a warm memory of that first night in Africa."

If you are interested in any of the talks listed above, just turn up at Sparrows Green Pavilion at 2pm. You will need to contribute to the hire of the room, about £2 per person, and you will be offered a cup of tea, a biscuit and some interesting conversation.

Historic Building Visits

Paul Brown

There are currently six visits you can join from April to September. Please go to Wadhurst u3a's website for up-to-date information.

Ten Pin Bowling

Linda Emberson

Ten Pin Bowling is now taking place on the last Thursday of the month. It's great fun and social. If anyone needs transport we can arrange car-share. Covid restrictions are in place where necessary. Hollywood Bowl in Knights Park Tunbridge Wells provide sanitizers, perspex dividers on lanes and the balls are cleaned regularly. Being mid-week, we often have the complex to ourselves so it's usually quiet. Refreshments are also available.

Anyone wishing to join needs to contact me beforehand as I have to book the lane(s) in advance. We have an arrangement too that u3a have a concessionary rate of £7.00 for 2 games lasting approximately 2 hrs. We meet at 2.00 pm for a 2.30 start. Don't forget it's personal best - non competitive - and there is a special apparatus which enables one to push the ball rather than throw it. Hope you can join us. See you there

WALKING

Sarah Parry

The Walking Group has kept going through the autumn and winter and we've welcomed several new members: on our December and January outings we were up to about a dozen walkers, which was lovely. Our December walk ended up in the Pantiles, Tunbridge Wells, where we sat in the sun with cake and coffee, plus rugs kindly supplied by the cafe! We've tried to keep to routes recently where there are mostly hard surfaces to avoid the inevitable mud but would hope to branch out again into the countryside as spring advances.

We usually start at 10am and aim to be done by 12-ish, sometimes managing to incorporate a cafe, as in December, but this isn't always possible as we try to vary the routes as much as possible and prioritise the walk rather than the possibility of refreshment!

As convenor, I lead quite a lot of the walks but do rely on enough volunteers offering to take the others. I must stress that nobody has to lead a walk if they don't feel confident of doing so: everyone is welcome anyway. However, there's a lot of information available on possible routes and I would urge people to give it a go!



A Frosty Rose - Jessica Brown

Christmas Message

Thai Goulton

So Christmas 2021 was to be a bit more normal. My daughter, Janet, and her family arrived a few days before Christmas and we enjoyed the preparations and decided to follow the German tradition and have our presents on Christmas Eve, just as well. We were planning to go to church on Christmas Morning and the church had asked us to test for Covid before coming. So we did, only to find that my grandson, James, was positive with the rest of us negative. He was asymptomatic the whole time and back in circulation on day seven. Speedily packing up the presents, Christmas dinner and all, and a rapid departure for the family home, left me with the dog to a lonely Christmas- again.

Just to be on the safe side I tested myself again on Boxing Day..... and was positive. There were no symptoms other than a mild cold, no temperature, loss of taste/smell or cough. The PCR test at Bewl went astray only to be found when I chased it up. Quarantine was a nuisance as I had to find a dog walker, but otherwise uneventful, thanks to three vaccinations. It might have been a different story a year ago, so great thanks to all who worked so hard to develop the vaccine and administer it. So my message is, don't worry too much about it, lots of fresh air will help to avoid it.

Thief In The Night

A song poem

by David Slater

Time carries on. Waits for no-one.
Takes all your dreams, never lingers.
When you are young, you think time goes so slow,
But she comes like a thief in the night.

The clock on the wall, her face says it all.
Every tick is a trick to unhinge us.
Prize every second or she'll rob you of your life,
Cos she comes like a thief in the night.

Don't waste your chances, when they come along.
Don't let your life drift away.
Everyone gets chances. I'm sure you will too,
But don't leave it too late.
You're only tempting fate.

Take this advice. Time is melting ice.
Trickling away through your fingers.
Time is each wrinkle, every line upon your face,
And she comes like a thief in the night.

MONTHLY MEETINGS

While infection rate remains high, we request that members come to the meetings only if they have been doubly inoculated against Covid. They are also to wear face masks during the entirety of the meeting. These measures will enable more of us, especially those who are vulnerable, to attend the meetings.

Meetings are on the third Thursday of the month, at 2.30 pm, unless otherwise indicated:

Mar 17	<i>WorkAid - Tools For Life</i> <i>Chris Stewart</i>
	WorkAid is a charity where volunteers refurbish tools and collect materials of all kinds to send to Africa where people are trained and given a toolset or machine to earn a living with pride and dignity.
Apr 21	<i>The Hazards Of The Journey</i> <i>Imogen Corrigan</i>
	Pilgrimage and travel in the middle ages - spiritual wandering to religious tourism. What possessed people to trudge hundreds of miles, often in appalling conditions and sometimes perishing on the way?
May 19	<i>Witches, Warlocks and Wellingtons</i> <i>Dr Janet Pennington</i>
	This talk examines the ways people in the past protected themselves and their homes from evil. Protective items will also be on display and can be handled. You are invited to bring your own special objects to the meeting, if you feel you can leave your home unprotected for a few hours.
Jun 19	<i>Lewes Priory: the site and its people</i> <i>Helen Poole</i>
	This important Cluniac priory was founded around 1077-81 and the ruins now tell the story of its life and problems, not least its unwilling participation in the Battle of Lewes.



*Gardeners
Christmas
Lunch*

