



The Windmill

Eastbourne & Wealden u3a

Charity No. 1184226

Issue 108

April - June 2026



This photo was taken on the spur of the moment with my mobile phone. I had been out in Eastbourne and was walking home on a clear warm evening near the pier when the light just caught my eye. Often the least planned photos are the best. *Gabbie Brady*

ANNUAL GENERAL MEETING

Tuesday 7th April

POSTPONED

Please still attend at the usual time to hear our booked speaker.

Details on p.3.

Remember that doors are locked at 2.10 pm for security so don't be late.

From the Chair

John Riley, Chair and Windmill Editor

Annual General Meeting.

As advised in my recent email, if we had allowed the AGM to continue on 7th April we were at serious risk of having only three members on the committee, as we had no nominations for Chair, Vice Chair, Membership Secretary and Groups Coordinator. To avoid this catastrophe, we postponed the AGM to give more time for members to volunteer.

This has done the trick. We now have volunteers willing to consider filling the vacant positions. Discussions are being held so they can learn what is involved and they have been invited to our next committee meeting on 13th April.

We now expect to hold the AGM at the start of our meeting on 7th July. Formal notice will be issued nearer the time.

Risk Assessments

A requirement of the Third Age Trust is that we have risk assessments for u3a and group activities, for safety and insurance purposes and to ensure that activities are safe for members. We are seeking the cooperation of Group Leaders to provide risk assessments. We will make this as simple as possible and will help GLs where required.

Emergency Contact Details

Please read my article on p.6.

Quiz Night on Thursday 23rd April

See p.7. Get your brain in gear for a fun evening. Form a team of 6 or book individually and Sylvia will add you to a team. So, don't worry if, like me, you are not much good at quizzes as you may be with someone who is. There's even a booby prize for the losing team. Although some people are serious, really it's just a fun evening.

Editor: John Riley Tel: 01323 724972

Submission date for the July to September issue is the 15th June.

Website: <https://eastbourne-wealden.u3asite.uk>

SPEAKER SECRETARY, Carolyn Brown

Have you heard a good speaker elsewhere? If so, please send details to Carolyn through the website to https://eastbourne-wealden.u3asite.uk/u3a-contact-form/?contact_id=17183

April 7th

"How far can retro go?"

by John Griffiths-Colby

"Out of date, outmoded, out of here – fashion is only predictable in as much as it is fickle and perhaps in knowing that what goes around, will come around. Is Retro really a style or just recycling – how much of it can we digest when we remember it from the first time around? Was it even new

then? This talk looks at what it is that appeals in the past - pure nostalgia or just marketing departments using tried and tested formulae?"



May 5th

Newhaven Fort, then and now

by Ian Everest

As the manager of Newhaven Fort from 1987 to 2001, Ian talks about its military history and the trials and tribulations of converting this Ancient Monument into a popular visitor attraction.



June 2nd

The History & Origins of Punch and Judy

by Ray and Jacqui Sparks

Ray was Eastbourne's Punch and Judy man performing on The Wish Tower Slopes in Eastbourne for 34 years. The talk is fully self-contained complete with a visual display and interactive parts to the presentation. This talk is suitable for audiences of all ages and abilities.



July 7th AGM followed by

Sex, Scandal and Mrs Sage. The first female balloonist

by Sharon Wright
Sharon tells the *hilarious*, heroic saga of PR disasters, floppy gasbags and rude cartoons that dogged Letitia Sage's history-making London lift off in 1785 – and explodes the myth that she invented the Mile High Club (the truth is even saucier). If you missed Sharon at the Ashridge Circle in February, now is your chance.

A PENFRIEND FROM AUSTRALIA FOR OVER SEVENTY YEARS

by Avril Robertson



I was twelve when our geography teacher asked the class if any of us would like to correspond with a girl of our age in Australia. As children of North East London, we had all been surprised to learn that the population of Greater London was about the same as the whole of Australia! A few days later, my first letter dropped onto the doormat. Lesley and I had virtually nothing in common. My home was two rooms at the top of a decaying Victorian house (where I lived with my mother) and hers was a house and pool which she shared with her parents and brother.

They had an outdoor social life which revolved around the nearby beaches; I probably saw a beach only once a year.

Nevertheless, we became friends immediately and wrote every fortnight. A standard airletter just wasn't large enough for all we had to say. We used 'air' writing paper and envelopes and wrote several pages every time we wrote.

When I was about fifteen, Lesley's father wrote to my mother, inviting me to stay with them. My mother didn't want me travelling to the other side of the world so I didn't go. It was to be another thirty years before we finally met.

We were both married by then. Lesley's husband was very much 'head of the family'. She arrived home one day to find their house was up for sale. Ian told her they were moving to Bargara - a small town north of Brisbane - well over a thousand miles away from her friends and family and with a subtropical climate too! Aussie women then were definitely second class citizens.

They stayed with us at our home in Harrow in the early nineties. We immediately felt like old friends. We had shared so much over the years, sometimes more than we might share with those closest to us geographically. They thought we were so lucky to live in Europe - all those

different countries, cultures and languages on our doorstep. They loved London too and I was very proud to show them my hometown.

Shortly afterwards, we stayed with them in Bargara - and saw some of their country too. We met all Lesley's family and some of Ernie's too (my husband]. He was the youngest of fourteen children and now has family in many places in the world, including a niece and nephew in Sydney.

By the beginning of the millennium, our air letters were becoming emails. It was hard to keep up with the speed by which replies came! A little later, their son was travelling to the UK quite frequently and staying with our daughter in Willingdon village. They got on so well. Shortly after we moved to Eastbourne, Lesley and Ian visited us here too and Lesley met one of our granddaughters when she was just two days old. Our daughter and her family met up with some of Lesley's family in Brisbane in January; we were able to discuss their meeting on Facebook Messenger - an immediate connection and so far removed from the airmail of yesteryear.

Pub Games Group

Group Leader: Michael Jones



Do you fancy playing traditional tabletop pub games: cribbage, dominoes, shut the box and shove ha'penny, as well as poker dice and various card games? Or how about more modern tabletop games like Rummikub, Scrabble and backgammon?

Meetings are held in the **Dolphin Inn in South Street**, Eastbourne, on the **second Monday of each month at 2.30pm** and last about two hours.

There would be no charge to members, but you would be expected to buy a drink or two.

The pub is handy for buses in Gildredge Road, and not too far from the bus stops on Cornfield Road. There is no car park at the pub, but there are spaces in South Street, and surrounding roads. Car parks are less than ten minutes' walk away at Hyde Gardens and the Enterprise Centre.

So, if you fancy a quiet drink and a friendly game, please let me know.

Please note that the Dolphin is not presently serving food on Monday lunchtimes.

Legitimate Interest Assessment – Emergency Contact Policy

The committee of the Eastbourne & Wealden u3a is in the process of updating its Policies and will be adopting some new ones. In due course members will be advised of these and they will be posted on our website.

All policies are on the Third Age Trust website and are either mandatory or recommended.

One policy which we adopted some years ago but never implemented is the Emergency Contact Policy. By this we ask members to provide us and Group Leaders with the name and contact number of a person who you would like us to contact in an emergency if you suffer a serious accident or incident while attending a u3a event or group activity. This person should be a family member or friend who could collect you or who should be notified should you be taken into hospital. The person would only be called if you are unable to make the call yourself or at your request.

Whether or not you provide this information is entirely voluntary. We think it is a wise precaution. If you do not want to provide emergency contact details, you will not be pressed to do so and you will not be barred from any group or activity as a result.

The information will be retained by our Membership Secretary and shared with relevant Group Leaders.

You should tell the person you nominate as your emergency contact that you have given us their details.

If you are willing to give this information please contact the Membership Secretary, Sharon Phillips, giving the name, phone number (preferably mobile) and relationship to you of your emergency contact person. Or you can give the information to a Group Leader who will pass it on to the Membership Secretary.

Group Leaders may ask for this information, but they will not pressure you for it.

John Riley, Chair

QUIZ NIGHT

Thursday 23rd April 7.00 pm for 7.30 pm start.

Victoria Baptist Church Hall Quiz Master: Roger Lee.

Please buy tickets in advance: £2.00

Bring own refreshments to share. No alcohol.

Book with Sylvia James at April meeting

Photography Group

Leader Norman Brown



Our Group members recently went out on a photoshoot at the Batemans National Trust property in Burwash.



The weather was not ideal, being overcast

with the occasional burst of sunlight, but at least it was dry!

The property has a lot to offer in terms of photography, with extensive gardens, river, statues and a water driven flour mill.

Although early in the year there were a variety of flowers beginning to bloom with a plentiful spread of colourful daffodils.

Inside the house, the home of the writer Rudyard Kipling, there are a number of well furnished rooms which lend themselves to plenty of photographic ideas. These include much memorabilia relating to Kipling's stories.



We all enjoyed the opportunity to try out many different photographic opportunities and compositions. It was a pleasant afternoon rounded off by a welcome sit down and refreshments in the café.

SPANISH GROUP

Both Spanish groups gathered together to enjoy a tapas Christmas lunch. The fabulous menu included olives, chorizo sausage rolls, Spanish omelette, cheesecake and fruit berries. Also salads with greenery, potatoes and tomatoes. All were gaily decorated with flags and washed down with Prosecco or juices. Even with a party of 10 there was food over to take to neighbours. There was even different kinds of “turrón” fresh from Spain.

The Beginners and Improvers groups meet alternate Mondays at 9.30 am. We have begun studying the work of Antoni Gaudi, the architect who died 100 years ago. It is hoped the “Sagrada Familia” Cathedral will be finished this coming June.

MUSIC MAKERS

In early December the Group went to Mortain Place, the retirement home near Asda, to play a variety of music and then carols in which the residents could join.

The group has six players – piano, keyboard, violin, clarinet, flute and guitar.

We meet every monthly and would always welcome new players.



Photo: John Riley

In March, Sue Hales took her **WALKING GROUP** for an enjoyable walk along Bexhill seafront. There was a chilly breeze but it was sunny, at last. A refreshment stop is always included.



The **SCRABBLE GROUP** is wanting more players.

They meet at the Morrisons Restaurant
on the 2nd Tuesday each month at 10.00 am.

If interested, please contact the Group Leader
Denise Morgan-Smith.

Message from Meg Ross

I volunteer at The Garden Community Garden where Bridgemere Road and Churchdale Road meet. Email ; gathercommunitygarden.com

They would welcome visitors. It is mostly volunteer run and they grow fruit and vegetables for the needy in the community. Monday--Friday 10 am - 12 noon.

TESTING TIMES FOR THE RAMBLING GROUP



Overlooking Seaford by Norman Brown

This winter has been quite difficult due to all the rain.

In January the walk was cancelled due to the weather, but Doris and Gavin suggested that we meet up anyway for a cuppa and a chat in a café which went down very well.

It looked as though Brenda's ramble in February was not going to happen as the bus that was supposed to take us to Bexhill was cancelled, but then as we were deciding what to do, it suddenly turned up! Once we got to Bexhill we had a nice walk to Hastings, where some of the group went for a cuppa and a bite to eat. Fortunately, the walk in March went to plan and John and Marion took us on an interesting route round Seaford and Chyngton although we had to battle against a strong wind along the seafront.

The upcoming walks are:

April 10th - Theresa will take us by bus to Rottingdean for a walk to Ovingdean, Roedean and back along the seafront.

May 8th - John and Marion will lead a walk from the Seven Sisters Country Park to Westdean and then along the River Cuckmere to the sea and back through the Country Park.

June 12th - Alan will lead us from Arlington reservoir to Ripe and Chalvington.

All walks are about 5 miles in length. For more information and to be added to the mailing list contact Theresa Hancock, Rambling Group Leader.

Could or should you have submitted something for this issue? I had space.

Why not share a story of something that has happened in your life. An unusual experience. A holiday of a lifetime.

**Submission date for next issue
15th June.**

GROUP CONTACTS, MEETING DAYS AND TIMES

Groups Co-ordinator: Sharon Phillips Email eastbournewealdenU3A@outlook.com

GROUP	GROUP LEADER	PHONE/EMAIL	MEETING DAY	TIME	VACANCIES
Breakfast Club	Karen Newing		1st Sun	10.00	Enquire
Canasta	Mick Garner		Every Fri	14.00	Enquire
Day Trippers	Sylvia James		Varies	Varies	Open to All
Dining	Sharon Phillips		3rd Fri	18.30	Open to All
Spoken French	Susan Winge		Weds	14.00	Enquire
Langham Hotel Lunches	Sue Hales		Alternates Tues & Thurs monthly	12.00 for 12.30	Enquire
Literature	Christine Neuss & Janet Harper		2nd Wed	14.00	Enquire
Luncheon Club	Anne Newson		4th Tues	12.30	Open to All
Mah Jongg	Cheryl Bone		1st & 3rd Mon	10.00	Enquire
Music Makers	Ann & Ted Barden		2nd Thurs	10.00	Vacancies
Musicality	Bill Kipling		3rd Wed	14.00	Enquire
Photography	Norman Brown		3rd Mon	14.00	Enquire
Pub Games	Michael Jones		2 nd Mon	14.30	Vacancies
Rambling	Theresa Hancock		2nd Fri	10.00	Open to All
Reading for Pleasure	John Moore		1st Mon	14.00	Vacancies
Scrabble	Denise Morgan-Smith		2nd Tues	10.00	Vacancies
Small Group Lunches	Barrie Pipe		4th Tues	12.15	Open to All
Spanish	Anne Barden		Alternate Mons	09.30	Enquire
Solo Whist	Ian Newson		Mons fortnightly		Enquire
Stretch & Balance	Sylvia James		Most Tues	14.00	Vacancies
Strollers 1	Carolyn Brown		2nd Mon	10.30	Full
Ten-Pin Bowling	John Phillips		2nd & 4th Weds	10.00 for 10.15	Enquire
Theatre, Films and Shows	Wendy Hylands		Varies.	Varies	Open to All
Walkers	Sue Hales		3rd Wed	10.00	Open to All
Weekenders Social	Karen Newing		3rd Sun	Varies	See p. 4

Some groups are full. Please ask to be put on the Waiting List. Any problems, tell Sharon.