



**THE UNIVERSITY OF THE THIRD AGE**  
**REGISTERED CHARITY NO 296975**

Issue No 86 Editor: Margaret Morgan email [editor@guildfordu3a.org.uk](mailto:editor@guildfordu3a.org.uk)

## **SUMMER NEWSLETTER 2024 - GUILDFORD AREA u3a**



### **CHAIRMAN'S LETTER**

Dear Gu3a members,

It looks as though the weather has finally discovered what time of year it is and is behaving accordingly! I am sure we all welcome the sunshine at last and I hope you are enjoying this long-awaited summer.

One of the treats I am giving myself is a trip to York for the first ever u3a festival, from 18<sup>th</sup> to 20<sup>th</sup> July. A huge range of activities has been organised on the university campus at Heslington and which you can see at <https://www.u3a.org.uk/events/festival-2024>. It is probably too late to book now but I will tell you all about it when I get back.

However, my return on 20<sup>th</sup> July means I will miss the latter part of the Guildford Fringe Festival which runs from 29<sup>th</sup> June to 20<sup>th</sup> July. If you have never been to any of the events, I can thoroughly recommend them. Have a look at what they have to offer at <https://guildfordfringefestival.com/whats-on/> and enjoy the entertainment!

If you would like to explore some of the other activities that Gu3a has to offer, especially the new groups for the coming year, do come along to Group Enrolment Day at Spectrum on 15<sup>th</sup> August from 2-3.30pm. There is plenty of parking and there will be lots of posters and marshals to point you in the right direction. Full information about GED can be found in this newsletter.

This edition comes with your prospectus. Your membership renewal form will be sent with a separate email. It is probably easiest for you to renew online but if you wish to do it hard copy there will be a box for you to drop the completed forms into at Spectrum on 15<sup>th</sup> August.

Another highlight of my summer will be the u3a Summer School at Chichester from 2<sup>nd</sup>-5<sup>th</sup> September. I specialised in mediaeval literature when I did my first degree so the course they are offering on Irish and Anglo-Saxon manuscripts is right up my street!

All things being equal this is the last chairman's letter I will be writing. My 5-year term of office comes to an end at the AGM in November. As yet we have not been able to find anyone at all willing to replace me. The u3a is a self-help organisation, run entirely by the volunteers on whom it depends. I do ask you most earnestly to consider whether there is a little more you could contribute.

With all good wishes,

*Julie Beattie, Chairman, Guildford Area u3a*

## DIRECTOR OF STUDIES' REPORT



The poster for the Guildford Area u3a Group Enrolment Day features a central graphic of a large 'X' shape formed by overlapping circles and lines. Inside the 'X', various activities and languages are listed: Table tennis, Badminton, Walking, Golf, Chess, Spanish, Photography, Bridge, Outing, French, German, Italian, and Japanese. The text on the poster includes: 'Guildford Area u3a Group Enrolment Day', 'Come join us and enrol at the event', 'Thursday 15th August 2.00-3.30pm', 'At the Spectrum Leisure Centre Parkway, Guildford, GU1 1UP Arena B on the lower floor', 'With over 110 activity and interest groups', 'And over 1500 members', 'Visit our website <https://www.guilfordu3a.org.uk>', and 'Do something brilliant and join the u3a'. The bottom right corner of the poster has the text 'Registered Charity: 278078'.

Our annual Group Enrolment Day will be held on Thursday 15 August, from 2.00-3.30pm, at The Spectrum Leisure Centre, in Arena B downstairs (the same room we used last year). This is your opportunity to come along and find out about all the different groups and activities that we will be running in 2024/25, talk to Group Leaders, and enrol in groups. Most of our groups will be represented, but if nobody is available then there will be sheets to leave your contact details, which will be passed onto the Group Leader. There is lots of parking on the site, but Blue Badge holders, and anyone with mobility problems, should park in the underground car park and enter via the access door nearby, with no steps or ramps. More details will be circulated with email bulletins nearer the time. There is no bus service to the Spectrum, so if you travel by bus then you'll need to get off at the Elgin Gardens (London Road) stop and walk round the end of the park, then across Parkway to the site. Or get off at Guildford College (Stoke Road), walk up Parkway and cross over to the site.

Our Membership Enrolment Team will be there, to enrol new members to Guildford u3a, so do bring along a friend who might like to join us. Existing members cannot renew their subscriptions at this event, but will be able to either re-join online or by sending a cheque to the Membership Secretary. Details of how to do this are in the letter sent to you (either by email or by post if you do not have a computer). However, there will be a box in Arena A, where the Membership Team will be located, and you can leave your cheque there (with your membership number written on the back).

In order to make the event run smoothly, we need volunteers to act as marshals around the site, pointing people in the right direction to find their way to the Arenas on the lower floor. If you are able to help, standing in one place for about half an hour, then please contact me at [studies@guildfordu3a.org.uk](mailto:studies@guildfordu3a.org.uk), or phone me on 01483 452376. All Offers of help will be greatly appreciated.

We look forward to seeing lots of you on 15 August.

***Moira MacQuaide, Director of Studies***

## **MEMBERSHIP RENEWAL**

The current Gu3a year ends on 31<sup>st</sup> August 2024 so renewal time is fast approaching! Most of you, except those who have joined since 1<sup>st</sup> May or purchased an extended New Year membership, will receive an invitation to renew your membership within the next few days. This will be sent by email to those of you receive electronic communications – please check your junk box if you have not received your renewal within 7 days. Analogue members will receive their renewal letter by post or hand delivery with this newsletter.

Please help me to process everyone's renewal efficiently by following these guidelines.

- Please renew as soon as possible. All renewals will be dated until 31<sup>st</sup> August 2025 – you lose nothing by paying early.
- Pay by Bank Transfer if possible **using your membership number as the reference.**
- If you pay by cheque make the cheque payable to Guildford Area u3a, date the cheque and write your membership number on the back of your cheque. To save postage cheques may be posted in the box on the Membership desk at Group Enrolment Day.
- There is the option to pay using Paypal but Gu3a has to pay a fee to receive payment this way.
- New membership cards will be sent by email. If you prefer a physical card send a self addressed, stamped envelope to Gu3a Office, PO Box 1631, Guildford, GU1 9HA . If you would like a paper prospectus please make your envelope C5 size, 23 x 16cm, with a standard rate stamp. A larger envelope, even slightly larger, needs a Large Letter stamp.
- Please check all the details on your letter and let me know any changes by post, by email to [membership@guildfordu3a.org.uk](mailto:membership@guildfordu3a.org.uk) as a scan or photographs or posted in the box on the Membership Desk at Group Enrolment Day.

I will endeavour to send out all the new membership cards by 1<sup>st</sup> September but I do need your help in following these guidelines to achieve this. Please note that physical cards are printed in batches so allow extra time for these.

***Sue Watson, Membership Secretary.*** [membership@guildfordu3a.org.uk](mailto:membership@guildfordu3a.org.uk) 01483 323631

## SURREY NETWORK STUDY DAYS

- Friday 29 September Understanding AI and its Repercussions in Society, and in the Future  
Presented by Dr Andrew Rogoyski & Colleagues, University of Surrey
- Friday 18 October The History of Photography & Modern Developments, presented by  
Roger Mendham, President of Surrey Photographic Association
- Friday 15 November Understanding Lowry: The Man, His Life & His Works -  
Presented by Maria Chester, Arts Society Lecturer & Berwick Visual Arts  
Researcher

*Places for all lectures are available in the hall or for on-line viewing*

## SUMMER COFFEE MORNINGS 2024

### 1 July - Rokers Farmhouse Cafe, Holly Lane, Worplesdon, Guildford GU3 3PB

- Parking on site.
- Order and pay inside on arrival and join everyone outside if a fine day.

### 17 Jul - Stoke Park Café, Stoke Road, GU1 1ER

The student car park at Guildford College on Stoke Road can be used after 6pm weekdays and is open to the public all day during weekends and college holidays (Summer Term finishes 5 Jul). Walk into the park from the car park, turn right past the swings and left through the arch in the wall on the left. Walk past the tennis courts and the café is on the left at the top of the path.

- The coffee shop is adjacent to the boating lake
- Nearest Toilets: Stoke Park Nursery Toilets. 9 Nightingale Rd, Guildford GU1 1ER
- No inside space.
- There is also limited parking at Home Farm on Nightingale Road (**GU1 1ER**) and it is a short walk from the Gardens.

### 30 July – The Weyside Pub, Millbrook, Guildford GU1 3XJ

- The nearest car park is Millbrook next to the Yvonne Arnaud Theatre.
- Large outside deck area next to the River Wey. Tables with benches or chairs are available.
- A NUMBER OF STEPS AROUND THE DECKING AREA.
- Shade provided by multiple parasols and a roofed area over some of the tables

### 14 Aug- Olive Tree, Sutton Green , Guildford GU4 7QD

- Parking on site.
- Filter coffee and Tea ordered as wait times were lengthy at this venue last year.

The Tea and coffee will be £2.50 a head – please pay the venue direct, before leaving. Please note: last year some left without paying their bill.

### 27 Aug- The March Hare 2-4 South Hill, Guildford GU1 3SY

Nearest car park is Castle Car Park in Sydenham Rd, Guildford GU1 3RW

- From the High Street, the March Hare is through the Tunsgate Arch and the pub is at the top of the hill, opposite the Ivy Asia.

All coffee mornings will begin at 11.00. Should you wish to stay on for lunch, please book separately with the venue. We will aim to sit outside at all locations except the March Hare at the end of Aug, but there are tables/benches for those who wish to sit outside.

### **VIRTUAL COFFEE MORNINGS**

Virtual coffee mornings will be held over the next two months, particularly for those who are unable to get out and about. The dates will be July 15th and 25th, August 5th and 22nd - all at 11.00am on Zoom. Contact me to join in; details of how to join in are also on the Gu3a website and each one will be advertised via the weekly Bulletin.

*Moira MacQuaide – Director of Studies – [studies@guildfordu3a.org.uk](mailto:studies@guildfordu3a.org.uk)*

### **CONNECT TO SURREY SUPPORT**

A campaign was recently launched to encourage residents and professionals to visit the [Connect to Support Surrey](#) online directory which aims to help people find useful information about care and support options in local communities.

Connect to Support Surrey includes useful information on local, and county, council services, health information, care providers, support groups and details on voluntary, community and faith organisations to help people stay independent, safe and well. This includes:

- Support at home
- Post-hospital care
- Disability services
- Help with travel
- Information for carers
- Mental health services
- Dementia and other local support groups
- Details of residential /nursing homes
- Community groups and activities.

For further information please contact the Adult Social Care Information and Engagement Team, Adults, Wellbeing and Health Partnerships whose email address is [asc.engagement@surreycc.gov.uk](mailto:asc.engagement@surreycc.gov.uk)

### **NEWS FROM THE GROUPS**

#### **CARD MAKING AND PAPERCRAFT**

We are a small, friendly group - people who love making personal cards for every occasion. We try out lots of different techniques, from dye cutting to quilling, stained glass to decoupage, and others, with some beautiful results. We focus some meetings on upcoming seasonal festivities, such as Christmas and Easter, but the rest of the year is more general. These photos show some of the lovely cards made recently using the Iris Folding and Tea Bag Folding techniques.



**Moira MacQuaide, Group Leader**

## **EXPLORING LOCAL HISTORY 2**

We enjoy finding out about history in and around South West Surrey, and occasionally further afield. Members do some research and offer talks to the group on a wide range of topics – people, places and events. This year we've had talks about Send Grove, History of Healthcare & Hospitals, The Wandle Valley, the English Civil War, Women in Surrey 100 years ago, History of the Wheelwright, and Chilworth Gunpowder Mills. Each year we have one external speaker, for which a small charge is made. We have a small team ensuring that tea and biscuits are served for our meetings – an important part of u3a!

**Moira MacQuaide, Group Leader**

## **U3A CONCERT CHOICE 2024** (*we survived the pandemic!*)

**Concert Choice** plays music described as “classical” but with an inclusive range from Vivaldi to Vangelis. It has a number of loyal u3a members who foregather in BVH in all weathers. Some have been with us since 2013. In March 2020 the lockdown abruptly closed our planned programme ; it was a devastating blow. When reeling from the shock, the suggestion that we might go for *shared listening at home* - perhaps a Radio3 concert or one of the Proms on IPlayer - seemed like a good idea. It fell on stone-deaf ears. Members made it quite clear: they said they came *to sit together, chat together and listen together*.

So we took a different approach: we would try to zoom **Concert Choice**. At least we would reach out to members who had access to the internet. Having sat through zoomed committee meetings I was acutely aware of how tiring staring at a small screen could be. Quite why is unclear but it is a common experience, so we decided to curate a programme that filled two 40-minute zoom slots with the usual 10-12 minute tea-break. That was how I came to spend many hours trawling through Youtube to find works that would make an interesting programme within the time constraints of zoom! Having compiled a list, I handed over to my *techno meister*, Steve. After a couple of rehearsals, we were ready to...zoom!

We started the session as planned : Friday 2 October 2020 at 2 p.m. All was going fine with zoomers lined up at the top of the screen. The *Moscow City Orchestra* came into view with the mighty Jurowski conducting. But there was no music. Patiently the audience waited for the problem to be resolved. It wasn't. Time was precious so we moved on. The rest of the programme went off successfully. Phew!

Far from being a reduced experience we enjoyed *seeing* the musicians in close up - particularly given a complex piece (such as Shostakovich 7th Symphony) where the phrases are tossed from one instrument to another. Another plus was seeing the conductor, (normally with

his/her back to the audience) working the orchestra. Mikail Jurowski is a minimalist - one can barely discern the beat as his baton quivers; Valery Gergiev eschews a baton and instead uses a flat-of-hand technique - often with all ten digits fluttering independently. Sir Simon Rattle smiles encouragingly and then blows kisses. Zubin Meta jumps about and points (*you at the back there!*) Bernstein whirls as per the “windmill” school of conducting...

Zoom gave us the chance to see and hear music otherwise outside our remit. A programme of Renaissance Dance, introduced by a member who had danced at *The Globe* theatre, showed the range of dance styles from the stately progress of a *pavane* to the highly energetic *galliard* (said to be a favourite of *Elizabeth 1*). We were also able to pick up members’ choices from Youtube, and share some quirky musical experiences - including an ice band (instruments carved from ice!) recorded in a Norwegian ice cave. Zoom was not flawless but it kept us together on many Friday afternoons.

Once we had returned to our usual venue the re-invigorated members suggested a series of diverse programmes. Some were themed : we went on a journey that took us from Handel’s London to Shoeburyness and traced a coastal path with music evocative of Dover, Portsmouth Point, Plymouth Hoe, the beaches of Cornwall and Padstow. We were introduced to new music by Japanese composers; we explored the development of the *Overture* from curtain-raiser to concert piece. We enjoyed many familiar works, but also a first - Florence Price’s *Symphony No 3* –we gave her the UK premiere, previously lost when the Proms were cancelled in 2022. We also had a wonderful eclectic afternoon where every item was chosen by a member of the Group.

**Concert Choice** continues to invite u3a members to share their love of music with each other in 2024-25. We meet at 2 – 4 p.m. in Burpham Village Hall on the first Friday of the month with tea and biscuits in the “interval” - and there is always a warm welcome for newcomers.

**Margaret Westwood, Group Leader**

## MUSIC ENSEMBLE

The year is already coming to a close, and it’s been a year of growth and changes! We have been very happy to welcome several new members to the group, expanding the mix of instruments and numbers of players. We’re fortunate to have gained the oboe, violin, alto saxophone, bass clarinet and bass guitar to the ensemble of flutes, viola, clarinets, banjo, and trumpet.



During the Autumn term we were introduced to a selection of folk tunes, and in the winter to a selection of themes from operas, both of which we learned and practiced.

At Christmas we joined with the Choirs at St Nicholas church for the U3A carol concert. The Ensemble played a selection of thematic tunes as people took their seats and continued with John Rutter's 'Christmas Lullaby' during the interval, and then some carols as people left after the concert finished. As ever we finished with our signature tune of "Swinging Brown Jug"!

We were given the opportunity to perform at the Guildford Fringe Festival, at the Castle Bandstand on 1<sup>st</sup> June, and spent May busily rehearsing our running list of lively and popular music. The weather was dry but windy, which presented a few challenges to keep our music in place whilst we played against the noise of the wind!

*Leon Wynne*

## **NUFFIELD HEALTH BETTER MOBILITY CLASSES**

These classes are run by staff at the Nuffield Health Fitness & Wellbeing Club in Queen Elizabeth Park, as part of their Healthy Communities project. The classes are split into blocks of about six weeks, each block focusing on different types of exercise. We've done circuit training, Wet Bikes, Zumba Gold, Chair Pilates, Chair Yoga, and Wellbeing Workout. The exercises are aimed at helping us to strengthen muscles, improve balance, and generally become more mobile, but there are lots of laughs on the way. Classes are designed to allow members to do exercises, whatever their mobility issues. Each block is advertised through the weekly bulletins, with places being allocated on a first come, first served basis.

*Moira MacQuaide*

## **SINGING**



*The Choir's end of season sing along with John Varney conducting*

This was our last session for Monday Singing Group. It was a lovely occasion with invited guests. Several members contributed a "party" piece. We also were treated to delicious refreshments. June really was bustin' out all over. Next term begins on 2nd September. We hope to welcome new members.

*John Varney Leader and Conductor*

## WALKING – ALL DAY

We have, like other groups, suffered from extremely wet footpaths over the winter and spring which has occasionally taken some of the shine off our outings.

Although we walk to enjoy the countryside and improve our health, the other benefit is the camaraderie of walking with a friendly group and enjoying a pub lunch. The wet cannot detract from that!

We welcome new members at any time of the year.

*Elisabeth Markwick*

## OUTINGS AND VISITS REPORT



In April we visited the unusual Bridge Theatre, right by Tower Bridge in London, to see a performance of the musical **Guys and Dolls**. It was a lovely sunny day and we arrived in time to have a wander around the area, along the Thames or over the bridge to St Katherine Docks, some went into the Tower Bridge Exhibition, while others enjoyed a relaxing lunch. The show was performed ‘in the round’ with the audience sitting on all four sides of the central stage, plus there was a standing audience who created a crowd, and were moved around the area by NYPD officers, and this gave a very dynamic atmosphere to the whole production. Parts of the

stage rose and fell to create different performance areas – noisy bars and streets, the mission hall, the gambling basement, and a very lively Havana. The actors came back onto the stage at the end for some energetic dancing with any audience members who wanted to join in, so we all left buzzing with tunes in our heads. And how lovely it was to just get onto the coach and be driven home afterwards.

We were extremely lucky to have another sunny day for our trip to the coast in May. Our morning visit was to the **Church of the English Martyrs** in Goring-on-Sea to see their replica of the Sistine Chapel ceiling. The church looked quite small and ordinary from the outside, but as soon as we went inside we were amazed by what we saw. Our very informative guide explained the history of the church and how it was built initially on farmland, before being surrounded by housing, and how the ceiling came into being. She gave an explanation of the different panels and their meanings –



something you don't get when you're with all the crowds being hurried through the 'real thing' in Vatican City. What was so incredible that was that this had been completed by an ordinary parishioner on his own and in his spare time at weekends and evenings. It is a perfect copy in every way, except for being 2/3 scale (another challenge for him), and modern paints were used to suit present-day building materials.



After a lunch break in **Shoreham-by-Sea**, where some sat by the river enjoying fish and chips, we then went up the hill to **Lancing College Chapel**. Also a place of worship, this magnificent and imposing Gothic building was in complete contrast. Guides explained its history and how it is used today in the lives of the pupils at the school, and showed us around the extensive building, where the nave and rose window are particularly impressive. We ended the day in a very leisurely fashion, enjoying tea and cake in the sunshine at the 1930's Art Deco terminal building of **Shoreham Airport**, watching the planes coming and going.

The visit to **Ham House and Strawberry Hill House** on 25<sup>th</sup> April proved immensely popular and a second trip on 5<sup>th</sup> September is already fully subscribed, with a short waiting list. Ham House is a superb example of a luxurious Stuart house, built in the 16<sup>th</sup> century with historical links to Charles I, Cromwell and Charles II. The lavishly decorated house is full of treasures and the 17<sup>th</sup> century gardens were planned in the French style with formal lawns next to the house, and a 'Wilderness' where one could imagine romantic trysts taking place. In the afternoon we feasted our eyes on Strawberry Hill House which was created in the 18<sup>th</sup> century by Horace Walpole and is internationally famous as the finest example of British Georgian Gothic revival architecture. Our tour provided us with a comprehensive overview of the history, art and architecture. At the end of the day, we felt we had had a fascinating insight into the luxurious lifestyle of bygone days.

Then on 19<sup>th</sup> June we visited **Knole House** which offered us a multitude of activities. We started with an informative talk on the past and present and its links to the Sackville West family. It was originally a 16<sup>th</sup> Century Archbishop's palace which was converted into a family home. An exhibition in the house gave insights into Vita Sackville West's life and we could also visit Lord Sackville West's garden which was open to the public on that day. Knole House is set in a 1000 acre deer park and there were magnificent views from the top of the Gatehouse Tower, for those of us fit enough to mount the 77 steps. It was fascinating to learn about the lives of the Sackville West family and to be able to see how Eddie Sackville West had lived for a period in the Gatehouse, entertaining numerous celebrities there. The Conservation Studio was also open, as featured on BBC Television, and we could learn about the

techniques used. We left the house feeling happy to have learned and participated in such a variety of things.



By the time you read this article we will have been to Beaulieu. Our future trips include Oliver! at Chichester Theatre, the second trip to Ham House and Strawberry Hill House, and also Buckingham Palace all taking place in September. We have reserved tickets for John Rutter Christmas Concert at the Royal Albert Hall on 5<sup>th</sup> December and White Christmas at the Mill Theatre at Sonning on 12<sup>th</sup> January – details of both of these trips will be circulated shortly when details have been finalised.

## **SOCIAL ANTHROPOLOGY OUTING TO LONDON MUSEUM, CANARY WHARF 19 MARCH 2024**

The main attraction of this day was the exhibition 'Fashion City' whose aim was to uncover the major contribution of Jewish fashion makers who became leaders in their industries and founded retail chains, some of which remain to this day. They dressed the rich and famous, including David Bowie, Mick Jagger and Princess Diana. You will find a wedding dress by Netty Spiegel, millinery by Otto Lucas and male flamboyance from Mr. Fish. It echoes the glitz and glamour of Carnaby Street in the sixties.



A large Jewish population fled from Russia and then the Nazis, settled in the East End, highlighting the poverty and antisemitism. often encountered. I myself can remember working briefly in a canteen on the top floor of a clothing factory in Aldgate, perhaps Harella or Eastex, where the working area was dirty and noisy but the basement was good for 'seconds'

Of course, there is so much more to this friendly and fascinating museum all displayed in one of the original warehouses of West India Dock. The waterfront is interesting. There is a hot tub boat and St. Peter's Barge, London's only floating church. Plenty of restaurants housed in the former warehouses and I always choose the strangely named Munich Cricket Club for my sauerkraut and schnitzel.



*St Peter's Barge*



Further afield, but not too far are the Crossrail Gardens, such a tranquil experience. Not far on to many shops and restaurants and a stroll around Canary Wharf itself makes a considerable change from Guildford.

I am persevering with my outings, which manage to break even. I can't help noticing the same faces each time (thank you for supporting me) first from my class, who have first option and then what I call my 'Frequent Flyers.' I have been running outings to slightly quirky destinations for about 17 years now. I probably get about six new people each time. Of course, I do not usually do 'all inclusive' but my next venture is an exception but too late for this Newsletter. Not only do I book tickets for the Silk Mill but I have also had to pre-book tea. On the other hand, several hours in Winchester are there for you to explore this fine city. Anyone alone or uncertain of the environment, like a new part of London, is welcome to walk along with me.

**THE DEADLINE** for the **AUTUMN 2024** newsletter is **14 OCTOBER:** please submit your contributions as a **Word.doc or compatible** in Calibri font, single spacing. **Photos as individual jpg files** please. Anything sent after the deadline will be held over until the next newsletter