SUTTON U3A is a local charity with 40 plus interest groups where people can learn and share together on the basis of fun and friendship.

There are regular trips & outings, and meetings are held every other month with speakers.

General Meetings are held at Trinity Church Hall, Hill Road, Sutton, starting at 2.30pm.

31st May Sutton U3A Annual General Meeting, followed by displays and presentations by different groups.

26th July “Passports, Assassins & Spies” Speaker - Martin Lloyd

CHAIRMAN’S NOTE

In this issue you will find the Agenda and Reports for our AGM, which is on 31st May, 2013. Please bring this newsletter with you to the meeting as we will not have extra copies on the day.

Please also bring your Membership card, as this meeting is for members only.

Marcia Turner
Chairman
ANNUAL GENERAL MEETING

The Annual General Meeting of Sutton Branch of The University of the Third Age will be held in the Main Hall, Trinity Church, Hill Road, Sutton, on 31st May 2013, starting at 2.30pm.

AGENDA

1 Welcome
2 Chairman’s report
3 Treasurer’s Report
4 Appointment of Examiner
5 Membership Secretary’s Report
6 Social Liaison Secretary’s Report
7 Election of Members to Executive Committee

Nominations for the Committee are invited and should be sent to Audrey Willson, Secretary, Sutton U3A prior to the AGM.

Audrey Willson
Secretary – Sutton U3A

MINUTES OF THE ANNUAL GENERAL MEETING OF SUTTON U3A HELD AT TRINITY CHURCH HALL, SUTTON ON FRIDAY 25th MAY 2012

WELCOME

Marcia Turner welcomed everyone to the AGM especially any new members present.

MINUTES OF LAST AGM HELD ON 27TH MAY 2011

There were no matters arising and these were approved unanimously.

CHAIRMAN’S REPORT - This was circulated in the Spring Newsletter 2012.

Marcia Turner thanked all Group Leaders/Hosts, Social Club & Executive Committee members for all their hard work, as well as all Members for their ongoing contributions to Sutton U3A. She also stressed that if any member was thinking of starting up a new Group, Committee Members would be available to help with the start-up and they would be happy to be present at Group Meetings to help in any way to assist the new Group Leaders. It is very necessary for new Groups to be founded to ease the waiting lists.

SECRETARY’S REPORT - This was circulated in the Spring Newsletter 2012.

TREASURER’S REPORT - Treasurer’s Report and Accounts were circulated at the meeting.

Peter Raw wished to record thanks to Nick Harrington for examining the Accounts and also for the continued help and expertise from Paul Kehoe. Paul Kehoe has agreed to examine the Accounts for the forthcoming year.

He also expressed his sincere thanks and appreciation to all Committee Members with whom he has worked with over the years. As he is stepping down as Treasurer the post of Treasurer is now in the capable hands of Bill Brewer.

Peter then went on to give an overall analysis of the accounts which showed an overspend of £1,100 – the examples he gave were as follows:-

- Increase in Printing and Copying
- Increase in Postage
- Increase in cost of Third Age Trust Mailing

The first two of these increases relate to the Newsletter and he stressed that it is important that we find ways of reducing these costs as postage will increase later this year. This could be done in one of two ways – increasing income by increasing Subscription costs or by reducing expenditure.
The cost of sending out the Newsletter can be reduced by it being sent by email to Members and he asked Members present to indicate by a show of hands those who had a computer and email addresses. Quite a few members indicated this, and Peter asked those Members to send their email addresses either to Chris Pocock or Mavis McCarthy.

Peter also pointed out that we need in excess of 400 Members to meet our expenses.

The Charity investment Fund (COIF) stands at £6,463.87

The Social Club balance stands at £1,080.64.

The Bank Balance currently stood at £4,814.

MEMBERSHIP REPORT

Mavis McCarthy reported that membership as at 31st March stood at 359 – however currently it stands at 323 Members with 32 new Members, 11 resignations and the death of 5 members. Mavis also reiterated the need for new groups to be set up and also stressed the help that would be given if a Member would consider becoming a Group Leader.

SOCIAL CLUB REPORT

Maggs Sandilands gave a report on the social activities, these were:

5 Coach Outings

A July memorial concert for Margaret Adametz

Social Bridge fortnightly

2 Socials for existing Members and also to welcome new Members

Varied Programme of Theatre Outings including Plays, Musical & a visit to the Opera

Christmas Lunch in December

She said that all events are organised so that costs are kept down to the bare minimum and that rarely are there any empty seats on the outings. She also thanked all the people who had helped to organise trips and visits.

ANY OTHER BUSINESS

Marcia expressed her thanks to Peter Raw for all his hard work as Treasurer and handed him a farewell gift – she also expressed her thanks to Beryl Coleman who had resigned as Minutes Secretary and as she was not present would be forwarding onto her a farewell gift.

Marcia also welcomes Shirley Ellerbeck onto the Committee – Shirley will be responsible for our new Website and other computer matters.

ELECTION TO THE EXECUTIVE COMMITTEE

The following people had been nominated and were elected to serve for the coming year:

Bill Brewer; Chris Pocock; Maggs Sandilands; Marcia Turner; Peter Turner; Audrey Willson: Mavis McCarthy, Shirley Ellerbeck & Moira Wickham (Treasurer of Social Committee). The position of Minutes Secretary is currently vacant.

Marcia thanked everyone for coming to the meeting.
CHAIR’S ANNUAL REPORT 2012/13

I am pleased to report that Sutton U3A continues to grow and tries to respond to changing membership needs. The major challenges for any U3A these days, is to balance the budget and provide a variety of groups and outings.

The budget is a constant challenge as our major costs (room rents, printing and postage) are not always predictable or within our control.

Our decision last year to update our website and deliver as many of our newsletters by email as possible, is well underway. Fortunately Shirley Ellerbeck joined the Committee and has the necessary knowledge and skills to do this work. She has spent many hours on the task and finally on 12.12.12, the website went live and since November we have been sending a growing number of members their newsletter by email, (108 at the last count). Others collect theirs at the General Meeting. This change saves on the cost of paper, envelopes and stamps.

The number of groups remains about the same; it is the topics that change. For example we now have less gardening groups but two craft groups. We have three London Appreciation Groups and there are always waiting lists for these Groups. Our constant plea is for more members to lead and host groups, possibly sharing the task with another group member.

None of this work could be done without the commitment and support of your Committee, together with the Group leaders, who all give of their time freely and willingly. I thank them most sincerely on your behalf.

Marcia Turner
Chairman

SOCIAL CLUB REPORT 2012/13

The Social Club has had a busy year with monthly outings from May to September to a variety of destinations. These have included a stately home and glorious garden. An exotic wildlife trust and motor museum. And a 16th century timber home. Other trips have included a visit to the seaside via a church decorated like the Sistine Chapel and a visit to the home of 19th century Prime Minister Benjamin Disraeli.

However as some outings were under subscribed, we circulated a questionnaire in the autumn. Many thanks to all those who completed it, the feedback indicates that the majority of members are happy with our choices.

There were visits to the ballet and several musicals at Wimbledon Theatre, plus a trip to the West End to see the musical Matilda.

Many thanks to the hard working committee; Jenny Kehoe and Ann Wilson for the theatre outings. Whilst Mavis McCarthy, Liz Robson, Betty Stratford (Secretary) and Moira Wickham (Treasurer) all organised outings.

Maggs Sandilands

Many thanks to Maggs who, in addition to her work with the Social Committee, reports to the Executive Committee and General Meetings of Members on the Social Club’s activities.

Chris Pocock
Deputy Chairman
OBITUARY

Esmé Green
18th October 1934 - 12th October 2012

La Vie En Rose ..........for Esmé

Esmé truly was the very best of us!
Warm, open hearted, softly spoken,
generous of spirit, a safe pair of hands
and my/our friend.

I belong to The Saraswati Yoga Studio and am a
teacher there. We regularly went on “Retreat” to
Brecon, in Wales, and it was on one of these
occasions that I first met Esmé. She was quiet,
considered and ready, aye ready for whatever
the day held. Always open to new possibilities
and experiences, revelling in the beauty of the
countryside and the stimulating atmosphere;
fully immersing herself and being a part of.

She never shied away from anything, including
the news that she had a form of Leukaemia
which was untreatable and would claim her life.

Esmé led the U3A Creative Writing Group, of
which I was a member. There were four of us
and we spent many happy afternoons reading
our pieces, stories and tales often filled with
hilarious anecdotes, of which, Esmé had plenty
to share having led a very full and varied life –
including running a Jazz Bar in the South of
Spain!

Esmé and I also belonged to a Yoga Self
Awareness Writing Group and it was here that
we opened our hearts and shared life

experiences. She always held and supported us
and gave each one a sense of worth always
selecting the right words that made you feel
validated.

I also had the pleasure of being her sometime
gardener for a number of years. Not a keen
gardener herself, but kitted out in her large
straw hat, baggy tee shirt and loose slacks, we
attacked the garden with gusto! Laughing a lot
as we pruned, snipped and clipped. Always
stylish, though she didn’t think so, she would
provide coffee and biscuits mid-morning and
then on to lunch with a glass of good wine.

I was involved in the later months of her life as
she steadfastly moved towards the inevitable.
With courage and grace Esmé faced the truth of
leaving us.

In the last nine months of her life, which she
consistently told me were the best months of
her life, she showed me how to live and die
gracefully and peacefully. She was my wise
teacher and I honour her for that. Esmé loved
and was loved and I know others feel this way
too.

As I listen to one of her favourite songs – La Vie
En Rose ...... I miss her.

Pauline Trill
DISCUSSION GROUP

in Room 3 at Civic Centre
2pm to 4pm

An informal discussion group held where members can speak as many times as they like. Serious subject in first half, with a more light hearted subject in the second.

Apr 5    Senior Citizens in 2013
Our tips for saving money

May 3    Transport
My favourite music

June 7    The world’s resources
A place I have enjoyed visiting and why

Group Leader Chris Pocock  020 8642 6789

SCIENCE GROUP

6th Form Common Room at Nonsuch High School for Girls, Cheam Road, Cheam. Open 2.30pm for 3pm start.

There are new security measures at the school, please contact Derek Yeo if you have not attended before.

This is a collaborative effort between the school and three local U3A Branches which are Sutton, Banstead and Epsom

Wednesday, 24th April

History of the Global Positioning System

Alan Thomas, U3A Member

Wednesday, 22nd May

Processes that lead to the Northern Lights and effects of space on weather

Dr Colin Forsyth Research Associate Space Plasma Group Mullard Space Science Lab, UCL

Wednesday 19th June

Subject to be announced

Dr Myrto Symeonidis

Contact Derek Yeo 020 8647 4016

INVESTIGATING EUROPE

10.30am to 12.30pm at the Civic Centre

Future Dates:   Feb 20   Mar 20
               Apr 17   May 15
               June 19   Sept 18
               Oct 16   Nov 20
               Dec 18

Group Leader Maurice Pearton

Contact Jenny Kehoe 8647 9025
NEW GROUPS

Tai Chi Beginners Class

IT IS ANTICIPATED THAT THIS CLASS WILL START AFTER EASTER

Some information on Tai Chi

Tai Chi is a low impact form of exercise which consists of slow, graceful, flowing movements that are gentle on joints and muscles and which everyone can learn at their own pace.

Studies have shown that Tai Chi can be beneficial to the over 60’s as it helps to reduce stress, improve balance and general mobility, thus increasing strength in the legs and is ideal for raising activity levels gently and gradually.

Tai Chi was developed originally as a martial art in 13th Century China but today it is practised around the world as a health promoting exercise.

If you have any health concerns or haven’t exercised for a long time, speak to your GP before starting Tai Chi.

Please contact Audrey Willson if you are interested. Tel 020 8642 0187 or email audrey.willson1@btinternet.com.

Walking Group  This Group could be for members interested in easy walking, or more dedicated walkers, or both. The time, frequency and meeting point can be mutually agreed at an initial meeting. Group Leader Audrey Willson. Tel 020 8642 0187 or email audrey.willson1@btinternet.com.

GROUP VACANCIES

Art Group B  This Group is holding an OPEN DAY on Monday, 22nd April, from 10am to 12 noon. Everyone welcome. Contact Diana Taverner on 020 8647 8432.

Geology  Third Thursday morning in month. Contact Valerie Brewer on 020 8241 4462 or wbls1923@blueyonder.co.uk.

Making Music  First Wednesday morning in month. Contact Clare Nunns on 020 8669 0174.

Art Portraiture  Alternate Monday mornings. Contact Julia Wilding on 0208 669 9931 or Doris Smith on 0208 688 8606.

Antiques  Third Thursday afternoon in the month. Contact Maggs Sandilands on 0208 647 4419.

Social Bridge has need of an experienced Bridge player, who could help with beginners/novices. Otherwise they can only accommodate experienced players.

If Group Leaders have vacancies they would like included in future newsletters, please contact Shirley Ellerbeck on 020 8644 0262 or email to suttonu3a@live.co.uk
SUTTON U3A BRANCH POLICY

1) GROUP LEADERS are required to ensure that all persons attending their Group have current Membership Cards by checking them all before or at the latest in June each year, and also checking when a new person joins the Group.

2) GROUP LEADERS are required to keep a waiting list of Members for their Group and contact the Committee Member responsible for Groups, and also contact that person when five persons are on the Waiting List in order for an Article to be put in the next Newsletter to seek someone to start a new Group.

3) GUESTS may attend ONE Meeting of ONE interest Group before becoming a Member of Sutton U3A.

4) GUESTS may attend an Outing by Coach ONCE PER CALENDAR YEAR, if there are spaces not required by Members.

5) GROUPS – a Member can only belong to ONE Group on a Topic. A Leader can be both a Member of a Group and lead another Group on the same topic.

6) GENERAL MEETINGS – a Guest may attend ONE General Meeting before becoming a Member. The AGM is for MEMBERS ONLY.

7) GROUP MEETINGS: Hire of Room Charges. If an interest Group is unable to meet in a Member’s house, then the Leader may book a room for these Meetings, also informing the Treasurer who will deal with payment. Group Members will contribute 50p per Meeting at the Civic Centre and £1 for Granfers and Trinity Church. This money will be payable in advance at the beginning of each Term with the Group Leader then passing the money to the Treasurer. There will be no refund for non-attendance. The Art Groups will continue to pay an extra £12 at renewal.

SUTTON U3A COMMITTEE  2012/2013

Chairman                        Marcia Turner  8669 2953
Vice Chairman & Newsletter Editor Chris Pocock  8642 6789
Secretary, Speaker Bookings & Surrey U3A Network Audrey Willson  8642 0187
Treasurer                        Bill Brewer     8241 4462
Membership Secretary            Mavis McCarthy  8647 4667
Social Liaison & Greater London U3A Rep Maggs Sandilands  8647 4419
Social Club Treasurer            Moira Wickham   8395 2741
Website Supervisor              Shirley Ellerbeck  8644 0262
U3A LONDON REGION AND SURREY NETWORK
FORTHCOMING STUDY OPPORTUNITIES

London

9th -11th April
“THE VICTORIANS”

LONDON U3A EASTER CONFERENCE AT HAMPSTEAD TOWN HALL

Three days covering politics, personalities and Arts

30th July to 1st August
LONDON REGION SUMMER SCHOOL

“London through Art Architecture, History, Literature Music and Science.”

Full details and application form available soon on London Region website.

Surrey Network Study Days

Surrey Network study days are open to members of all U3As in Surrey and the surrounding area. They are held in the Menuhin Hall, Stoke d’Abernon. They normally start at 9.30 a.m. with registration, and finish at 4 p.m. The fee, including coffee/tea and biscuits, is £10. A visitor who is not a member of a U3A will be charged £12. Attendees should bring a packed lunch. Prior booking is necessary.

Sheila Hill, Booking Secretary.

Fri Apr 19th 2013


NATIONAL U3A SUMMER SCHOOLS

July 15th – 18th 2013 at Harper Adams University College, Newport near Telford.

Residential and Non Residential.

A fascinating varied programme covering Art, Cinema, History, current affairs, poetry, History the Golden Age of Rome and recorder Ensemble playing.

August 19th – 22nd 2013 at the Royal Agricultural College, Cirencester.

Another varied and thought provoking programme concerning architecture, digital photography, drama, history literature and music.

For further information please contact

Surrey U3A Network Audrey Willson 8642 0187
Greater London U3A Rep Maggs Sandilands 8647 4419
Saffron Walden and Audley End
Thursday, 23rd May
Cost £23.50
English Heritage Members £13.25

We drive directly to Saffron Walden in Essex. This very attractive town is one of the finest preserved examples of a medieval market town. The markets date back to 1141. You will have time explore a variety of historic buildings from the 12th century, within the conservation area. It is recommended that you have your lunch here.

We then travel just one mile to the Audley End House and Estate. The house takes its name from Sir Thomas Audley, Lord Chancellor to Henry VII, who adapted the building from the original Walden Abbey. Over the years it has had many owners and several restorations; today it is owned by English Heritage. Apart from tours of the house, you can also visit the gardens, stables, kitchens and the renowned walled kitchen garden.

At Audley End scooters and wheelchairs are available to hire, free of charge, but must be pre-booked. Ring Betty Stratford to make a booking. Tel No: 0208 395 2763

Romsey and Mottisfont House & Gardens
Friday, 14th June
Cost £21.25
National Trust Members £13.00

We drive directly to Romsey in Hampshire. It is a small medieval market town, which sits on the banks of the River Test. It is well known because of its connections with the Mountbatten family who live nearby at Broadlands. You will have time to explore the tourist attractions of the famous Abbey, King John’s House and the Town Hall. They are all close together, so not too much walking.

It is recommended that we have lunch in Romsey, before we head off to Mottisfont in the afternoon, approximately 5 miles away.

Mottisfont is a romantic house, set in beautiful riverside gardens, and is now owned by the National Trust. On the site of the house are Gothic remains of the original 13th century Augustinian priory. The society hostess and patron of the Arts, Maud Russell, lived here in the mid-twentieth century. Today there is an art gallery with changing exhibitions; from traditional water colours to contemporary art. Not to be missed are the walled gardens, home to the world famous rose collection, which are at their best in June. Light refreshments are available.

If you are a member of English Heritage or National Trust, please remember to bring your membership card on the day.

Booking form links are on the newsletter page.
As well as Rochester’s well known association with Charles Dickens, the ancient town boasts the second oldest cathedral in the country, plus extensive castle ruins with a magnificent Norman keep. (Now managed by English Heritage.) The Guildhall built in 1687 is now a museum with a unique replica of a convict prison ship. The Elizabethan mansion, Restoration House, was recently filmed as Satis House, the home of Miss Haversham in Great Expectations. There are also 16th Century alms houses known as the Six Poor Travellers. All this, as well as interesting shops and a big choice of pubs and cafes.

There will be a guided walk in the morning, leaving the afternoon free to explore. Restoration House and Garden, now privately owned, can be visited at a cost of £6.50 for individuals, or at Group rates.

We will first visit the town of Alton, where there are plenty of places to choose for lunch.

We will then go to Gilbert White’s House. This was featured on BBC Countryfile just before Christmas. The Rev. Gilbert White (1720-1793) was a gardener, naturalist and ecologist, who was an acknowledged inspiration to Darwin. This lovely house is furnished as it was in his time. The beautiful garden covers five acres and the parkland twenty acres.

The Oates Collection is an exhibition created in 2011 to commemorate the century since the fateful expedition to the South Pole, of Captain Lawrence Oates with Scott. We will have an introductory talk.

There is a tearoom and shop, and the nearby village of Selborne is pretty.

Please complete the form at the back of the newsletter, and send with your cheque for £19.25, payable to “Sutton U3A Social Club”, to Mavis McCarthy.
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<td>FORTNIGHTLY</td>
<td>DIANA TAVERNER</td>
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<td>JULIA WILDING or DORIS SMITH</td>
<td>8669 9931 or 8688 8606</td>
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<td>ALAN CLACK</td>
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<td>JOY CATLING</td>
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<td>STAN SHHERMAN</td>
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<td>BRIAN WICKER</td>
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<td>BRENDA SELL</td>
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<td>ANNET PETTINGELL</td>
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<td>PETER TURNER</td>
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<td>JENNY KEHO</td>
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<td><strong>TUESDAY PM</strong></td>
<td>WRITING FOR PLEASURE</td>
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<td>JOYCE PAICE</td>
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<td><strong>TUESDAY PM</strong></td>
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<td>FORTNIGHTLY</td>
<td>SHEILA BIGWOOD</td>
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<td><strong>TUESDAY ALL DAY</strong></td>
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<td>JEAN WOODALL</td>
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<td>BERYL COLEMAN</td>
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<td>CLARE NUNNS</td>
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<td>AUDREY NUTLEY</td>
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<td>1ST IN MONTH</td>
<td>DON JORDAN</td>
<td>0203 441 4269</td>
</tr>
<tr>
<td><strong>THURSDAY AM</strong></td>
<td>PHILOSOPHY</td>
<td>FOUR WEEKLY</td>
<td>BRIAN WICKER</td>
<td>8647 6341</td>
</tr>
<tr>
<td><strong>THURSDAY AM</strong></td>
<td>POETRY APPRECIATION</td>
<td>1ST IN MONTH</td>
<td>GWEN TREDGETT</td>
<td>86428092</td>
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<tr>
<td><strong>THURSDAY PM</strong></td>
<td>ANTIQUES</td>
<td>2ND IN MONTH</td>
<td>MAGGS SANDILANDS</td>
<td>8647 4419</td>
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<tr>
<td><strong>THURSDAY PM</strong></td>
<td>MUSIC A</td>
<td>FORTNIGHTLY</td>
<td>CHARLES STOW</td>
<td>8661 1193</td>
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<td><strong>FRIDAY PM</strong></td>
<td>GERMAN CONVERSATION</td>
<td>FORTNIGHTLY</td>
<td>JANE VAHL</td>
<td>8642 1846</td>
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<tr>
<td><strong>FRIDAY PM</strong></td>
<td>BIOGRAPHIES *</td>
<td>2ND IN MONTH</td>
<td>PAT MOODY</td>
<td>8330 5465</td>
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<tr>
<td><strong>FRIDAY PM</strong></td>
<td>DISCUSSION GROUP *</td>
<td>1ST IN MONTH</td>
<td>CHRIS POCOCK</td>
<td>8642 6789</td>
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<tr>
<td><strong>FRIDAY PM</strong></td>
<td>LINE DANCING *</td>
<td>FORTNIGHTLY</td>
<td>AUDREY WILLSON</td>
<td>8642 0187</td>
</tr>
<tr>
<td><strong>FRIDAY PM</strong></td>
<td>THEATRE GROUP</td>
<td>BY ARRANGEMENT</td>
<td>ANN WILSON</td>
<td>8647 9312</td>
</tr>
<tr>
<td><strong>FRIDAY PM</strong></td>
<td>TAI CHI &amp; WALKING GROUP</td>
<td>TO BE ARRANGED</td>
<td>AUDREY WILLSON</td>
<td>8642 0187</td>
</tr>
</tbody>
</table>

* The Art Groups meet at the Ecology Centre
* Science is held at Nonsuch High School for Girls
* Social Bridge is held at Granfers
* Biographies, History, French & Discussion Group are all held at Civic Offices
* Art Appreciation & Line Dancing are held at Trinity Church Hall
This production by Sadlers Wells comes to Wimbledon after the initial period at Sadlers Wells Theatre. Based on the original film this new dynamic production should prove just as spectacular.

To enable us to get the £45 dress circle seats for £25.50, they have to be booked and paid by the end of April. Due to the newsletter distribution pattern, it has to be in this Newsletter so, if you are interested, please book early. Jenny Kehoe 020 8642 9025

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**“West Side Story” at Wimbledon Theatre**

**Thursday, 21st November at 2.30pm**

Name ........................................................................ Mem No .................................... Tel No ..........................................................

Emergency Contact ............................................................ Tel No ...................................................

I enclose my cheque for the cost of £25.50 [ ]

Cheques payable to “Sutton U3A Social Club”, together with a stamped addressed envelope to be sent to Jenny Kehoe, 7 Walnut Mews, Christchurch Park, Sutton. SM2 5TL Tel 020 8642 9025
HISTORICAL SUTTON
Angel Hill Circa 1890

Photograph courtesy of Mr Mark Donohue at www.oldukphotos.com