

Wadhurst
& District u3a

NEWS



u3a learn,
laugh,
live

Spring 2026

Connect & Contribute

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From the editor

Hi, I'm Tim Ball, your editor. Thanks for your feedback about my first edition. People liked the additional photos and asked for more features. So there are more articles in this edition that I hope you'll find interesting.

Our groups continue to thrive with a lot of hard work from the convenors who make it all happen and we continue to get a good attendance at the monthly meetings to hear our speakers. We also celebrate in this edition the ever popular Christmas Party and the now legendary annual Quiz Night.

Join Us

Download the membership application and gift aid forms from the 'How to Join' page on our website via the QR code. The best way is to complete the online form and pay by bank transfer. You can also print and complete the form then return it by post. BACS payment details are on the membership form. We are no longer able to accept cheques or cash. If you have any questions, please call Sheila Jemmett on 01580 200647 or use the website contact form.



News to Share?

Your u3a NEWS editor is Tim Ball
 Copy deadline for Autumn 2026 issue is 23rd August 2026
 Please email copy using the website 'Contact Us' page

Stay Active - Stay Curious - Stay Connected

- Member Perks: Free guest lectures, exclusive parties, Uplands Sports Centre discounts
- Stress-Free Learning: Explore subjects from historic buildings and music, to science and architecture. Just the joy of discovery
- A Built-in Community: A consistent social schedule designed to expand your social circle and build lifelong friendships



I was going to tell a carpentry joke but I couldn't find any that woodwork

U3a Online Groups

Have you explored u3a Interest Groups Online yet? Whether you're looking for a lively debate or a niche hobby, there truly is something for everyone. While I've personally found the music groups fascinating, the sheer variety available means you can dive into almost any subject.

It is a fantastic resource for those who prefer to connect from the comfort of home and offers an extra social link for members who are living alone. The best way to find your "perfect fit" is to give a few a try. Here are some examples:

- Armchair Archaeology
- Exploring Classical Music
- Health Matters in Later Life
- Smartphone Photo Art
- Forty Questions Quiz

Use the QR code to find out more and find your group.



Home Gardens Group

Spring is here and the Home Gardens Group have already enjoyed visiting three members' beautiful spring gardens. Throughout the Spring and Summer we enjoy showing the group around our gardens both small and large. We share knowledge and ideas, exchange seeds, seedlings and cuttings and of course tea and cake!

There are spaces available to join this group. Please get in touch with Rosemary via the website



Have you heard about the new restaurant called karma? There's no menu. You just get what you deserve



KARATE WITH SENSEI (TEACHER) SARAH PADGET

The three of us are really enjoying our Karate sessions with Sarah at Mark Cross Community Centre on Monday afternoons. It goes very quickly as we are busy trying to co-ordinate all our moves with lots of concentration, but it is also great fun as well as challenging! It has certainly helped improve our balance and ability to adapt mentally to knowing our Japanese commands, as well as moves!

We started at the end of January and are now aiming for our next Belt which will be Red! We are all looking forward to that with a bit of excitement and trepidation. Everyone starts with a White Belt...

There are spaces available so do come and join us. You can also book a taster session available, details on the website.



A Monumental Trip – London’s Poo Past and Present!



We recently took a fascinating trip to the incredible **Crossness Pumping Station** in Abbey Wood—and we have some pictures to show for it! This place isn't just a building; it's a grand, Grade I listed monument to Victorian engineering and architecture. Opened in 1865, Crossness was a crucial component of Sir Joseph Bazalgette's brand-new London sewerage system. Can you imagine its initial job? It was built to pump all the sewage from the whole of South London into the Thames, timed perfectly so the outgoing tide could carry it away.



Why did London need this massive project? Because back in the early 1800s, all of the city's sewage was simply dumped into the Thames. This resulted in two huge problems: the infamous "Great Stink" of 1858 and, far worse, deadly cholera outbreaks, since the Thames was also used as a drinking water source. When Bazalgette's system became operational, it drastically slashed public health risks and the odour problem, securing London a reputation as a world leader in public health infrastructure at the time.

Fast-forward to today: the demands on the Victorian system have grown too intense and 2025 saw the opening of the Thames Tideway Tunnel which runs from Acton in the west all the way to Beckton Sewage Treatment Works in the east. It is designed specifically to tackle sewage overflows. Now, almost all the raw sewage and rainwater from combined sewers that used to flow into the river during heavy rain is captured and safely stored until it can be properly treated.



Longer Walks

Change of leader for walking group. A huge thank you to Sarah Parry for running the Walking Group for 7 years! It's a remarkable achievement to organise so many varied walks for all seasons and weathers as well as hosting her legendary summer lunches under the apple tree in her garden.

Ian Hurst has taken over as convenor and he led the last walk of just over 3 miles along the Teise valley from Lamberhurst. Some tracks, a bit of road and a couple of moderate hills, but no stiles. It couldn't have been more perfect. Beautiful bluebells, stunning views and sunshine.



Shorter Walks

This active group chooses 45-60 minute walks avoiding stiles on 3rd Tuesday of the month at 10.30 or 11.00am depending on the location.

If this appeals to you, please contact the convenor via the website.



Sixty-Five years Ago

On 12th April 1961, five-year-old Rita Nurskanova was planting potatoes with her grandmother in a field when someone in an orange suit and a bulbous helmet landed by parachute not far away, and started to move towards them. They were terrified and started to run when that someone waved and yelled at them. As her grandmother was dragging her away as fast as she could, little Rita exclaimed: "Granny, it's alright. He is probably human. He speaks Russian!"

He was indeed human, and Russian. He was Yuri Gagarin, at the end of man's historic first space flight. Gagarin was able to land by parachute and pick himself up unaided because his flight having lasted only 106 minutes, one orbit around earth. His space capsule was incapable of making a soft landing.

By design, after re-entry into the atmosphere, the capsule hatch was released at 23,000 feet; Gagarin was ejected in the style of a fighter jet pilot; his parachute opened within seconds; he was on the ground in about 10-minutes.

The flight was not announced in advance and the fact that Gagarin did not land in his space capsule was a state secret for many years. His off-target landing, by some 370 miles, rather gave the game away, and to Rita and her grandmother, an unnecessary fright. Those were the days before Glasnost (openness in Russian). *Philip Chueng*



Connections by Philip Chueng



Connections

When looking up information to make a presentation, one topic often leads to another via some connection. Sometimes the connect follows a technical trail; other times it is entirely out-of-the-box. This piece recounts a web of connections that I fell upon recently. Do bear with the science and technology stuff, if you do not find them absorbing, to discover the human interest. At Christmas 2024, I was given Ed Conway's *Material World* by my daughter-in-law. It is a book that tells the story of six materials that built our world, namely, sand, salt, iron, copper, oil and lithium. I found it such a good read that I recommended it to the members of the u3a's Science & Technology Group, and the book became the springboard for presentations and discussions at several meetings. .

The Mond Process

My contributions included a presentation on "four industrial chemical processes", one being the Mond Process for the extraction/purification of nickel. I appreciated the importance of the Mond Process from my A-level chemistry but I chose it also because my wife's grandfather was Sales Director for The Mond Nickel Company Ltd. She remembers the metal ink-blotter on his desk with 'Mond Nickel' engraved on it. The production of iron and nickel faced a problem: iron was invariably contaminated with nickel and vice versa. By the turn of the 20thC Nickel-steel was an important alloy for battleship armour because it was lighter by thousands of tons.

In 1890, Ludwig Mond discovered nickel carbonyl and invented a method to extract/purify nickel. When carbon monoxide is passed over crushed and smelted nickel ore, nickel carbonyl is produced. Being a gas, it is easily carried away, and decomposed to give 99.9% pure nickel. In 1900, Mond founded the Mond Nickel Company to exploit his invention. Born in Germany, Mond settled in England to work as an industrial chemist in 1860, at the age of 20.

By 1870 he had co-founded the Brunner Mond & Company in Norwich, the world's largest producer of soda ash (sodium carbonate). At his death in 1910, Ludwig was a pillar of the British scientific-industrial establishment. His son Alfred was also a gifted industrialist-entrepreneur, who became an MP, a minister in Lloyd George's government, and the first Baron Melchett.

Uranium Enrichment

My presentation in the summer of 2025 coincided with the bombing of Iran's uranium enrichment facilities. It made me think of a possible link between Mond Nickel and uranium enrichment. Naturally occurring uranium contains typically less than 1% of the fissile U-235 isotope, the remainder being non-fissile U-238. The U-235 nucleus is liable to split spontaneously into the nuclei of lighter chemical elements, releasing energy as well as several neutrons. The neutrons will trigger more of these fission events to create a chain-reaction, releasing enormous energy, if there are enough uranium-235 nuclei to constitute a critical mass. However, the critical mass for natural uranium is of the order of tons, whereas that for enriched uranium can be reduced to a few pounds. To make fuel for a reactor or a bomb, enrichment is therefore essential. The enrichment process used today was perfected during WW2. First, uranium is converted to gaseous uranium hexafluoride. Then, by virtue of U-235 being lighter than U-238, either gaseous diffusion or a centrifuge can be used to increase the concentration of U-235. Enrichment is achieved by repeating the arduous process of gaseous diffusion or centrifuge many times.

In 1940, the British Government started a project code named Tube Alloy to explore the possibility of making an atomic bomb. Given their expertise in gaseous chemical intermediaries, I thought Mond Nickel must be involved in uranium enrichment. My research reveals that Mond Nickel was responsible for producing the fine sintered nickel mesh that was an essential component of the gaseous diffusion equipment. When Tube Alloy was subsumed into the American Manhattan Project, Mond Nickel became the mesh supplier for the project where uranium was enriched for Little Boy, the first and smaller of the two atom bombs.

Tutor

Robert Berman, Stephen Hawking's tutor at University College, Oxford, is known to have said "For the first year I think I taught him; for the next two years he taught me." Three years after Hawking, he definitely taught me for three whole years. At my admissions interview, he asked what recent news in science had excited me. I replied "synthetic diamonds", not knowing that he was an expert on diamond, especially its thermal conductivity! During the war Berman investigated gaseous diffusion for uranium enrichment. Shrouded in mystery by the Official Secrets Act, I only came to know the broad outlines of this work at his memorial concert in 2004. His work took him to Birmingham, and possibly to Mond Nickel's research laboratory in that city.

What an unexpected reward! While preparing a presentation for the u3a I have uncovered connections linking two important people in my life:

Wife → The Mond Process → Uranium Enrichment → Tutor

Rock 'n' Pop

At our recent meetings we have suggested 2 songs we like based upon themes that have included:

- Songs released in the last 20 years; which is modern for us! These included Fix You - Coldplay, Man I Need - Olivia Dean, Mariners Apartment Complex - Lana del Ray
- Songs from the 1960s which included many classics from groups such as The Spencer Davis Group, Jimi Hendrix, Canned Heat, The Doors
- Great saxophone solos that included Maputo - David Sanborn, Lily Was Here - Candy Duffler, Your Love Is King - Sade

Each meeting broadens our knowledge of music and gives us some insights into our individual likes and dislikes, all followed by a cup of tea and a biscuit.



On 8th January six of us visited the National Gallery to see an exhibition called Radical Harmony. The exhibition was a collection of paintings by French and Dutch artists- the most famous being George Seurat. All of the works were made around 1900.

Art Appreciation

The title Radical was certainly appropriate as these artists adopted an entirely new method of painting based on the principle that tiny dots of different coloured paint, placed next to one another would confuse the eye and appear blended when viewed from a distance. The technique is known as pointillism, which I felt, lent itself to the many seascapes we saw depicted with light or reflections shining on still water.



The interiors were more challenging to me. Two people seated at a breakfast table like tailor's dummies, unbelievable and cold, or a group of men working in an iron foundry with no energy or fear around the furnace. Even Seurat's Chahut- (uproar) seemed contrived and lifeless; the speckled surface failing to bring the stylised figures to life.

However, there were 5 wonderful portraits, mostly by Theo van Rysselberghe, which captured the sitters in their natural environments depicted affectionately and in natural poses. It was an interesting exhibition, well worth a visit although I don't think any of us have become fans of pointillism as a result.

Why do Bagpipers march? - 2 possible answers
 A moving target is harder to hit
 They're trying to move away from that awful noise



Interest Group	Convenor	Day/Time	Venue
Active Plus Thursday	Jane Austin	Thursdays 10:05 – 11:05	Uplands Sports Centre
Active Plus Tuesday	Jane Austin	Tuesdays 11:10 – 12:10	Uplands Sports Centre
Art Appreciation	Margot Yeo	See website	see website
Art at Ticehurst	Kris Armstrong	last Friday 14:00	member's home
Art at Wadhurst	Sheila King	2nd Tuesday 10:00	Carillon Cottage
Ballroom & Latin Dance	Cindy Burden	Fridays 11:00 – 13:00	Ticehurst Village Hall
Book Group 1	Margaret Jones	See website	member's home
Book Group 2	Janet Pelham	4th Wednesday 14:00	Carillon Cottage
Book Group 3	Jane Austin	2nd Monday 14:00 – 16:00	Orchard Room
Bridge	Liz Rosevear	Thursdays 10:00	Sparrows Green Pavilion
Chair Yoga Mondays	Jane Austin	Mondays 12:30 – 13:15	Uplands Sports Centre
Chair Yoga Thursdays	Jane Austin	Thursdays 12:30 – 13:15	Uplands Sports Centre
Croquet	Jane Austin	Summer only	Wadhurst Cricket Pavilion
Family & Social History	Sheena Carmichael	2nd Thursday 14:00	member's home
Friendly Computers	Philip Cheung	contact convenor	member's home
Gardening	Sheila Jemmett	3rd Tuesday 10:00	check with convenor
Home Gardens	Rosemary Johnson	contact convenor	member's home
Karate	Sarah Padget	check with convenor	check with convenor
Kindfulness	Susie Swift	4th Friday 10:30 – 12:30	member's home
Knit & Natter	Rosemary Johnson	1st Tuesday 14:30	member's home
Life Writing	Jessica Brown	alternate Tue 10:00	member's home
Mah Jong	Jackie Jenson	2nd & 4th Thu 14:00	member's home
Modern Architecture	Jane Austin	See website	Sparrows Green Pavilion
Play Reading	Philip Cheung	See website	member's home
Rock & Pop	Tim Ball	Check with convenor	member's home

Interest Group	Convenor	Day/Time	Venue
Science & Technology	Philip Cheung	1st Tuesday 14:00	Sparrows Green Pavilion
Show & Tell	Eileen Ramm	4th Thursday 14:00 – 16:00	member's home
Strictly Fitstep	Sara Irwin	1st Wednesday 13:00	Ticehurst Village Hall
Sunday Singles Lunches	Mary Brewer & Iris Glover	3rd Sunday 12:00	check with convenors
Table Tennis	Philippa Standley	Tuesdays 12:30	Uplands Sports Centre
Ten Pin Bowling	Lynda Emberson	last Friday 14:00	Hollywood Bowl, TW
Walking Group 1 3-5 mile walks	Ian Hurst	2nd Thursday 10:00	check with convenor
Walking Group 2 Short walks	Andrew Mcindoe 07802 604408	check with convenor	check with convenor
Wine Appreciation	Jane Austin	4th Wednesday 17:00	check with convenor
Yoga online	Sara Irwin	Mondays 09:30	Zoom

To find out more about a particular group click on the Group name on the website and contact the convenor. You can also find group details in this list. We are always on the lookout for ideas or suggestions for new groups. Get in touch with our groups co-ordinator, Jan Whiteley.



Christmas Party - A Whirlwind of Sparkles and Steps

What a way to kick off the festive season! Our Wadhurst u3a Christmas Party was a roaring success, and I think we all know why. Whilst the mince pies were lovely, it was our special guests, Thomas Purdy and Harley Nelson, who truly stole the show.

For those who don't know, Thomas and Harley aren't just world-class American Ballroom and Latin dancers; they are also part of the u3a family! This lovely couple regularly carve out time to teach our very own u3a Ballroom & Latin dance group, so it was a real treat to see them live doing what they do best.



Rather than sticking to the stage, the duo made the inspired choice to dance right through the center of the Commem Hall. It felt like our own private episode of Strictly! Whether you were at the front or the back, you had a perfect view. Watching Thomas and Harley glide was like watching poetry in motion. Harley's dresses were absolutely stunning—there was enough sparkle to light up all of Wadhurst!

Fancy a Turn on the Floor? If watching them has inspired you to dust off your own dancing shoes, we'd love to have you join us! Visit the Wadhurst u3a website to get more details. Thanks to everyone who made the party so special. And keep dancing!



Annual Quiz Night - Another Resounding Success!

The annual quiz night was a tremendous hit, marked by a warm, friendly atmosphere and overwhelming praise from members and visitors. The success is a testament to the organising team's considerable efforts, which help raise money that funds u3a activities and keeps subscription costs down.

Kris, a u3a member from Ticehurst, perfectly captured the mood, saying, "My word...you both arranged a fun quiz yesterday... Please convey our thanks to everyone. Here's to next year!" Marianne, a Trustee, agreed that the time and thought invested "paid dividends and was a total success. The atmosphere was so calm and lovely. You gave so many people a lot of joy."



1st Place - Bowled Over

1st	Bowled Over	137	26	18	18	15	13	20	13	14
2nd	Clueless	135	11	18	14	15	32	18	13	14
3rd	Aged to Perfection	134	12	36	10	16	16	18	14	12
4th	Film-Flam	131	12	20	12	30	15	18	12	12
5th	Kev's Crew	131	11	16	17	18	16	26	14	13
6th	Tequila Mockingbird	129	12	16	16	17	28	14	12	14
	Team Paddy	126	10	12	14	16	30	20	12	12
	Saturday Supper Club	125	14	24	10	16	18	20	10	13
	Grape Expectations	120	10	12	14	14	32	16	10	12



Prizes



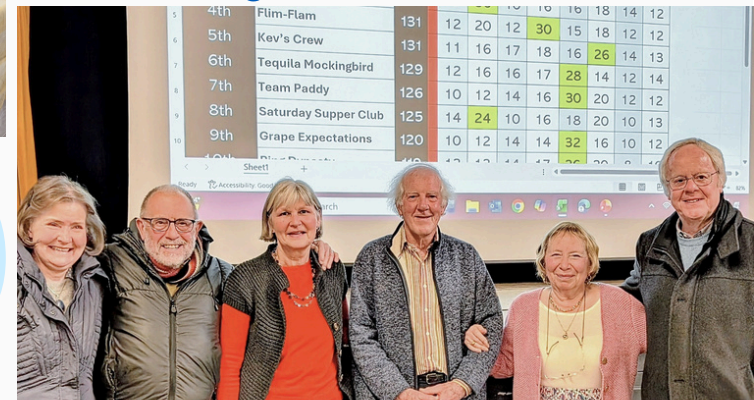
You don't need a parachute to go skydiving - but you need one to go twice

2nd Place - Clueless



Local member John praised the event as "Admirably presented," noting the "Very imaginative questions" and "Clear sound (so difficult to achieve in the Commem hall)". The questions were inclusive, with David, a new member, appreciating that the quiz featured "questions for all," including mention of an Eric Ravilious painting. The event was well-paced and left attendees like Julie "looking forward to the next one!" A huge thank you to everyone who attended the challenging but fun evening and special thanks to Jane and David and the team for putting together one of the best quiz nights yet.

3rd Place - Aged To Perfection



4th	Film-Flam	131	12	20	12	30	15	18	14	12
5th	Kev's Crew	131	11	16	17	18	16	26	14	13
6th	Tequila Mockingbird	129	12	16	16	17	28	14	12	14
7th	Team Paddy	126	10	12	14	16	30	20	12	12
8th	Saturday Supper Club	125	14	24	10	16	18	20	10	13
9th	Grape Expectations	120	10	12	14	14	32	16	10	12

Growing Old Should Have Taken Longer



Lately, have you noticed people your age are so much older than you? Friends say that you still haven't learned to act your age; and you hope you never will!

- The best advice is to live honestly, eat slowly; and lie about your age
- Don't take life too seriously; nobody gets out alive anyway and laughter is the best medicine
- Appointments should generally be avoided - "on time"; is when you get there
- It's okay to talk to yourself. After all, there are times you need expert advice from someone with experience
- "In Style" are the clothes that still fit
- Your people skills are just fine. It's your tolerance for idiots that needs work
- Be kind to your children - they are the ones who will choose your care home

Overall, be grateful for the gift of a longer life and the experiences and the insights that come with it.

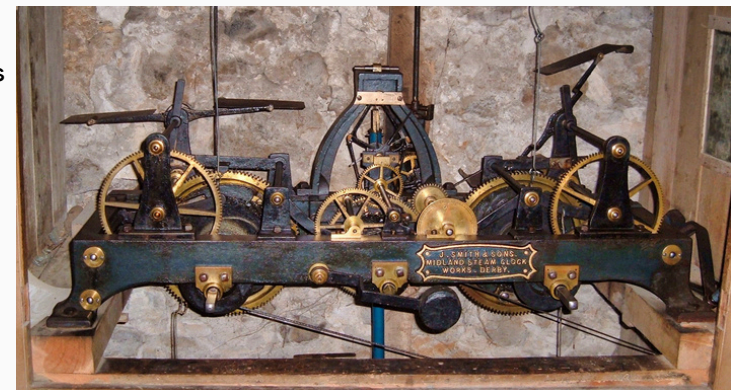
Every time I start thinking too much about how I look, I just find a pub with a Happy Hour. And by the time I leave, I look just fine



Willett's idea was met with ridicule and skepticism. Traditionalists viewed "changing the time" as an interference with the natural order. Farmers argued they would have to start even earlier to meet city milk deliveries. Astronomers resisted "man-made" time disrupting their celestial calculations. However when in 1916, Germany adopted daylight saving to conserve coal and fuel for the war effort, the UK followed suit. The first "British Summer Time" began on 21st May 1916. Once implemented, the public outcry vanished as people enjoyed the extra evening light. We all still look forward to the clocks "springing forward" each year as a precursor to longer days.

British Summertime

"Clocks forward" and "clocks back" are the trigger for Richard Harden to climb the tower of St Bartholomew's church, Burwash. The clock is a beautiful old mechanism dating from 1899 and still keeps good time.



It has three trains, each powered by a big weight on a very long cable. One is for quarter chimes, the middle one drives the clock (including two dials) and the third powers the hourly strike. The quite exhausting work of winding the clock should only be needed once a week, but the chiming train doesn't quite last that long. In spring it is moved forward by gripping and turning the drive rod leading up to the dials with a pause at each quarter to let it click loudly and then chime or strike. The final stop is at the new correct time, indicated by a brass pointer and engraved dial. Because there is wear and backlash, the result is not usually perfect, so it's then necessary to descend and view where the hands actually are, followed by a small adjustment. In the autumn, the method for retarding by one hour is simply to stop the pendulum (going forward 11 hours is very laborious). If any members would like to see the clock, please get in touch with Richard Harden on 01435 882556.

The history of British Summer Time (BST) is a tale of stubborn visionaries, wartime necessity, and a long-standing debate over whether we should be "saving" light at all. In 1907 William Willett published a pamphlet "The Waste of Daylight". He proposed that clocks be moved forward by 80 minutes in 4 x 20-min increments during April and reversed in September. Although scientifically correct, it would have been a nightmare to remember and time consuming to implement.

How to Appreciate Wine Using the 5-S Technique: See, Swirl, Smell, Sip, Savour



In our u3a Wine Appreciation Group, we use this technique to ensure we taste wine to the full. Why not give it a try when you next open a bottle of wine?

SEE - The colour and clarity of wine can give clues to its age, condition and maturity. It's best to hold your wine glass against a sheet of white paper and look at it from different angles:

- Side View – How clear is it? A clear wine with some 'sparkle' is a good sign. A dull, cloudy wine is best avoided!
- Down View - How deep is the colour when viewed from the top? The depth of colour can help you identify the grape variety eg a deep purple-black colour could be Syrah (Shiraz), while a paler red shade suggests a Pinot Noir grape
- Tilted View – Tilting the wine glass towards the rim can provide clues to the wine's age and 'weight'. If the colour is pale and watery near its edge, it suggests a 'thin' wine but this can vary with different grape varieties.
- Key Points - Typically, the darker the wine, the more body. Young white wines are pale in colour whilst older ones become darker. White wine with a brown tinge suggests a wine past its best. Red wines also change colour as they age: purple changes to dark red, crimson, brick red and, eventually, brown.

SWIRL - this encourages aroma molecules out of the glass.

- Give your glass a good swirl. Does your wine form 'legs' or 'tears' that run down the sides of the glass?
- Wines that have 'good legs' tend to have more alcohol and glycerin so they will be bigger, riper, more mouth-filling and dense than those that do not.

SMELL

- Sniff the wine by hovering over the top of the glass and take a series of quick, short sniffs, then step away and try to identify the aromas. It's the nose that contributes much of what we regard as "taste" and the variety and subtlety of flavours are largely detected through smell.

Online, you can find numerous wine aroma charts/wheels that summarise the most common combinations found in wine. When you smell the wine, you should look for the characteristic aromas of the grape or blend of grapes together with other elements such as toast, smoke, vanilla, chocolate, espresso, roasted nuts, and buttery/caramel that come from oak. Putting words to wine aromas helps you to remember the characteristics of a particular wine and its derivation.

SIP - Much of a wine's character is revealed through the nose, but not everything. It's only when you swirl a wine inside your mouth that its acidity and tannins become fully evident. Serving at the right temperature is also important. If it's too warm, the aroma and flavour of subtle grape varieties like Pinot Noir will be impaired. If the wine is too chilled, its aromas and taste can be lost. Hold the wine in your mouth for a while because as it warms the wine releases the volatile flavour and aroma compounds. Try to describe the various tastes you find:

- Sweet or dry - Do you taste residual sugar or not?
- Acid – Is it acidic? High-acid wines activate your saliva glands. If you swallow and your mouth floods with saliva, the wine is acidic. Does it have a crispness like biting into a green apple or lemon
- A tingling sensation: You may feel a slight prickle on the sides of your tongue.
- Light, refreshing body: High-acid wines are often more refreshing, even if they have strong flavours
- Fruit profile: Wines that taste of citrus, green apple, cranberry, or underripe fruit often have higher acidity
- Tannins - These are an important part of the flavour profile for red wines. You cannot taste tannins, but you can get a feeling of astringency when you swirl the wine in your mouth. These sensations are some of the clearest indicators of high tannins
- Drying effect: Your mouth feels like the moisture has been pulled out, similar to strong black tea
- Mouth grip - The inside of your cheeks feel slightly rough
- Firm structure - The wine feels robust rather than soft or juicy
- Bitter finish - A subtle bitterness, especially at the sides of the tongue.
- Lingering astringency - The drying sensation lasts for several seconds after swallowing
- The best wines are balanced without any one characteristic overly dominant
- Next, swallow. What do you think? Is it quaffable? Are the flavours, aromas and 'mouth-feel' interesting, or out-of-balance? If it's too sour, too sugary, too astringent, too alcoholic, too bitter, or too flat then it's not well-balanced

SAVOUR

- The last act of "tasting" a wine is savouring it. Consider The 'length'. This is a term that describes how long the wine has an impact after swallowing; how long it affects your palate/senses
- The 'complexity'. This is a term used to describe a high quality wine, particularly those that have aged. Complexity can come from the grape variety or blend, the vineyard/terroir as well as wine-making techniques like oak ageing

The 100-Year Life Is Here - We're Not Ready

Centenarians are increasingly common and yet our institutions, economic policies, social and cultural norms have not kept pace. But there is a future in which all people, regardless of socio-economic status, can make the most of an increased lifespan. Some of the key issues are:

- Making use of age diversity
- Creating longevity-ready communities
- Aligning health spans to life spans
- Building financial security to meet expected longevity
- Learning throughout life
- Working more years, but with greater flexibility
- Harnessing technological breakthroughs to transform the future of aging



New Map of Life

The Stanford Centre on Longevity is a US-based organisation that explores these issues and how society must adapt to the reality of much longer human lives of up to 100 and beyond. Rather than viewing this as a crisis, they offer a blueprint for redesigning social, economic, and cultural systems to support health, purpose, learning, and financial security throughout the lifespan. If you scan the QR code you can see what they have to say about community, work, education, and well-being. It includes ideas to make longevity an opportunity, not a burden.



ICE - In Case of Emergency



ICE refers to features on your mobile phone, either Android or iPhone, that can help you in an emergency. It makes sense to set this feature up properly - just in case. It adds a list of emergency contacts to your phone. You can also add medical information, such as allergies or current medications. This information can be accessed by the emergency services if you are unable to tell them about your medical history or contacts.

Also installing the "What3Words" App on your phone gives the Ambulance service a much better chance of locating you, especially in an isolated location or on the downs!



It is also possible to use the Emergency SOS feature to send your location to your emergency contacts and alert emergency services. It can also be triggered by you by holding down certain buttons for a time. Some smartwatches will even do this for you if it detects that you've had a fall. You can find out how to set this feature up by scanning the QR code, which takes you to a link from the Stroke Association with detailed instructions.

Stair Safety

Falls on stairs remain a leading cause of accidents in the UK, however, most accidents are preventable:

- Clutter: Never use stairs as a "waiting zone" or storage area for items on their way up or down
- It's safer to walk down stairs backwards, holding the handrail. You are much less likely to trip
- Poor lighting: Swap dim light bulbs for bright ones. Consider installing motion-sensor lighting that comes on automatically when you use the stairs
- Double handrails. An extra rail improves safety enormously
- Footwear: Avoid using stairs in socks or loose slippers; firm-soled, well-fitted slippers or shoes are a must
- Non slip: Most falls are caused by slipping, not tripping. If you have smooth timber steps, apply self adhesive no-slip strips
- Can you see the edge of the tread edge? Consider adding self adhesive coloured strips to clearly define tread edges



Life Writing

This Easter (no worries)

This Easter I have no worries
I am alive
It's a beautiful day
I have friends by the score
I have no worries this Easter

This Easter I have no worries
I am alive
With a dodgy spine
And legs on fire
But I am fine
I have no worries this Easter

This Easter I have no worries
I am alive
I have leaky legs
And a dicky heart
And extra weight
I have no worries this Easter

This Easter I have no worries
I am alive
I have arthritis in my hands
I have 3 children lost to me
But I am "fine"
"I have no worries this Easter"

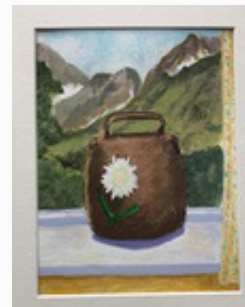
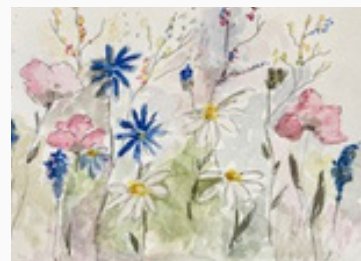
This Easter is as hard as usual
My body is old
My looks have gone
I have no partner
And I am STILL alive
This is a hard EASTER.

James Crawford

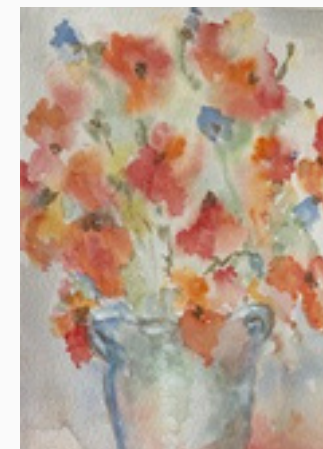
Oak Bespoke

It started life as just a nut
Clinging to a leaf
Without a thought
Forced out of its tree on a windy day
It flew and bounced
Over fields far away
It landed in a bare and stoney patch
Then a small child kicked it
Clear into a smelly ditch
Here was water, shelter, hope
And sun to energise, to evoke
The dream of a future
As a mighty tall oak
It went to sleep then
For the winter cold and cruel
Hoping not to be frozen
Or eaten by a squirrel
Then next spring arrived
And it felt quite strange
things started happening
That were hard to explain
It started sprouting, straight thru its top
And growing roots from its little bott!
These roots got long and they went down
And it developed girth and then a crown
(Fast forward 150 years)
Many a year has come and gone
Its had wind and storms to bring it down
Been scratched, bitten, chewed, within and without
Survived raging floods and bitter drought
But its still standing, proud and broad
So very old, now in a quiet phase,
And taking time to remember
Its little acorn days.

Eileen Ramm

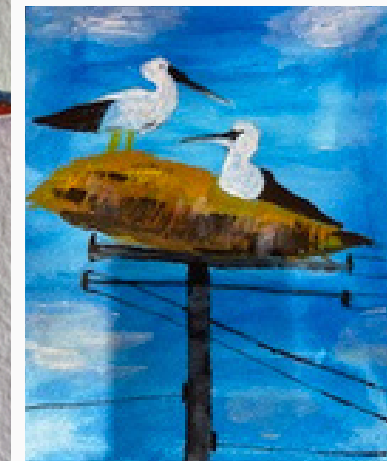


They are a friendly group who meet on the last Friday of the month 2-4 pm. Contact Kris Armstrong via the u3a website.



Some artworks by members of the Ticehurst Art group. They work mainly in watercolour but are open to other mediums. .

Art at Ticehurst





Spring Walks



u3a learn,
laugh,
live

Spring 2026