



June 2023 Bulletin

MONTHLY MEETING

Tuesday 13th June 2023
St Johns Church Meopham
2pm

MY LIFE AS AN RAF POLICE SARGEANT

with Philip Waite



Philip Waite is a retired RAF Police Sergeant who served 22 years in the UK and Germany and on a special squadron undertaking royal visits, ministerial and VVIP duties and on ceremonial occasions. He also flew as support crew worldwide on RAF operations and the first Gulf War.

REFRESHMENTS ROTA

Refreshments for **13 June 2023** will be supported by the ***Current Affairs 2 group***.

11 July 2023 (AGM) – ***Cycling for all***

August - no meeting

12 September, starting with ***Fitness for Fun***.

Just to remind you that the refreshments rota is alphabetical. Since it currently stands at Current Affairs 2, Wine groups have no need to get ready until 202.....!!

Please contact Sue Bates, Groups Co-ordinator on mepgroups22@gmail.com if you have any problems regarding this rota

REFRESHMENTS COORDINATOR

Could you offer to purchase any fresh supplies needed for the refreshments after our monthly meeting and bring them to the St Johns Rooms on the day?

You can of course claim for any expenses incurred.

If a number of members volunteer then it would be even better and a flexible rota could be set up.

This is not a committee role.

Please contact Sue Bates on mepgroups22@gmail.com if you would like to volunteer.

NOTES FROM THE CHAIR

We are now looking forward to some warmer weather so hopefully we won't need to wrap up quite so much at our monthly meetings in the Church.

We are approaching the **AGM on Tuesday 11th July 2023** and I would encourage you all to consider standing for the various posts on the committee. We especially need to fill the role of Group Coordinator. I have one member who is interested, but they would prefer to share the job with another member. Please let me know if you could help out by emailing me, Mike Chantry at chairmu3a@gmail.com . It is an important role as our groups are the life blood of the club. Sue Bates said she will remain on hand to help and advise whoever takes over, so you'll have plenty of support.

We also have had problems recruiting group leaders and some groups have had to close through the lack of someone prepared to take over. I must stress that the role is as **Group Leader** and **NOT** one of **Group Organiser**. The Leader's role should be simply to let members know (ideally through Beacon, WhatsApp or email) of the next meeting. It is important that all group members be involved in the process of planning the meetings, rather than just expecting the Group Leader to do it all. The committee are very appreciative of the work done by our group leaders, and trust that you will all help in lightening their load wherever possible.

ADVANCE NOTICE: Along with many other u3a's up and down the country, we have decided to take a break from our monthly Church meetings in August of this year. Many individual groups will continue to meet in August and I'm sure your Group Leaders will keep you informed regarding this.

Regards

Mike Chantry

MAKE A BANNER FOR THE AGM



Please make a banner to be displayed at least 7 ft above the ground, no wider than a chair, and bring it along to our AGM on 11 July 2023.

The AGM is an opportunity to tell members what we all do. We have about 60 Groups and a limited amount of room in the church, so we have decided that each Group will have a chair with a banner and member(s) of your group ready to talk to passers-by about what you do, when you meet, how to get in touch etc.

Members sometimes can't find the group they want in an overcrowded room. We therefore propose a sea of banners above people's heads, so that they are visible to all to see. (See picture for example of prototype banner constructed quickly out of tall garden bamboo canes and sheets of A4 paper, as displayed in the church at the May meeting).

Who are the creative people in your group? Can you work on this for 11 July? You can of course also bring along a few items to demonstrate what you do and perhaps a small box or miniature table for display purposes.

The two or three large tables will be reserved for Photography, Art etc, and there will be space for the Guitar group.

NEWS FROM OUR GROUPS

NEW GROUPS POSTPONED

New groups

- History2,
- Wine Appreciation4,
- Maths,
- Money Matters2,
- Tuesday Needlecraft

Start up meetings for these groups have been postponed for the time being and may be re-listed in September 2023. You can sign up for these or suggest further new groups at the AGM.

WRITING GROUP

Meetings are held at 10.30am on the third Tuesday of the month at the Cricketers in Meopham. Contact Group leader Lynne Townsend to join. Log onto [Writing & Reminiscing \(meophamu3a.org.uk\)](http://meophamu3a.org.uk)

At a recent meeting we were all impressed with a piece from Theresa Johnston on Friendship which is shown below. The poem is being shared again this month as it was not published in its entirety in May. Apologises to Theresa for the mistake.

A FRIEND

A friend is a rainbow when sometimes there's only showers

A friend can be the only star shining in the darkness

A friend can hold you up when all around you is pulling you down

A friend can catch you when you fall to make your landing softer

A friend is a listening ear even when they have heard it all before

A friend asks you how you are and waits to hear the answer

A friend turns up at the right time even though it may be the wrong time

A friend is like a warm hug on a cold night

A friend feels for you

A friend cares for you

A friend shares with you

A friend laughs with you

A friend cries with you

A friend knows your faults

A friend knows your thoughts

A friend knows you, but likes you

A friend doesn't judge, nor holds a grudge

A friend is warmth when the world feels cold

A friend knows when there is a time for silence

A friend knows when it's time to speak

A friend knows when it's time to let you do your own thing

A friend knows when it's time to help pick up the pieces

A friend allows you to be you and likes you for it

A friend can look you in the eyes and just know

Unlike family, Friends are chosen, so they have a special and unique place,

It would be a lonely world without friends

Join our Money Matters group and start saving or making money!

We meet on the last Thursday morning of each month (except August) at Hodsall Village Hall and now have openings for a few new members.

Here are some testimonials from our, now wealthier, members:

"I learned that investing in many US stocks can yield much higher returns than limiting myself to the UK stock market."

"I found I could protect my estate from inheritance tax by investing in Aim shares and VTCs."

"My spouse can inherit my ISAs free of tax if she uses an Additional Permitted Subscription."

"I've rediscovered the benefits of using price comparison websites before renewing my insurance and other services."

"Now I proactively call companies to cancel subscriptions like Sky. They have dedicated departments that offer incentives to keep you as a customer."

"Peer-to-peer lenders provide me with significantly higher returns compared to traditional banks or building societies."

"I now know how to invest with minimal Inheritance Tax"

For more information on joining, please contact John Cole at jpcole25@hotmail.com or visit the Meopham u3a website under Money Matters [Money Matters \(meophamu3a.org.uk\)](http://MoneyMatters(meophamu3a.org.uk)).

A new group is in the process of starting. Don't miss out on this opportunity to save and earn more!

London Visits 1

We had a superb walk 26th April organised and led by Anne Gillis and Sue Millar: Monumental Heroes, covering all aspects of the services that have defended the UK far and wide and across time remembered in monuments sculpted in such dramatic ways to mark their courage and mark on history. We were also privileged to be able to hear the bells of St Clements and to have access to the historic crypt.



London Visits 1 also had a visit led by Ray Woodbury to Kings Cross and the Regent's Canal

We met, optimistically, in spite of very heavy rain at King's Cross. We walked up by the new Google Building and headed towards the Gasometers that have been converted to highly expensive accommodation.

Then we headed along the Tow Path which took us past but high tec barges and some that could do with some tlc. There are new builds everywhere along the canal. At Camden Market there were food stalls and stalls to excite the taste buds.

The sun shone on us all the way!!!



SITUATION SHORTLY TO BE VACANT

As you know Sue Bates is stepping down in July from her role of group's co-coordinator. This is a vital role in our u3a.

Can you help?

It's a role worthy of a team ... could you be a part of that team ...

Please give it some thought.

CHURCH CO ORDINATOR

It can be quite an ordeal for some new members come along to their first or second monthly meeting. Imagine if no one spoke to them and they were not made to feel welcome!

At Meopham new members often comment on the friendly welcome they received and valued the opportunity to ask questions, to be invited to sit with a group and to enjoy a cuppa with new friends at the end of the meeting.

This is why we ask for members to volunteer as "welcomers" at the meeting.

Heather Snelling as organized this team for a few years and would now like to hand the sashes over to a new coordinator or a group. This is not a committee role.

Could that be you?

Please speak to Heather or a member of the committee if you would like more information.

SPEAKER SECRETARY

Meopham u3a has a monthly meeting on the second Tuesday of the month at St John the Baptist Church. The meeting is split into two parts – a speaker in the church and the 'all important' refreshments in the hall afterwards.

Finding and booking the speaker is not an onerous job. There is a u3a list of recommended speakers and frequently speakers are recommended by members. The vast majority of the work is done

via telephone or email. Greeting the speaker and helping them get setup is also part of the job.

In the past this has been done by one person but 'job share' is also possible.

The Speaker Organiser is also a member of the u3a committee which meets on the second Wednesday of the month at 2:00.

I have been doing the job for about 18 months and will be looking to stand down next year so now is a great time for someone (or more than one person) to join the committee and shadow me for a while before taking over.

Our AGM is on the 11 July at 2:00 where new committee members will be elected.

I will be at the meeting on the 13 June so please come and talk to me if you are interested.

Alternatively, I can be contacted via email or telephone.

Beryl Connelly

meopspeaker@gmail.com

07854221410

END OF THE BULLETIN

