

## CHAIRMAN'S CHAT

Thanks to everyone who participated in our Open Afternoon. It is always encouraging to showcase the wide range of activities we offer and this in turn is a reflection of the hard work and enthusiasm demonstrated by our Group Organisers. A particular thank you to Sue Henson and her team for organising the afternoon.

On another issue, I would just like to clarify that membership of Sevenoaks U3A is open to all retirees irrespective of whether they belong to another U3A or where they live. I mention this because some of our members have been unsure about the rules.

As from January 2016 you will be able to view the minutes of Executive Committee meetings on our website. This reflects the policy of the Committee to make all information available to the membership.

Jim Purves

[Email the Chairman](mailto:chairman@sevenoaksu3a.org.uk)

## BERYL'S BLOG

### News from National Office

We have a new President, Pam Jones. Pam was our Regional Trustee for several years and we benefited from her valuable advice and support. She also came to two of our GO conferences. I am sure she will make a great success of her new role.

Did you know that £3.50 of your annual membership fee goes to the Third Age Trust as a capitation payment? This money funds National Office and provides a range of services, including a 24hour legal advice line, a Resource Centre with many DVDs and CDs available to borrow at no cost, online courses, Public Liability Insurance, National Summer Schools and Study Days.

You can phone the Office 020 8315 0199 or access the website [www.u3a.org.uk](http://www.u3a.org.uk) and join the mailing list for the events, which currently includes the U3A Explores Science at the Royal Institution.

## DIARY

### November

Tues 3	Ely Cathedral Tour
Mon 9	Science Group
Mon 9	Apple Group
Mon 11	Bridge for Pleasure
Mon 16	Computer Group
Tues 17	The Strollers
Wed 18	Ambling
Mon 23	Half day walking
Wed 25	Bridge for Pleasure
<b>Wed 25</b>	<b>Monthly Meeting</b>
Fri 27	Strictly Variety: U3A Arts & Drama Group

### December

Sat 19	The Mill Theatre Sonning outing
Mon 14	Science Group
Mon 14	Apple Group
Mon 21	Computer Group

## MONTHLY MEETING

**2.00pm Wednesday 25 November at the Bat & Ball Community Centre.**

Fran Sandham will give a talk about her Walk across Africa. This extraordinary woman has completed a 3,000 mile solo walk across Africa from Namibia's Skeleton Coast on the Atlantic to Zanzibar on the Indian Ocean.



She has given more than 300 illustrated talks about her adventures to literary festivals, cruises, schools and universities and our members can look forward to a fascinating afternoon's entertainment.

## E-NEWSLETTER WATCH

To date **170** members have signed up. This represents an annual saving of **£1125!** Help your U3A - Sign Up

Now

[Email the E-Newsletter Manager](mailto:enewsletter@sevenoaksu3a.org.uk)

**The Open Afternoon** on 23<sup>rd</sup> September buzzed with activity. It took a lot of preparation to ensure all groups who wished to attend got a space. Sue knows how many vacancies are still left in different groups (these will appear in the **next** Newsletter). It would be interesting to know from the Group Organisers whether they signed on new members and if so, how many. This would help us decide how worthwhile the Open Afternoon is, apart from being a social occasion when members can get to see each other again after the summer break.

### Fungus Foray Rosina Cole

On a fine Autumn morning about a dozen of us assembled in the NT car park at Toys Hill for the first of six fungus Forays organised and led by Trudy Fleming.

First Trudy showed us examples she had previously gathered. A close examination of the structure and smell of fungi is important for their identification. The separation of edible from poisonous species is not always easy!

Following this we spent a very happy couple of hours in the woodland searching out fungi. Once we had our 'eye in' we found these to be numerous and of all different sizes shapes and colours. Fungi are the fruiting bodies sent up by the mycelium, the main part of the fungal organism hidden beneath the surface.



### Taking an Age Linda Gilbert

This is the name of the U3A group I joined nearly 10 years ago when I was completely new to the organisation. I have always had a great love of history but Taking an Age has proved to be so much more. We meet twice a month during the period October to May and although history forms part of the programme, it encompasses so many other things. For each period of time we have looked at, there have been presentations and talks on topics such as architecture, art, literature, fashion and gardens to name just a few. We have had musical sessions enjoying recordings of the music of the time; we have undertaken many visits including Blenheim Palace, Amsterdam and Dublin; and of course we have produced and sampled the food of

**Singing** is particularly popular and a second group could be started if someone could be found to accompany the singers. Do



you know anyone who enjoys playing the piano, guitar or even the accordion? Perhaps such a group might even take the form of a Karaoke group using pre-recorded sound. Your ideas please to Sue Henson.

Autumn is the best time of year to see them – especially after rain. Some appear on bare ground, some on rotting and living vegetation. Most do not have common names. However we saw handsome specimens of the red toadstool with white spots familiar to us all from childhood picture books. This is known as the Fly Agaric. Perhaps after our next foray we will be able to successfully identify the Sulphur Tuft or the Amethyst Deceiver.

Our grateful thanks go to Trudy for sharing her expertise with us and showing us the fascinating world of the fungi.



the period.

I have learned so much about subjects I knew very little about previously and this variety has made each of the periods studied really come to life.

The make-up of the group has remained virtually unchanged throughout the ten years and I am glad to report that our enthusiasm remains unabated. However, this has meant that we have been unable to accommodate others who have wanted to join the group. Is there anybody out there who would be interested in forming a second group to work in a similar way?

If you would be interested please contact Sue Henson.

## Isle of Wight Pedal

In glorious weather at the beginning of September the Cycling Group set off for a 3-day break to the Isle of Wight.

A sunlit ferry crossing from Southampton to Cowes on a becalmed Solent Water got us off to the perfect start. Then across the quaint chain ferry to start on our traffic-free cycle route through beautiful countryside to Sandown for our first night's stay.

The sunny weather prevailed for our next days ride along the south coast to Freshwater which included some challenging hills. The coastal views were magnificent and this sector also included a stop at the enchanting Mottistone Gardens.

Our overnight beachside location encouraged several intrepid cyclists to take an early morning dip before the start of our final day skirting the northern coast via Yarmouth and back onto the ferry at Cowes.

The Cycling Group welcomes new members and meets twice a month for a 25 mile ride with a stop for lunch. If you would like to join us please contact Patrick Pascall. [cycling@sevenoaksu3a.org.uk](mailto:cycling@sevenoaksu3a.org.uk)  
Suffolk already being planned for next year!



## SOCIAL EVENTS NEWS

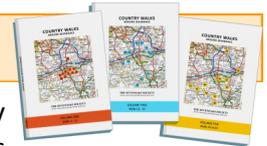
Unfortunately the trip to Leipzig and Dresden for May 17-21 2016 has had to be cancelled due to lack of firm commitment from enough people



The visit to the Theatre at Sonning on Dec 19 is fully booked. Those going are reminded that the coach will be leaving Baker's yard at the earlier time of **9.45 am**.

There will be a Festive Winter Lunch at Knole Golf Club on 12 February, 2016. Numbers are limited to 65. Cost £20 for 3 courses. Please fill in enclosed flyer if interested.

## WALKING GUIDES



A new set of walking guides by Sevenoaks U3A members is being prepared for The Sevenoaks Society. Three volumes, each containing eleven walks, are already on sale and two more are in the process of being prepared. The innovative format consists of individual cards for each walk, with a map on one side and directions on the other, contained in an attractive glossy cover that shows the location of each walk and summaries of the routes. The fifty-five walks are all in the countryside surrounding Sevenoaks and they range from about 4 to 6 miles. They will be offered for sale to Sevenoaks U3A members at monthly meetings at a discounted price of £2.50 each.



## MEETINGS AND EVENTS OPEN TO ALL See diary page 1 for complete list of events

### Science Group

Monday 9 November

#### Modern management of the osteoarthritic knee. Talk by Paul Gill

Knee osteoarthritis is an increasing problem in most societies including the UK. Today's presentation describes the nature of knee osteoarthritis, its prevalence, signs and symptoms, investigation thereof and diagnosis, and a stepwise approach to the management of this painful condition.

Otford Village Memorial Hall, 2pm. All Sevenoaks U3A members welcome.

£2 entry includes tea.

Win Gutteridge

### Apple Group

Monday 9 November

#### iPad, iMac, iPhone & Apple Watch

- Translating documents with Google App
- iOS 9 update information
- Using Airdrop
- Organising your photos
- The Apple Watch
- Christmas Games ideas discussion

Round Tables: iPad users sharing, Mac computer sharing, iOS 9, Using Translate App

Otford Methodist Church Hall from 2 - 4pm

Dave Simmons

[Email the Apple Group Organiser](#)

### Bridge for Pleasure Weds 11 & 25 November

The Group plays at Otford Village Hall on the 2nd and 4th Wednesday mornings of each month from 9.50 a.m. until 12.15 p.m.

We are an "open" group, so any new players can just come along.

Colin and Mary Butson

### The Strollers

Tuesday 17 November

Meet at 11.00 in the car park of The Royal Oak in the upper High Street, Sevenoaks for a walk in Knole Park. We will take an appropriate route to avoid mud and it will be a shorter distance than the last one we did in the park! There will be an optional lunch afterwards at the Royal Oak.

Anne Gutteridge

### Computer Group

Monday 16 November

#### Windows 10.

#### Presentation by Sevenoaks Computers

- What is special about Windows 10
- Is it really free
- Does it solve the problems of Windows 8
- Can all users download it eg XP Users
- Experiences of Windows 10 to date
- Should one install now or wait 6 months
- Installation risks

At Otford Village Memorial Hall 2pm.

All Sevenoaks U3A members welcome.

£2 entry includes refreshments.

Mike Bamforth

### Half Day Walking

Monday 23 November

Meet on the green in Leigh (NGR 550465) in time for a 10am start. An easy 5 mile walk partly along the Medway then to Penshurst and back through Penshurst Park.

Leader: Nick White

### Ambling

Wednesday 18 November

Meet at Godden Green for a 4 mile walk starting at 10 am. Park on the road opposite the Buck's Head, TN15 0JJ.

The walk will be followed by an optional lunch.

Leader for this walk Velma Keys

## MEMBERS' CORNER

*Please submit items of interest to members to Elizabeth and Celia (see p.1)*

The Kent Painters Group 25th Annual Art Exhibition and Sale at Sevenoaks School starts on 30th October with a 6.30 launch open to everyone. Do come and have a drink and meet some of the 58 acclaimed artists and sculptors, including U3A exhibitors and committee. The exhibition continues on Saturday 31st and Sunday 1st November from 10-4. Parking and Entry are free. Light lunches and refreshments

are available

All proceeds go directly to mental health and learning disability charities in Kent. Over the last 24 years KPG has raised more than £250,000. This year KPG supports MacIntyre, Mencap, Rethink and Fynvola

