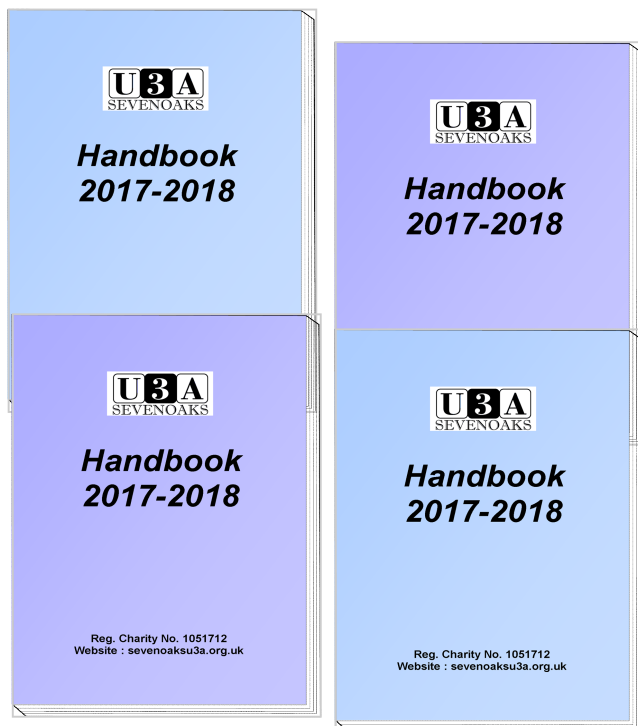


## HANDBOOK FOR 2017-2018



Susan Henson is collecting details of all the committees and groups in Sevenoaks U3A for publication in the next Handbook. Please make sure your entry is correct and confirmed as soon as possible.

Susan Henson email: [groupdev@sevenoaksu3a.org.uk](mailto:groupdev@sevenoaksu3a.org.uk)

## DIARY

### JULY

July	12	Bridge for Pleasure
July	19	Ambling
July	24	Half day walking
July	26	Bridge for Pleasure

### AUGUST

August	21	Half day walking
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## CHAIRMAN'S CHAT

As our academic year draws to a close it is worth reflecting on the philosophy, aims and guiding principles of our U3A. We are a learning cooperative which draws upon the knowledge, experience and skills of our own members to organise and provide interest groups in accordance with the wishes of our membership. Our U3A offers the chance to participate in over 100 study groups in such fields as art, languages, music, history, life sciences, psychology, computing, crafts, photography and a variety of physical activities including walking, cycling and dancing. Our approach is to learn for pleasure and above all to have fun!

It is therefore pleasing to look back over the past year, where we have additionally organised two very successful workshops, one on Climate Change and the other on Latin American Jazz.

For our Group Organisers, Committee Members and other volunteers we held a very successful thank you lunch to show our appreciation of all the hard work these members put in to make our U3A the vibrant organisation it is.

We held two coffee mornings for new members to welcome them to our U3A.

Finally we must acknowledge the sterling work of our Social Committee in organising such varied and interesting trips and not least for arranging our annual Festive Lunch which gives our members the chance to socialise together.

Jim Purves

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

**Newsletter Team: Victoria Baxter, Elizabeth Purves, Celia Smith**

**Please note there is no August Newsletter.**

Copy for **September Newsletter** (which will be distributed 18 August) by  
**Wednesday 9 August** to: [news@sevenoaksu3a.org.uk](mailto:news@sevenoaksu3a.org.uk).



Photo: Janet Austin

## BONGOS, TIMBALES AND MARACAS

On the afternoon of May 16<sup>th</sup> a packed audience at the Otford Village Hall were treated to all the exuberance of Latin American Jazz served up by musicians from the jazz group PICANTE. Their performance had everything the audience could have hoped for. Great music expertly played underpinned a presentation packed with genuine insights into the origins of the Latin American sound. Demonstrations were given of common rhythms and the note patterns which are the essence of the genre. From Cuba we heard about Rumba and Mambo and later came Samba and Bossa Nova from Brazil. The message was

reinforced as the audience itself became part of the performance, clapping along with these exotic rhythms or even trying out some of the instruments used. Instruments like the clave (pronounced clarvay), cowbells, maracas or the pandeiro (a versatile tambourine from Brazil) emerged from drummer Marc Cecil's 'treasure chest' for use by willing volunteers and rising to the occasion the audience as a whole was eventually drawn into the vocal refrain of 'The Chant', a standard Cuban number by the great Latin American performer Sergio Mendes. The afternoon came to a satisfying conclusion with a rendition of Derek Nash's musical impression of 'dawn over Rio de Janeiro' in a number called 'Busy Bio'.

Harvey Mahn

## CYCLE GROUP EXPEDITION TO SOUTHWOLD

Inspired by a couple of our members we decided embark on a three day ride from Sevenoaks to Southwold. Six of us took part.

Wishing to stick to country roads and to keep as far away from motorways and the A12 as possible our first obstacle was the Thames. Not everyone knows that a little ferry runs from Gravesend to Tilbury every half hour! We just about squeezed our bikes on and it cost nothing for those with bus passes!

Essex and Suffolk were relatively flat, the scenery improving rapidly once we left the rather barren wastelands of South Essex.

Our first night was in Chelmsford where we enjoyed looking round the Old Town in the evening before a good meal in a local restaurant.

The second night was just north of Ipswich, and the final day took us through some of the finest countryside of Suffolk passing through delightful old villages looking as though they hadn't changed for centuries.

Finally we took a detour across the Dunwich marshes, sadly rather spoilt by a sea mist which chose that moment to envelop us all!

Arrival at Gun Hill was closely followed by tea and cakes in a beach hut owned by one of the party. Then it was to local pubs for Adnams ale and a celebratory meal!



Patrick Pascall





On Friday September 15th there will be a coach visit to Dover Castle for a whole day.

Full details about this exciting trip, which is bound to be popular, on the flyer on the website. Please apply promptly.



We are pleased to say that we have organised a trip to Northumbria for a few days in May 2018.

We need a minimum of 20 people to go ahead.

Please see the flyer for more details including how to register your interest.

## NOTES FOR MEMBERS

### U3A SLIDE SCANNER

If you have the U3A slide scanner, could you please contact Charles Hebert. Someone else wishes to use it.

### DEFIBRILLATORS

There is a portable defibrillator in a cabinet on the wall by the toilets at the Sevenoaks Community Centre. Some other public places in the district also have them. They are sometimes known by the acronyms AED (Automatic External Defibrillator), or PAD (Public Access Defibrillator). They consist of a battery attached to two pads and are used to restart a person's heart if it has stopped. They can save lives if they are used in the minutes before an ambulance arrives. If you want to know how to use them there are excellent videos on the websites of the British Heart Foundation ([www.bhf.org.uk](http://www.bhf.org.uk)), and St. John Ambulance ([www.sja.org.uk](http://www.sja.org.uk)). In both cases open the website then enter "How to use a defibrillator."

## FLYERS INCLUDED WITH THIS NEWSLETTER

Trip to **DOVER CASTLE** on Friday 15 September 2017

Trip to **NORTHUMBERLAND** May 10—14 2018

## MEMBERS' CORNER



Brushworks, the Sevenoaks Art Club annual exhibition at the **Kaleidoscope Gallery** in Sevenoaks Library, runs from **Tuesday 4th Jul 3:00 pm to Sat 15 July at 4:00 pm**, open every day except Sundays during normal library opening hours. This year the Chairman is none other than Harvey Mahn, known to many of us in Sevenoaks U3A.

## MEETINGS AND EVENTS OPEN TO ALL

See diary page 1 for complete list of events

### MONTHLY MEETING & AGM

**2.00 p.m. Wednesday 28 June at the Bat and Ball Community Centre. AGM and Talk**



Tom Way will give an illustrated talk on Wildlife Photography. He was the recipient of the European Wildlife Photographer of the Year award in 2015. His work in the UK and overseas, particularly in Africa, is widely published and exhibited in galleries and

exhibitions. His subjects include Meerkats, Mountain Gorillas, Kingfishers, Red Deer, Little Owls and Red Foxes.



### Computer Group Monday 16 October

The Computer Group does not meet in June so there will be no meeting until October.

#### Cyber Crime

Presentation by Inspector Nick Finis of the Kent Police on Cyber Crime and how not to get mixed up in it. This should be a very interesting talk and I urge as many members as possible to come as it something that could affect all of us.

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

£2 entry includes refreshments.

Mike Davies

### Apple Group Monday 25 September

**iPad, iMac, iPhone & Apple Watch**

**Next Meeting** 25th September (4th Mondays ) after the summer break.

Dave Simmons

### Bridge for Pleasure Wednesdays

Wednesdays 28 June, 12 July, 26 July and then 11th October

The Group plays at Otford Village Hall on the 2nd and 4th Wednesday mornings of each month from 9.50 a.m. until 12 noon. There will be no bridge in August and September.

The winner on 10th May was Stephen Hale and on 24th May was David Record.

New members welcome. We are an "open" group, so new players are welcome to come along.

For more information, please ring John and Sue Christy

### Half Day Walking Monday 24 July

Meet in the centre of the small village of Fordcombe in time for a 10am start. Post code TN3 0SA, grid reference 527403. The walk is 4½ miles with a few hills. It goes to Hamsell Farm, Chafford Bridge and Stone Cross. The walk will be followed by an optional lunch at the Spotted Dog. All U3A members are welcome.

Leader: Nick White

### Half Day Walking Monday 21 August

Meet on the east side of the green at Leigh village in time for a 10am start. Grid reference 550465. The walk is 4¾ miles to Powder Mills and Haysden Lake with no hills. The walk will be followed by an optional lunch at the Fleur de Lis. All U3A members are welcome.

Leader: Nick White

### Ambling Wednesday 19 July

Meet at 10 am in Shipbourne Common car park for a 4 mile walk which will take in Dene Park, Clearhedges Wood and return via Dunk's Green. The car park is about 100 yards along Upper Green Road, which is opposite The Chaser Inn (post code TN11 9PE) on the A227 Tonbridge to Ightham road.

There will be no walk in August.

Leader: Grahame Lee 01474 852007

### Science Group Monday 9 October

Our new season of open meetings at the Otford Village Memorial Hall will start with a talk by Professor Sir Salvador Moncada FRS, FMedSci. on "Nitric Oxide: An unexpected biological mediator". More details will be published later.

Bob Ruffles.