

## Open Afternoon 27 SEPTEMBER

from 2.30pm at the Community Centre.

Members will have a chance to meet with old friends and to discover new groups they might like to join. Refreshments will be available and at 3pm Steve Plater will give a demonstration on how to use the defibrillator.

**NB Group Organisers** (or a substitute member representing the Group): **Please come from 2 pm.**

This will give the group organisers time to find their positions before the general membership arrives.

**Susan Henson**

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

## Chairman's Chat

As we commence another academic year it is cheering to note the considerable number of varied and interesting groups available to our members.

Details of our groups are listed in the Handbook but you can also take the opportunity to chat to Group Organisers about their group activities by coming along to our Open Afternoon on 27<sup>th</sup> September.

Wishing you all an enjoyable and stimulating year.

**Jim Purves**

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

## Diary

### September

Sept	15	Dover Visit
Sept	20	Ambling
Sept	25	Apple Group
Sept	25	Half day walking
Sept	27	Open Afternoon

### October

October 9	Science Group
October 11	Bridge for Pleasure
October 16	Computer Group
October 18	Legal London trip
October 23	Apple Group
October 27	Autumnal Antics

## AUTUMNAL ANTICS

The Drama Group bring you  
assorted comedies by

**Noel Coward and Richard Tydeman**

at the Otford Village Memorial Hall  
on Friday 27th October at 7.15 pm.

The Singing for Fun Group will be joining us.

Tickets are £12 to include a Fish & Chip Supper  
For further information see the Flyer with this Newsletter

Don't Miss Out - BOOK SOON!!

Newsletter Team: Victoria Baxter, Elizabeth Purves, Celia Smith

Copy for **October Newsletter** (which will be published on 25 September) by

**Tuesday 5 September** to: [news@sevenoaksu3a.org.uk](mailto:news@sevenoaksu3a.org.uk)

### WALKING AND CULTURE

In June Walking Group 1b undertook the interesting exercise of combining a theatre trip to the Chichester Festival with a 10 mile walk the next day.

We all met up in the restaurant of the Chichester Festival Theatre and enjoyed an excellent meal before tackling Tennessee Williams' "Sweet Bird of Youth" – a wordy play set in the 1950s which looks at failed ambition, lost youth and love, and the corruption and bigotry that lurks behind the American Dream. Meaty stuff!

Well we certainly needed cheering up after that, so the next day we set off in perfect weather on a circular walk round Thorney Island which has an interesting history of military use. A small airfield was developed in 1938, and the Navy used it in 1976. Then in the 1970s it was used to house Vietnamese refugees, and is now the base for a regiment of the Royal Artillery.

However you see little of that on the perimeter path which, apart from one short "jungle" section with 6ft nettles, gave us glorious sea and estuary views. That brought us round to the Emsworth Yacht Harbour where we enjoyed a very good lunch. Then just a few more miles back to our cars.

Meanwhile two of our non-walking partners were respectively enjoying a visit to The Pallant House Art Gallery (where a couple of actors were performing a little known Graham Greene play called "Yes and No") and an aircraft museum.



A thoroughly enjoyable and stimulating few days – our thanks to Elizabeth Purves for masterminding it all.

**Patrick Pascall**

### TAI CHI GROUP

The Sevenoaks U3A Tai Chi group was formed in January 2013 as a direct result of interest shown by members in improving physical health after the London Olympics. We meet weekly at the St. Edith Church Hall, Kemsing and practise the 24 *tai chi form*.

*Tai Chi* is commonly practised for its health benefits. Chinese people believe that the vital energy in all life (*chi* or *qi*) flows through each of us and that the amount of *qi* we each have determines our health. This ties in with the theory of acupuncture in which the body's energy moves through *channels/meridians* which is affected by the wellbeing of all our vital organs.

If a person suffers from stress, which blocks the flow of *qi*, this may lead to becoming tired and more susceptible to physical problems (bowel disorders, headaches, poor circulation or high blood pressure).

There are different schools/forms of *tai chi* but the most popular is the 24 *form*, specifically combining the best of the various schools and easier for non Chinese practitioners to learn.



The benefits of practising *tai chi* are: improve concentration, energy level & posture; learn to relax the body and mind; enhance mobility and balance.

On the 1<sup>st</sup> July the group demonstrated the 24 *tai chi form* at the Seal Allotment Open Day .

**Magdalen Kit Fong Fry.** Tai chi teacher

## News from the Groups (continued)

### ITALIAN CONVERSATION

The Italian Conversation Group has been meeting twice a week for a number of years to chat in Italian on a variety of subjects. At Christmas and in July the meet up was in an Italian restaurant to savour authentic Italian food. On Monday the 3<sup>rd</sup> July they visited the Italian Deli in Kemsing which is not usually open on Mondays, but Alice and Eduardo opened up especially for the group. The photo shows them enjoying Lasagna and Penne alla carbonara.

June Farrell



### MEDIEVAL HISTORY GROUP

We are a mixed and lively group and have room for another member. We each research and present a topic to the group for discussion and include Europe from 5<sup>th</sup> to 15<sup>th</sup> centuries, covering social change, rebellion, conflict, famine, royal dynasties, and the Guilds. If you feel you might be interested in joining us then please contact

Linda Gilbert or Jennifer Ruffles at  
[medieval@sevenoaksu3a.co.uk](mailto:medieval@sevenoaksu3a.co.uk)

### CROCHET

Would you like to learn to Crochet?



I would be interested in starting a new group either on Monday or Wednesday afternoons 2pm-4pm starting in the Autumn - 1 meeting per month. Previously I ran classes in store in Hobbycraft which proved quite popular and I would be happy to pass on my knowledge to others. I envisage the group to be quite small (about 6) so that I am able to help everyone, and members could take turns in holding a meeting at their house. All you need to start is a crochet hook (ideally size 4) and some double knitting wool.

Please email [paulinegofton@btinternet.com](mailto:paulinegofton@btinternet.com) if you are interested in joining the group or if you have any queries. Alternatively I will be attending the U3A Open Afternoon on 27 September. Come and find me on the Wire & Beaded Jewellery Making table.

Pauline Gofton

### ETHICAL DILEMMAS

Come and join U3A's own Moral Maze! Over many years the Medical Ethics group founded by Shirley Ratcliff has widened its brief to cover everything from religion-run schools to euthanasia, from international aid to the existence of free will. Chaired by Victoria Baxter the group, now called Ethical Dilemmas, meets on the second Thursday every month (except August and September) and welcomes new members.

See our entry in the new handbook.

## Social Events News

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

There are a few places left on the visit to **Dover** by coach on **Friday September 15**. If you are a member of English Heritage the cost will be only £13 to cover the coach fare - which is a bargain. Please apply quickly to Joyce Allen **by August 28** on the flyer available on the website if you are interested.

On **Wednesday October 18th** there will be a visit by train to London for a 2 hour guided tour of **Legal London** by recommended guides. There will be free time for other activities in London afterwards. Full details on the flyer attached on which you may apply. Please note that we anticipate that the tour will be very interesting and varied but that you can slip away at any point if you find it too long.

On **Tuesday November 21** there will be a coach trip to **Winchester** for a one hour guided tour of this magnificent **Cathedral** with its awe-inspiring

interior (including coffee in the Cathedral beforehand), followed by free time in the very popular and extensive **Christmas market** which is located in the Cathedral Precincts. Further details and application form in the flyer included with the Newsletter

After the great success of the 'Meal and Play' package at **Sonning Theatre and Restaurant** (housed in a mill) two years ago there will be a second visit on **Saturday December 9**. The cost is £59.50 and includes the coach, two course meal, coffee as well as a performance of **My Fair Lady**. Please reply **very promptly** on the flyer attached where full details are given.

Please note that the 5 day break to **Northumbria** next year (2018) on **May 10-14** has been very popular and is nearly fully booked. There are just a few spaces left with double or twin-bedded rooms. If you are interested please apply **as soon as possible** on the flyer available on the website.



## Meetings and events open to all

See diary page 1 for complete list of events

### Apple Group Monday 25 September

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

- ◆ Syncing information on all your devices - Glynn
- ◆ Making restaurant reservations with Open Table - Elaine
- ◆ Getting an appointment with your doctor using Patient Access - Paul
- ◆ OS10 tips - Dave

Round Tables: Syncing devices, OS 10 tips, New to iPad, & Reservations

Otford Village Memorial Hall from 2 -4 pm

**Next Meetings** 23rd October & 27th November ( 4th Mondays @ 2pm ).

**Dave Simmons**

### Bridge for Pleasure 2nd & 4th Wednesdays

#### starting again Wednesday 11<sup>th</sup> October

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

The winner on 14<sup>th</sup> June was Ceris Williams and on 28<sup>th</sup> June was Pam Kemp. In July the winners were Geoff Howson and Jill Sharp.

New members always welcome. We are an "open" group, so new players are welcome to come along. For more information, please contact **John and Sue Christy**.

### 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**".

Nitric Oxide (NO) was considered until the mid 90s a pollutant in the atmosphere. It was surprising, therefore, that it can play a crucial role in the regulation of blood pressure, the peripheral and central nervous system and in cancer.

**Bob Ruffles**

### Ambling Wednesday 20 September

Meet at the "Green Man" Hodsoll Street (Post Code TN15 7LE) for a 4 mile walk, starting at 10:00 am. From Borough Green take the A227 towards Meopham. After approx. 4 miles turn left into "Hodsoll Street". At the first fork take the left, at the second fork go right, both are signed "Green Man". The pub is on the left of the green, please park at the far end of the car park. The walk is followed by an optional lunch.

Leader: **Grahame Lee**

### Half Day Walking Monday 25th September

Meet in the road opposite the Chaser in Shipbourne in time for a 10am start. Post Code TN11 9PE, grid reference 593523. The walk is 5 miles with easy going. Optional lunch afterwards will be at the Chaser. All U3A members are welcome.

Leader: **Velma Keys**

### Computer Group Monday 16 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 is 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**

## Technical support TO OUR U3A

The Technical Support Team supports the monthly meetings but we are in urgent need of additional volunteers to ensure the meetings are properly supported. If you can help and are reasonably confident about connecting the equipment then please contact me.

An additional function for the team is the custody and maintenance of our IT assets where we undertake the routine maintenance and biennial safety checks of our equipment. Two of our members are certified to undertake this work but an additional member could be trained up to assist.

**Bob Ruffles** [techsupport@sevenoaksu3a.org.uk](mailto:techsupport@sevenoaksu3a.org.uk)