

CHAIRMAN'S COLUMN



I was very honoured to be elected chairman at the AGM on 26th June and will do all that I can to maintain the very high standards that have been set by my predecessors over the past 25 years. Like all U3As, ours is run exclusively by its members. In accordance with our system of rotation four members of the Executive Committee retired at the AGM and I am very pleased to say that we have been able to fill all of the vacancies.

Our AGMs this year and last had to be adjourned until the monthly meeting in October because we failed, by a small margin, to achieve the quorum

of 10% stipulated by our constitution. When we revised our constitution in 2014, we suggested a quorum of 5% but were told by National Office that it had to be at least 10%. I have drawn the problem to the attention of Samantha Mauger, the new Chief Executive of The Third Age Trust. She has replied: *"5% sounds sensible to me. I am happy with that."* Now that's what I call common sense! I will propose an appropriate change to the constitution at the adjourned AGM on 23rd October.

In order to protect members from unwanted emails, all addresses in our handbook and on the website are disguised. For example, any messages addressed to chairman@sevenoaksu3a.org.uk are automatically forwarded to my private email. This system has led to group organisers receiving messages from scammers directly or indirectly asking for money. If you receive a strange message on your disguised email address you should treat it with suspicion and if you have any doubt regarding its authenticity you should delete it immediately.

After our monthly meetings at St Nicholas Church we serve tea and biscuits. This involves a certain amount of work and we need three members to help at each meeting. We already have several members who do this, but we need more to add to the list. If you are prepared to assist from time to time please advise our Hall Manager Richard Baxter on halls@sevenoaksu3a.org.uk, the Meetings Organiser Barbara Coleyshaw on meetings@sevenoaksu3a.org.uk or any member of the Executive Committee at the time of a meeting.

Our next big event is the 25th Anniversary tea party on 25th September. In the absence of the Community Centre, which is being re-built, we will be using the Hollybush Indoor Bowls Centre where capacity is limited to a hundred. If you do not come to the party, I hope to see you at our next monthly meeting at St Nicholas Church on 23rd October.

Best wishes

Nick White
chairman@sevenoaksu3a.org.uk

25TH ANNIVERSARY CELEBRATION

This has proved to be a popular event and all places have now been allocated. We hope everyone has a very good time and would also like to suggest the possibility of car sharing as there is limited parking at the venue.



MONTHLY MEETING

2.00 p.m. Wednesday 23 October at St. Nicholas Church, Upper High Street

Our Speaker will be **Malcolm Wells** MBE who will be giving a talk entitled *'So far so good'*. Malcolm spent 24 years as an army musician, served as a medic in Ireland and in the Gulf War. Awarded the MBE, he spent 15 years working for Canine Partners. The talk will be various stories about his career with plenty of humour.

DIARY 2019

September 11	Visit to Mary Rose Museum
September 25	25th Anniversary Tea
October 9	Bridge for Pleasure
October 10	Tower Bridge visit
October 21	Computer Group
October 23	Monthly Meeting & Adjourned AGM
October 23	Bridge for Pleasure
October 28	Apple Group
October 31	Jazz Workshop



EXPLORING WORLD FAITHS

This Group started last October, and since then we have been studying some of the major world faiths such as Hinduism, Islam, Buddhism and Sikhism. We learn about their history, beliefs, practices and customs, and in May we had an enjoyable visit to the Sikh Gurdwara (temple) in Gravesend. Our guide, Jagdev, gave us an excellent tour of this beautiful, elaborate building, the largest Gurdwara in the country. Before we left we were served refreshments in the Langar Hall, together with families and hungry children returning from school. We had a good afternoon, and hope to plan further visits to places of worship to supplement our own researches.

Celia Smith



Photos: Paul Popeck

DIGITAL IMAGE MANIPULATION DIGITAL IMAGE MANIPULATION 1st Year Course

Do you have digital photographs that you wish you could make adjustments to?

Why not join a fun and informative course that, with the help of a computer programme will allow you to do this.

We meet at the Holmesdale Bowls Club on the 2nd Tuesday of each month from 10 am until 12.30 pm starting on the 8th October.

Please contact Janet Austin groupdev@sevenoaksu3a.org.uk

SEVENOAKS U3A HOLIDAY

'THE HISTORIC HOUSES AND HERITAGE OF SOUTH WALES AND THE WYE VALLEY' 5 Days from £589 – Departing 11th May 2020. This is now open for booking, with 17 single rooms and 12 double rooms reserved for us.

This tour, which has a tour Manager and guides for all the places of interest, will no doubt be as exciting, informative and enjoyable as our previous U3A UK tour to Northumbria.

If you are interested in receiving a full itinerary, and to book the holiday, please contact:

Joyce Allen – 01959 522915 or email: johnallen.otford@tiscali.co.uk

DAY 1

Depart Sevenoaks. En route to the hotel visit the National Trust's Lacock Abbey, Fox Talbot Museum and Village near Bath. Many parts of this fine abbey have survived largely intact and the Victorian Woodland Garden includes an 18th Century summer house and rose garden. Continue to the 4 Star St. Pierre Marriott Hotel and Country Club for a four night stay on a half board basis

DAY 2

Blue Badge guide meets us at our hotel and accompanies us the whole day. In the morning visit the Museum of Welsh Life in St. Fagans. Set in parkland with over forty original

buildings the museum shows how the people of Wales worked and lived over the last 500 years. In the afternoon visit National Trust's Tredegar House near Newport.

DAY 3

Accompanied by our Blue Badge guide enjoy a scenic drive through the Wye Valley. During the tour we see the remains of Tintern Abbey, the best preserved abbey in Wales and ranked among Britain's most beautiful historic sites. In the afternoon visit Berkeley Castle which is the home of the famous family who gave their name to numerous locations all over the world, notably Berkeley Square in London and Berkeley University in California. The apartments contain

magnificent collections of furniture, rare paintings and tapestries.

DAY 4

Meeting up with our Blue Badge guide there is a morning tour of Cardiff which includes a visit to the Senedd, the National Assembly Building. During the tour we also see the exterior of the Wales Millennium Centre and locally known as 'the Armadillo'. We then visit the Royal Mint Visitor Centre. From a viewing area we see the striking hall where thousand of coins are produced 24 hours a day.

DAY 5

Depart for home and en route visit Brunel's SS Great Britain.

THE TOWER BRIDGE EXPERIENCE

On October 10 there will be a visit by train to London to engage - if you wish - in the **Tower Bridge Experience** (which involves a guided tour of the Bridge, available only to groups) plus a guided walk by a qualified Blue guide in the **Rotherhithe** area. More information can be found on the flyer enclosed/attached on which you may apply.

THE CHRISTMAS LIGHTS AT KEW

A date for your diary: **Sunday November 24** when there will be a trip by coach to **Kew** to see the **Christmas Lights**.

The application form/flyer for this visit will be available in the October Newsletter

NEWS FROM THE GROUPS (CONT'D)

what's the **big** event on October 31st?

No - It's not **BREXIT**, It's the

SEVENOAKS U3A JAZZ WORKSHOP

"A Short History of Jazz"

Ship Theatre - Walthamstow Hall School

PLEASE SEE ATTACHED/ ENCLOSED FLYER

COMPUTER GROUP

The next meeting will be on 21st October.
Mike Davies

APPLE GROUP

iPad, iMac, iPhone & Apple Watch

The next meetings are on the 28th October and
25th November.
Dave Simmons

AMBLING

September walk not yet arranged.
Mike Davies

BRIDGE FOR PLEASURE

Wednesdays 9 & 23 October

The Group plays at Otford Village Hall on the 2nd and 4th Wednesday mornings of each month from October to the end of June, from 9.45 a.m. until 12 noon. **There will be no bridge in September.** We start again on Wednesday 9th October.

The winners in June were Iris Willis and Peter Quick. In July the winners were Jackie Bradforth and Denise Record. New members are always welcome. We are an "open" group so new players can just come along on the day. We play ACOL in a 'Chicago' format so you do not need a partner.

For more information, please ring John and Sue Christy

HALF DAY WALKING

The Monday morning half day walking group has been poorly attended in recent months. I am looking into the possibility of merging it with the Wednesday Ambling group. None of the regular walkers have offered to take over the running of the Monday group and, for the time being at least, the group will not be operational.

Nick White

SCIENCE GROUP

Monday 14 October

***"Coronary artery disease - what it is and understanding how it can be prevented"* - Dr Poston**

Dr Poston is a Principal Investigator at the Centre for Microvascular Research at Queen Mary University College, London and he will give an overview of the nature, mechanisms and prevention of coronary artery disease.

Entrance Fee: £1: 00 at the door.

Otford Village Memorial Hall 2pm

All Sevenoaks U3A members welcome.

VISIT TO THE MARY ROSE MUSEUM

Wednesday 11th September.

There are some places left but please apply quickly. Details can be found in the July Newsletter or on our website via the link: <https://www.sevenoaksu3a.org.uk/Newsletters-2019-JulyWEB.pdf>

Bob Ruffles



FLYERS INCLUDED WITH THIS NEWSLETTER

Tower Bridge Experience

Jazz Workshop

MEMBERS CORNER

Please submit items of interest to The Newsletter Team.
news@sevenoaksu3a.org.uk