

MONTHLY MEETINGS

**2.00 p.m. Wednesday 24 April at
St Nicholas Church, Upper High Street**

Trekking in Nepal

Nick White will be entertaining us on the 24th April with an illustrated presentation of his adventures Trekking in Nepal. *'Three of us were U3A members: Charles Hebert, Patrick Pascall and myself.'* Nick's talk will include over a hundred pictures to illustrate their adventures amongst the wonderful people and amazing scenery of Nepal.



Our party of four trekkers enjoying breakfast in the Himalayas.

Monthly Meetings – Change of Venue

With effect from April (24th April meeting) the monthly meetings will be held in **St Nicholas' Church, in the Upper High Street.** There is plenty of parking behind the church.



CHAIRMAN'S CHAT

A blustery March day as I write this, but by the time the newsletter is published we shall be anticipating the clocks going forward. A lovely time to my mind!

The February festive lunch was attended by nearly 100 of our members and was to its usual high standard. Our grateful thanks to the Social Committee for their work organising this.

A request for help to all our members: your poor Executive Committee is currently wrestling with the task of producing a Safeguarding policy, as required by the Charities Commission, a topic for which none of us has experience! If any of our members do have recent Safeguarding experience, we would really appreciate your input, comments and help. Please get in touch with one of us.

We have vacancies on the Executive Committee for a Vice Chairman and for an External Affairs Co-ordinator, responsible for liaising with other U3As, including the Kent Network. There is a lot of value in hearing what other U3As are doing and exchanging ideas and experiences. If you are interested, or interested in hearing more, please do contact me.

Group organisers may be interested in attending a popular workshop *'Interest groups matter'*, to be held in Southampton on 11 April 2019. I quote: 'Interest groups are the lifeblood of the U3A. How do you keep them vibrant and accessible?' The workshop is free to attend and lunch and refreshments are provided. Please contact a committee member for further details or look on the Third Age Trust website.

As always, we are pleased to have information and photos from groups about your recent activities and outings. These help to bring the U3A alive to all our members. Short reports and photos can be emailed to the Newsletter Team.

It only remains for me to wish you all a very interesting month.

Best wishes

Sue Christy 01732 463911

chairman@sevenoaksu3a.org.uk

DIARY 2019

April 8	Science Group
April 10	Bridge for Pleasure
April 15	Half Day Walking
April 15	Computer Group
April 17	Ambling
April 24	Monthly Meeting
April 24	Bridge for Pleasure

NOTICE OF ANNUAL GENERAL MEETING 2019

The Twenty Fifth Annual General Meeting of Sevenoaks U3A will be held at 2.00 pm on Wednesday 26th June 2019 at St Nicholas Church, Sevenoaks.

Nominations from Members for Executive Committee vacancies for Chair, Treasurer, Secretary, Group Development Coordinator and External Affairs Coordinator must be lodged with the Secretary by 31st May 2019.

Richard Baxter and Barbara Coleyshaw were co-opted on to the Committee and stand for election to the Executive Committee as Meetings Manager and Speakers' Secretary respectively.

The Social Committee Chair and Communications Chair will have completed their term of engagement and are standing for re-election under the terms of the Constitution. Further nominations for these posts may be submitted by Members to the Secretary by 31st May 2019.

Any motion that a Member may wish to be debated at the Annual General Meeting must be lodged with the Secretary by 31st May 2019 and be duly proposed and seconded.

AGM papers will be included with the June Newsletter.

Jackie Bradforth secretary@sevenoaksu3a.org.uk

MEMBERS ENJOYING THE FESTIVE LUNCH AT WILDERNESSE GOLF CLUB



Photo: Jim Purves

Eastbourne and the Towner Gallery

On Tuesday June 4 there will be a trip by coach to visit Eastbourne and in particular the renowned Towner Gallery, which is set back from the unspoiled Victorian seafront at the entrance to the world famous South Downs National Park.

The Towner collection is wide ranging and includes a cross-section of important 20th century British artists as well as a large body of work by Eric Ravilious. The Gallery has a shop and a café with splendid views which you might like to visit.

In the afternoon the coach will take you to the beautiful moated Michelham Priory and garden, dating back to the 13th century, and offering plenty of interest.

Further details and application form will be found on the flyer enclosed/attached.



NEWS FROM THE GROUPS

MEMBERS' CORNER

The Sevenoaks U3A
Painting Group
 Invite you to their
ART EXHIBITION
Saturday May 4th
Sunday May 5th
Monday May 6th
10am - 4pm
SEAL VILLAGE HALL
Zion Street, Seal, TN15 0BD
 (not the Church Hall)

For more information about the exhibition, please contact
 Pamela Murphy: pamela1732@gmail.com

Sevenoaks U3A member, Chris Rowley, has recently published *'Just a Bit Barmy – the History of the Princess Christian Farm Colony Hospital 1895-1995'*

The book looks at how a famous reforming doctor developed a way to care for the not very mad – called 'barmy' because of the grim lunatic asylum at Barming. The book tells the moving stories of what it was like for the 'boys' and 'girls' – as they were always called, whatever their ages – who lived on this farm in Hildenborough – often for most of their lives – and staff and the local community who looked after them with great care.

£20 available from Sevenoaks bookshop or from Chris Rowley

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

MEETINGS AND EVENTS OPEN TO ALL

See diary on page 1 for complete list of events

Bridge for Pleasure Weds 10 & 24 April

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.

The winners in February were Denise Record and Ann Mills.

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 Monday 15 April

Meet in the car park at the far end of Dryhill Nature Park, Dryhill Lane, Sundridge in time for a 10am start. TN14 6EP NGR 498552. The walk goes to Sundridge Church, Manor Farm, Shrubs Corner and Green Lane Farm. Bluebells guaranteed! It is 4 ½ miles with some gentle hills. Lunch will be at the White Horse in Sundridge. All members are welcome.

Leader: **Nick White**



FLYERS INCLUDED WITH THIS NEWSLETTER

Visit to Eastbourne
Science Seminar

Ambling Wednesday 17 April

Meet at the main Westerham pay and display car park for a 4-mile walk starting at 10:00am. From Sevenoaks, the car park is on the right hand side of the A25 just before entering Westerham (map ref 451541, post code TN16 1BS). The walk is followed by an optional lunch.

Leaders: **Jill and Mike Davies**

Science Group Monday 8 April

Chris Shaw: Construction of a sustainable 'Monet' style Bridge using recyclable materials whilst minimising waste

Chris Shaw makes a return visit to our U3A and will talk to us about a case study on the design and construction of a 'Monet' style bridge spanning across a river of 11.25m using state of the art sustainable construction.

Venue: Otford Village Memorial Hall 2pm

Entrance Fee: £1: 00 at the door

All Sevenoaks U3A members welcome

Forward Events: More details of future talks can be found on our website under the Open-Groups tab: <https://www.sevenoaksu3a.org.uk/Study-Groups/Open-Groups/open-groups.html>

Bob Ruffles

Apple Group Monday 20 May

iPad, iMac, iPhone & Apple Watch

As the 4th Monday falls on the 22nd April which is Easter Monday there is no Apple Group meeting this month.

Next month, 20th May, we have a joint meeting with the Computer Group with a bank presentation on Digital Security.

Otford Memorial Village Hall from 2 -4 pm

Dave Simmons

Computer Group Monday 15 April

Presentation by Tony Fishpool: Subject to be decided

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

Mike Davies

Charles Hebert has asked that anyone wanting information regarding the free software mentioned at his February talk to contact him on computing@sevenoaksu3a.org.uk