

CHAIRMAN'S COLUMN



The tea party to celebrate our 25th anniversary was held at the Hollybush Indoor Bowls Centre on 25th September. The centre could only accommodate 100 so it was first come first served, but those who applied in time enjoyed a wonderful afternoon.

We were marvellously entertained by two professional musicians, Jennifer Stinton on the flute accompanied by William Hancox on the piano, who played throughout the afternoon. Jennifer, who lives in Sevenoaks, has been described as the most highly regarded English flautist of her generation. Both of them give master classes around the world and have made numerous recordings.

Here are some of the comments from members who attended:

"A really good afternoon, welcomed with a glass of bubbles."

"I couldn't believe how much food you gave us, not only 3 plates of sandwiches on our table, but 2 cake stands brimming with a delicious selection of small cakes and scones – and then the birthday cake too!"

"The music, food, venue and cake were all great and everyone was made to feel very welcome. The whole occasion was delightful."

Many thanks to Elaine Knight-Elston and Barbara Coleyshaw for organising such a splendid event.

Some members have commented on the fact that we are not holding an Open Afternoon this year. It was decided though to hold the anniversary party instead and trust that has not prevented members finding places in groups. Hopefully the Community Centre will be operational again by next September. If it is not, we will aim to hold the event at an alternative venue.

Finally, U3A SE Region Support Group is looking for two new representatives and an assistant to the Website Manager. If you are interested please contact Hilvary Robinson on: u3ahilvary@gmail.com.

Nick White
chairman@sevenoaksu3a.org.uk

MONTHLY MEETING

2.00 p.m. Wednesday 27 November at St. Nicholas Church, Upper High Street

Our presentation this month will be by **Tim Moorey** who is a professional crossword setter for various national publications. In addition he runs workshops and gives talks to groups such as the WI, Probus and the U3A and is also an after dinner speaker. He is a wordsmith and his talks are both informative and amusing, so be prepared to be entertained!

DIARY 2019

31 October	Jazz Workshop
11 November	Science Group
13 November	Bridge for Pleasure
18 November	Computer Group
20 November	Ambling
24 November	Christmas Lights at Kew
25 November	Apple Group
27 November	Monthly Meeting
27 November	Bridge for Pleasure



Photos: Janet Austin

AVIATION GROUP VISIT Frank Matthews aviation@sevenoaksu3a.org.uk

The Aviation Group recently completed its second year of operation. Organised on conventional lines with members taking turns to give a talk, we had presentations ranging from *Aircraft that Never Flew*, via *100 years of Aviation in Kent*, to *Airports of the Western Isles*.

In July several members enjoyed a visit to the Brooklands Aviation & Transport Museum situated at Weybridge in Surrey, on the site of the old Brooklands motor racing track and the Vickers Armstrong aircraft factory. The museum is well served by a large team of volunteer guides and houses a large collection of motor vehicles, including bikes, cars, and buses. On the aviation side most of the exhibits are of Vickers' aircraft, all well preserved and presented. There are several outdoor exhibits, examination of which, for us, was limited somewhat by persistent rain.



The iconic Vickers Wellington bomber
Photo: Frank Matthews

EUROPEAN AFFAIRS GROUP

Never has there been a better time to get to know our European neighbours! There are still a few places available for new members and we also welcome anyone who wants to come and 'sample' one of our meetings.

The Group started the new academic year with ten unusual questions about a mystery country (on <https://1drv.ms/p/s!AomLjWQxkyT2pk4knjwettWjgdBG?e=3ELBj3>) which turned out to be Denmark. The presentation and discussions ranged across several subjects about this successful country including food and drink, architecture and design, customs and habits, and even a little bit about politics and economics. Ending with a sampling of delicious Danish pastries!

Our agenda this year is selected by the group and in the next couple of months before Christmas we will find out

more about the Balkans and Poland. Perhaps with more local delicacies to sample!

We meet on the 3rd Wednesday of the month at 2.30 pm. The next meetings are on 16th October, 20th November and 18th December. To find out more about us please call Rob White on 07597 607 309 or email him at euroaffairs@sevenoaksu3a.org.uk

CROCHET GROUP

The group is small to enable members to sit around a table and for everyone to be helped individually by the group organiser. Everyone is learning at their own pace so you can be a complete beginner or someone who has "done a little bit" and wants to improve. We meet on the first Wednesday of the month in the afternoon. Please email crochet@sevenoaksu3a.org.uk if you would like more information.

GROUPS WHICH WOULD WELCOME NEW MEMBERS

AVIATION GROUP	Frank Matthews	aviation@sevenoaksu3a.org.uk
BOOK CIRCLE THURSDAYS	Gwyneth Miller	booksthurs@sevenoaksu3a.org.uk
BRIDGE FOR PLEASURE	John Christy	bridge@sevenoaksu3a.org.uk
CROCHET	Pauline Goften	crochet@sevenoaksu3a.org.uk
EUROPEAN AFFAIRS	Rob White	euroaffairs@sevenoaksu3a.org.uk
GARDEN GROUP 1	Janice Clark	garden1@sevenoaksu3a.org.uk
JAZZ 2	Jim Purves	jazz2@sevenoaksu3a.org.uk
LITERATURE GROUP	John Clark.	literature@sevenoaksu3a.org.uk
MIGRATION OF PEOPLE	Lynda Alleeson	migration@sevenoaksu3a.org.uk
MILITARY HISTORY	Nick White	military1@sevenoaksu3a.org.uk
WALKING. ALL DAY 1B	Jim Purves	walking1b@sevenoaksu3a.org.uk
WINE APPRECIATION 2	Peter Reeves	wine2@sevenoaksu3a.org.uk

These may not be the only groups with vacancies. Please contact the organisers of any groups that interest you using the details in the handbook and the website.

CORRECTION TO THE HANDBOOK

Book Circle - Thursday Group. Meets on the **second** Thursday of the month, 2-4

We have been most fortunate to find a replacement quickly for Social Events Treasurer thanks to Jim Purves who volunteered so promptly. However, we are still looking for someone to join our very friendly committee to help with the visits which are organised in pairs. If you think you can help in any way, however small, please contact Pam Walshe who will be happy to welcome you, explain what the work might entail and assure you that you will have an enjoyably satisfying time.

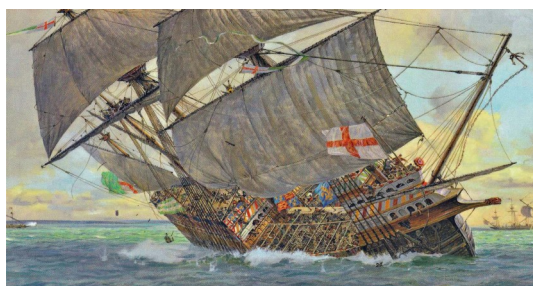
Please contact Pam Walshe at

social@sevenoaksu3a.org.uk

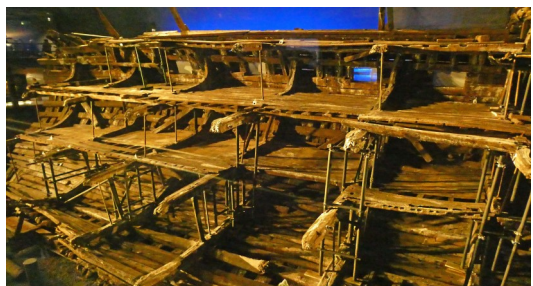
The visit to **Kew Gardens** on **Sunday November 24** to see the **Christmas Lights** was heavily oversubscribed, necessitating a draw for tickets. If you find you are disappointed this year rest assured that we will be running this clearly popular visit again next year.

On **Friday February 21**, there will be our annual **Festive Winter Lunch** at Wildernesse Golf Club, The cost of £29.00 per person for a 3-course lunch plus coffee and including a tip is very good value and we anticipate another most enjoyable and lively occasion. To secure your place please apply promptly on the flyer enclosed/attached where further details may be found.

THE MARY ROSE MUSEUM, PORTSMOUTH



Capsize in 1545



The ship's hull



Officer's chest



Utensils

In mid-September, twenty four members enjoyed a fascinating visit to Portsmouth to see the pride of Henry VIII's fleet, the **Mary Rose**, in her purpose-built museum, where she has been displayed since 2016. No doubt many of us will remember the dramatic raising of one side of the hull from the mud of the Solent in 1982, where it had lain since 1545. This was a complex and very tense operation, led by archaeologist Margaret Rule.

Following a period of many years during which the hull was sprayed, first with water and then with polyethylene glycol, a huge conservation operation has been going on, with the recovery of over 19,000 objects which had been preserved by the silt into which the ship settled when she capsized so dramatically, with only 35 survivors. Some of these objects were as fragile as wicker baskets, silk ribbon and plant remains. Amongst them were chests belonging to some of the 500 men who lost their lives. Many contain their possessions, and provide intensely personal contact with members of the crew, such as the master gunner, the carpenter and the barber surgeon. One rather touching exhibit is a reconstruction of the skeleton of a small dog, nicknamed *Hatch*, found in the doorway of the carpenter's cabin.

The museum is on three levels, with long galleries running the length of the ship to represent the lower, main and upper decks. Walkways between the galleries and the ship herself allow views in one direction into the starboard side of the ship, and in the other direction into galleries where hundreds of objects are positioned opposite where they were found - a brilliant design by the architects of the museum. And then at both ends of the walkways there are further galleries which explore and interpret the huge collection.

One visit is nowhere near enough to thoroughly explore the number of exhibits here. The light level is low throughout the museum, so reading the information boards does take time, but is well worth it. Many thanks to the Science Committee, especially Rob Weighill and Barbara Coleyshaw, for organizing an excellent trip.

Celia Smith



"Hatch" the dog

AMBLING

Wednesday 20 November

Meet in time for a 10 am start on the green at Ide Hill. The walk is about 4 miles and stays on the high ground of the Greensand Ridge. The walk will be followed by an optional lunch at The Cock.

Leader: **Anna Rowley**

APPLE GROUP

Monday 25 November

iPad, iMac, iPhone & Apple Watch

- ♦ Colouring your home - Paul
- ♦ Improving your security - Gwyn
- ♦ Getting more out of Notes - Elaine
- ♦ Organising your Christmas Cards - Dave

Round Tables: Basic knowledge sharing & improving knowledge sharing

Oxford Village Memorial Hall from 2 -4 pm

Next Meetings:

17th December Christmas Lunch, 27th January 2020

Dave Simmons

BRIDGE FOR PLEASURE

Wednesdays 13, 27 November and 11 December

The Group plays at Oxford 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. 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

COMPUTER GROUP

Monday 18 November

Talk by **Nigel Pritchard** from AGE UK on *Useful apps for smartphones*.

Oxford Village Memorial Hall 2pm. All Sevenoaks and Knole U3A members welcome. Entry £2 including tea/coffee and biscuits.

We are still in need of more volunteers to make teas at the end of the meeting as well as people to serve on the committee.

Mike Davies

SCIENCE GROUP

Monday 11 November

Microplastics and their potential environmental impacts - Prof Andy Cundy

Research and public interest over the last 5 years have alerted us to these tiny particles that are now found globally, from the poles to the deepest ocean trenches. The processes by which they may be trapped and accumulated in the coastal zone, and implications for health will be discussed.

Entrance Fee: £1: 00 at the door

Oxford Village Memorial Hall. 2pm

All Sevenoaks U3A members are welcome

SCIENCE REPORT

HYDRATION IN THE ELDERLY

The Science group volunteers held a workshop with Kings College London to scope out the project to develop an automated robotic system to alert carers about the hydration status of the elderly. The workshop explored our knowledge and experience of hydration and our views about how much we drink over a 24 hr period and KCL collected information about acceptable ergonomic designs for sensors. Personal experiences of care of the elderly such as parents or relatives were also explored. The KCL team alerted us to the problems of maintaining hydration in old age and a couple of useful statistics emerged that by the year 2050 around 16% of the population will be over age 65 and in this age group the natural aging process results in loss of muscle mass and the body then needs additional hydration to compensate. These facts therefore have severe implications on the future of health care. However, the group did express concern that such robotic systems should be an additional tool to improve the efficiency of healthcare and not as an excuse for cost cutting of staff resources.

The next step is for KCL to obtain appropriate funding from the Engineering and Physical Sciences Research Council and if successful will be known by April 2020. For our involvement we have been advised by the Third Age Trust that part of this project could qualify as a Shared Learning Project and would require an output that is of benefit to all U3A members

Bob Ruffles

JAZZ WORKSHOP

31st October 10.00am Walthamstow Hall

Tickets still available £8

Phone **Jim Purves: 01732 463041**

jim.purves@tiscali.co.uk