

CHAIRMAN'S CHAT

A Happy New Year to you all.

As we enter the second half of our academic year it's a good time for all of us to consider how to get the best out of our group activities. Some of our groups are already planning open events for 2016 so that we can all share in their special interest.

Jazz Group 2 are presenting 'The Ragged Road to Swing' on March 24th followed on May 19th by Jazz Group 1 holding a half day workshop 'The Blues Roll On'. Rounding this all off on June 8th the Science Group are organising an all day event entitled 'The Ageing Brain - Use It or Lose It'.

Well done to these Groups for opening up their activities to the wider membership. Look out for details of all these wide ranging events in the Newsletter and on our website.

Pat Rawlins has kindly taken over responsibility from David Jackson to maintain our membership database. Many thanks to Pat and David, thanks also to John Cox for helping with the handover. Our membership database is essential to the smooth running of our U3A - without it we would not be able to send this Newsletter to you.

Jim Purves chairman@sevenoaksu3a.org.uk

BERYL'S BLOG

Why not do something unusual this summer? Learn, while meeting new people, at the South East U3A Forum Summer School, University of Chichester .

Monday June 27 – Thursday June 30 .

There are fifteen courses running in parallel, including History of Aviation on the South Coast, Psychology: Thinking, Feeling and Behaviour and The Golden Age of Dutch Art. Entertainment in the evenings includes a choice of a visit to the theatre (extra charge) or a film in the campus theatre, a musical evening and a table quiz. Information and application forms at <http://u3asites.org.uk/southeastu3aforum/>

The Movement of People and Ideas – Effects on the Arts
Kent Network Study Day Saturday 9 April.
Sinden Theatre, Homewood School, Tenterden. Tom Deveson on poetry, Steve Migden on jazz and Tom Evans on Japanese and European artists.

Tickets £12.50. For details and a booking form go to <http://kent3anetwork.weebly.com>

Beryl Mansell vicechair@sevenoaksu3a.org.uk

DIARY

FEBRUARY

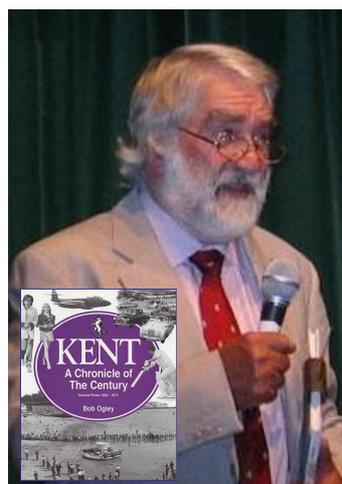
Mon 8	Apple iPad, IMac, iPhone & Watch
Mon 8	Science Group
Wed 10	Bridge
Fri 12	Festive Lunch
Mon 15	Computer Group
Wed 17	Ambling
Thurs 18	Snowdrops and Swans coach trip
Wed 24	Monthly Meeting
Thurs 25	CAB Talk on Energy Best Deal
Wed 24	Bridge

MARCH

Mon 14	Apple iPad, IMac, iPhone & Watch
Mon 21	Computer Group
Wed 23	Monthly Meeting
Thurs 24	Jazz Study Day

MONTHLY MEETING

2.00pm Wednesday 24 February at the Bat & Ball Community Centre



Bob Ogley: The Spirit of Invicta – Kent in the 20th Century

Drawing on his vast experience as a journalist and editor on the Sevenoaks Chronicle, and author of many books about Kent, Bob Ogley will relate stories about people and events in Kent in the 20th Century.

In our handbook it was stated that Professor Trevor Jones would speak on 24 February. He is no longer available on that day and will now give his talk about infectious diseases on 23 March.

Newsletter Team: Victoria Baxter, Elizabeth Purves, Celia Smith

Copy for March Newsletter (which will be distributed on Wednesday 24 February)

by **Tuesday 9 February** to news@sevenoaksu3a.org.uk

Military History Group



Military History, originally The First World War Group, is one of the longest running groups in Sevenoaks U3A. The first meeting, in November 1997, had six members. That quickly rose to our 'living room maximum' of twelve and has stayed at around that number ever since with a small turnover. Currently we are all male although there have been lady members.

Many of our members have served in the Forces, which has contributed to the cohesiveness we have always enjoyed, but the Group has never developed into old soldiers' reminiscences. The lady members who joined had family military connexions.

Our first Group Leader, Brian Tolmie, had an encyclopaedic knowledge of the First World War and we looked not only at the war in France/Belgium but also in Italy, East Africa and the Middle East. We looked not only at battles and campaigns, but also at associated topics like underground warfare (before Birdsong), and women's contributions. After 5 years we extended our range and the group's title changed.

Since 2002 we have ranged from the Trojan Wars through Agincourt to the epic story of a lone bomber flying to the Falklands. Presentations are individually and eclectically chosen, some with more history and others more military, but most with a balance of the two. Discussion is encouraged, during and after a presentation. We always leave feeling something has been learnt and memories jogged.

Two of our members have recently left due to ill health which has created vacancies. Any member interested in joining the group should contact the group organiser, Nick White, on nwhite2012@btinternet.com or 01959 564145.

Members of the group are expected to give an hour long presentation on a topic of their choice once a year.

Arthur Russ founder member

How to solve Cryptic Crosswords

Would you like to have a go at cryptic crosswords, but reckon they are beyond you? Good news – they aren't. Solving crosswords can be learnt, like other stuff. To help you, new member Steve Plater, crossword addict (and setter), is offering to share insights and tricks of the trade.

If interested, please contact Steve on 01732 450400 or steve.plater@cantab.net, giving a few dates in March–May which would work for you – preferably weekday daytime. Steve will then try to identify 3/4 sessions to accommodate everyone.

English Concertina Group

This shared Group has been running for about six years and is made up of 6 members. One of our players is now unable to make all the meetings and we would be delighted if we could recruit one or two new members. The problem is that it is such an unusual instrument that it is not easy to learn from scratch so we are really looking for people who have some experience with the instrument and can read music. We are a fairly jolly little group and we all enjoy playing our repertoire of music and we also play the occasional public performances.

We meet on alternate Mondays for two hours.
David Robson dave@davewrobson.co.uk
Tel. 01959 532591



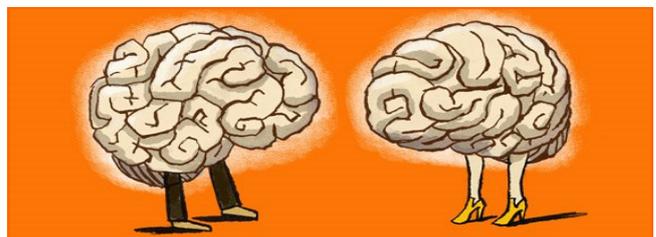
Hold the Date:

Sevenoaks Science Group Study Day. Thursday 9 June

The Ageing Brain: Use It or Lose It!

The speakers will all be from the UK Medical Research Council's Cognition and Brain Sciences Unit, based in Cambridge. Dr Meredith Shafto will discuss what happens to our brain as we age, Dr Kamen Tsvetanov will analyse what is causing this and Dr Linda Geerligs will tell us what we can do about it. Finally Prof James Rowe will describe what happens when "normal" ageing processes go "wrong" and we end up with dementia. The meeting will be held at Orchard Conference Centre, East Malling Research and will be open to all Sevenoaks U3A members.

A flyer with more details and a booking form will be included with a subsequent Newsletter. Win Gutteridge





Strictly Variety

The U3A Drama Group provided an evening of entertainment with supper in November. The show was written by members of one of the Writing groups, cast from the Drama Group, and joined by some of the Singing for Fun Group. The performers were supplemented by one daughter and two grand daughters!

An excellent evening much enjoyed by all.

Guided visit to King’s Cross Regeneration Area

There will be a visit to the King’s Cross Regeneration area on **April 21**. A Blue Badge Guide will give a guided tour lasting 2 hours, after which you are free to explore the many places of interest in the vicinity.

Public transport will be used, travelling to St Pancras either from Otford or Sevenoaks.

This is a 'pilot' outing to gauge the extent of the interest in travel to London by train. A flyer is enclosed which gives further details.



MEMBERS’ CORNER

Please submit items of interest to members to Elizabeth

The Dementia Road Map

West Kent CCG has issued a Dementia Roadmap, which provides comprehensive information about dementia and cognitive impairment, plus information about local services and support groups. It is designed to help patients with the condition and their families, and carers.

It can be accessed at <http://dementiaroadmap.info/westkent/#.Vhf7XPiVikp>



A Digital Picture of Sevenoaks

Knole U3A Member Roger Lee and Members of the Sevenoaks Camera Club have produced a photographic book entitled Sevenoaks image-ined . The book contains over 70 photographs of Sevenoaks, which are accompanied by text.

Produced using an on-line publisher BLURB, it can be previewed by clicking on the link below, where it is possible to purchase the book for £22.29 + p&p .

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MEETINGS AND EVENTS OPEN TO ALL See diary page 1 for complete list of events

Are you paying too much for gas and electricity?

Thursday 25 February

Find out by coming along to the Otford Memorial Hall at 10.00am on 25 February to hear a talk by the Citizens Advice Bureau, which aims to help domestic energy customers reduce their bills.

The topics include switching suppliers & changing tariffs, the best payment options for consumers, how to access welfare grants and benefits, where to get help paying energy bills & general tips for saving energy in the home.

The presentation is part of the Energy Best Deal project, run by the CAB with support from the energy regulator OFGEM and major energy companies.

Science Group

Monday 8 February

Graphene – building structures from 2 to 3 dimensions

Talk by Professor Saiz Gutierrez of Imperial College.

Graphene is a 2 dimensional carbon material exhibiting an amazing combination of properties – high strength and stiffness with high electrical conductivity. Graphene offers to revolutionise many technologies including multifunctional composites, supercapacitors and hydrogen evolution. Graphene properties and production will be explained and how structures and devices are built with this new material.

Otford Village Memorial Hall, 2pm. All Sevenoaks U3A members welcome. £2 entry includes tea.

Win Gutteridge 01732 454923

Apple Group

Monday 8 February

iPad, iMac, iPhone & Apple Watch

- More iTunes information
 - Organising your photos
 - Filing your emails
 - Converting to paperless
 - Getting the most from Siri
 - Round Tables: iPad user group sharing, Mac computer group sharing, iTunes, emails & Siri, Paperless .
- Otford Methodist Church Hall from 2 - 4pm
Dave Simmons 01732 457646

Computer Group

Monday 15 February

Internet Banking : Presentation by Natwest Bank

- How to get best results from Online Banking
- How to ensure our transactions are secure
- How safe are our telephones
- Banking Apps v Retailers Apps
- What should we do if something goes amiss
- What does the future hold for banking.

Otford Village Memorial Hall 2pm.

All Sevenoaks U3A Members welcome

£2 entry includes refreshments

Mike Bamforth 01732 450491

Bridge for Pleasure Weds 10 & 24 February

The Group plays at Otford Village Hall on the 2nd and 4th Wednesday mornings of each month from 9.50 a.m. until 12.15 p.m. The winner on 11th November was Nick White, on 25th November Stephen Hale and on 9th December Beryl Ingleby.

We are an “open” group, so any new players can just come along.

Colin and Mary Butson 01732 458356



Half Day Walking Monday 22 February

Meet in the Market Yard car park in Edenbridge in time for a 10am start. Turn left off the High Street by Boots and follow signs. The walk is 5 miles via Broxham Manor and Medhurst Row. There are no hills. Lunch afterwards for those who stay will be at one of the pubs in the town.

Nick White 01959 564145

Ambling

Wednesday 17 February

Meet at Godden Green for a 4 mile walk around Knole Park starting at 10 am. Park on the road opposite the Buck's Head. The walk will be followed by an optional lunch.

Grahame Lee 01474 852007.

The Strollers

There will be no walk in February

Sequence Dancing

Paddock Wood U3A Sequence Dance Group welcomes new members. Further information on our Sevenoaks U3A web site or contact Dave Smith, 01892 835974, or daves@quakerdave.me.uk

