

CHAIRMAN'S CHAT

Notice of our increase in subscriptions for joint membership has been widely advertised since April this year both at Monthly Meetings and in the April/June/July/September and October Newsletters.

Despite this over 100 joint members (that is over 200 individual members) have failed to take any action and have not changed their standing orders.

The ethos of our U3A is that it is a cooperative organisation run by the members for the benefit of the members. We all have to make a contribution, large or small. However the minimum requirement is that we all pay our subscriptions in full and on time.

It is sad that 20% of our membership have failed, for whatever reason, to pay the full subscription. Besides the additional work in collecting delayed payments this will place on our Treasurer & Membership Secretary it also means there is upwards of £1,000 shortfall in our budgeted income.

If you are a joint member who has not yet changed your standing order, please do so without further delay and send a cheque for £8 to the Treasurer, Brian Cairnie at Riverside, High Street, Otford, TN14 5PH.

On a more positive note I would like to thank Susan Henson and her team and all the Group Organisers for making our Open afternoon such a success.

Jim Purves chairman@sevenoaksu3a.org.uk

SEPTEMBER OPEN AFTERNOON

As can be seen from the photograph, we had a goodly turn out of groups at the Open Afternoon on 28th September – not without considerable rounding up by me!

As usual, some groups were able to sign up new members and others had less luck. There were one or two visitors who had to go on a waiting list but the longest list was once again for *Singing for Fun*. We have been searching since last year for a suitable leader and accompanist to form a new singing group but to no avail. If anyone knows of a possible musician to accompany such a group, please let me know.

Congratulations to Brian Alleeson who as a result of the Open Afternoon has decided to set up a further Wine Group. We wish him and the group well. Meanwhile Bob Ruffles is trying to set up a second Science Discussion group (see under News from the Groups).

We were a little disappointed at the number of ordinary members who turned up that afternoon and will make a concerted effort to ensure that next year's event is more widely advertised.

Susan Henson

Group Development Coordinator

groupdev@sevenoaksu3a.org.uk



Photo: Jim Purves

DIARY FOR NOVEMBER

Wed 9	Watts Gallery and Wisley Gardens visit	Mon 21	Computer Group
Wed 9	Bridge for Pleasure	Wed 23	Monthly Meeting
Mon 14	Science Group	Wed 23	Bridge for Pleasure
Wed 16	Ambling	Mon 28	Apple Group
		Mon 28	Half day walking

Wine Appreciation Group 4

*At U3A Seven Oaks
A group of six ladies and blokes
Appreciate wine
As they gently recline
Telling their favourite jokes.* Nick White



New Science Discussion Group

Interest was shown at the Open Afternoon in forming a second Science Discussion Group. For this to become a reality additional members are needed. The group would follow the same structure as the existing group and will explore and discuss areas of scientific interest. Subjects are chosen by members from a wide range of possible areas, including current scientific debates as well as historical subjects to expand our knowledge of the world. No prior scientific expertise is needed, just a keenness to participate.

For further information contact me.

Bob Ruffles
01732-461348
sciencediscuss@sevenoaksu3a.org.uk

HOSPITALITY TEAM

Serving tea and cakes at monthly meetings requires a team of helpers to work with Di Latter. Di has a list of volunteers who help on a roster basis, but she always needs more especially when people drop out at the last minute. A list was put up at the Open Afternoon and several members added their names, but unfortunately it disappeared during the tidying up at the end of the afternoon. If you put your name on the list, or would be prepared to help now and again please contact Di Latter, telephone: 01732 455761, email: d.latter@yahoo.co.uk.



MONTHLY MEETING

2.00 p.m. Wednesday 23 November at the Bat and Ball Community Centre.

Pestalozzi Village.

Sue Walton, CEO of Pestalozzi UK, will speak about this interesting charity. They occupy 165 acres of fields and woodland at Seddlescombe near Hastings. The first Pestalozzi Village was founded in Switzerland after World War II to provide a home and education to European children orphaned by the war. At Seddlescombe they now offer scholarships to young people from around the world where they can study for the International Baccalaureate in a stable and supportive environment.

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

Learning Online

In the April 2016 Newsletter I wrote about my experience of studying a free Massive Open Online Course (MOOC) on the topic of *Climate Change*. This went well so I enrolled again, for a course on quite a different subject. In July I did a 5-week MOOC called *Preventing Dementia* delivered by the University of Tasmania. This was excellent and spurred me on to enrol in its sister MOOC – *Understanding Dementia*. This is currently ongoing, a longer course and also from Tasmania. I am learning a great deal from the experts about this condition, which is greatly increasing in prevalence worldwide. While some of the information is scary and worrying, it is important to realise that there are things we can do to reduce our risk of suffering from one of these conditions, even as Third Agers, and Sevenoaks U3A is a very good place to start!



All our Study Groups contain a cognitive element, and adding a physical element, plus a social element, is even better. So walking groups, cycling, singing and perhaps best of all dancing, must be good ones to choose. Learning something totally new, especially a new

language, is also recommended. The motto is: IT'S NEVER TOO LATE!

For more information, go to:

<http://www.utas.edu.au/wicking/>

Sevenoaks is aiming to become a dementia-friendly town. For more information go to: <http://dementiafriendlykent.org.uk/about-us/meet-the-kent-daa/sevenoaks-area-dementia-friendly-community-forum/>

For more information about the huge range of free MOOCs available go to: <https://www.mooc-list.com/>

Celia Smith



Winter Festive Lunch

The annual **Winter Festive Lunch** will be on Friday Feb 10, 2017 and will be held in the Wildernesse Golf Club this year. This is always a popular and most enjoyable event and you are urged to apply promptly. A flyer is included with this Newsletter giving further details.



Visit to Canterbury

On Thursday Feb 23 a visit by train is being organised to **Canterbury** and will include a guided tour of the Cathedral. You will be free after the tour to explore whatever interests you in the town. A flyer for this visit will be enclosed with the next Newsletter and you will be able to apply then.



The Full Monty

However, a few of you might like to attend a matinée performance of a touring production of **The Full Monty** at the Marlowe Theatre Canterbury, which is playing on the same day in the afternoon. The theatre is within a very short walking distance of the Cathedral and there would be time for the tour of the Cathedral followed by the play. Ticket prices and concessions vary according to the size of the group - with tickets at £29.50 plus £1 admin extra per person for a group of 6, and £27.62. plus £1 per person for a group of 10. Of course you will be able to visit the Cathedral without going on to the theatre, but if you are interested in the theatre please contact Vicki Joyce at v_joyce@hotmail.co.uk



Visit to Spitalfields in September, organised by Joyce Allen

On the Sevenoaks U3A outing to Spitalfields, located near Liverpool Street Station, we learnt that Spitalfields was a Roman cemetery, outside the walls of Londinium. In the 12th Century there was a hospital surrounded by fields hence (ho)spitalfields associated with a Priory which was dissolved by Henry VIII. When the Huguenots were escaping from France in the late 17th Century they settled there and established a silk weaving industry. In 1638 Charles I gave a license for a market, which we all associate with the name Spitalfields. In the 1730s the Irish Weavers moved in with the decline of Irish linen, in the 1860s a new population of Jewish refugees were drawn to the area and brought in the textile industry.

In the later 19th century the area declined and was infamous for its poverty and crime with common boarding houses and Jack the Ripper.



In the 20th century the Jewish presence diminished and was replaced by an influx of Bangladeshi immigrants continuing the textile trend and making Brick Lane the curry capital of London.

The unique architecture of the area has been preserved helped by the formation of the Spitalfields Neighbourhood Planning Forum.

More recently it has become trendy with some well known celebrities moving there and businesses from the adjacent City of London expanding outwards.



One building that was pointed out to us but not visited was Dennis Severs' House in Folgate Street which is preserved as a typical Huguenot silk weaver's family home.

Unfortunately it was one of the hottest days of this summer and some of our members visibly wilted towards the end of the walk.

An interesting place to visit!

John Esler

MEETINGS AND EVENTS OPEN TO ALL

See diary page 1 for complete list of events

Science Group

Monday 14 November

Keeping patients good and quiet during surgery: an introduction to the history of anaesthesia.

Talk by **Tim Betts**.

Tim will look at anaesthetic techniques and the persons supplying them from 6000 BC to the present time. He will describe the successes and failures and highlight the scandals and triumphs, moving from the risky undertaking of the past, to the refined, high-tech world of the modern hospital.

Oxford Village Memorial Hall 2pm. All Sevenoaks U3A Members welcome. £2 entry includes tea.

Science Study Day update

A number of our members attended the Science Study Day at the East Malling Research Centre where we explored the problems of the Ageing Brain. At the time one of our speakers, Meredith Shafto, was in an advanced stage of pregnancy and members have asked about her welfare. I can confirm she gave birth to a boy Robert on the 18th of July. Mother and baby are doing well and we have passed on our best wishes.

Bob Ruffles

Bridge for Pleasure Wednesdays 9 & 23 November

The Group plays at Oxford Village Hall on the 2nd and 4th Wednesday mornings of each month from 9.50 a.m. until 12.15 p.m.

Advanced notice. When you get next year's diary, please note that there will be no bridge on 11th January 2017 as the Club Room at OVMH is being refurbished.

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

John and Sue Christy. 01732 463911.

Ambling

Wednesday 16 November

Meet in the car park of The Black Horse pub in Stansted (TN15 7PR) for a 10:00 start. The road to Stansted is off the A20 between West Kingsdown and the top of Wrotham Hill; it's on the left if you are travelling from West Kingsdown. Follow the road for about a mile into the village, turn right just before the church into Tumblefield Road. The pub is about 50 yards on the right. The walk will be followed by an optional lunch.

Leader: Grahame Lee. 01474 852007

Computer Group

Monday 21 November

Windows 10 update. Presentation by Russell Long

- * Are the bugs now sorted out?
- * Why is it not more popular?
- * How to uninstall unwanted features
- * Microsoft had a business strategy built round Windows 10 but has it worked?
- * What will Microsoft do now?

Oxford Village Memorial Hall 2pm. All Sevenoaks U3A members welcome

£2 entry includes refreshments

Mike Davies

Apple Group

Monday 24 October

iPad, iMac, iPhone & Apple Watch

- * Getting your finances under control with Numbers
- * Using Tips for more information
- * Organising your music with iTunes
- * Round Tables: More iTunes information, Tips with Paul, Numbers discussion, Using your iPad .

Oxford Village Memorial Hall from 2 -4 pm

Next Meetings:

28 November, 23rd January (4th Mondays)

Dave Simmons 01732 457646

email. david.g.simmons22@gmail.com.

Half Day Walking

Monday 28 November

Meet opposite the clubhouse on the Holtys golf course TN8 7ED, grid reference 459392, in time for a 10am start. Drive through Edenbridge heading south on the B2026 and turn right at the junction with the A264, direction East Grinstead. After 1 mile there is a lay-by on the left, shortly before the clubhouse, where you can park. The walk is 5 miles, slightly hilly in parts, through lovely countryside. It goes to Waystrode Manor, Crippenden Manor, Pondtail and Furness Pond.

All U3A members are welcome and there is no need to pre-book.

Lunch afterwards for those who wish to stay will be at the Fountain in Cowden.

Leader: Nick White 01959 564145.