

## CHAIRMAN'S COLUMN

On March 1<sup>st</sup> meteorological Spring arrived, and the latest edition of Third Age Matters (TAM) landed on my doormat. Nearly all members of Sevenoaks u3a, five times each year, receive a copy of TAM, and I would recommend it as an entertaining read. **The cover story is about Eric Midwinter**, photographed on the front page, smiling and looking much younger than his 90 years. In 1982 Eric, social reformer Michael Young, and historian Peter Laslett together created the u3a, so this year is the 40<sup>th</sup> anniversary. Based on L'Universite du Troisieme Age (UTA) in France, which has links to universities, they envisaged a different mutual self-help model, where third agers organise their own activities. **In 1982 older people were watching 39 hours of TV weekly**, equivalent to a full-time job! Eric Midwinter must be amazed at the success of the vision of the three founders. In the UK, there are now 400,000 members of over 1000 u3a's. Members of the u3a now have a wonderful range of study and activity groups to engage with, which allow them to "Live, Laugh and Learn". **Covid does at last seem to be receding.** A number of fellow third-agers are taking foreign holidays, and masks are being worn by fewer and fewer people in shops and restaurants. I myself am shortly going to Portugal for a week, my first foreign trip for 3 years. **Three of the four groups I belong to are meeting face-to-face.** The fourth continues to use Zoom, mainly because it is so convenient to display Powerpoint presentations using "shared screens". Committee meetings are also very much more convenient on Zoom. Like the younger population many of whom now "work from home", we third-agers will probably continue to use Zoom to avoid wasting time and petrol.

**Dr. Ken Brown**

## MONTHLY MEETING - WEDNESDAY, MARCH 23<sup>rd</sup> 2022

The u3a Monthly meeting on Wednesday 23<sup>rd</sup> March 2022 at 2pm will be held face to face at the Bat and Ball Centre and will also be available via Zoom. The Speaker is Melanie Gibson-Barton who will be giving a presentation entitled "**Bruges – It's Not Just Chocolate**".

## APRIL MONTHLY MEETING—APRIL 27TH at 2 p.m

Our speaker this month is Tim Moorey, a crossword setter for both the Times and the Sunday Times. He is a wordsmith and an excellent speaker and some of our Members will remember him from his visit to us in November 2020 when he gave us a fascinating talk about the secrets of a crossword setter. This time he will be telling us about "**The Remarkable Dr Johnson – A National Hero**". He will shed a light on his life and achievements and tell us how, despite huge personal difficulties, this English hero gave the nation its first "proper" dictionary.

**We look forward to welcoming you to the Bat & Ball Centre for this talk, with tea and biscuits being served afterwards. For those of you who are**

**unable to join us at the Hall and prefer to watch from the comfort of your own home the talk will also be relayed via Zoom.**

I do hope you will join us. The Zoom link will be sent out to all members via email a couple of days before the event.

**Barbara Coleyshaw** [meetings@sevenoaksu3a.org.uk](mailto:meetings@sevenoaksu3a.org.uk)



## NOTICE OF ANNUAL GENERAL MEETING

The 28th Annual General Meeting of Sevenoaks u3a will be held at 2.00 pm on **Wednesday 22<sup>nd</sup> June 2022**. Further details, including the agenda and papers, will be provided with the June Newsletter.

Nominations are invited for the post of Secretary, for which further information is available on request to the Secretary, from whom nomination forms may also be obtained. Nominations must be lodged with the Secretary by 5<sup>th</sup> May 2022.

At the AGM, Jill Davies will have served a full term as Membership Secretary, but the vacancy is expected to be filled at this time by members who will not be sitting on the Executive Committee, and therefore not requiring to be nominated as Trustees.

Any motion that a member may wish to submit to the Annual General Meeting must also be lodged with the Secretary by 5<sup>th</sup> May 2022, and be duly proposed and seconded.

**Chris Dance (Secretary)**

[secretary@sevenoaksu3a.org.uk](mailto:secretary@sevenoaksu3a.org.uk)

## DATE FOR YOUR DIARY

The Social Events Committee has planned another visit to the beautiful **WINCHELSEA SECRET GARDENS**. The outing by coach will take place on Saturday, 18th June, so put the date in your diary. The flier, with further information and booking form, will be in the May Newsletter.

## VACANCY FOR u3a SECRETARY

The Secretary plays an essential role as a Trustee of Sevenoaks u3a, ensuring the smooth running of the Executive Committee, and helping Sevenoaks u3a to be a well-run organisation. As Secretary, you will be a much-appreciated member of a team committed to sustaining the ethos and culture of the u3a in Sevenoaks. One of the main responsibilities of the Secretary is to organise meetings of the Executive Committee, creating an agenda, collecting papers and reports, and recording decisions and agreed actions. The Secretary also organises the Annual General Meeting, preparing the associated paperwork, setting the agenda and arranging the voting procedures. You will also have a general oversight of constitutional and procedural issues, and as Secretary, you will be the formal point of contact with the Third Age Trust and the Charity Commission. In this role, you will have an opportunity to get a 'behind-the-scenes' view of a successful u3a and charitable trust, and to influence its future direction.

You will not be expected to be up-to-speed right away and you will be assisted in working your way into the job. It would help if you are someone who is well-organised, with writing skills, and good at both working to a timetable and looking ahead, but the main asset will be a wish to contribute to the running of Sevenoaks u3a and a keenness to get on with the job.

For further information, please contact **Chris Dance** [secretary@sevenoaksu3a.org.uk](mailto:secretary@sevenoaksu3a.org.uk)

## SCIENCE SEMINAR 2022

We are pleased to announce that we will be holding our Science Seminar this year about **Plastics Recycling**. This will be held at the Orchards Conference Centre in East Malling and we have arranged for speakers from industry and academia to update us on progress in this field.

More information and booking details will be provided in due course.

In the meantime, please make a note of the date—**September 14th**.

**Bob Ruffles** for the Science Committee

## APRIL DIARY

Apr 11th	Bridge for Pleasure	Apr 13th	Nordic Walking
Apr 14th	Science Open Group Meeting—Mike Trevethick—"Vaccines"	Apr 20th	Ambling
Apr 25th	Computer Open Group Meeting	Apr 25th	Bridge for Pleasure
Apr 27th	Monthly Meeting : Tim Moorey— "The Remarkable Dr Johnson – A National Hero !"		

## NORDIC WALKING

**Wednesday 13<sup>th</sup> April**

Meet in the car park of the Plough, Leigh Road, Hildenborough, TN11 9AJ for a 10.30 start. Turn right off the B245 opposite the Flying Dutchman in Hildenborough and the Plough is 2 miles down on the right. The walk is 3 miles with easy going. Lunch will be at the Plough.

[nordicwalking@sevenoaksu3a.org.uk](mailto:nordicwalking@sevenoaksu3a.org.uk)

## COMPUTER OPEN GROUP

The Computer group will be holding a LIVE MEETING on the 25<sup>th</sup> April 2022 at 14.00 in the Otford Village Memorial Hall. This will be the first live meeting for some months and hopefully marks the return to some form of normality. The format will be a lighthearted update by David Gardener on Alexa followed by questions and discussion.

Hopefully as many members as possible will join us to celebrate the return to live meetings and entrance will be, as before, £2 to cover the hire of the hall and the refreshments.

**Mike Davies** [computing@sevenoaksu3a.org.uk](mailto:computing@sevenoaksu3a.org.uk)

## BRIDGE FOR PLEASURE

The Group plays at Otford Village Memorial Hall on the 2<sup>nd</sup> and 4<sup>th</sup> Wednesday mornings of each month from October to the end of July, from 9.45 a.m. until 12 noon.

The winner on 23<sup>rd</sup> February was Colin Butson and on 9<sup>th</sup> March was John Christy.

Sadly our numbers have dropped back down again with only 15 and 13 attendees on February 23<sup>rd</sup> and March 9<sup>th</sup> respectively but we did have another new member on March 9<sup>th</sup> which was pleasing as it is always good to have some new blood in the group.

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 and there is no need to commit to playing every session.

For more information, please ring **John and Sue Christy 01732 463911** or email [bridge@sevenoaksu3a.org.uk](mailto:bridge@sevenoaksu3a.org.uk).

## MIKE SILLITOE MARATHON

Just before his 75th birthday, Mike will be running his 100th Marathon on March 20th. Mike would like to thank all u3a members who have sponsored him to raise money for the medical and teaching project in Mbari in Kenya.

## AMBLING

**Wednesday 20th April**

Meet in the car park on Filston Lane, Shoreham, TN14 7SP for a 10.30 start. The walk will be about 4 miles. Lunch after the walk will be at the Kings Arms or in one of Shoreham's tea shops. Leaders will be Mike and Jill Davies.

[ambling@sevenoaksu3a.org.uk](mailto:ambling@sevenoaksu3a.org.uk)

## SCIENCE OPEN GROUP

**Our next Science talk will be on April 14<sup>th</sup>, 2022, at 2:00 p.m, entitled 'Vaccines' by Mike Trevethick.**

Mike Trevethick has over 25 years' experience in drug discovery and development in two major drug discovery companies. In addition, Mike also teaches at UK universities on applied science, medicine, and drug discovery. For this talk he will be discussing the role of vaccines in public health.

**This will be held as a Zoom meeting only as the speaker cannot attend in person.**

For **virtual attendees** : If you attended our earlier Zoom webinars, we have retained your registration details and you will automatically receive an invitation nearer the time. If, however, you have not registered then please send us your details via the following link.

[scienceday@sevenoaksu3a.org.uk](mailto:scienceday@sevenoaksu3a.org.uk)

Our **May 9th Talk** will be '**Sustainable Energy and Food Security**' by **Dr Howard Lee**

Bob Ruffles [science@sevenoaksu3a.org.uk](mailto:science@sevenoaksu3a.org.uk)

## GROUPS CLOSING

Unfortunately 2 groups have had to close down.

### **Apple Group**

Since the sad death of the previous group organiser none of the remaining committee members are able to commit to taking over the running of the group.

If anyone is prepared to take over as leader of the Apple group, please contact the Communications Officer, David Taylor, at [communications@sevenoaksu3a.org.uk](mailto:communications@sevenoaksu3a.org.uk).

### **Garden Group 1**

This group has also had to close because of lack of members. The organisers would like to thank everyone, past and present, who has contributed ideas for visits and organised some memorable trips to inspiring gardens.

## COVID PASS SCAM

We have received notification via the **Kent County Council Public Protection Unit** that Kent residents are being targeted by a Covid Pass scam.

- Scammers will target you via emails, texts and social media.
- You may be asked to click a link.
- And may be asked for payment details or personal information.

The scam suggests that you will now be able to apply for a Covid Passport which will provide proof that you have been fully vaccinated against Covid. You are provided with a link to click on, which is supposed to take you to an NHS website. You are asked to have your payment card ready as you will need to pay a £2.99 fee. Do not click on the link and dispose of the email or text as soon as possible.

Forward scam emails to [report@phishing.gov.uk](mailto:report@phishing.gov.uk).

If you do need a **genuine** Covid Passport, for travelling overseas or for specific events within the UK, these are available free of charge via the NHS website at <https://www.nhs.uk/conditions/coronavirus-covid-19/>.

## NATIONAL U3A ONLINE EVENTS FOR APRIL & MAY

April 5th at 10 a.m	<b>How To Crochet A Creature</b>	<a href="https://www.eventbrite.co.uk/e/crochet-workshop-how-to-crochet-a-creature-tickets-294477970537">https://www.eventbrite.co.uk/e/crochet-workshop-how-to-crochet-a-creature-tickets-294477970537</a>
April 7th at 2 p.m	<b>The Geology of Igneous Rocks—Part 2</b>	<a href="https://www.eventbrite.co.uk/e/the-geology-of-igneous-rocks-part-2-tickets-272611878467">https://www.eventbrite.co.uk/e/the-geology-of-igneous-rocks-part-2-tickets-272611878467</a>
April 12th at 2 p.m	<b>Roger Black –From Olympics to Now</b>	<a href="https://www.eventbrite.co.uk/e/roger-black-from-olympics-to-now-tickets-294687427027">https://www.eventbrite.co.uk/e/roger-black-from-olympics-to-now-tickets-294687427027</a>
April 13th at 10 a.m	<b>Laughter Yoga Workshop</b>	<a href="https://www.eventbrite.co.uk/e/laughter-yoga-workshop-tickets-166489270891">https://www.eventbrite.co.uk/e/laughter-yoga-workshop-tickets-166489270891</a>
May 13th at 2 p.m	<b>The Story of the Willow Pattern Plate</b>	<a href="https://www.eventbrite.co.uk/e/the-stories-of-the-willow-pattern-plate-tickets-294488421797">https://www.eventbrite.co.uk/e/the-stories-of-the-willow-pattern-plate-tickets-294488421797</a>
May 20th at 10 a.m	<b>All About Pictish Stones</b>	<a href="https://www.eventbrite.co.uk/e/pictish-stones-tickets-291153095747">https://www.eventbrite.co.uk/e/pictish-stones-tickets-291153095747</a>

All these **free** events are held using Zoom. If you wish to attend any of these presentations, please follow the appropriate link and register in advance for the event.

## NATIONAL U3A VIDEO RESOURCES

Below are some examples of the videos freely available to view via the national u3a website.

<b>Claude Monet—A Collection of 1540 Pictures</b>	<a href="https://youtu.be/nCVYEgc_Hw4">https://youtu.be/nCVYEgc_Hw4</a>
<b>How Leonardo da Vinci Changed the World</b>	<a href="https://youtu.be/pN2pPhpAxXk">https://youtu.be/pN2pPhpAxXk</a>
<b>The Final Years of Queen Victoria’s Reign</b>	<a href="https://youtu.be/qfd4lhWJh9U">https://youtu.be/qfd4lhWJh9U</a>
<b>Who Was The Real Beatrix Potter</b>	<a href="https://youtu.be/DffJNjpp3cU">https://youtu.be/DffJNjpp3cU</a>
<b>Einstein’s Theory of Relativity</b>	<a href="https://youtu.be/hbmf0bB38h0">https://youtu.be/hbmf0bB38h0</a>
<b>The Real Origins of Ancient Egypt</b>	<a href="https://youtu.be/Wo6OO992ywl">https://youtu.be/Wo6OO992ywl</a>
<b>Botanical Tour at the Gothenburg Botanical Gardens</b>	<a href="https://youtu.be/FSotOLHxB5M">https://youtu.be/FSotOLHxB5M</a>

Plus many, many more.

The deadline for items for inclusion in the May edition of the newsletter is April 15th, 2022.