

## NOTICE OF RECONVENED AGM

**Wednesday 23rd October at 2.00 pm** at St Nicholas Church, Sevenoaks. Related to the Adjourned Twenty-Fifth Annual General Meeting of Sevenoaks U3A which was held at 2.00 pm on Wednesday, 26th June 2019.

### AGENDA

1. Motion: "That Clause 16 iv of the constitution be amended to read 5% instead of 10%."

(At our last two Annual General Meetings we have failed, by a small margin, to achieve the 10% quorum required by our constitution. We have taken instructions from National Office and have been informed by the Chief Executive that we may reduce the quorum to 5%.)

2. Ratification of Adjourned AGM Minutes of 26th June 2019.

Chris Dance, Secretary  
[secretary@sevenoaksu3a.org.uk](mailto:secretary@sevenoaksu3a.org.uk)

## CHAIRMAN'S COLUMN



We do not at present have a member on the Executive Committee dealing with external affairs. The role is to maintain contact with the U3A National Office, disseminate information about external events, attend external U3A meetings and liaise with external bodies. Anyone interested in taking on this role should contact me or another member of the Executive Committee.

There are still vacancies at our Jazz Workshop on 31st October. The event is entitled **A Brief History of Jazz**. There will be commentary and music by the Paul Higgs Quartet. The venue is Walthamstow Hall School, Hollybush Lane, TN13 3UL and it runs from 10.00 to 12.30. Tickets are available from Jim Purves 01732 463041. Further details are available on the website.

Best wishes

Nick White  
[chairman@sevenoaksu3a.org.uk](mailto:chairman@sevenoaksu3a.org.uk)

## 25TH ANNIVERSARY CELEBRATION

### September 25<sup>th</sup>

For those who have tickets to this event, please note that although there is a reasonable amount of parking space at the Indoor Bowls Club in Holly Bush Close, it would be good if as many as possible could arrange car sharing.



## MONTHLY MEETING

**2.00 p.m. Wednesday 23 October at St. Nicholas Church, Upper High Street**

Our Speaker will be **Malcolm Wells** MBE who will be giving a talk entitled **So Far So Good**. Malcolm spent 24 years as an army musician, served as a medic in Ireland and in the Gulf War. Awarded the MBE, he spent 15 years working for Canine Partners. The talk will be various stories about his career with plenty of humour.

## DIARY 2019

October	9	Bridge for Pleasure
October	10	Tower Bridge visit
October	14	Science Group
October	16	Ambling
October	21	Computer Group
<b>October</b>	<b>23</b>	<b>Reconvened AGM and Monthly Meeting</b>
October	23	Bridge for Pleasure
October	28	Apple Group
<b>October</b>	<b>31</b>	<b>Jazz Workshop</b>

**CROCHET GROUP**

Members of the Crochet Group have worked hard to produce crochet squares that have been made into three blankets, which have been donated to Maidstone & Tunbridge Wells Trust for their elderly and dementia patients. The idea is to help reduce the number of falls in these wards. They are providing each patient with a brightly coloured unique blanket for their bed, which helps them see clearly where the edges are, and also to help them identify which is their bed. Because of the importance of infection control, each blanket is given to the patient to take home when they leave. So far the scheme has been a great success. The group currently has a vacancy if anyone would like to join them. They are a small group who sit around a table and take turns to meet in each other's homes. Please email Pauline Gofton at [crochet@sevenoaksu3a.co.uk](mailto:crochet@sevenoaksu3a.co.uk) if you are interested.

**MIGRATION OF PEOPLE**

The Migration of People group meet on 3rd Tuesday of the month at 10am to 12noon and not in the afternoon as listed in the U3A handbook. We next meet on 15th October and have vacancies for new members. Phone Lynda Alleeson for more information.



**CORRECTIONS TO THE 2019 - 2020 HANDBOOK**

We are aware that there are some errors in the new handbook and apologise for any problems this may cause. Please see below for some corrections. More may follow next month.

**LITERATURE GROUP**

Incorrect phone number in the Handbook. John Clark's phone number should be 07769 548186.

**MIGRATION GROUP**

Incorrect meeting time. The Group meet on 3rd Tuesday of the month at 10am to 12noon. Lynda Alleeson



**DIGITAL IMAGE MANIPULATION**

Please note meeting time corrections for First Year, Second Year and Third year as below. Janet Austin

**DIGITAL IMAGE MANIPULATION FIRST YEAR**

For beginners who want to learn how to manipulate and make adjustments to digital photographs. Meetings: 2nd Tuesday, 10-12.30 at the Holmesdale Bowls Club.

**DIGITAL IMAGE MANIPULATION SECOND YEAR**

A continuation of the beginners' course or for members who already know the basic manipulation skills. Meetings: 3rd Tuesday, 10-12.30 at the Holmesdale Bowls Club

**DIGITAL IMAGE MANIPULATION THIRD YEAR**

This is a continuation of the 2nd Year Course. There will be a variety of input including more Tools, Panoramas and Restoring Old Photographs, plus the opportunity to share the group members' knowledge and experience. Meetings: 2nd Thursday, 10-12.30 at the Holmesdale Bowls Club

**THE TOWER BRIDGE EXPERIENCE  
OCTOBER 10**

There are a few spaces left on the walk from **Tower Bridge to Rotherhithe** on **October 10**. Judging by our previous experience of the guide leading this walk, it will be informative, fascinating and generally full of interest. Please apply on the application form found either online or included with your last Newsletter.

<https://www.sevenoaksu3a.org.uk/Flyer-Rotherhithe-walk-10-Oct-19--1-.pdf>

**THE CHRISTMAS LIGHTS AT KEW  
NOVEMBER 24**

On **Sunday November 24** there will be a coach trip to see the **Christmas Lights at Kew Gardens**. This will be a spectacular show, offering you a magical and memorable experience. More details may be found on the flyer attached/enclosed, on which you may apply. This trip is bound to be very popular and you are advised to apply asap and certainly no later than **Monday October 21**.

**THE SOCIAL EVENTS COMMITTEE** is urgently seeking a new Treasurer. We meet about five times a year to report on visits and trips made and to discuss our forward programme. The role of treasurer takes about two hours work a month. It would involve paying in a couple of cheques and making a couple of BACS payments. The accounts are checked each month against the statement and committee members are circulated. We are a very sociable committee so please do contact Pam Walshe if you are interested.

**MEMBERS' CORNER** *Please submit items of interest to members to The Newsletter Team.* [news@sevenoaksu3a.org.uk](mailto:news@sevenoaksu3a.org.uk)

Member Charles Hebert suggests people might like to help with a research project which involves older people. The study is described thus on their website:

The PROTECT Study is an exciting opportunity to take part in a major UK research study. It aims to understand what happens to our brains as we age.

You can take part in the study if you are aged 50 or over, reside in the United Kingdom and have not been diagnosed with dementia.

PROTECT is run by the Institute of Psychiatry, Psychology and Neuroscience, King's College London.

More details at <http://www.protectstudy.org.uk/default.aspx>

**The Sevenoaks Society Walks Books** are updated at each reprint. Nick White would appreciate volunteers to check a range of the walks.

Do contact him if you'd like to help.

**FLYER INCLUDED WITH THIS  
NEWSLETTER**

Christmas Lights at Kew



**AMBLING**

**Wednesday 16 October**

Meet by The Rock at Hoath Corner, Chiddingstone, TN8 7BS in good time for a 10.15 start. The walk is 4 miles with very few stiles. It goes to Trugger's Gill, Hill Hoath, Wat Stock and Oakenden Farm. Lunch will be at The Rock. All U3A members are welcome to join at the start.

Leaders: Mark and Judith Hammer

**APPLE GROUP**

**Monday 28 October**

**iPad, iMac, iPhone & Apple Watch**

Apple are making their autumn announcement of this year's new devices and software. The iPad software is being updated and changed to an iPad name, and there is a new iPhone, perhaps a new Apple Watch and the Mac operating system is being changed to Catalina.

As MacMan now have a new shop at 75 High Street Sevenoaks (near Lloyds Bank) we have asked them to come to our October meeting to provide us with an update on all the new changes. Their new shop is great if you have problems with Mac equipment and they also sell new equipment.

It should be a very interesting meeting to get us started after the summer break. If you have any Apple devices please make a note of the date and come and join us.

Oxford Village Memorial Hall from 2 -4 pm

**Next Meetings:**

November 25<sup>th</sup> and December 17th (Apple Group Christmas lunch - needs to be pre booked)

Dave Simmons

**BRIDGE FOR PLEASURE**

**Wednesdays 9 & 23 October**

The Group plays at Oxford Village Hall on the 2<sup>nd</sup> and 4<sup>th</sup> 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 21 October**

**Using E-Bay and Freecycle**

Presentation by members of the committee  
Oxford Village Memorial Hall 2pm. All Sevenoaks and Knole U3A members welcome.

£2 entry includes refreshments. Members offering to make the tea get in for free.

Mike Davies

**SCIENCE GROUP**

**Monday 14 October**

***Coronary artery disease - what it is and understanding how it can be prevented - Dr Robin Poston***

Dr Robin Poston is a Principal Investigator at the Centre for Microvascular Research at Queen Mary University College, London and he will give an overview of the nature, mechanisms and prevention of coronary artery disease.

**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 News – Hydration in the Elderly**

Following our 2018 Seminar on Bio-Engineering, we have been approached by Kings College London to participate in a research and development activity to develop an automated system to alert carers about the hydration status of the elderly. A group of our U3A members have signed up to assist in the project and we will be running a workshop with the KCL team to define the project and establish the inputs we can make and the output for both parties. This is expected to include defining user requirements and collaboration on the development of equipment. The project is subject to KCL obtaining appropriate funding, the majority of which comes from the Engineering and Physical Sciences Research Council. For our involvement we have been advised by the Third Age Trust that this could qualify as a Shared Learning Project. Further information and progress on this project will be given in subsequent newsletters.

Bob Ruffles