

CHAIRMAN'S COLUMN



coincide with national U3A Day, has been postponed until at least September. Any further changes to our programme will be posted on our website.

EMAIL ADDRESSES

When we cancelled the March monthly meeting David Taylor, our Communications member, sent emails to all of the members whose email addresses he was holding. There are unfortunately about 130 members whose email address he does not hold. A further problem was that about 50 of the emails that he sent bounced, indicating that he is holding an out of date address. If you did not receive notification of the cancellation, but have an email address it would be helpful if you could supply it to David on communications@sevenoaksu3a.org.uk.

NEWSLETTERS BY EMAIL

One advantage of receiving newsletters by email instead of by post is that they arrive a few days earlier. Some of our trips are so popular that they sell out very quickly. There is no practical alternative to allocating places on a first come first served basis, and that can occasionally benefit those who receive newsletters by email. The best way to avoid this risk is to choose to receive your newsletters by email. Trips are also posted on the website at the same time as newsletters are sent by email. If you do not have a computer it may be possible to ask a friend or relative to help you obtain information about our events more quickly.

Nick White

chairman@sevenoaksu3a.org.uk

CANCELLATIONS

It has unfortunately been necessary to cancel a large number of events as a result of the Coronavirus crisis. Events that have been cancelled are the March and April monthly meetings, the Wren and Romans trip to London on 27th March, the Science Study Day on 3rd June and the Miller & Carter coffee morning on 27th April. The Open Afternoon, which we were planning to hold on 3rd June to

APRIL MONTHLY MEETING IS CANCELLED

The May Newsletter will be a **'Members' Edition'**. We appeal to members to send us material about the activities of their Groups, trips they have been on, what they get out of being a member.

Send your stories and pictures to news@sevenoaksu3a.org.uk



Newsletter Editorial Team: Victoria Granville, Elizabeth Purves, Celia Smith

Copy for **MAY Newsletter** by **Tuesday 14th April** to: news@sevenoaksu3a.org.uk

U3A COMMITTEE

Sevenoaks U3A is run by a committee of its members. Membership of the committee changes every year and no one is permitted to serve for more than six years. Current members are:

Chairman:

NICK WHITE

chairman@sevenoaksu3a.org.uk

Vice Chairman:

RICHARD BAXTER

vicechair@sevenoaksu3a.org.uk

Treasurer:

DAVID LOWE

treasurer@sevenoaksu3a.org.uk

Secretary:

CHRIS DANCE

secretary@sevenoaksu3a.org.uk

Speakers Secretary:

BARBARA COLEYSHAW

meetings@sevenoaksu3a.org.uk

Membership:

JILL DAVIES

membership@sevenoaksu3a.org.uk

Group Development:

ELAINE ELSTON

groupdev@sevenoaks.org.uk

Social Events:

PAM WALSH

social@sevenoaksu3a.org.uk

Communications:

DAVID TAYLOR

communications@sevenoaksu3a.org.uk

External Affairs:

ROB WHITE

external@sevenoaksu3a.gov.uk

THINKING POSITIVE

Of course there is absolutely no doubt that we are all in a very serious and worrying situation but, as U3A members, there's a lot we can do to keep our brains active, and to develop a positive attitude. After all, we now have a lot of unexpected time on our hands, and there are plenty of opportunities to use it constructively. Here are a few ideas:

- ◆ All those books we have been intending to get around to reading. And perhaps the Book Groups could come up with some recommendations. For those with a computer, it's worth exploring the various ways of borrowing and reading books online.
- ◆ And what about writing? We could write proper letters to our friends and family – grandchildren could be quite baffled to receive a paper and pen letter!
- ◆ We could write our memoirs, if we haven't done that already.
- ◆ Poetry – that might be a new adventure for some, and perhaps the Poetry Groups could give the rest of us some pointers.
- ◆ Listen to music with a critical ear. Maybe the Music Appreciation Groups could make some suggestions.

- ◆ Photographs: spend some time sorting out the photos on your phone or computer – you probably won't want to keep them all.
- ◆ Learning a new language is said to be one of the best things we can do to keep our brains healthy. Computer users could use language courses like Duolingo.
- ◆ A wide range of online courses is now available – mostly free. Explore these links:

<https://www.u3aonline.org.au/content/our-courses>

<https://u3asites.org.uk/advice-on-moocs/welcome>

<https://www.futurelearn.com/>

- ◆ If you are a member of a Group in which members prepare and make presentations, then why not get ahead and start researching your next presentation.
- ◆ Re-kindle old friendships by telephoning old friends that you haven't had contact with for a long time.

START NOW!

Celia Smith

THIS MONTH'S LIST OF GROUPS WHICH WOULD WELCOME NEW MEMBERS

ENGLISH CONCERTINA	Dave Robson	concertina@sevenoaksu3a.org.uk
GARDENING GROUP 6	Roy & Pat Edghill	garden6@sevenoaksu3a.org.uk
MUSIC APPRECIATION (B)	Jeff Lee	musicb@sevenoaksu3a.org.uk
WRITING - SEVENOAKS SCRIBES	Pamela Murphy	writing@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.

As you would expect under the present very challenging circumstances the Social Events Committee has made the sad decision to suspend/postpone all visits for the next few months and maybe even longer. You can rest assured that once it is safe to do so we will resume activities and offer you our usual varied and exciting programme.

FESTIVE LUNCH

On a bright sunny day but with cold wind a very large group of Sevenoaks U3A members enjoyed an excellent lunch in the attractive and comfortable dining rooms of the Wildernesse Golf Club .. A good opportunity to catch up with friends and to make some new ones.

Pam Walshe



Pam Walshe, Vicki Joyce, Jim Purves



Jenny Hoar, Doreen Pascall, Victoria Granville

Photo: Jim Purves



Photo: Victoria Granville

MEETINGS AND EVENTS OPEN TO ALL

AMBLING

Wednesday 15 April

Meet in the car park at The Woodman in Goathurst Common, TN14 6BU in time for a 10.00am start. The pub is on the left on the Bessels Green to Edenbridge Road. The walk will be 4 miles and will be followed by an optional lunch at The Woodman. Members who join the walk should be confident of walking 4 miles at a steady pace.

Leader: **Susan Henson**

COMPUTER GROUP

27 April meeting CANCELLED

The April meeting was to have been a talk by Kent Police on computer security. This meeting was to have been a joint session with the Apple Group. However, as a result of the concerns associated with the Coronavirus, the meeting has been cancelled.

Mike Davies

computer@sevenoaksu3a.org.uk

APPLE GROUP

iPad, iMac, iPhone & Apple Watch

27 April meeting CANCELLED

As the Coronavirus is taking hold and we are all advised to minimise contact, we think we should cancel the Apple Group meeting on the 27th April (joint meeting with the Computer Group).

The 4th Monday in May is Spring Bank Holiday so there will be no meeting in May. We will try to run an Apple Group meeting on the 22nd June but that will obviously depend on the circumstances nearer the time.

The iPad Beginners Seminar held on the 16th March was videoed and the Apple Group will produce a DVD of the seminar. We will make an announcement when the DVD is available. If you have to stay at home with your iPad this would be a good way to increase your skills.

Dave Simmons

apple@sevenoaksu3a.org.uk

BRIDGE FOR PLEASURE

SUSPENDED until October 14th

Following recent advice from the government to avoid unnecessary social contact we are suspending the Wednesday morning bridge sessions at Otford Village Hall until October. Thus the next date for our diaries is provisionally Wednesday October 14th from 9.45 a.m. until 12 noon. We will of course confirm or amend this nearer the time. If the situation improves and we are able to play in June or July we will notify regulars via email and everyone else via the newsletter and the website.

In the coming weeks, you may wish to investigate playing online bridge to help while away the hours.

Meanwhile we wish everyone a safe and uneventful time.

John and Sue Christy

SCIENCE MEETINGS

Coronavirus outbreak

The Science Committee have discussed the strategy for running our programme of talks under the current situation and we have made the following decisions:

April 20th Science Open Meeting - *Dioscórides to Darwin* by **Tim Betts**. This meeting has been postponed to next year.

May 11th *Conservation of artefacts held by English Heritage* by **David Thickett**. This meeting has been postponed to next year.

June 3rd Science Seminar, Orchards Conference Facility, East Malling Research Station

Plastics: The Market, Alternatives & Recycling. This has been postponed and is being rescheduled for the Autumn.

The Science Committee apologises for the disappointment this will cause but we understand the outbreak could be at its peak in early summer and feel these cancellations are in the best interest of our members.

Please keep watch on our website where we will post information about further changes.

<https://www.sevenoaksu3a.org.uk>

Bob Ruffles

science@sevenoaksu3a.org.uk

