

NEWSLETTER TEAM WANTED

We are looking for a new Newsletter team.

After more than five years of producing the monthly Newsletter, we have decided it is time to step down in October and let fresh blood take over.

This can be the opportunity for a complete revamp.

The Executive Committee will be looking for people to assume the roles of editor, designer and proof reader, so if you are interested, please contact Nick White, Chairman.

chairman@sevenoaksu3a.org.uk



CHAIRMAN'S COLUMN



I have been asked by the chairs of Knole and Westerham U3As to enter into formal agreements that would allow members of all three U3As to participate in each other's groups. These agreements were to be called

Clusters or Memorandums of Understanding. After lengthy consideration by our Executive Committee we have decided not to enter into those agreements. The main reason is that we already have members of ten different U3As who participate in our groups, and we do not want to treat any of them differently. We have decided that group organisers can allow members of any other U3A to join their groups without the need to pay a second subscription or to appear on our Beacon database. In the event of a group having limited vacancies preference will always be given to our own members. We will expect the other U3As to reciprocate.

Nick White
chairman@sevenoaksu3a.org.uk

NOTICE OF ANNUAL GENERAL MEETING 2020

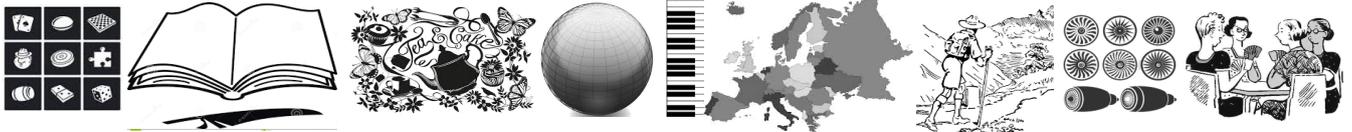
The 2020 Trustees Report and 2019/20 Annual Accounts, distributed with this Newsletter, will be tabled for approval at the postponed AGM, currently scheduled for 28th October.

However, in the meantime, the Executive Committee would be pleased to receive from members any comments and questions on the reports, which should be addressed to the Secretary secretary@sevenoaksu3a.org.uk



INCLUDED WITH THIS NEWSLETTER

The 2020 Trustees Report and 2019/20 Annual Accounts



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

There is no Newsletter in August

Copy for September Newsletter by Tuesday 11 August to: news@sevenoaksu3a.org.uk

NEWS FROM THE GROUPS

Science News

Our Science Committee are following Government Guidelines regarding Covid-19 and although some of the recent rules are relaxing we recognise that for our members there still remains a risk regarding social gatherings in confined spaces. We will therefore decide nearer the start of our normal season how we run our Science Open meetings. One of our speakers has indicated that they would be prepared to deliver a talk by Video Conferencing if required, and this remains an option for our autumn programme.

Science Discussion Group 1 continues to operate virtually on a 2-weekly basis. We have been busy studying recovery scenarios emerging from the Covid-19 crisis. We can see the resumption of activities will have a major impact on our lifestyles and in

particular our shopping habits. One casualty of this will be our High Street retail outlets, where there has been a dramatic shift to on-line shopping, a trend that is unlikely to reduce significantly in the future.

Last September a number of our members from the science groups joined forces with the Robotics Research Team at Kings College London to explore the problem of remote sensing and monitoring of hydration in the elderly, especially for those in care. This Workshop was a precursor to a full scale project where we would have been involved in the data gathering, testing and design of a robotic device. However funding for this project was not forthcoming from the Engineering and Physical Sciences Research Council (EPSRC) and of course the Covid-19 crisis has directed

much of the effort and resources to other projects. However, the initial research activity was completed and publication of the findings and our Workshop is now in preparation and is expected to be published in the Journal of Clinical Nursing. We have permission from Kings College to post this on our website once the report has been finalised as our members are co-authors of the report. Please look out for further updates when this report can be accessed from our Website.

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

Science Discussion Group 1

During the lockdown several Groups have found interesting ways of keeping in contact with each other, one of the most popular being via Zoom. Science Discussion Group 1 has had fortnightly get-togethers in this way, with members making presentations. It's possible to share screens, so that the presenter can show a PowerPoint Presentation, which other members will be able to see, and chip in with questions. At the same time the presenter can talk through their text. Just as good as being in the same room!

Celia Smith



Photos: Celia Smith

NEWS FROM THE GROUPS (CONT'D)

English Concertina Group



I am delighted to report that our little group of six players has expanded from four over the last year or so. We meet every two weeks at The Otford Methodist Hall on Monday mornings by arrangement. We love playing together especially when we play the right notes! We play from sheet music and we now have a repertoire of well over a hundred tunes. We all enjoy our sessions and regard them first and foremost as a fun experience.

Of course like many groups when coronavirus started to spread, we quickly decided to stop our face to face meetings and we now meet using Zoom video conferencing. At these sessions one person leads and the rest follow with their sound muted on Zoom and it works quite well and makes for good practice. We have doubled the frequency of these meetings to weekly which gives us

time to play and also to include more social chat than usual.

There are three types of Concertina - the Anglo, the Duet and the English, and they all play differently. Way back in 1829 Charles Wheatstone invented the concertina. The other great makers were Crab, Lachenal, Jeffries and McCann. In almost 200 years the instrument and the way it is played has changed little. If you are lucky you may still find yourself a Wheatstone or other make vintage concertina. The restored old ones are still considered the best, but there are many modern instruments on the market although their sound rarely comes up to the quality of the originals.

The concertina is the smallest and most compact instrument of the squeezebox family, it was the type of squeezebox that was favoured by the sea going men in the early 19th century because it was easy to stow away in their small sea chests. You will often see modern folk musicians singing sea shanties and being accompanied by a concertina. It is a lightweight and relatively easy-to-handle instrument and is both versatile for playing tunes, song or dance music accompaniment. The two most popular types are the Anglo and the English and thirdly the Duet which

is the least common and least easy to find or buy in modern times.

The Anglo Concertina produces a DIFFERENT NOTE on the 'push' and on the 'pull'. The English Concertina produces the SAME NOTE on the 'push' and on the 'pull'.

We have performed in public quite a few times to clubs and residential homes but we have had to delay some performances due to the current crisis. At Christmas time we did a couple of performances in local pubs in exchange for a free lunch which was most enjoyable. On other occasions we have played to raise money for charities.

We would be delighted to consider any member who is interested in learning to play the instrument. It would be better if you can already read music and it would also help to have some experience of playing another instrument but these are not necessarily prerequisites. We will be pleased to give advice and guidance to anyone interested whatever their experience.

David Robson

concertina@sevenoaksu3a.org.uk

Italian Conversation Group

The Group would like to share the pleasure that can be seen at the virtual museum below, which has a commentary in English.

www.museiincomuneroma.it/it/musei_digitali/tour_virtuali



SOCIAL EVENTS NEWS

Members of the Social Events Committee, like all the other U3A committees, have not been able to meet personally, but have been in contact with each other to plan the rest of the year. These plans necessarily have to be very tentative as there is still huge uncertainty about important matters such as social distancing, travelling in groups, opening of facilities and special provision/ instructions for certain advanced age groups. There may of course be a second wave of infection.

But we thought you might like to know that planning from October onwards includes:

- a proposal to visit the Tower Bridge Experience, travelling if possible by train - flexible date but possibly mid/late October
- a repeat of the trip to Kew via coach (if allowed and financially viable) to see the Christmas Lights late November
- maybe (depending on state of theatres) a trip by coach to the Menier Chocolate Factory, London Bridge for a meal and theatre production

Other ideas will in all likelihood be transferred to 2021. This may of course also be the case for the above three proposals.

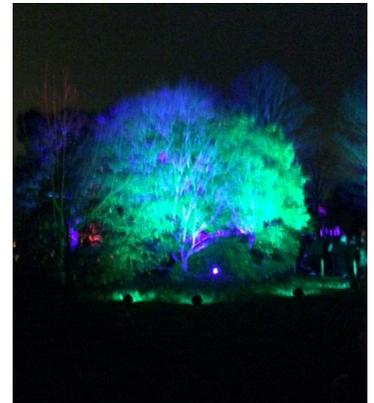


Photo: Freda Parker

NEWS FROM THE GROUPS (CONT'D)

Apple Group

iPad, iMac, iPhone & Apple Watch

We had hoped to have an Apple Group meeting in June but as most of us are still in relative lockdown we had to cancel it. Now that we are in the summer break, our next meeting will not be until 26th October. We hope by then things will have improved. At our new venue of the Otford Methodist Church there is much more space so we will be able to keep everyone 2 metres apart but the tea and coffee maybe a bit more challenging.

In the meantime if you haven't received Dave's information sheet about how to make No Knead Bread in 5 minutes and want to have that wonderful smell of freshly made bread wafting through your house just send an email to dgsimmons7@gmail.com and we will email you a copy. Just remember not to eat the whole loaf at one go or you will be blaming Dave for the extra inches! Please follow the advice and stay healthy.

Elaine, Shirley, Gwyn, Paul & Dave.

The Apple Group Committee

Cocktail Jazz

Jazz & Blues Group 2 enjoy a get together on Zoom every Monday evening when each member of the group is taking turns to present a 40 minute musical presentation of their favourite jazz musicians – accompanied of course, by an enjoyable glass of wine!

If you would like to join us, please contact Jim.

Jim Purves

jazz2@sevenoaksu3a.org.uk

