

CHAIRMAN'S COLUMN



NEWSLETTER

The wonderful team which produced our newsletters for five years are now enjoying a well-earned rest. We have not received any more volunteers to fill their places so this month's edition will be produced by members of the Executive Committee assisted by Sheila Golden. If you feel that you could do as well as, or better than us, don't be shy as we would love to hear from you. Contact news@sevenoaksu3a.org.uk

AGM & OCTOBER MEETING

Our next event is the monthly meeting and AGM, both of which will on Zoom, on Wednesday 28th October. The AGM was originally scheduled to take place on 24th June.

We decided to postpone it till 28th October in the hope that the pandemic would be over by then, but sadly we are still in lockdown. We are required to hold the meeting during the calendar year and, as there is no prospect of being able to meet physically any time soon, we are resorting to Zoom. As explained at length in the October newsletter there will be a talk by Dr Richard Rawlings at 2 pm. There will be a short break after the talk, and the AGM will not start before 3 pm.

All members who have provided us with their up-to-date email addresses will receive invitations to join the meeting. All you need to do is click on the link then follow instructions. I have attended several large meetings on Zoom and have been pleasantly surprised at how well the system works. Sound and picture quality are excellent, the whole audience can see and hear those asking questions, there is no need to worry about traffic and car parking, and there is no need to

queue for tea. I hope you will join the meeting.

MONTHLY MEETING

2.00 pm, Wednesday 25 November on Zoom.

The performing Life of a Musician by Jennifer Stinton

Jennifer is a renowned flautist based in Sevenoaks who played at our 25th Anniversary tea last year. She will give a Powerpoint presentation about her experiences while performing around the world.

ZOOM

If you want to learn more about Zoom, U3A run a series of tutorials on Zoom. The tutorials include Introduction to Zoom, Zoom for group leaders and Zoom for hosting group meetings. I have attended one and found it very informative. You will need a device with a built-in camera or webcam. If you are interested go to <https://www.u3a.org.uk/how-to-guidance>

Nick White
chairman@sevenoaksu3a.org.uk

MONTHLY MEETING & AGM Wednesday October 28th

Full details were provided in last month's newsletter, but for the benefit of those who receive this newsletter in time brief details are as follows:

- **2 pm** - Talk entitled **Secrets of Alternative Medicine** by **Dr. Richard Rawlings**
There will be a short break after the talk.
- **The AGM will start not earlier than 3 pm**

Both events will be on Zoom.

Because many of our members will not be able to join the meeting on Zoom, voting has taken place ahead of the meeting. The results of the votes will be announced at the meeting and there will be opportunities to ask questions and speak on matters arising. Members who wish to speak at the Meeting must register their intention with the Secretary in advance of the meeting so that they can be called upon to do so at the appropriate point in the Meeting.

DIARY

28 Oct	AGM and Monthly Meeting on Zoom
4 Nov	Nordic Walking
9 Nov	Science Open Group on Zoom—Low Cost Sustainable Ground Floors for Housing by Chris Shaw
16 Nov	Computer Open Group on Zoom
18 Nov	Ambling
25 Nov	Monthly Meeting on Zoom

SEVENOAKS U3A MEMBERSHIP SURVEY

The U3A will be running a survey of all members in the near future. Full details will appear in the December edition of this newsletter. We would encourage as many members as possible to take part.

NATIONAL U3A RESEARCH PROJECT



National U3A are planning to undertake a nationwide survey into the impact of the Covid-19 virus on our shopping habits, now that so many people are making an increasing number of purchases to be delivered at home, rather than on the high street.

The rise of internet shopping and more office workers working permanently from home are just two of the reasons that high streets and towns could change in the future. Fewer office workers and commuters will have an effect on cafés and sandwich shops, while many people who have mastered online shopping may continue to do that into the future.

The message from national U3A says, "A major national U3A research project is under way which will look at local high streets before and after Covid-19. The project is asking U3A members to register this month in order to record details of premises in their local high streets and shopping areas in September, to gather information about businesses that were trading at the end of March.

Members are being asked to walk down their local high street, take a note of what businesses there are, and take photos of the shop fronts. This information will be fed into a database.

Researchers will then revisit the same high streets in 18 months' time to note any changes that have taken place. The findings, including anecdotes from U3A members who recall high streets of the past, will form a landmark report for publication by the Trust in 2022, so helping to raise the U3A's profile in its 40th anniversary year. For more information click on this link <https://sources.u3a.org.uk/2020/08/21/th...h-project/>"

The lead person on the High Street project is Michaela Moody. If you are interested in taking part, any enquiries should be directed to Michaela at michaela.moody@u3a.org.uk

2021 CALENDAR



We haven't published a calendar since 2014. But 2020 has been such a momentous year we decided we would offer this 2021 Calendar with wonderful pictures from our three Photography Groups.

All pictures were selected anonymously by a panel of three experienced judges.

The Calendar could make a great Christmas present.

Note : non members of U3A can also purchase copies.

Cost is £10 (plus £1.50 postage, if required) (**Multiple postage:** for **2 copies** is £1.90 total; for **3-9 copies** is £3.20 total)

Or you can collect your copy(ies) from the address below by end of the first week in December . Please send your cheque made out to "Sevenoaks U3A" with the name and address slip below to :

Rob White, 21 Chesterfield Drive, Sevenoaks, TN13 2EG or email to external@sevenoaksu3a.org.uk.

I would like to order ___ copies of the **2021 U3A Beautiful Kent Calendar** at £10 each (plus £1.50 postage if required).

Total enclosed £ _____

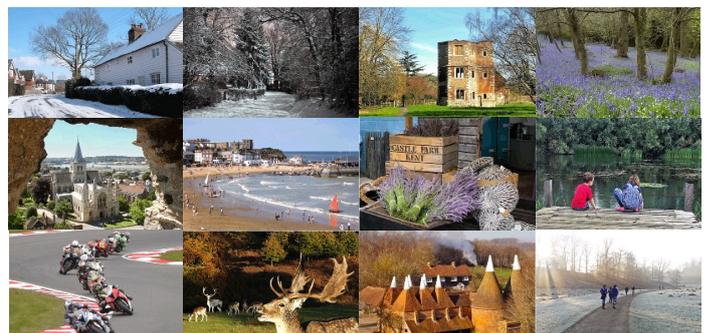
Name _____

Address _____

Post code _____

Telephone Number _____

Email _____



AROUND THE GROUPS

COMPUTER GROUP

The Computer Group will hold a virtual meeting using **Zoom at 14.00 on Monday on 16th November**. The format will be a question and answer session together with a short presentation on File Types by Charles Hebert. You are invited to submit details of an IT issue which is troubling you for comments by a panel. Please submit your questions to computing@sevenoaksu3a.org.uk.

Any member who wishes to join the meeting but not submit a question will be welcome but will need to inform us in advance, using the address given, and leaving an email address to which we can send a link to join the meeting.

NORDIC WALKING

Wednesday 4 November

Start outside the Buck's Head at Godden Green, TN15 0JJ at 10.30. A 2½ mile circuit in Knole Park with some gentle exercises. If permitted, members can stay for lunch at the pub after the walk.

Leaders: Nick White nordicwalking@sevenoaksu3a.org.uk and Ian Galletti, Knole U3A.

AMBLING

Wednesday 18 November

Starting at 10.30a.m. 4 miles at a steady pace. The start place will be advised by email a week before the walk. Anyone who is not a regular member of the group and wishes to take part should contact: ambling@sevenoaksu3a.org.uk.

SCIENCE OPEN MEETING

The Science Open Group meetings will continue to be run as webinar zoom talks for the foreseeable future. Our meeting for November takes place on **Monday 9th November at 14:00hrs**.

“Low Cost Sustainable Ground Floors for Housing” by Chris Shaw.

The talk describes the design and construction of the world's first fully integrated super-insulated, flexibly-detailed, hybrid, reinforced-concrete ground floors for a housing development.

To join these webinars we do ask that you register with the Science Committee via the following link by giving your name and email address so that we can then send out joining instructions.

scienceday@sevenoaksu3a.org.uk

Bob Ruffles

Chairman, Science Committee

WALKING GROUPS

Walking has always been a major part of our activities, but some of those groups have been finding it hard to attract new members to replace those who find themselves wearied by age. Walking 1 is an all-day group that has been walking ten miles on the 3rd Friday of every month since the very early days of Sevenoaks U3A. Sadly many of their members have fallen away and none of those who remain is able to



Walking Group 1 near New Ash Green in September

take over the organisation of the group after the end of this year. If you would like to volunteer for this role please contact Jim Purves on 01732 463041 or by email to walking1b@sevenoaksu3a.org.uk.

BRIDGE

Face to face bridge at Otford Village Memorial Hall will not start before the end of the year. The hall management have come up with guidelines for potential users which would make it almost impossible for us to operate our bridge sessions. In mid-November we will review restarting in the new year although, unless things improve significantly, we don't hold out much hope! March/April might be more realistic. We'll keep our members informed when we have anything to report. If anyone would like to be added to our email mailing list please email bridge@sevenoaksu3a.org.uk. Sue and John Christy 01732 463911.

LOCKDOWN ACTIVITIES

Government restrictions are continuing to have a serious impact on the activities of our members, but many of our groups have been finding ways to carry on. At the time of writing it is still possible for up to six to meet in members' homes. Groups of more than six have been meeting successfully on Zoom. Table tennis, snooker and the art group have been continuing with social distancing in halls. Walking groups are, at the time of writing, able to continue with up to thirty members with post walk pub lunches of no more than six at a

table.

Websites which you may find of interest are:

- www.archive.org which contains a vast amount of information including 20 million downloadable books and
- www.openculture.com which contains a huge number of lectures and recordings.
- www.gsopera.tv showing a large selection of **Gilbert and Sullivan** operas

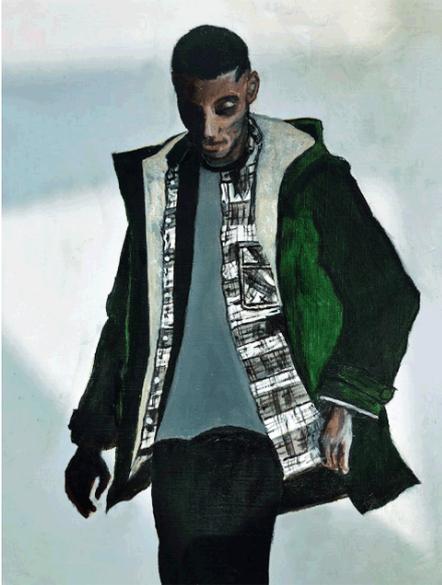
Nick White

chairman@sevenoaksu3a.org.uk

U3A Art Group during Lockdown

The U3A Art Group started up again early in September, with about 8 to 10 members attending the weekly sessions. We meet in a large hall so social distancing is relatively easy. Some members bring their own teas or coffees in flasks, while others visit a very handy café just around the corner.

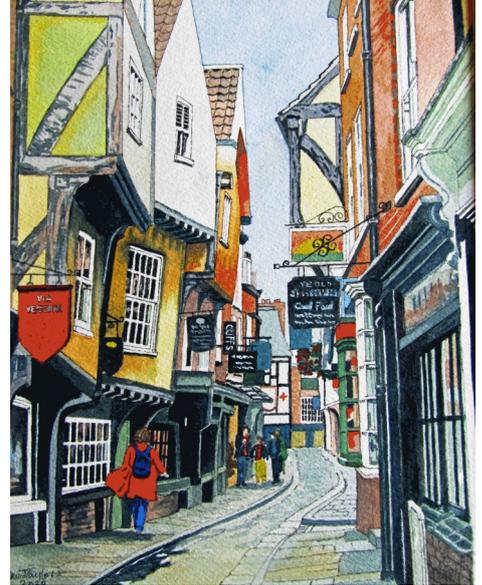
The group members were not idle during lockdown, and the pictures shown below were painted during the lengthy period when we were not able to meet.



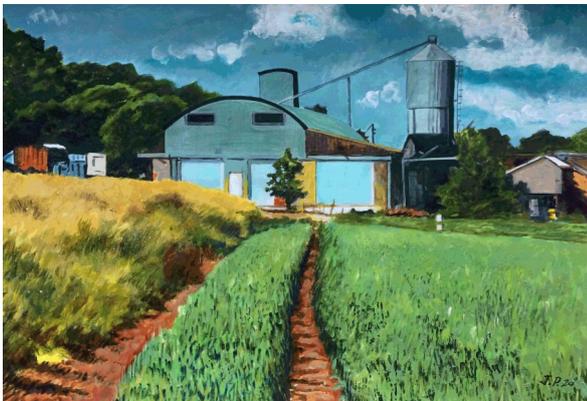
Fashionista
by Faith Stanley



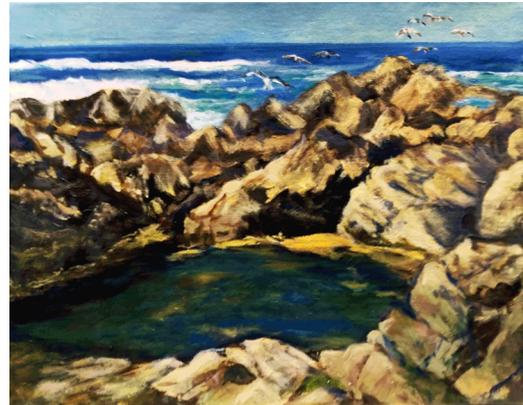
Antiques at Snape Maltings
by Lynda Charlton



The Shambles in York
By David Taylor



Farmhouse
by Jack Parker



Rockpool in Cornwall
by Wendy Lankester



Great Blue Heron
by
Pamela Murphy

Hopefully we can publish photographs of more paintings by Art Group members in the next edition of the newsletter.

Equally important, if any other art, craft or photography groups would like to submit their photos of items from during lockdown for inclusion in forthcoming newsletters, please send them to news@sevenoaksu3a.org.uk