

u3a Knole

learn laugh live

Knole u3a can be found at—<http://www.knoleu3a.org.uk>



Chairman's Report

At our February Monthly Meeting we had two lovely ladies from West Kent Mind who came to talk to us about staying well in difficult times. One of the slides they showed us struck a particular chord. It was a slide that showed 6 principles that help to keep us mentally healthy, they were;

Body - Be Active,

Mind - Keep learning

Spirit - Give

People - Connect

Place - Take notice

Planet - Care

I wasn't the only one to reflect that these principles apply equally to u3a and what we are all about. It therefore follows that being a member of u3a can go a long way to keeping us mentally healthy. We must spread the word about the benefits of belonging to such a wonderful organisation that is so good for our health and wellbeing.

Good News!

Following my plea for someone to take the place of our Treasurer, Richard Clout, who will step down at the AGM in June after a four year term, I am delighted to announce that a new member has come forward who has the necessary qualifications and experience to take on the role. He will of course, have to be voted onto the committee by the members at the next AGM but I am sure you will support him. His name is Howard Dilley and he has already attended a committee meeting and met with the other trustees. Perhaps we will find out a little more about him in the next newsletter.

Group Contacts meeting

As I told you in the last newsletter, the committee has been working hard on policies which by law we must have in place. I'm sure you appreciate that there is a great deal more legislation that impacts on small charities like ourselves than when we started back in 2009. We are planning a Group Contacts day on the 23rd April and we shall be serving them lunch but they will have to work for their lunch as we shall be introducing them to these policies and how they impact on our practice. Hopefully then the information will be cascaded to all members. Eventually the policies will be on our website for all to read and take note of.

Despite what seems to have been continuous rain, all the signs of Spring are evident everywhere and we can look forward to some better weather and getting out and about more.

Debbie Magness

Summer School

Residential Summer School at Chichester University for around 162 u3a members from nationwide.

This year the event runs from Monday 2nd September to Thursday 5th September and we will be holding 14-15 courses in the following subjects:

Pilates with Yoga, Patchwork Beginners, Removing the Mystery about Science, Mahjong for Beginners, Irish and Anglo Saxon Illuminated Manuscripts, Art and Mythology, Demystifying Mathematics, Latin Remembered, Crochet Improvers, Bridge-Beginners and Returners, Living History, Philosophy, Photography and US and UK politics!

- full details of the courses can be found at the SE u3a Forum Website:

<https://u3asites.org.uk/southeastu3aforum/home>

Richard Teare richardteare@outlook.com

Historic Buildings group

In February the group visited the Royal Albert Hall. We had an interesting tour going from the ground floor up to the gallery at level 5. We learnt that when the glass and iron dome at the very top was put on the Hall sank 2 inches into the ground. We were also lucky to see Cirque du Soleil practising for their show.





London Studies

A big thank you to Janice for a very enjoyable day out 24 Jan. The fantastic views from the 58th floor of Horizon 22 were well worth seeing. They would be even better on a bright sunny day. But given the weather first thing that morning the view was better than expected.

And it was free! Much better value than the Shard. We spent quite a while there and had coffee too. There were staff

every step of the way welcoming us with huge smiles and answered any questions. From there we walked to Guildhall, about 10 minutes away. It was free to go into the art gallery. It was not crowded, and it was easy to look at the really lovely paintings. The bonus was that there was a free guided tour so we did it. Our guide was brilliant, with very interesting info about the paintings and she was very funny as well. We even went down to the amphitheatre. Afterwards four of us went for lunch at a nearby restaurant. All in all I thoroughly enjoyed it.



Current Affairs

Meet on the first Monday of the month. We are a friendly group and choose a topic of immediate news each month, sometimes with a member preparing a short introduction. We are 8 in number and would welcome some new members. We are very happy for prospective members to give it a try.

David Small Group co-ordinator currentaffairs@knoleu3a.org.uk

PlayReading

The new PlayReading Group, which now has nine members, enjoyed 'Noises Off' in February and look forward to 'Blackadder' in March. They meet on the 2nd Monday 2.30-4.30 in Sevenoaks Library. 'Arsenic and Old Lace' is due for April, and Ayckbourn and Oscar Wilde may follow.

playreading@knoleu3a.org.uk

Knitting and Crafts for Charity

Members were happily engaged in making bunnies out of knitted squares by some clever stitching!! We also knitted and crocheted Easter chicks and bunnies. All crafted goods were donated to Hospice in the Weald charity.





Spanish Intermediate

Our Spanish group has been going since the inception of Knole U3A and is a shared group with Sevenoaks. Some members have been with the group since the early days and others have joined since, including our expert, a recently retired Spanish teacher. We meet on Friday mornings, 10-12 via Skype, although it is always possible that at some point we may return to in person meetings.

We start by chatting about our news for the week in Spanish. Sometimes this leads to a discussion among the group. We usually then read and translate a piece from the magazine Punto y Coma which we have prepared and listened to in advance, after which we break for coffee.

The second half of the meeting generally involves reading and translating a chapter of a book which we have prepared in advance. Several of our recent books have been detective novels set in the late 1940s or early 1950s and written from a Republican standpoint, so fascinating from an historical perspective too.

Although it sounds like a lot of reading and translation, we feel that our spoken Spanish is also improving. A couple of our members are fluent, for others it is more of a struggle.

We currently have 8 members in the group but would welcome one or two additional members who might want to join, so if you are interested in finding out more, please email Sue Christy, at spanish@sevenoaksu3a.org.uk

MOT3

In January MOT3 One Life and Dear England at The Stag and there was a soup lunch at Hollybush Bowls Club and in February we had two visits to The Oast and Beefeater. The first play was One Man Two Guvnors and the second Home I'm darling, both enjoyable experiences and there was a soup lunch at Hollybush on 22nd.

For March we are planning a lunch at The View at North Kent College on 7th March, an immersive visit to The Great Pyramid of Giza on the 8th and on 19th to The Museum of London to see the exhibition in Fashion City on How Jewish Londoners shaped global style and in April we have booked to see the musical 9 - 5 at The Bob Hope Theatre in Eltham.

Evening Dining 1

We went to the Pheasant Plucker in February and will be going to Perfetto's in Ightham in March. We would welcome a couple of new members. Contact: eveningdining@knoleu3a.org.uk

Golf

We discovered last month why golf should only be a summer sport, but despite the rain and really muddy conditions 10 of us really keen made it to 1st Tee. However, none managed to get past half way. I would say that Darenth Valley Golf Club was very understanding and agreed to give us credit for our next meeting. However I did manage to score more shots at the 19th hole.



We also run a group for new players and those who do want to play 18 holes and I am thrilled that they have continued to play throughout the really horrible conditions for the past few months. This group plays on the first Wednesday of the month, playing just 9 holes on shorter courses locally and if you would like to take up golf or get back to playing come and join us we need more players and would make you feel most welcome.

Playing Golf is good for you , not just a good walk spoilt. Contact: golf@knoleu3a.org.uk

Walking with dogs

The weather has not been to kind to us and our dogs, but us hardy ones met at Andrews Wood in January and set off for Shoreham in the thickest, deepest mud you have ever seen 🙄 but nevertheless we enjoyed it. Sadly, February's walk, the rain was just too much and we had to accept defeat, and cancelled. Keeping our fingers crossed for sunshine or at least for it to be dry for our walk on Friday starting at Ide Hill. Putting a wet soggy dog in your car for the homeward journey is not a lot of fun.



New Groups. We are looking to establish 4 new Groups which need your support.

Cookery and Baking - 🍰

We have 2 members interested in setting up a Cookery Group. The aim is to meet regularly to share recipes and discuss ideas. Try new techniques or machines, such as the benefits of an Air Fryer. We need at least 2 or 3 more members to get involved to get this up and running.

Garden Group - 🌻

We have 5 members interested in setting up a gardening group and we would like a few more. We are planning to discuss gardening tips, a To Do calendar for each month , what to plant, when to prune, tidy or prepare. As well as practical gardening they are proposing to visit local open gardens in the summer and trips to Kew or Wisley.

Croquet



We have been in touch with a local Croquet Club who are going to help us get started. The season starts next month and we hope to meet once or twice a month. Further details to follow.

Paddleboarding



We have 4 members interested in having a paddleboarding experience on the river at Tonbridge and are waiting for slightly warmer weather before we start. If you are interested let me know so that I can make a date in April or May. A good ducking is guaranteed.

In addition we have had a number of suggestions for new ideas that need your support to make it go.

They are: **Pétanque, Astronomy, French for beginners, Short Mat Bowls, Dance for fitness (Zumba Gold)**

If you are interested in any of the above. Let me add your name to the list.

Contact: groups@knoleu3a.org.uk

"FREE ONLINE MEETINGS"

As a member of the Knole u3a Group you are automatically able to join free online talks, workshops and courses through the national website.

Most of these opportunities are run by members sharing their knowledge or skills with others across the movement. There are also a wide range of talks on offer from well-known speakers and organisations.

Here is the website you can search for future months :

<https://www.u3a.org.uk/events/educational-events>

All of these events can be booked on the u3a site above via Eventbrite or get in touch at events@u3a.org.uk

Check it out to see if there is anything of special interest to you.

URGENT! Future of Science for All group under threat

The Knole Science for All group will close this summer unless new members can be found for the committee, including a new chair. This would be a great loss after more than 10 years of dedication and hard work by the current chair, Dr Alan Heyes, and other committee members.

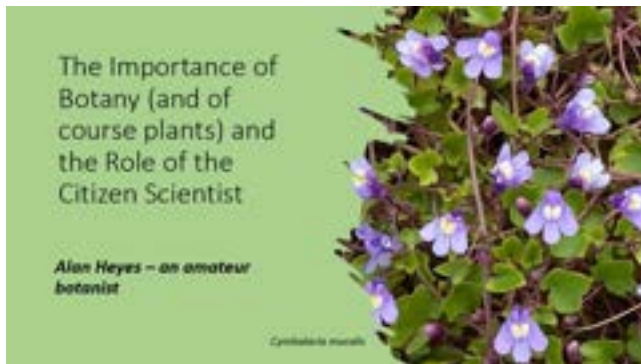
Alan is standing down from leading the group due to other commitments and none of the present committee feels able to take over this role. Since its first meeting in October 2013, the Knole Science for All group has organised over 80 talks on a wide range of subjects, with occasional technical visits, the most recent being to University College London's Observatory following a talk about Stars and the Milky Way. Most of the meetings have been held at Sevenoaks Weald Village Memorial Hall, with regular attendance averaging 30-40 members.

If this long-standing group is to continue, we need to find both a new chair and a couple of new committee members to arrange the programme of talks from October. The current programme will continue as planned until May. A new Science for All group need not be focused on just a speaker programme from invited speakers. It could be a discussion group perhaps with occasional speakers or run on a similar basis to Knole's Kent History Group where its members research and give a talk on an agreed topic themselves.

Can you help take the group forward? If so, please contact Alan or other committee members who are all very willing to provide advice – and even give the odd talk if required! Some members of the present committee plan to continue so there would be some continuity.

Alan Heyes science@knoleu3a.org.uk

U3A National Network Science meetings



U3A National holds monthly science talks via Zoom which regularly attract over 200 members from across the UK. For one of their February talks, the chair of our Science for All group, Dr Alan Heyes, gave a talk about the Importance of Botany and the Role of the Citizen Scientist, to over 200 members. Alan's talk was well received, and he has been asked to repeat it to another U3A group later this year. The talk was first given to our Science for All group and is the

second of talks about plants Alan has prepared. The first about Medicinal Plants in wartime, has also been given to other Kent U3A groups and to one of our monthly meetings.

Any member of the U3A can participate in the National Science meetings. The next meeting is focused on Artificial Intelligence. If you are interested in participating in these meetings, please email u3ascience2023@hotmail.com and request to be put on the mailing list for the talks.

**March meeting : 25 March - Brian Nobbs
Wildlife Photographer - Iceland and Back**

Copy date for the next Newsletter : 10 May 2024. newsletter@knoleu3a.org.uk
