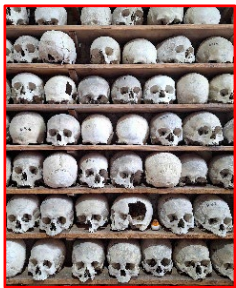


Chair's Report

Yes....I've been at it again....enjoying good food, good wine and good times with many u3a friends at various events.

It was my first trip with the Theatre Group to see the *'hilarious, side-splittingly funny romp'* The Crown Jewels.... (although I didn't hear much laughter coming from our row!!!...You win some, you lose some!!) However, the camaraderie amongst our members made it all worthwhile, and I thank Laurie Frowde for his organisation of the event. 😊😊

I have also enjoyed a walk around Farringdon, a Sunday Lunch at The Moody Mare, a picnic and evening of Jazz at Hever Castle and was particularly



taken with the display in the Crypt at St Leonard's Church on a village visit to

Hythe.

Together with other members of the committee, I was pleased to welcome 5 new u3a members at a recent meeting and, as always, it was lovely to see so many of you at our Monthly Meeting where we heard great stories from David Tadd about Forensics Investigations on Homicide.

And - Finally.... Please look out for the extremely useful information that Mark our Membership Secretary has recently emailed to us all....an informative and easy-to-understand document entitled *'The Ultimate Online Safety Guide for Seniors'*.

Take care, and I look forward to seeing you again soon.

Melanie Blewer

Next Monthly Meeting

Thursday, 7th September 2023 at 2pm

MIKE GRILLO

The Day the Music Died

The Day The Music Died is a highly entertaining presentation by Mike Grillo recounting the history of Rock 'n' Roll tracing this explosive music genre's murky origins through to its heyday in the mid to late 1950s and finishing with a glimpse at its legacy. Specific mention is given to Rock 'n' Roll's terminology - along with some of the most innovative singers, songwriters and performers.

October Monthly Meeting

Thursday, 5th October 2023 at 2pm

TONY HARRIS

Hercule Poirot

Tony Harris is a professional comedian, raconteur and actor who specialises in historical talks with a hysterical twist. Tony has previously entertained us as Henry VIII and Winston Churchill. This time he will give us his Hercule Poirot. A talk not to be missed.

Groups Coordinator Profile

Hello, everyone. I've agreed to step into Elaine's huge shoes as Groups Coordinator and thank her for all the support she has offered for the coming months in order to guide me onto the right track.



I've enjoyed being a member of 3 different u3as over the last 12 years, learning through a range of groups and making much-valued friendships along the way. I had no idea what fun could be found in retirement and really hadn't expected to be quite so busy.

My life before retirement was with primary-aged children, and I now repeatedly feel their excitement as I embrace new opportunities to learn through our wide range of groups. I currently enjoy garden visits, ukulele, digital photography, and a book group, and I am convenor, alongside Chris, for the Classic Vehicles Appreciation Group.

New opportunities are around every corner for us all, and as I've recently discovered it's sometimes good to take a leap of faith!

I look forward to meeting you whenever the opportunity arises.

Best wishes, and happy learning

Kathy Booyesen

Groups Coordinator

Quite incredibly we are all able to access 74 successful groups! As you know there will be no 'sign-up' day this year, so I'm sure your group convenor will be asking if you wish to continue.

If you'd like to join any group, contact the appropriate convenor who will either include you or, together with me, do everything possible to establish another group. If you are receiving regular communications from a group convenor and no longer wish to attend, please do let that convenor (or myself) know, so that spaces can be filled accurately.

All groups flourish because willing individuals offer to lead communication between group members - not a daunting task, but one that is essential to our u3a's huge success.

The Flower Arranging group continues strongly thanks to an offer by Sylvie to lead the group. Sincere thanks must go to both Tina and Julie for all their hard work in the past and efforts to ensure the continuation of the group.

The recently established Pickle Ball group has now enjoyed a few meetings and will I'm sure go from strength to strength, and similar success follows the new Golf group.

I know that Elaine was disappointed The History of Kent group folded so if you, like me, could take that leap of faith and contact me, it could flourish again!

Kathy Booyesen

Events Calendar 2023

September Holiday to Chester - Fully Booked

***October 17th - Oxford Mini Plant Tour**

***October 20th - 2nd. Oxford Mini Plant Tour**

***Both Fully Booked**

December 5th - Christmas Meal plus Entertainment

Deborah Langworthy

Lunch Club

Lunch Club will meet at The Thomas Wyatt, London Road, Maidstone, on Friday, 15th September at 12 noon for 12.30pm.

Please let June Rose know if you wish to come at junerose43@btinternet.com

June Rose

News from the Groups

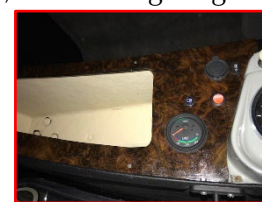
Classic Vehicle Appreciation

Hilary's illustrated talk on the work he has carried out on his 1963 Bond Mk G Minicar covered a lot of areas. He has owned it since August 2014 and is the 6th owner. It spent 6 years in the Microcar Museum in Lincolnshire from 1996 to 2002.



Hilary started by describing the extensive work done by a previous owner in order to get the car through the MOT back in 2002 so that the registration number could be transferred to another vehicle. The original number was 795 DAY and that is now on a BMW.

He then continued with descriptions of how he welded a split in the bonnet, resprayed the car the correct colour, replaced all the window rubbers and converted the lighting to LED lights. In addition, he has fitted a petrol gauge, a walnut dash panel, interior lighting and



rebuilt the front grille.

Several years ago, the engine was rebuilt and other upgrades have also been completed. A few more things are still in the pipeline.

His Minicar has been driven to, and displayed at, several local shows and fetes including Wrotham, Aylesford, West Peckham and Hawkenbury and has attracted a lot of interest from the visitors.

Kathy Booyesen

Contract Whist

Despite being in the holiday season we had a great turnout of 20 today - well illustrated by the noise level !!!

Last month I reported that Peter had the highest score ever of 200 but this was short-lived as today John Poulton recorded a magnificent 284 - well done to him. In addition, he had a successful declaration of 6 along with Mike, Maggie Dixon, Leslie and also Carol who deserves a special mention as she never believes in herself.

Mike Martin

Crafts

Welcome to the latest housing in Kings Hill - no building site or bricklayers necessary!

We had a great afternoon creating a new community of small cottages from clay.

Once they have dried out naturally, they can be used to hold incense sticks or just as ornaments.



Janet Chittenden

Digital Photography 1

Due to a change of date and holiday plans, our number was reduced to three. However, as everyone in the group had contributed, we had 83 photographs to view.

Our first topic was "Signs and Slogans". Pubs were a



good source of inspiration as we were unusual and amusing signs taken in countries

where English was not the first language. We also had political signs and slogans.

Our second topic was "Circles". This produced photographs from both home and garden as well as places further afield.



Our third theme was "Beginning with A" and included an alpaca, agapanthus, arachnid, Ayers Rock and Afternoon Tea.

Cathy Sargent

Digital Photography 2

I wasn't able to attend this month's meeting, but I am certain that there will have been some interesting photos that generated a lot of discussion.

The first two photos this month were from the Letter R subject. The first was taken at a u3a Garden Visit to Norton Place near Sittingbourne on 12th July.



The second was of a Robin Reliant car owned by one of the members of the group some years ago. He bought it for £400 and sold it one year later for £395. Not bad for 12 months motoring.



This small three-wheeled vehicle was manufactured by the Reliant Company in Tamworth. We had one of these when we first got married as it could be driven on a full motorcycle licence. We had upgraded from a white GT Lambretta scooter that we had when we were mods.

Night-time gives us a photo of the moon peeping through the clouds - looks like its eyes are fully open.



Last but not least we have



this colourful photo of a place in Snodland where people live.

Hope you enjoy this month's choices.

Brenda Powell

Don't Get Me Started

The main topic chosen for the day was the much-discussed 'Climate Change'. United Nations defines Climate Change as the long-term shifts in temperatures and weather patterns. The shifts may be natural such as changes in the sun's activity or large volcanic eruptions. But since the 1800s, human activities have been the main driver of climate change, primarily due to the

burning of fossil fuels (like coal, oil and gas) which produces heat-trapping gases.

Burning fossil fuels generates greenhouse gas emissions that act like a blanket wrapped around the Earth trapping the sun's heat and raising temperatures. Carbon dioxide and methane are the main greenhouse gases that are causing climate change. Clearing land and cutting down forests also release carbon dioxide. Agriculture, farming and oil and gas operations are major sources of methane emissions.

Humans have been responsible for global warming in the past 200 years. People are experiencing climate changes in diverse ways with flooding and fires, notwithstanding the worldwide migration partly as a consequence.

The evidence for rapid climate change is compelling. With global temperature rising, the oceans are getting warmer resulting in plankton migrating to the cooler poles. Plankton produces 50% of the earth's oxygen. A million species or more are expected to face extinction due to climate change.

It is believed that climate change could be irreversible by 2030, hence the need to act now as a global entity. We continue to use Earth's resources at a rate where it cannot renew.

Most of the group agreed on climate change and the need to act. A few sceptics linked these changes to cyclical patterns and were not alarmist.

We face huge challenges, but we already know of many solutions. We can act and pay the bill now or pay dearly in the future via our descendants.

On a separate note, regarding John Russell's resignation, I would like to thank John for his invaluable contribution to the group and on a personal level for his support as Deputy Convener.

Richard Bowles now takes over this role.

Angelene Rothwell

Easy Singing

By the time you read this, Easy Singing will really be back in business. Following the great success of CD6, CD7 will have been officially launched at our 1st September Friday morning meeting. We'll have tried out up to 27 "new" (old!) popular songs from it. We've given it a lot of thought - it's stuffed with even more



easy-to-sing old favourites that we think everyone will like. Our growing repertoire has 152 songs, with CD8 and another Xmas Special already on the way!

Group members can download all our songs and lyrics to play and practice privately and enjoy on their tablets or even phones, via my shared corporate Google Drive. You can print the lyrics if it's easier. We also have a strictly limited number of printed lyrics to share, for those who find technology daunting. Full details of what we do are available on our u3a website:

<https://www.kingshillu3a.org.uk/interest-groups/83-interest-groups/137-singing>

Listening to music but especially singing it, is proven to be really important to our health and happiness. This is just as true, whether we feel we are any good or not!

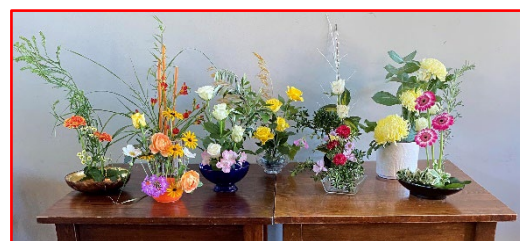
If you haven't tried us out yet, please do. If you drifted away during the pandemic, then it's well worth now returning – all you have to do is Sing Along to some great music!

Joy Watson

Flower Arranging

We began a new chapter for the Flower Arranging Group in August as we said a big thank you to Julie de Save and Tina Patterson for all their hard work as joint convenors of the group. Julie and Tina are standing down after several years in post, so we are now "under new management".

Despite it being holiday time, we had 11 members of the group present in August and we made



some lovely arrangements as you can see from the picture. We attempted a Japanese-style arrangement on this occasion, but we take it in turns selecting a different design each month.

We are a friendly and welcoming group, and those of us with greater levels of skill and expertise are willing to give help and assistance to others who would like to pick up some tips.

If you would like to join us, please contact Silvie Knowles, the convener of the group at flowers@kingshillu3a.org.uk

Silvie Knowles

Full Day Walks

On Tuesday, 8th August, our group of 10 walkers met at Chiddingstone where we parked three cars and then drove to the start of the first section of the EDEN VALLEY WALK. Unfortunately, it started with a light drizzle that turned into continuous light rain.



We parked 3 cars at Haxted Water Mill which stopped working in 2014 when it then housed a tearoom and restaurant, but sadly it's now closed. We started our walk at the Mill through fields of corn and cows, stopping for a coffee just before Edenbridge.

We continued through this very attractive town with fine old buildings - it straddled an old Roman Road from London to Lewes. We walked through the churchyard which opened up to the grassy fields and footpaths.

We took our lunch break just before Hever and sheltered under a large old oak tree. We continued, passing the village pub, King Henry VIII. Throughout its history it was owned and run by many landlords including a gangster who was associated with the KRAYS - he was shot while working behind the bar in 1985.

We also came across Chippens Bank House which was the home of Ethel Everest, daughter of the surveyor after whom the Himalayan mountain is named. We entered St. Peter's 14th-century churchyard and came across the well-kept grave of Caron Keating daughter of Gloria Hunniford.

We continued to our parked cars at Chiddingstone. Despite the rain, it was an enjoyable walk of 10 miles.

Richard Bowles

Garden Visit

Mount Ephraim Gardens at Hernhill, Faversham was August's garden visit. The property consists of ten acres of Edwardian gardens. This is a privately owned family property covering 800 acres of woodland, pasture, and a fruit farm.

At the heart of the estate lies the main house, a late Victorian Grade II listed manor house. It was originally built in 1695, (it has been home to the Dawes family since this time), rebuilt in 1878 and

then extended in 1913 when the West Wing was added. The gardens have stunning views over the surrounding countryside and provide a spectacular wedding venue.

The present gardens were first laid out in the early 1900s by Willie and Jeanie Dawes, having inherited the estate from his father Sir Edwyn, who rebuilt the house in the 1870s.



The West Wing was requisitioned by the army in 1939 and occupied by troops for the whole of the Second World War. The gardens suffered through wartime neglect and damage from their use by the army. However, in the early 1950s, Bill Dawes, together with his wife Mary, restored the gardens. Mary was involved heavily in the day-to-day running until her death in 2009 at the dignified age of 93. The family then decided to open the gardens to the public in 1985 and new developments have followed.

The gardens have terraces of fragrant roses, a small lake, a water garden, a fabulous Japanese rock garden with a bridge and unusual topiary featuring various animals and birds. There is also a grass maze planted with ornamental grasses and herbaceous perennials and an arboretum with an extensive collection of mature trees.

Pat Bell

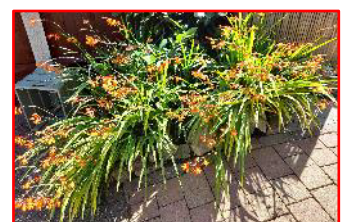
Gardening 2

We met at Brigitte's house in West Malling on Wednesday afternoon. The weather was lovely and seven of us attended, including two newcomers, Ann and Alan.



Brigitte's garden is divided into two, although both parts are private and fenced. The front has a selection of outbuildings, all

wonderfully kitted out with curtains and window boxes full of petunias, nemesia and snapdragons.



The indoor cacti are enjoying an outside holiday beside the first borders, which are all full. We discussed when best

to plant wisteria, admired the crocosmia and the pebbled area with grasses and lavender. The hydrangea, the large-flowered yellow dahlia (donated by Esme) and buddleia are doing well. Rhododendrons and salvias are coming back and the olive tree and fig are doing well. The canna lilies were covered in the winter and are thriving.



The rear garden has a good show of coleus and hostas - to stop slugs attacking them use garlic watered down, or copper tape around the pot. Viv told us that if you plant sweet pea seeds on Halloween, Boxing Day and Valentine's Day they will flower throughout the summer and the days are easy to remember.

Brigitte has a few water features dotted around and I for one am very envious. The sound of trickling water is very soothing. She has a mixture of mains and solar power, and all were doing well.



We all enjoyed a sit-down and a chat in the shade of the parasols. Ann and Alan enjoyed their afternoon and were welcomed as new members of the group.

Julie Glew

Half-Day Walks 1

Twelve of us set off in splendid sunshine from Shipbourne, over the first of 11 stiles, onwards via Ightham Mote, and into Scathes Wood for this photo of the large tree seat.

Walking via an orchard of Bramleys, to Yopps Green, we passed Plaxtol Church and returned via Fairlawne Estate. The penultimate stile was faulty, but all managed it safely and were nearly back to The Chaser for lunch before the rain arrived.

Thanks to Mike for the route, and to Cathy for her walks over the years.



Barbara Bryant

Harmony Singers

One sunny afternoon in August, Harmony Singers performed at Paddock Wood's Cream Tea Monthly Meeting. This was held in the brand-new Community Centre in Paddock Wood.



We opened the afternoon's entertainment and received a great reception from the large audience.

This was for many of the singers, the first time they had performed in front of such a large audience and they showed great confidence and skill in singing in



harmony with enthusiasm. Many of the audience joined in with such well-known classics as

"Can't Help Falling in Love", "Yesterday" and "What a Wonderful World".

We look forward to performing at other u3a events. Harmony Singers is made up from Paddock Wood, Pembury, Kings Hill and Malling u3as. This is a great example of cooperation!! Also, new members are always welcome, no auditions and no requirement to be able to read music just a desire to sing and have fun. Please contact Maggie Hall at maggie.hall@gmx.co.uk

Graham Hall

Journey Challenges

Our most recent challenge was to Canterbury. We travelled from Maidstone picking up a bus to Canterbury, which was on time. We enjoyed travelling on the upper deck seeing so much more than travelling by car.

We arrived at the bus station and headed for coffee enjoying chatting and deciding what we would do. We ventured around the town and headed for the Cathedral. We decided not to go in, as there was a queue but continued exploring. We found Buttermarket Square and went into the Beaney House of Art and Knowledge where there was also an art gallery. We walked to Old Weavers House

and had a look around seeing the ducking stall from the window. We also saw the boats in the river.

We continued walking around the historic town seeing many old buildings and ventured into St. Paul's Church (Without the Walls) – it has no city walls. We found The King's School and followed the city walls passing various gardens.



We went back to the centre enjoying the bustling streets and looking into various shops including Fenwicks. We had a lovely lunch enjoying the outside seating.

We headed back to the bus station and waited just minutes for the return bus to arrive, which was on time. We had an enjoyable day and the weather was kind to us.

Pat Bell

London Walks 1

Through Leafy Islington

Islington in North London is the smallest of the London Boroughs and has a wonderful community spirit which we experienced on our walk.

We began by drinking coffee close to The Angel. We learnt of the history of the Inn which was the site of a toll gate for the Great North Road to the new turnpike road up Highgate Hill. This roadway was along the line of the current Upper Road and Back Road (now Liverpool Road). In the past, this area was where cattle were rested in sheds and pens at the side of the road before the journey to Smithfield market.



Many springs (including Sadler Wells and Clerkenwell) at the foot of Islington Hill supplied the city with water through wooden pipes in the 1500s.

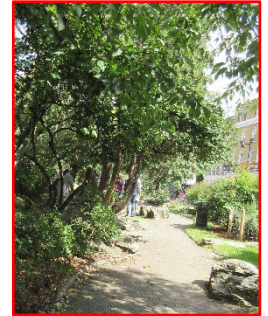


By the 17th century, this water supply was insufficient for the city and a new waterway was constructed by Sir Hugh Myddleton. He opened this New River from the River

Lea to New River Head in 1613. His statue commemorating this achievement is located above a drinking fountain at Islington Green.

The course of this New River is now mostly covered in the form of a linear community garden, Duncan Terrace Gardens. The Regent Canal passes through Islington mostly through the Colebrook tunnel.

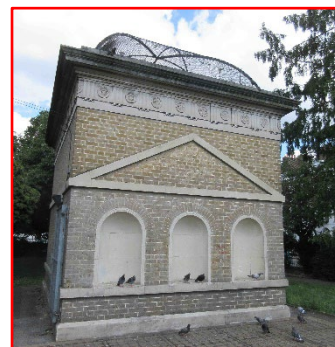
The area became an important place for growing vegetables and fruit for Londoners and became popular for tourists and travellers consequently there were many ale houses and tea gardens to cater for their needs. Later, many music halls, theatres and other entertainments were set up



along Upper Road. The area became an affluent resort in the 19th century with many beautiful Georgian houses being built. Later in that century many of the poor of London were displaced (to make room for the many new railway stations and yards) and settled in Islington with single houses being occupied by many families. This overcrowding and decline continued into the mid-20th century with the area becoming very rundown. After WWII, council housing replaced most of the rundown terraces and since the 1960s many of the remaining Georgian houses have been bought up and are now restored.

As well as the beautiful houses, we wandered through the shops in Camden Passage and several well-maintained gardens.

Gibson Square Garden has the unusual Neo-Classical pavilion which disguises a ventilation shaft for the Victoria underground line. Culpepper Garden was particularly thriving with individual plots for local people to look after and a small café



and play area for children.

Our final place of interest was Thornhill Gardens. It was here where we saw the greatest example of community spirit in the form of the newly constructed Fountain in its centre. Local people had come together to build this new centrepiece in the garden recreating how it would have looked in earlier times. One of the local volunteers told us of

the work involved and showed us photos of the grand opening ceremony just weeks prior to our visit.

Our walk concluded with a Thai lunch in a nearby pub before returning home.

Roma Elson

London Walks 2

The rain held off for our exploration of the historic Farringdon area of London, on a walk entitled Monasteries, Martyrdom, Meat and Medicine.

Beginning from St. Paul's we started with M is for Monasteries and the remains of Christchurch Greyfriars, where the Greyfriars (Franciscan) Monastery once stood. After the dissolution of the monasteries in Tudor times, the church was given to the city of London. It was destroyed in the Great Fire of London in 1666 and rebuilt by Christopher Wren, but this was bombed during the Blitz, suffering a direct hit. Only the steeple remains today and it is now a private home.

Our next M was for Martyrdom, and we heard about the Protestant Martyrs during the reign of Mary I, otherwise known as Bloody Mary, and saw the memorial to them. She had people who she considered to be heretics burnt at the stake on the Smooth Fields, (now Smithfield). Green (not dried or seasoned) wood was used to prolong their agony because the wood took longer to burn.

M is also for Meat. Smithfield started life as a cattle market many centuries ago, but the live cattle market was shut down and moved to Islington in the 1850s. After that a meat market replaced it, and the present-day Smithfield Market was designed and built by Horace Jones (who also designed Tower Bridge). The market begins work at about 2am and all is done by about 7am. We were fortunate to see Smithfield Market because it has been announced very recently that the meat market is to close and move to Dagenham within the next couple of years. The new London Museum (currently closed) will be one of the future occupants of the site.

Finally, we moved on to M is for Medicine. We visited St Bartholomew's Hospital, which was



founded 900 years ago this year (1123) by the monk Rahere, who saw a vision of St Bartholomew and was told to found a church and hospital in his name. The hospital has flourished over the years and is now a world-class centre of excellence. Surgeons were originally barbers, and we heard how the red and white pole outside a barber's shop signified the blood and bandages from their blood-letting practices. Later on, surgeons from the hospital practised anatomy on dead bodies brought by body snatchers.

As an added bonus and unexpected treat, we came across an Irish singer in the ancient church of St Etheldreda who was singing as we entered. He sang specially for us, and we appreciated his voice and the amazing acoustics too.

Margaret Hall

London Walks 3

Enough of palaces and royal parks. It was time for a walk on the dark side. Our latest venture took us to Whitechapel in the East End on a mini-history tour of British crime.

We saw the site of the pub where Dick Turpin accidentally shot dead his partner in crime before riding off to York. We traipsed into alleys where Jack the Ripper stalked his victims and anarchists plotted their bombings. We visited The Blind Beggar pub to hear how Ronnie Kray shot dead a gangland rival in the bar.

Then we crossed the road to relive the 1911 Siege of Sidney Street when Winston Churchill turned up to take charge of a seven-hour gun battle between two anarchist gunmen and 200 police and Scots Guards.

We then adjourned for lunch at the Halal, which opened in 1939 and is East London's oldest curry house.

Maurice Chittenden

Makers of History

This month, we enjoyed the first of two talks on the philanthropist and prison reformer, Elizabeth Fry. This talk covered her very interesting and complex early life as well as some background information on the Quakers.



Born in 1780 into a prominent Quaker family in Norwich, Elizabeth, often known as Betsy, was one of 12 children. Her father, John Gurney, was a wealthy banker, while her mother, Catherine, came from the prosperous Barclay family, who were among the founders of Barclays Bank.

Catherine believed in duty and obedience and was a staunch believer in educating her children, both the boys and the girls.

Betsy was thought to be her mother's favourite child. They visited poor neighbours together, so at an early age Betsy became sensitive to the plight of the poor, which she found very upsetting. She was an extremely nervous, withdrawn child, with several fears, particularly of drowning, and she suffered from terrifying nightmares.

When the family moved to the country in 1786, Betsy became even more anxious, suffered poor physical health and ceased her education. Her mental health deteriorated further when her mother died when Betsy was 12 years old and she lapsed into a severe depression. However, as one of the older siblings, she had to take some responsibility for the care and education of her younger brothers and sisters.

Betsy had been brought up as a liberal Quaker, wearing colourful clothes and expected to enjoy singing and dancing. However, she was influenced by the inspirational talks given by the abolitionist American Quaker and preacher, William Savery, after which she found the simple Quaker tradition more in keeping with her religious beliefs. She took to wearing plain clothes and avoided any activities that she considered frivolous.

Her family disapproved of their daughter turning her back on their liberal Quaker way of life but Betsy was determined to follow the path she had come to feel was right. She resumed her own education and went on to set up a school for poor children.

In 1800, after turning him down three times, she married fellow Quaker, Joseph Fry, a member of the Bristol Fry family (noted for their chocolate).

We will hear what happened next in Part 2, scheduled for February next year.

Joan Warren

MOTO

Cindy organised an excellent Sunday lunch at The Hengist in Aylesford. Other events which took place during August are as follows:

Four of us set off to the Hever Castle, Open Air Theatre to see Alan Ayckbourn's Chorus of Disapproval. The weather was forecast as sunshine and showers, so it was with trepidation that we set off. Whilst we were pleasantly surprised by the weather, as it was sunny and rather hot, we couldn't say the same about the show. The play was disappointing and I am not sure if it was the play itself or the production, but a very odd mix of modern life and the Beggar's Opera. Oh well, it was a lovely setting with pleasant company.



An interesting session of Ronnie Scott's jazz, also at Hever Castle, was enjoyed by Jeanne, Anne and Melanie....complemented by a champagne picnic on the grass by the lake!

Unfortunately, only two of us were able to join Farleigh Coaches boat trip from Runnymede through the Windsor Estate. It was a beautiful day with wonderful views along the banks of the river and of Windsor Castle above the trees. On the return trip, we had a delicious salad lunch onboard before going to the Savill Gardens where we had two hours to wander before our cream tea and the journey back home. We both agreed it was a wonderful experience.

Finally, 12 of us got together for a lovely Sunday lunch at the Moody Mare in Mereworth. Lovely food and good service.



Vivienne Lindridge

Pickleball

Our second meeting at Larkfield Leisure Centre had 11 members playing for an hour.

We play fortnightly on Friday mornings 10.00-11.00am. The next meeting will be Friday 15th September. The cost is £1.70 entrance fee for non-members (if you are over 65) and £9 per court per hour divided amongst those playing.

If this is of interest to you or would like more information, I can be contacted at 07305-926811 or roysimpson@hotmail.com, however, I need to book courts a week in advance so email confirmation is required if you would like to play.

For those of you who have not heard of Pickleball, I suggest that you view YouTube Pickleball.

Roy Simpson

Pubs, Pies and Pints

We were finally able to welcome al fresco to the group - dining outside at The Bull on Linton Hill.

The 17th-century former coaching inn has expanded over the years by taking over an adjoining post office and barber's shop.



As well as the braised beef and ale pies, we enjoyed great views over the Weald of Kent from the terraced decking at the rear.

Maurice Chittenden

Short walks

Our walk this month took us around the East Peckham area. Nineteen of us met at the Recreation Ground and then progressed to walk through part of the village to the lock, where we crossed over to the other side of the river into the Hop Farm Country Park.

It should have been plain sailing from there following the river, but somehow, we lost the river and then followed a ditch for a while before going completely off course! After our scenic route



digression, we eventually found our way back to the river and the path that we should have been on.

Having walked along the riverbank for a few hundred yards, we crossed the river and went on down the path that took us past Stilstead Farm. After a short distance, we arrived at the main road leading to the Little Mill, The Man of Kent pub and across the River Bourne.

Some of the group stopped on the bridge by the pub to watch the fish and reminisce about their younger days spent at the pub. Continuing with our journey, we walked through a field of autumn wheat and on into the village past some pretty houses ending up at the welcoming Village Coffee and Wine Bar where a group of us enjoyed some refreshments.

Sue Dossett & Deborah Langworthy

Ten-Pin Bowling

The next meeting has been booked for Wednesday 6th September at Hollywood Bowl, Maidstone. The price for 3 games has now risen to £10.13 (a strange amount but initially wanted £11.50). Please arrive in time for an 11.00am start.

If this is of interest to you or would like more information I can be contacted at 07305-926811 or roysimpson@hotmail.com 📧

Roy Simpson

Theatre Group

In August, 23 members of the Theatre Group went to see The Crown Jewels at the Garrick Theatre, Charing Cross Road. A cast starring Al Murray, Mel Giedroyc and Carrie Hope Fletcher recreated the conspiracy to steal the Crown Jewels from Charles II from the Tower of London in 1671.

It was a kind of farce with interaction from the audience. It seemed to rather divide opinion within the group as to whether it delivered. I thought it was rather threadlike in script being marginally amusing. Plenty of the audience found it very funny.

This month sees 42 members going to see Noel Coward's Private Lives with Nigel Havers and Patricia Hodge. This three-act play set in a hotel in Deauville and an apartment in Paris should be a little different and "such fun"!

Should any u3a members wish to join the Theatre Group to receive information on reduced-price



London theatre tickets please email me at folderspring@tiscali.co.uk

Laurie Frowde

Village Visits 2

This month we visited Hythe, where we started by walking along the Royal Military Canal to the main street for coffee at the Truly Scrumptious cafe.

Afterwards, we wandered down the main street taking in a variety of shops and old houses. St. Leonard's church sits above the village with commanding views out to sea - well worth the steep climb to get there.

The church has lots of history and the crypt has the best-preserved collection of ancient skulls and bones in Britain. We finally made our way back for a well-earned pub lunch.



Gordon Grimshaw

Wine Appreciation 2

The weather was kind so we started our meeting in the garden covering future ideas and general discussion over a welcome drink. We welcomed our friend and neighbour Simon as a guest. With one couple unable to come, our planned theme for this month was saved for our next meeting to enable us all to take part. Hence, we took a risk and had 'Pot Luck' from our wine stock. This comprised of wines we had picked up for various reasons ranging from 'I've never seen this before' to 'I love the label, bet it is a Porta 6 style' and 'That's cheap I wonder what it's like' to an expert's recommendation in the press (which, as usual, did not do very well, coming third).

I love these occasions when even the host has never sampled the wines on offer. It could be that we should not have bothered but, on this occasion, we were lucky. Even the welcome fizz went down well and was grabbed last minute from Aldi based on the bottle description and at £6.49 was a real bargain. We provided our usual food choices of cheeses and other nibbles of meats etc., to give the wine the chance of 'pairing' as they often improve with the right food. So, on to the wines!

I think we are well known for our past love of 19 Crimes, having collected all the different Crimes on the corks. We have also given tasters at Group sign-up days. This 19 Crimes Australian Sauv Block, posing as a Sauvignon Blanc was not so well received. It was a bit bland, but our guest for the night liked it. Score – 36/70. The last wine was a Porcupine Ridge Shiraz from South Africa. At 14.5% it was too strong for nibbles needing a main meal to set it off. Score – 40.5/70.

The joint-favourite with a score of 49.5/70 proved to be a White Pinot Noir from the USA. Unusual but enjoyed by all. It was bright, fruit-filled and aromatic. At £9.99 from Aldi, it was a good buy but as with all Aldi wines, it is not always in store. We hope this one comes back.

The Mimo Moutinho Lisboa red wine had a tram on the label making me think it would be a Porta 6 taste-alike. Close but not quite the same, but it had the typical Portuguese feel with the usual dark fruits and spices. There was one aroma we couldn't guess which was Cedar according to the bottle. At £5.99 from Aldi, I thought it was a good socialising wine and a real bargain. Aldi does it again.

The evening was rated a great success with a good choice of wines. This just goes to show – you can agonise for ages over your choices but sometimes Grab and Go works just as well.

Val Pratt

KHaD u3a Information

Monthly General Meetings

These are held on the 1st Thursday of every month in **The Kings Hill Community Centre**, off Gibson Drive, Kings Hill, West Malling, (Near ASDA) at 2:00 pm. We usually have a speaker following refreshments and a social get-together. Our meetings are normally very well attended, and it is recommended that members plan to arrive early (soon after 1:30 pm) in order to secure parking and reduce queuing for registration and refreshments.

Entry to the monthly meetings (including refreshments) is included in an annual £20 fee (currently reduced to £15), which also includes membership in the Special Interest Groups. Guests may attend monthly meetings for a maximum of three visits, at no charge, prior to becoming full members.

Special Interest Groups (SIGs)

The Special Interest Groups meet at various places, and often these are in a member's house to avoid fees for hiring a venue. Contact the Groups Coordinator and convener before you attend.

See the website for a full list of SIGs and contacts, and watch the Newsletter for their latest activities.

Cancelled Meeting: If the General Meeting must be cancelled for any reason, we will try to get a note on the website by 11:00 am on the morning of the meeting, so please check there if you are uncertain.

Parking: There is a small tarmac-surfaced car park at the Community Centre, but this fills quickly. There is an additional parking area to the east of the Community Centre.

Otherwise, there is a large public car park behind **ASDA** (3-hour parking limit) and another on **Crispin Way** to the south. All of these parking options are shown on the map below...

KHaD u3a Committee

Officers:

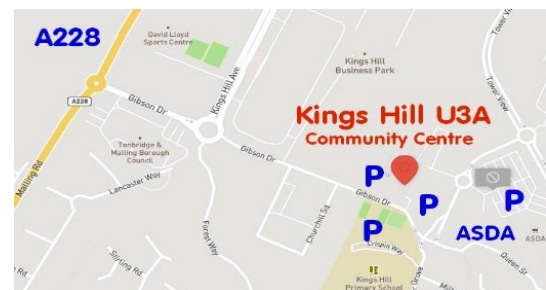
Chairman	Melanie Blewer
Vice Chairman	Margaret Hall
Treasurer	David Murray
Business Secretary	Maggie Bishop
Membership	Mark Richards

Other Roles:

Groups Co-ordinator	Kathy Booyesen
Speakers	Sue Christie
Hospitality	Brenda Pretty
Diversity	Simon Ellis
Events	Deborah Langworthy

Plus:

Maurice Chittenden
Don Bone



KHaD u3a Website

www.kingshillu3a.org.uk (Ctrl+Click)

Membership Enquiries

membership@kingshillu3a.org.uk

Newsletter - SIG reports and photos deadline: Friday before each General Meeting.

Editor: Don Bone - newsletter@kingshillu3a.org.uk



To see us on Facebook [@u3aKingshill](https://www.facebook.com/u3aKingshill)

August 2023

Phone National Office: 0208 466 6139 u3a.org.uk



Introduction from Sam Mauger

Dear members,

We are all looking forward to u3a week, which is nearly upon us, and we are already hearing about the plans that u3as are making to mark this event.

u3a week is our chance to show to communities across the movement how they can take part in u3a life and learn, laugh, live.

I have heard so many stories from members about how life-changing their local u3a has been for them. **It gives members the opportunity to make a whole group of new friends and to pursue interests close to home (and sometimes in their homes too).** Not to mention that great feeling of walking down the high street and knowing so many people who are u3a members. Some members have said that they only got to know local people when they retired and joined their u3a.

A very special welcome to Frinton, Walton and District who have got off to a magnificent start.

For all u3as I look forward to hearing your many stories about how you celebrated u3a week. I am sure it will be a week to remember.

With very best wishes

Sam Mauger

CEO of the Third Age Trust

News from the Trust



Less than a month to go until u3a week

The movement's annual celebration – u3a week – is taking place 16–24 September and we would love you to be a part of it.

Alongside local u3a activity, we're running online events throughout the week, including a special talk with Carl

Honoré focussing on how ageing should be embraced as an adventure.

Pictured: Wigan u3a taking part in u3a week, 2021

u3a News



A new u3a launched in Essex

"Brilliant!" "A triumph!" "What a wonderful group!" – These are three of the comments Frinton, Walton and District u3a received at their launch event. The day was split into two two-hourly sessions of displays, presentations and discussions, all of which were well received.

133 members had already joined before the launch – and over one hundred people attended on the day. Good luck to Frinton, Walton and District u3a.

Summer learning in the North West

80 members from across 40 u3as in the North West region took part in a Summer School at the University of Cumbria. Subjects included Archaeology, Architecture, Art Challenges, Female Artists, Literature and Japanese Encounter.



The above photo is from the Art Challenges exhibition and shows the beautiful work created by our members.

Your Stories

At their Convenors' lunch in July, Porthcawl u3a presented an engraved Welsh slate plaque to leaders of the Art History group, Jenny and Graham, marking their twenty-year leadership.

Over the years, Jenny and Graham have shared their knowledge modestly, and their friendly approach has attracted a large, loyal and enthusiastic attendance. They are stepping down now but will continue as valued members of our u3a.

Porthcawl u3a Committee

News from the Board

Liz Thackray, Chair of the Third Age Trust

At the end of July, we launched a new Facebook group, 'Fit for the Future'. It has a focus on governance, finance and what kind of organisation we need to be in order to be fit for the future.

Last year, following the AGM, we introduced some of our thinking about what kind of governance structure we need moving forwards. This was to correct some of the problems with our current arrangements. A Steering Group has been established comprising the Chair and Vice Chair of the Trust together with five Trustees and our CEO. This group has terms of reference set by the Board and reports to it. **It, in turn, is responsible for overseeing the Pilot Council which is chaired by a regional Trustee and is exploring different models for engaging the u3a membership in discussion with u3a Board members.**

The core membership of the Pilot Council comprises regional and national Trustees. In addition there are representatives of Network link and the main Board committees. Each Trustee invites an additional person, not the same person each time, to attend the meetings, so as to enable different perspectives to be expressed. At present the Pilot Council has no official status, but we hope it will become an important part of our governance structure. If there is something you think the Council should be discussing about what u3as do or should be doing, please email your thoughts to council@u3a.org.uk – who knows, you may get invited to join in a pilot council discussion.

It is early days for these developments, but just as our founders created an organisation that made the most of what society was like in the early 1980s, **we need to ensure we are relevant and responding to society today.**

Media News

u3as in the news

Sperrin u3a's recruitment drive is going so well that they made headlines in Northern Ireland World this month. It was great promotion for the Mid-Ulster group whose numbers are steadily growing thanks to walking (pictured), Tai Chi and genealogy interest groups.



Burgess Hill u3a celebrated three decades with a fantastic fair, which was featured in The Sussex Express, Mid Sussex Times and Yahoo.

Spotlight On:

George, Stockton on Tees u3a



Pictured with Lynda from Sydney u3a (in the middle) and his wife Pamela.

My wife and I have been aware of u3a for ages but only joined a couple of years ago when we moved back to the UK from Spain. My wife enjoys the monthly meetings, as do I, but my particular interest is the creative writing group.

Our son lives in Sydney so the first time we went to see him, after joining u3a in the UK, we contacted the u3a office there.

We were warmly welcomed and granted access to their groups for the three months we were 'down under'. I joined their creative writing group and very much enjoyed participating. While we were in Spain my wife and I used to play Canasta with some friends there. On looking through the Australian u3a 'What's On' website we found out about a group who met once a week to play Bolivian Canasta so joined in. The Bolivian version of Canasta is a real 'head bender'.

We attended a u3a lecture given by an historian who'd studied the way Australia was first mapped by Dutch explorers – fascinating! We also signed up for a u3a organised boat trip around the harbour with an on-board lecture about how three Japanese submarines had infiltrated the harbour during WW2. We plan to go back to Oz again next year to see our son so will begin our u3a event planning the day we buy our flight tickets. Can't wait.

u3a
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twitter.com/u3a_uk
facebook.com/u3auk

Headline photos: Members of u3a Interest Groups Online, Southport u3a at their garden stall in the Societies Tent at Southport Flower Show, Burgess Hill u3a's 30th Anniversary cake.