



Chairman's Remarks

Our 25th anniversary celebrations are coming to an end. I thank all those who made it such a success.

It has become clear to me at the end of two years as your Chairman that not enough members are helping with the running of KU3A. After our appeal for a new treasurer only one member has stepped forward, John Bosten. He is well qualified, has agreed to stand for the committee and has said he will see how it goes. Your committee willingly accepted his offer on those terms and thank him very much for his offer. So for now we have a treasurer to take over from Martine Roscorla. Many thanks go to Martine for years of service to KU3A. Our next hunt is for someone to take over the production of this Newsletter. We need to find someone at speed. All problems would be solved if 3 new people stood for the committee each year, served for 4 years and then left the committee. We would then have a committee of 12, renewed each year by fresh blood.

Richard Hawkins

Monthly Meetings

These are usually held on the first Monday of the month at the United Reformed Church, Eden Street, Kingston at 2pm. If this falls on a Bank Holiday, the meeting will take place on the following Monday.

Date	Speaker	Subject
December 5th	Rupert Matthews	The Biography of Father Christmas which includes some costume changes!
January 9th	Quiz	(£1 entrance, the quiz used to be £2, all monthly meetings will be £1 from January)
February 6th	Commander Peter Swan	'Life on the Royal Yacht Britannia' . He has been highly recommended!
March 6th	Ian Bevan	'What the Victorians Did for Us'

Group News

POLISH

Barbara Ayres has offered to set up a Polish language group. Please contact her on: 01372 464 105 or kenayre@talktalk.net

SPANISH CONVERSATION

Carmen Lawrie has offered to run this new group. Contact Carmen at 8390 3254 or carmen.lawrie@hotmail.com

PLAY READING

There are nine people who want a play-reading group. If each person gets their own copy of a play through Amazon, the cost will be minimal. If a play is out of copyright then there is no cost at all. There is no reason why this group cannot get started. All we need is a venue. Offers please to Shirley Miller on 8940 8573 or shirley.miller4@btinternet.com

DRAWING AND PAINTING GROUP 5

We have a tutor and two possible venues for a new group. However, we need 15 people to make it viable. If interested, please contact Val Meredith on 07599 284200 or joanmeredith245@gmail.com

NEW GERMAN GROUP

There is the possibility of another German Group. The level will be decided after enough people have applied.

Please contact: Ingrid Lewis: 8546 9010 or ingridhlew@hotmai.com

WELSH PEOPLE AND THEIR ENVIRONMENT

The present Welsh Group hope to expand their scope and start researching the link between various environments and people. Start date: end of January 2017 on Wednesdays 2pm, fortnightly. Contact Margaret Evans on 8546 8433.

MOTO

A new group for Members On Their Own could be started in the North Kingston area. This would be a very informal group, meeting occasionally to discuss possible joint ventures, eg walks, theatre visits, trips or outings. If interested please contact Betty Illsley on 8255 9694 or bettymayillsley@virginmedia.com

MORE GROUPS

As always, we would like more groups. There is a big demand, especially for languages. Any offers of help contact: Shirley Miller on 8940 8573 or groupcoordinator@kingstonU3A.org.uk

Calling all Group Leaders

The Group Leaders' Lunch Meeting will take place on
Tuesday 14th February
at Christ Church Central Hall,
91 Coombe Road, New Malden
Invitations will be sent out early in the
New Year

Joy Garvey
Secretary

Christmas Day Lunch

Sunday, 25th December 2016

Last year was the first time that we organised a lunch on Christmas Day. Those who attended it appreciated the opportunity to share their Christmas Lunch, and therefore we decided to do it again, although this year it will be at a different venue.

Venue: Browns, Kingston – 3, Jerome Place, Charter Quay, Kingston KT1 1HT

Arrival time: 11.45 a.m. (Doors open at 11.45 a.m.)

On arrival you will be offered a glass of Prosecco before your chosen five-course-meal:

Starters

Spiced parsnip and apple soup with parsnip crisps

Pork pancetta and apple terrine with Bramley apple and butter crostini

Severn and Wye Valley smoked salmon

Lox and Champagne thermidor tart with baby watercress, basil and lemon oil

Mains

Roast breast of Turkey with Cumberland and gingercake stuffing, pigs in blankets, red wine gravy

Supreme of turbot with parsnip and vanilla purée, brown shrimp and crab, tomato and lemon dressing

Chestnut, cranberry and brie Wellington with onion gravy



Herb crusted rack of lamb with caramelised shallot tatin, whipped goat's cheese, redcurrant jus

Desserts

Traditional Christmas Pudding with Jersey cream and amaretti custard



Trio of chocolate and Belgian Chocolate brownie, white chocolate pot with salted caramel hazelnut praliné, chocolate ice cream rolled in honeycomb

Warm apple tart with caramel basket, malt ice cream

Fruit trio and lemon posset, glazed passion fruit slice, raspberry sorbet

Cheeseboard for the table

Brown's truckle of Cheddar, Garstang blue, tomato and rhubarb chutney, biscuits, grapes

Finish

Coffee, tea, chocolate truffles, mince pies

Please make your choice on the enclosed application form and send it together with your cheque for

£ 70.00 payable to Kingston U3A (GAS) to Lesley Hodges, 3, May Bate Avenue, Kingston KT2 5UR

Tel. No.: 07768 643 663 - e-mail: lesleyhodges12@gmail.com

Please also send a stamped addressed envelope if you do not give an e-mail address.

RAF Museum Hendon

Wednesday 25th January 2017



One of the oldest aircraft in the Museum

You've heard about this world-famous exhibition: now is your opportunity to join us for a tour of the RAF Museum, Hendon, home to historic aircraft from 'string and sealing wax' pre-WWI aircraft to 21st century Eurofighter Typhoon, and to other equipment vital for keeping planes flying and aircrew safe – including ejector seats and air/sea rescue boats.

We travel by coach, and enjoy coffee and mini-Danish pastries on arrival. Then we split into groups of 12-15 for guided tours of the Museum. Tours last about 2 hours, with a lunch break in the middle. After that there will be a couple of hours for you to explore other parts of the museum at your leisure (and visit the shop) before we leave. We expect to be back in Kingston at around 6 pm.

Date: Wednesday 25th January 2017

Boarding points/times: 8.30am at the Rose Theatre, Kingston, and 8.45 at the Telephone Exchange Bus stop on

Ewell Road heading towards Tolworth (Stop SM).

Cost: £29, which includes coach hire, gratuities for driver and for the guides at the Museum, coffee and mini-Danishes on arrival and a 2-course lunch (menu details are on the Booking Form). The cost does not include any donation you might wish to make to the Museum.

Booking: To reserve your place on the trip, please complete the Booking Form enclosed with the Newsletter, and send it together with your cheque for £29.00 per person, made payable to **Kingston U3A (GAS)** to Stewart Keating, 17 Herne Road, Surbiton, KT6 5BX. **If you do not give an email address, please enclose a stamped SAE for reply.**

The Garrick Club One of Londons last remaining Gentlemens Clubs

Tuesday 28th February 2017

The Garrick Club was founded in 1831 and moved to its present premises in 1864. It houses the largest and most significant collection of theatrical works of art and has over 1000 paintings, drawings and pieces of sculpture on display. Artists represented in the



collection include Johan Zoffany, Thomas Lawrence and John Everett Millais, whilst paintings of every British actor of note - from David Garrick to John Gielgud - hang on the Club walls. Many of the major literary, theatrical and artistic personalities of the last two centuries have been members, including Charles Dickens, William Makepeace Thackeray, Henry Irving, W.S. Gilbert and Arthur Sullivan. It is still 'a gentlemen only' club.

Our tour will be led by Frances Hughes, a NADFAS lecturer in Art and Theatre History and Sarah Hughes, drama school lecturer and casting director. They will show us all the main rooms of the Club and point out the highlights from the collection. Coffee/Tea and biscuits will be served in the Morning Room on arrival. The whole tour will last two hours, from 10.00 a.m. to 12.00 noon. After the tour you are free to make your way home or explore more of London

Cost: £15.80 (guided tour and refreshments on arrival)

Date: Tuesday, 28th February 2017

Meeting time/point: 09.15 a.m. at Waterloo Station, outside platform One

If you would like to visit this club, please complete the enclosed application form and send it together with your cheque for £ 15.80 - payable to 'Kingston U3A (GAS)' to:

Gisela Zürcher-Feiß, 37, The Byeways, Surbiton KT5 8HT - Tel. No. 020 8399 4990

generalactivities@kingstonu3a.org.uk

If you do not give an e-mail address please also include a stamped addressed envelope.

Booze & Muse

Thursday 23rd March 2017



Part of the Beefeater Gin Museum

Today's trip is a morning visit to the Beefeater Gin Distillery followed by a visit to either the Imperial War Museum or Tate Britain (your choice – see booking form) for lunch and the afternoon venue.

We meet at Vauxhall station and get a bus for a short journey to the Beefeater Distillery, where we have a two-part tour. One part is a self-guided tour featuring the history of gin in this country. Then there is a guided tour around the production facility, which will include an opportunity to handle the botanicals (and if you don't know what that means, you'll have to come on the tour). We will then be offered a G&T or a glass of spiced iced tea in the Gallery Bar.

When we leave the Distillery, we divide into two groups – one will head for Tate Britain and the other goes to the Imperial War Museum. Both groups will be travelling by bus. You will have free time in your chosen venue to explore areas that particularly interest you. You will be guided into your chosen venue, and shown where the Information desk,

the café and the loos are. After that, you are free to explore at your leisure.

Both places offer free public tours – for example, at 15.00 at Tate Britain there is a 45 minute walk through the Turner galleries, and the IWM has short talks throughout the day (although details are not available until the day). Both sell floor plan maps for £1, but you can download them for free before your visit.

Your confirmation of booking will include links to the floor plans and will give instructions on how to return to Vauxhall or get to Waterloo.

The £11 cost of the trip includes the Beefeater Gin tour, but not any refreshments you buy at your chosen afternoon venue..

Date: Thursday 23rd March 2017

Meeting point/time: Vauxhall station (near the entrance to Sainsburys Local) at 10.00 – 10.10am.

Cost: £11.00 (does not include refreshments)

Booking: To reserve your place on the trip, please complete the Booking Form enclosed with the Newsletter, and send it together with your cheque for £11 per person, made payable to **Kingston U3A (GAS)** to Stewart Keating, 17 Herne Road, Surbiton, KT6 5BX. **If you do not give an email address, please enclose a stamped self-addressed envelope for reply.**

River Douro Cruise

8 - day cruise – 14th - 21st June 2017

In a sun-drenched corner of Europe the Douro has created a spectacular valley

as it wends its way from Spain across Portugal to meet the Atlantic Ocean. It is here in the colourful city of Porto that we join our ship and set off through miles and miles of rural scenery swathed with endless rows of neatly terraced vineyards and clusters of almond and olive trees, with tiny villages dotted here and there along the steep slopes.

On reaching Spain we turn our course back to Porto to explore the place that gave Portugal – and port wine – its very name. With sightseeing opportunities each day and the chance to experience local traditions aboard our ship, it is a summertime cruise that will lull you into the relaxing rhythm of the Douro, the river of gold.

Day 1: We fly from Gatwick to Porto and are transferred to Vila Nova de Gaia where we board our ship.

Day 2: We sail from Vila Nova de Gaia to Pinhão and in the afternoon pay an optional visit (€38.00) to Lamega, an elegant city filled with Renaissance and baroque mansions. We return to the ship and in the evening undertake another optional excursion (€48.00) to the little village of Favaios, at Quinta Avessada, where we enjoy wine tasting and dinner with live entertainment.



Day 3: After a leisurely morning there is an optional visit (€35.00) to Castelo Rodrigo which ranks among 12 historic

villages in Portugal and has landmark status. Here you can admire the medieval treasures and panoramic views. This evening the captain joins us for dinner.

Day 4: We sail from Vega de Terrón to Barca d'Alva and pay an optional visit (€85.00) to the Spanish city of Salamanca where you can enjoy lunch and a flamenco show. A traditional barbecue on board is planned for this evening.



Day 5: We relax on board this morning while sailing to Cais Espinho where we pay an optional afternoon visit (€50.00) to the Quinta do Seixo winery and the Mateus Castle and garden near Vila Real before joining the ship again in Régua. A folk show takes place this evening.

Day 6: In Régua we have an optional visit (€20.00) to the Douro Museum, a fantastic representation of the history of the Douro wine region, the first protected wine growing region on earth. In the evening we enjoy a sunset harbour cruise with traditional fado music on board our ship.

Day 7: Our optional excursion (€45.00) this morning explores Porto's secrets, leading you from the historic square to the waterfront and then to a local port winery for a tour and tasting. In the afternoon we have the option (€41.00)

to explore Guimaraes, culture city of Europa in 2012 and often referred to as Portugal's birthplace with its medieval houses and an old castle complex set against the deep green hills surrounding the Pena Palace.

Day 8: After breakfast we say goodbye to the team on board our ship and head to the airport for our return flight to London and coach transfer to our original pick-up points.

Our ship: Douro Sprit is a new 4* vessel of modern design with a lift between the lower and upper deck. All standard cabins have floor to ceiling French balconies, en suite shower, air conditioning, hairdryer, safe and TV. From the sun deck and the lounge bar you can enjoy a drink and the splendid scenery passing by. The restaurant serves delicious international cuisine as well as special diets - (vegetarian, gluten-free etc.). There is also a 24-hour self service station for tea and coffee.

Dates: Wednesday, 14th –
Wednesday, 21st June 2017

Cost: £1,519.00 pp sharing a Middle
Standard 2-berth cabin

£1,719.00 pp sharing an Upper
Standard 2-berth cabin

These prices include coach transfer to and from the airport and ship, full board, entertainment and English-speaking tour guide on board.

Single occupancy is available at 50% extra cost, although the tour operator has promised to negotiate a better deal with the ship company. Unfortunately at the time of going to press this has not yet been finalised.

A special pre-book package price for all the optional excursions is available

at £ 230.00. Individual excursions are bookable once on board but are subject to availability.

Deposit: £275.00 pp payable when booking

Insurance: £39.50 available through The River Cruise Line

For a detailed booking form please complete the attached application form and send it **together with a stamped addressed envelope – not too small please-** to:

Gisela Zürcher-Feiß. 37, The Byeways,
Surbiton KT5 8HT
Phone: 020 8399 4990

The Beautiful Lake District

17th – 21st September 2017

Day 1: We board our Executive coach at the four pick-up points in the Kingston area and make our journey north for our lunch stop at Moseley Old Hall (NT) – an atmospheric Elizabethan farmhouse that saved a King. Find out about the dramatic story of King Charles II hiding from Cromwell's troops after he fled the Battle of Worcester in 1651. After lunch we continue to Cumbria where we check into our 3* AA Cumbria Grand Hotel at Grange over Sands for four nights on half-board basis.

Day 2: Today is dedicated to a guided tour of the stunning Lake District. We will visit many areas of outstanding beauty and small villages, steeped in character and history: Hawkshead and Beatrix Potter Gallery (NT) and Hilltop (NT), Beatrix Potter's 17th century farmhouse, Grasmere and 400 year

old Dove Cottage, once home of the famous poet William Wordsworth.

Day 3: This morning we will board the Windermere Lake Cruise for a 40 minute cruise to Bowness. After lunch we visit Holker Hall & Gardens, the family home of Lord and Lady Cavendish. This is a delightful family home with fine displays of antique furniture and art.



Day 4: Today we start by visiting Kendal with its many historical buildings, castles, bridges and a street market on a Wednesday. In the afternoon we visit Sizergh Castle and Gardens (NT).

Day 5: This morning we check out of the hotel and on our way home we



stop at Leighton Hall. Stepping inside this house is like taking a step back in time, but it still retains the atmosphere of a family home. An enthusiastic guide will reveal the Gillow Reynolds' family

Speaker Secretary Report



history and habits. Each room from the Gothic Hall to the principle bedroom and the charming library has some interesting secret to reveal or tale to tell. Why is there a lock of James II's hair in the Drawing room, and why is the table in the hall shaped like a daisy? A light lunch is included here before we retrace our steps homeward.

Date: 17th – 21st September 2017

Boarding:

- 8.30 am. – Kingston, High Street, opposite The Rose Theatre
- 8.40 am. – Surbiton, outside Coronation Hall Pub
- 8.50 am. – Surbiton, Ewell Road, Bus stop 'Telephone Exchange'
- 9.00 am. – Tolworth – Bus stop 'J Princes Avenue' – outside 'Our Lady Immaculate'

Cost: £499.00/£529.00 pp (depending on numbers) Half-board, sharing a twin/double bedroom. **No more single rooms are available**

Included: All entrance fees (except to NT properties) plus 1 light lunch on day 5

Deposit: £85.00 pp (non-refundable)
Balance due by 04.08.2017

Travel Insurance: £30.00 (No upper age limit - conditions apply)

For a detailed booking form please complete the enclosed application form and send it together with a stamped addressed envelope – not too small, please – to Gisela Zürcher-Feiß, 37, The Byeways, Surbiton KT5 8HT – Phone 020 8399 4990
generalactivities@kingstonu3a.org.uk

Many of this past year's speakers were already arranged by my predecessor, Eva Garland. This included the very popular October address by TV

personality Tracy Bowman, for whose talk we had an exceptional audience. Indeed some people were unfortunately unable to be admitted after the hall numbers were reached. We are limited to 120 people in the Richard Mayo Hall.

To celebrate our silver anniversary I was pleased to have secured a visit from a member of the V and A's staff to talk to us about their silver collection. Following a recommendation from a member (suggestions always very welcome!) we heard Norman Coward talk in August about his charity work in Ethiopia. This was so inspiring that an impromptu leaving collection for his work yielded the astonishing sum of £256, for which he was very grateful and surprised. This year we are altering the arrangements for the December meeting and will have a Christmas themed speaker, plus the usual raffle and mince pies.

For next year I have filled all but one month and have some interesting topics lined up. One highly recommended speaker is Commander Peter Swan who will tell us about life

on the Royal Yacht Britannia. We also have an ex-Reuters correspondent; a talk on the medical, personal and business benefits of meditation; and a presentation by the British Army amongst others.

This year all the monthly meetings have been free to members, but from January onwards we are reverting to the £1 charge, although the January Quiz will also be £1 not £2 as previously.

Elinor Parker

Spectacular Switzerland

18th – 24th September 2016

Beryl Pookey

The base for our stay was the very pleasant Bellevue au Lac Hotel on the shore of Lake Thun. The views from the hotel were stunning as the sun, clouds and mists constantly moved across the distant mountains and the clear, green water of the lake.

Our first excursion was to Bern, the capital of Switzerland which is a UNESCO World Heritage Site. Bern has bears on its coat of arms because, as legend has it, Berchtold V, who founded the city, killed a bear on the spot where the famous Bear Pit now stands.

Today's bears are a favourite tourist attraction as the family of three come into the pit each day to search for fruit among the branches and logs where previously children had volunteered to hide it, before the bears emerged through a tunnel. They actually live nearby in a very large Bear Park, with



separate sleeping quarters, overlooking the river.

The city has 6 Km of raised arcades which date from the

14th century and are still used as shops with living space above and a basement, formerly used for storage, but now used as another shop. The main street had a water supply for use by the people living and working there in the form of 12 fountains, spaced along its length and fed by crystal clear water coming directly from the surrounding mountains. These days the beautifully decorated fountains provide handy refills for tourists' water bottles.

The splendid Bern Cathedral has a famous sculpted portal depicting The Last Judgement. Very gruesome!

By the market in the Old Town is another fascinating attraction. The Zytglogge Tower houses a large 14th century mechanical clock which tells the time, date, month and sign of the zodiac. Just before each hour the mechanical figures wake up and process along their routes in time for the bells to chime the hour.

En route to the main event of our second day was a visit to Meringen to see the Reichenbach Falls where Holmes and Moriarty supposedly fell to their doom. On the green outside the small Sherlock Holmes museum is a rather nice sculpture of a seated Sherlock smoking his pipe where tourists now take the inevitable selfie with the great man.

The highlight of the morning was the Brienz – Rothorn railway trip to the top of Mt Rothorn. This is Switzerland's oldest cogwheel railway and uses a beautiful old steam engine to push the carriages the 7.6Km up to the top of the mountain, which was certainly a different experience! The scenery changed as we went higher, the wild flower meadows gave way to rocky outcrops with mountain streams and sparse vegetation but the views looking down onto Lake Brienz were more spectacular the higher we climbed. Mists came down and enveloped us, so the restaurant on the summit was a good place to wait for the sun to break through. While enjoying a coffee and a speciality plum tart (in the interests of culinary research, of course) we saw an eerie shape emerge from the mist. It was an Ibex with its long curving horns, grazing. And, as we watched, the mist swallowed up the beautiful creature as silently as it had arrived. A surreal moment.

Back in Thun we boarded a river boat and cruised along Lake Thun towards



our hotel. As the scenery passed by we noticed several places where vines were growing on terraced hillsides. Who knew Switzerland made wine? This

could be another culinary research project I think!

Next on our itinerary was a rail journey on a train that looked as if it was from the era of the Orient Express, all wood panelling and brass fittings. We started the journey at Gstaad, a definitely up market ski resort, and travelled to Montreux, of Jazz Festivals fame. On our way we passed through beautiful countryside with cows wearing bells, waiting to be taken down from the mountain to their winter quarters. Traditional Swiss mountain villages perched high up on hillsides. The chalets, all with huge amounts of wood stacked up neatly ready for winter fires, looking as if they should be on a picture postcard. Montreux was picturesque with its lovely gardens and a promenade alongside the lake, where in the 1920s one would go to see and be seen.

Another excursion was to Engleberg to visit the Kloster, a Benedictine monastery founded in the twelfth century. There are only a handful of monks living in the building now. The monastery is a hotel and a place of retreat as well as a thriving school for local children.

From the tranquillity of the Kloster we then went on a breathtaking ride in a 360 degrees rotating cable car to the top of Mt Titlis. A memorable experience of the all-round panoramic views of rock faces, glaciers, crevasses and mountain peaks.

The afternoon saw us in medieval Lucerne. It was the perfect place to sit by the river with a coffee watching the world go by or to walk along the famous 14th century wooden Chapel Bridge – a

footbridge that was built as part of the town's fortifications.

Our last day was spent on top of the world, well Europe, as we went to the highest altitude railway station, 3454 metres on the Jungfrau mountain, the highest in Europe at 4158 metres. We travelled up on the Jungfrau railway, a truly amazing feat of engineering which began in 1896 and was completed in 1912. The fastest lift in Switzerland took us up to the Sphinx Terrace, 3571 metres, and we walked out into a white

wonderland. The views were absolutely stunning.

To round off a glorious day and a memorable holiday it was only fitting that the U3A ladies (Kingston branch) should take afternoon tea in a 5 star hotel to celebrate and, thanks to a glitch in the timing of the coach, that is exactly what we did. (Purely for culinary research purposes, of course).

Our thanks to Gisela for organising another superb holiday.

Colour

Colour me red like the blood that runs in my veins
Or the fire engine that rushes to put out the flames
Colour me red as a statement of fashion
Or for red hot desire and passion
Colour me pink like an embarrassing blush
That covers an awkward silence or hush
Colour me orange like the fruit that's so juicy and sweet
Or the sunset that is nature's marvellous feat
Colour me yellow like the sun on a bright summer's day
Or the daffodils or buttercups that cover the grass where I lay
Colour me green like the first green shoots of Spring
When young men's fancies take off like a bird on the wing
Colour me green like the leaves of a plant or a tree
Or the weeds that grow in my garden so free
Colour me blue like the sun on a bright summer's day
Or the sea in a calm Caribbean bay
Colour me black like a thunder cloud bringing a storm
Or depression which makes you wish you'd never been born
I look in the mirror – painter what have done with your brush
I look like a fruit salad that someone has made in a rush
Or a bowl of fruit that's developed a mould
My God what a sight to behold
Red nose, blue cheeks, black fore head, green hair and teeth
I can hardly believe it's me underneath
Drain all this colour and make me white as a sheet
And when this is done you can consider your employment complete

Robin Clarke