



Chairman's Remarks

Kingston U3A is now settling down after an eventful 2016 when we celebrated our twenty-fifth anniversary. I have heard very complimentary remarks about our Open Day which has certainly produced an influx of new members.

The committee welcomes its new members, Ireni Esler and Frances Moody, both of whom have settled in well. We are also very grateful to Joy Garvey for having become our Treasurer.

As we settle into 2017 a sub-committee is looking into our constitution. A national model constitution exists and we will consider whether it would be better to substitute it for our present one. If introduced, one of its effects would be to shorten terms for committee members. Whatever we decide with regard to the constitution, an increase in those taking part in the running of Kingston U3A would be a welcome development.

I wish you well for 2017.

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
March 6 th	Ian Bevan	What the Victorians did for us
April 3 rd	Will Williams	The Medical, Personal, Scientific and Business Benefits of Meditation
May 8 th	Jonathan Fryer	The Life of a Foreign Correspondent (He worked for Reuters in many countries)

Group News

Please contact Betty Illsley: 8255 9694
or bettymayillsley@virginmedia.com.

PLAY READING GROUP 2

This group is now up and running in the North Kingston area.

Monthly, 4th Tuesday pm. If interested please contact Mary Borrows:

8549 4662 or maborrows@aol.com

POETRY READING GROUP 4

This group will meet monthly in the North Kingston area.

Monthly, 2nd Tuesday pm. Please contact Mary Borrows:

8549 4662 or maborrows@aol.com

GERMAN INTERMEDIATE

This group will meet in Central Kingston.

Fortnightly, Tuesday pm. Please contact Ingrid Lewis:

8546 9010 or ilewis.il92@gmail.com

SPANISH CONVERSATION

This group will meet in the Surbiton area.

Fortnightly, pm. Please contact Carmen Lawrie: 8390 3254 or carmen.lawrie@hotmail.co.uk

M.O.T.O. 4

This new group for members on their own will meet in the North Kingston area. Monthly. Near 65 and 371 bus routes

NUMISMATICS

This group would like a few more members and stresses that no knowledge or expertise is required, just an interest in the origins and stories behind coins and medals.

Contact Ron Williams 8399 2063 or k.n.@heraldstar.co.uk



SOCIAL HISTORY GROUP 2

This group, meeting on the 1st Thursday of the month, would welcome one or two new members. All that is required is an interest in the subject. This year the group will study the Elizabethan period, for example: the impact of overseas discoveries on society at home. There are no formal presentations, just lively discussions. An annual outing visits places like the Florence Nightingale Museum. If interested please contact Jane Breach: 8390 7831 or janembird54@hotmail.co.uk

POSSIBLE NEW GROUPS

DISCUSSION GROUP

This group will discuss topical issues brought up by the group's members.

Please contact Harold Somers: 8399 0264 or harold@haroldsomers.com

LONG WALKS

This group will consist of country walks of 7-10 miles, departing from Kingston or Surbiton stations, on the last Friday of the month. First date April 28th.

If interested contact Julian Shute: 8399 2577 or jpshute@gmail.com

FRENCH CONVERSATION

If someone is able to offer a venue in the North Kingston area and is also willing to do some admin, a French Conversation Group could be arranged.

If interested please contact Rowan Astbury: 8255 6457 or rowanastbury@icloud.com

WHIST

Anyone interested in playing whist or arranging a whist drive please contact David Deayton: 8399 7532 or ddandggemail@gmail.com

CLASSICAL CONCERTS.

This group would meet monthly to attend concerts in London.



Please contact Joyce Hardy: 8942 0854 or yorkorganyellow@yahoo.co.uk

WALKING THE CAPITAL RING

Jeanette Hobson has offered to lead walks following the Capital Ring, a 78 mile circular footpath seeking out a hidden corridor of green spaces around London. The walk is one of Transport for London's signed walking routes, taking in the capital's parks, woodlands, towpaths, riverbanks and historic cemeteries - areas of London never before visited. The walk is divided up into sections with starting points accessible by public transport.

Contact Jeanette on 8251 7758 or jeanetteh1@virginmedia.com

NEW BOOK GROUP

This group would meet monthly in the New Malden area.

Easy parking.

If interested please contact Mary Ferrand: 8942 1848 or maryferrand@hotmail.com

WANTED

Following the closure of one of our Bridge Groups, we would like a volunteer to start up a new one.



Contact Shirley Miller: 8940 8573 or shirley.miller4@btinternet.com.

Our Chair and the Mayor & Mayoress



Our Open Day proved a huge success as those of you who came along will have seen for yourselves

The Cake – A Masterpiece



The day was officially opened by our Mayor, Councillor Geoff Austin, who was accompanied by the Mayoress. While our Chair, Richard Hawkins looked on, the Mayor cut the magnificent cake which featured every

one of Kingston U3A's wide range of groups.



Kingston U3A News

Kingston U3A Constitution

We aim to update our 2002 Constitution at the next AGM in November 2017. Anyone interested can have a copy of the existing version now. Proposed amendments will be circulated in the summer and there will be a vote on these at the AGM. The amendments will incorporate items advised by the Charity Commission and U3A National Office as well as other necessary updating.

Membership Numbers

Every autumn at subscription renewal time, some people are puzzled about the number. It is on your membership card and on the envelope for every Newsletter, so grab yours out of the recycling bin now! We can usually track you down without it, but it speeds things up for us if you give your number.

Newsletter distribution

A reminder that people can choose to have the Newsletter sent by post, or by email only, or both. If you wish to change your current method, let me know. If you are happy with the current method, no action is needed.

Third Age Matters Magazine

A reminder that U3A National Office publishes a magazine which you can receive as part of the benefits of your subscription. If you get it and don't read it, or don't get it and would like it, let me know, not HQ. We get the chance to

update the mailing list 3 times a year. We will have some spare copies available at Monthly Meetings for people to see.

Linda Foreman

databasemanager@kingstonu3a.org.uk
020 8390 0109

Kensington Palace Diana Her Fashion History

Tuesday 25th April 2017 or
Wednesday 3rd May

The home of monarchs from the time of William and Mary in 1689, Kensington Palace is now divided between apartments for members of the royal family and staterooms open to the public. It has been the site of many important royal events. It was here, in her childhood home, that Princess Victoria learned that she had become Queen. More recently, it was the home of Diana, Princess of Wales, from the time of her marriage to Prince Charles in 1981 to her death in 1997 which brought about a huge emotional response in the country. Her association with the Palace is still recognised by the public.

This year marks the 20th anniversary of her death, and the palace is mounting a



Museum of London Docklands

major exhibition that will bring together a collection of her most memorable outfits for the first time. It will focus on the evolution of Diana's style and image from a shy debutante to the confident and glamorous woman she became.

In addition to this special exhibition, there are, of course, all the other staterooms covering four centuries of the palace's history and the palace gardens to explore. We will travel to the palace by District Line underground followed by a short 15min walk. There is a pleasant cafe where you can buy refreshments and when you have covered all you wish to see at the museum why not take a walk through Kensington Gardens before returning home?

Date: 25th April 2017 or 3rd May 2017

Meeting Point: Entrance to Wimbledon Underground

Time: 10.15am

Cost: £11.70 per person

If you are a member of the Historic Royal Palaces, there is no entry fee only 50p admin. Please make sure you bring your membership card with you.

If you wish to join this group visit please fill in the enclosed form and return it together with your cheque made payable to Kingston U3A (GAS) to

Sheila Evans, Apt. 8, Maple Leaf House, 67-69, Maple Rd., Surbiton, KT6 4AG

If you do not give an email address, please also enclose a stamped addressed envelope.

May 24th 2017 or

June 6th 2017

The Museum of London Docklands was founded in 2003 and is housed in a listed warehouse building on East India Quay. The warehouse was built at the time of the transatlantic slave trade to store sugar, coffee and rum from the West Indies plantations where enslaved men, women and children worked. London, at the time, was the fourth largest slaving port in the world.



This Georgian sugar warehouse is now home to a museum chronicling London's history as a trading post. Discover more of London's involvement in the slave trades before venturing into the dark alleyways of Victorian Sailortown. Follow the dock's development as First Port of Empire, through the years of World War II to the present day and the development of the new docks and Canary Wharf.

We shall travel to Canary Wharf via the Jubilee Line followed by a walk of approximately 15 minutes.

The museum has a café for refreshments but is also surrounded by numerous restaurants, bars and cafés.

When you have finished exploring the museum, Canary Wharf is a great place to spend some time before returning home.

There is no charge for this visit, only 50p for admin costs, payable on the day.

Date: Wednesday 24th May 2017 or Tuesday 6th June 2017

Meeting Point: Outside platform 1, Waterloo Station

Time: 10.15am

If you would like to join this visit, please complete the enclosed application form and send it to Sheila Evans, Apt.8, Maple Leaf House, 67-69 Maple Road, Surbiton, KT6 4AG.

If you do not give an email address, please include a stamped, self-addressed envelope.

Man-Made Wonders in the Heart of Essex

Thursday June 29th 2017

Join us for an entertaining guided tour into the green heart of Essex, looking at some astonishing human achievements. On this full-day trip we carve a path from the Colne Valley to Cressing Temple, stopping off along the way for coffee and lunch. In the afternoon we will visit two ancient cathedral-like barns and a Tudor walled garden, with a final stop for afternoon tea before returning home.

Our tour starts with a chance to buy coffee in a 14th century country pub. The river Colne runs through the pub garden where we will have a view of

the strikingly tall and handsome Chappel railway viaduct that marches across the fields spanning this steep sided valley.



Our exploration then continues through the Colne valley, passing through quaint villages with pastel coloured thatched cottages and large medieval churches. Castles, railways and WWII airfields all feature as we travel past on the coach with many interesting and entertaining facts provided by our blue badge guide.

We stop for an included two-course carvery lunch and coffee in Finchingfield, a beautiful and photogenic English village with a village green, duck pond, ancient church and windmill. Fully refreshed, we head off to visit two massive 800 year-old barns and a Tudor walled garden of a manor house long gone, with a romantic arbour of woodbine, roses and oxlips, plus beds planted for medicine, the kitchen, a Tudor potager, the Knot Garden, a tiny orchard and nuttury and a nosegay garden full of fragrant plants.

Here you can buy tea and cakes in the tearoom, which is now run by Wilkins and Sons of Tiptree Jam fame, before heading home at 4.45pm.

Date: Thursday 29th June 2017

Boarding Time/Point:

- a) 8.15am High Street, Kingston – opp. The Rose Theatre
- b) 8.30am Ewell Road, Surbiton, bus stop “ Telephone Exchange”

Price: £45.58 per person including coach, guide, tips and two course lunch with coffee.

If you would like to join this outing please complete the enclosed application form and send it, together with your cheque for £45.58 to: Claire Bletcher, 17, Lower Green Road, Esher, KT10 8HE Tel: 020 8398 7107.

If you do not give an e-mail address please enclose a stamped, self-addressed envelope.

U3A Explores Science at the RI

16th March 2017

The Royal Institution of Great Britain

Although one of the world's major cities, London is also home to an astonishing array of wildlife. In this talk, the presenter will discuss the acoustic technology being developed at UCL to improve the way we monitor wildlife in cities and the creation the world's first live biodiversity monitoring system. Also under discussion is the question **‘What does art have to do with science?’** and **cryptology in the modern world.**

Further information from the website: www.U3A.org.uk

South East U3A Forum Summer School at the University of Chichester

June 19th – 22nd 2017

There are eleven exciting courses offered at this year's Summer School which runs from Monday afternoon to lunch on Thursday.

The courses include **Women, Art and Society**, exploring how attitudes towards women are reflected in art, the restrictions society placed on female artists in the past and the impact of feminism on women artists. **Painting from Photographs** uses your own photographs to produce art work in various mediums.

For music lovers the seminars return to when vinyl was king. **Classic Albums of the 1950s & 60s** will feature jazz, blues and popular music and the artists and record producers who made them. Book lovers can study the **Origin and Wonder of Fairy Tales and Nursery Rhymes** looking at fairy tales and nursery rhymes in a new way.



Local guides will offer participants the chance to **Explore a Slice of Sussex** from Midhurst to Chichester - you should be used to walking two to three

miles. **Walking the Downs and the coast** involves two full days of more vigorous walks of seven to eight miles.

Psychology: Self and Others looks at the interaction between our internal experience and the outside world. It will examine our beliefs and the factors that influence the sense of who we are and how our interactions with others create and maintain our social world.

Sixty Years of Changing Britain 1935-95 reflects the fact that we have lived through a time of unprecedented scientific, technological and consequent social change. It will bring back memories and put a lot of what you 'knew' in a new context. And since every life story matters, **Writing your Life Story** – a practical workshop offers the opportunity to reflect on the ups and downs of your life and the insights that doing this brings to you and your family and friends.

There is also **A Bridge Refresher Course** for those who would like to improve their game, with tutorials and bridge play. And for the adventurous, **Mathematics Demystified** will look at a wide variety of mathematical topics and their use in everyday life.

In the evenings there is entertainment including a table quiz, a musical evening and the choice of a visit to the theatre or a film on the campus.

Accommodation is in single rooms with full board at £285-£315, or non-residential at £145-£195. Full details and application forms are at <http://u3asites.org.uk/southeastu3aforum/>

Please book early. Details of any preliminary reading etc. will be sent nearer the time

Central Study Days at Menuhin Hall

Surrey Network study days are open to members of all U3As in Surrey and the surrounding area. They are held in the Menuhin Hall, Stoke d'Abernon and normally start at 9.30am with registration and finish at 4pm. The fee, including coffee tea and biscuits, is £10, though a visitor who is not a member of a U3A will be charged £12. Attendees should bring a packed lunch. Prior booking is essential and forms are available at the monthly meetings or from the Surrey Network internet site www.u3asites.org.uk/surreyu3anetwork

CELEBRATING SURREY

17th March 2017

A highly appropriate topic for the 100th Study Day since they began in 2004, 'Celebrating Surrey' does exactly that with a varied and full programme. Talks include topics on the Archaeology of Surrey, Leith Hill Place which was home to the Wedgwoods, Darwin and Vaughan Williams, the Surrey Landscape and the achievements of the University of Surrey.

COMFORT AND CONVENIENCE IN THE COUNTRY HOUSE

21st April 2017

Visiting country houses has become a popular leisure pursuit in the UK with visitors now interested in how the household and their servants lived and worked and not just the paintings and

furniture. During the 19th century many technological innovations, including gas and electric light, central heating, piped water supplies and sanitation became available. During the day you will hear why some landowners were keen innovators and others not, and look at the results of innovation via a range of houses open to the visiting public.

SIGNS AND SYMBOLS

The Hidden Messages in Paintings

19th May 2017

Presented by Val Woodgate

French Christmas



Members of the French Conversation Group, hosted by Robin Clarke, celebrated the coming of Christmas with lunch at a Toby carvery followed by coffee, cake and liqueurs at the home of Group Leader, Marlene Critcher. She is pictured in the forefront with Robin second from the right.

Were you at Cambridge?

A Cambridge graduate would love to meet up with other U3A members who were at the university. Rowan Astbury graduated in 1965 having read Moral Sciences (philosophy) before going on elsewhere to do a PhD in environmental psychology. She would welcome a

chance to meet other graduates to share their memories of Cambridge over a cup of coffee. Now retired and living in Kingston, Rowan is group leader of "Singing for Fun" and a keen member of a couple of other U3A groups. She can be contacted via email: Rowanastbury@icloud.com or phone: 8255 6457

Help Wanted!

We really do need your input to the newsletter. Once we've put together all our news, we're sometimes left with space to fill – and that's where you come in!

Craft Groups: What about photographs of items you've made?

Drawing, Painting and Art Appreciation: Again, we'd welcome photos of your work, or you could send us a shot of a painting or drawing by a famous or not-so-famous artist telling us what you particularly like about it.

History: Plenty of scope here from photos of places you've visited to little-known facts about a person or time you have been studying.

Literature: From reviews of books you've read to samples of your poetry, do put pen to paper!

Music, Visits and Outdoor Activities too have plenty of scope, especially for photos of places you've visited, things you've seen.



We do not know, from newsletter to newsletter exactly how much space we have to fill. It could be anything from half a column to a whole page or more.

Existing contributors should note that text copy should be submitted in one of the following file formats doc, docx or txt (without embedded pictures or spaces in lieu of paragraphs) and pictures in one of the following formats: jpg, gif or png (without embedded captions).

If you are new to it, just send your contributions, preferably by email, to Pam Durkie, newsletter@kingstonU3A.org.uk together with your contact details and she will go through it with you.

Celebratory Visit To The Mill At Sonning

As a final celebration for our 25th anniversary a trip to The Mill at Sonning was arranged by Gisela and her team. Right at the beginning of the day our own small drama unfolded. Because of a petrol spillage the evening before the High Street was closed and a slight change of embarkation was necessary, but we were all soon safely on our super duper double decker coach. That was a treat in itself because we could view the landscape usually screened off by hoardings on the motorway.

The next excitement was our driver Mike negotiating the very tight entrance to the venue in Sonning. He made it and we gave him a round of applause. The Mill is a delightful set-up. The water wheel is still turning and the whole



establishment runs like a well oiled machine.

It seems that Sonning has had a mill since the Domesday Book. Its current Mill was built in 1890 and was reclaimed and converted into its current form with theatre and restaurant in 1982. It has a homely ambience and is full of twists and turns, ups and downs.

The food was delicious and available from a serve yourself buffet. Most efficient and agreeable. It was nice to chat to people from other groups whilst waiting in the queue.



Then it was time for the show 'High Society'. It is based on the book by Arthur Kopit, but its main attraction is the music by Cole Porter. The standard of acting, dancing and singing was first class, even to the extent that the drunken, older, licentious uncle made my flesh creep! There was a lot of bottom pinching – which today seems

Flight

out of place – but the whole play was such a nostalgic joy that these points were easily overlooked. We enjoyed the standard songs like ‘Who wants to be a Millionaire?’, ‘True Love’, ‘Let’s misbehave’, ‘Samantha’ and ‘Well, did you evah’ (not, ever).

I must admit, some of the songs were new to me, e.g. ‘Say it with Gin’ but that might be one to save for our trip to the Beefeater Distillery!

Sonning is most picturesque. We all enjoyed the show immensely but soon it was time to leave. We never did get a glimpse of George Clooney who, it appears, lives next door. The journey home was gone in a flash. The motorway was kind to us that day. Suffice to say, a good time was had by all and a vote of heartfelt thanks went out to Gisela and her trusty crew. We are so lucky in U3A to have such able organisers and indeed to have the U3A. A truly swell party!

Susan Curd



As you scale the cliff face you look back down
A mistake, you freeze, your face makes a frown

But you recover and proceed with your climb

If you could but look the view is sublime

Then on a thousand foot cliff you spot him

You stare- muscles tighten in every limb

The tension’s mounting, will he or won’t he?

What is he thinking, his future is key

You’re sweating, you hear your own heart beat

On narrow ledge, his destiny to meet?

Will he drop or maybe a change of heart

He views the scene below him like a chart

He stands unmoved by wind blowing round him

He looks alive, pert, his eyes are not dim

Feathers ruffled by breeze, golden eye clear

Slowly spreading his wings, showing no fear

On a thermal effortlessly floating

Details of the landscape he is noting

He glides quite gently in a graceful arc

He sees something move in a far off park

A flap hear, a flap there to change his course

Then folding his wings using gravity’s force

He’s diving at one hundred miles an hour

The eagle swooping down with such power

Slows down, talons extended grabs the prey

Two laboured wing beats he flies away

Gradually rising to his eyrie

Landing on the nest, suddenly weary

Just survival for the king of the sky

A flight of fantasy for you or I

Robin Clarke