



Notice of 2018 AGM

In accordance with the constitution of the U3A, notice is hereby given that the AGM of Kingston U3A will take place at the Mayo Hall, The United Reformed Church, Eden Street, Kingston KT1 1HZ at 1.30pm on Monday 5th November 2018.

Richard Hawkins, Secretary

Monthly Meetings

Held at the United Reformed Church, Eden Street, Kingston

Please arrive well in time for our speakers to start at 2pm, bring your membership card, as visitors are not eligible to attend, and enjoy meeting other members and hearing the talks.

3rd September: We are going on a '**Journey into the Mind**' given by **Alan Wise** who is a qualified Health Psychologist with many years experience in both the NHS and private sectors. He has also appeared as an expert witness in court cases involving victims of road crashes and industrial accidents. He promises us an insight into the problems of the mind.

2nd October: Exactly 100 years to the day after T.E.Lawrence, '**Lawrence of Arabia**', captured Damascus, we welcome **Alan Wakefield**, Head of First World War and Early Twentieth Century Conflict at the Imperial War Museum, to take us back to that time and all it involved.

5th November: It's remembrance time, and 100 years after the end of the First World War we focus on the concept and realisation of the grave of the **Unknown Warrior**, which is in Westminster Abbey. Who had the idea, how it was approved and organised and how the body was selected and transported. The speaker does not charge a fee and we will be giving a donation to the charity of his choice. Perhaps people would like to wear their poppies at this meeting.

Don't forget to renew your membership

Chair's Remarks

What a hot summer we are having. As I write my report for this newsletter, I am enjoying cooler temperatures up in Shetland, glad to escape the heat. I hope wherever you are, you are enjoying summer and the many activities and events going on in Surrey and London.

I draw your attention to the latest U3A report, "Making an Impact", available on the National website. The U3A is a learning co-operative, for members by members and as such, offers an alternative approach to ageing from the "service provision" approach. The report claims that the success of the U3A movement is that it is learner led and values the experience, knowledge and skills of its members. "The U3A model contributes to well-being in later life and is the antithesis of loneliness", drawing on its three principles of the recognition of third-age, self-help learning, and mutual aid. Not a bad template for other social and health organisations to draw from!

May I take this opportunity to remind you to renew your membership using the green form enclosed with this newsletter. Enjoy your summer.

Best wishes

Aeni Ester

Nomination of Committee Members

Membership Renewals

Please fill in the form and post with a cheque right away, or bring to the next Monthly Meeting. This eases our administrative task as those who have not renewed by the next Newsletter have to be sent a reminder. Those not renewing by 31 December are assumed to be no longer with us in one way or another.

Those members renewing by Standing Order don't have to bother filling in forms every year and sending stamped addressed envelopes because we send their membership cards with the Winter Newsletter. If you wish to pay your membership this way, just follow the instructions on the form.

We welcome applications from current members interested in joining our active Executive Committee to help run the Kingston U3A. Committee members serve for a year at a time, and there is now a time limit of 6 years from 2017.

A form is available on our website or from an existing committee member, or you can just send the following information in writing:

Name of Nominee, Proposer and Sec-
order with membership numbers and
signatures of all three, to: Richard
Hawkins, KU3A Secretary, Fern Glen,
Hampton Court Road, Hampton Wick,
KT1 4AE, or hand it to a committee
member, by noon on Monday 22 Octo-
ber 2018.

Group News

OPERA

This group will not now meet until January 2019.

Paul Storm-Larsen will be in touch with those on his list.

JAZZ REMINDERS

We are very grateful to Evelyn Donaldson who is willing to start another Jazz Group. The first meeting will be Friday 28th September, 2.00-4.00 pm. in the Teddington area and will meet monthly.

Contact: Evelyn Donaldson, 8973 0901, edonaldson47@gmail.com

CANASTA

There are still places available for this group which meets weekly on Saturday afternoons, in the Chessington area.

Contact: Pascale Strudwick, pascalestrudwick@hotmail.com

WINE APPRECIATION

There are still places available for this group, which will meet monthly on Friday evenings, in the Chessington area.

Contact: Pascale Strudwick, pascalestrudwick@hotmail.com

WALKS

We would appreciate more volunteers to organise short walks, as these are so popular.

Further offers would be welcome.
Please contact:

Shirley Miller, 8940 8573
shirley.miller4@btinternet.com

CREATIVE WRITING

We are looking for someone new to take over this group.

Contact: Marion Head, 8973 1764, marionbornor@googlemail.com

Constitution of Kingston U3A

Our updated Constitution was agreed at the AGM on 6 November 2017, including various items recommended by U3A National Office. We sent it to National Office and the Charity Commission, which accepted it without comment.

However, National Office has since had further discussions with the Charity Commission and HMRC and asked all U3As to amend their Charitable Objects again this year as follows:

New Objects for Kingston U3A:

"The charitable purpose of The U3A is: the advancement of education, and in particular the education of older people and those who are retired from full time work residing in Kingston and its surrounding locality, by all means, including associated activities conducive to learning and personal development."

For comparison, our Objects agreed last year:

"The charitable purposes of The U3A are: to advance education and in particular the education of people not in full time gainful employment who are in their Third Age (being the period of time after the first age of childhood dependence and the second age of full time employment and/or parental responsibility) residing in Kingston and its surrounding locality."

Our Committee was initially not keen to have this further amendment, and I had a discussion with the new U3A Chief Executive, Sam Mauger. She apologised for another change at short notice. She strongly advises us to follow the guidance to avoid future problems with the Charity Commission, our accounting procedures, and our eligibility for U3A insurance and HMRC Gift Aid.

We have therefore agreed to include this item in the AGM for a vote on 5 November 2018. See the full Agenda on the back page of this Newsletter. This will not affect the types of activity which we do, and no other changes are proposed to the Constitution. The full 2017 version is available on our website (archives section) and I will send a copy to anyone who wishes to see it (7 pages).

Membership Database

As advised at the 2017 AGM, we have now moved the Membership Database to the Beacon on-line system sponsored by National Office. This is now used by over 200 of the 1,000 U3As in the UK and is held on a data server in England. Our policies and statements to comply with the General Data Protection Regulation are summarised on the back of your renewal form and in this Newsletter.

Linda Foreman
databasemanager@kingstonu3a.org.uk
020 8390 0109



A Day In Cambridge

Thursday 18th October 2018

Smaller and more compact than Oxford, Cambridge is a cultured pearl in a rich agricultural sea. Set on a river bend, Cambridge has kept its rural feel with cattle grazing within 500 yards of the market square.

We meet our guide at 10.30 a.m. at Coton Orchard, on the outskirts of Cambridge, to buy morning refreshments and will then start the day with a one hour panoramic coach tour of Cambridge to introduce you to the City and its story. The coach tour will include a stop at the tranquil American Military Cemetery to see the mural map of the war in Europe.

We will then set down close to the centre of this pedestrian city and take a short walk to stop for lunch in the medieval market area.

In the afternoon the group will be split into two. Each group will enjoy a visit to King's College Chapel with an



entertaining guided tour and some free time for browsing and shopping. Henry VI founded King's in 1441 making it one of the oldest colleges. The perpendicular chapel - home of the famous choir - is spectacular.

At the end of the afternoon we will regroup and retire to a beautifully converted church to buy tea and a bite to eat before returning to King's College Chapel for Choral Evensong which runs for about an hour. Our coach will leave Cambridge at 6.45 p.m.

Cost: £ 41.25 (includes transport, guided tours and gratuities, no drinks or meals)

Boarding time/point:

8.30 a.m. at Surbiton, Ewell Road, Bus stop 'Telephone Exchange'

8.45 a.m. at Kingston, High Street, opposite The Rose Theatre

Joining: If you would like to join this outing please complete the attached application form and send it together with your cheque for £41.25 pp payable to 'Kingston U3A (GAS)' to Gisela Zürcher-Feiß, 37 The Byeways, Surbiton, KT5 8HT Phone: 8399 4990

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

**World War I
1914-1918 The
Shrouds of the Somme**

15th November 2018

This breath-taking work of art comes to the Olympic Park in November 2018 for ten days only. The shrouded figures, covering an area over 4000 square metres, represent 72,396 British servicemen killed at the Somme, who

have no known grave and the bodies of many of them were never recovered from the battlefield. The display will be truly extraordinary in its impact and



recognition of those who made the ultimate sacrifice.

We have the opportunity to experience this astonishing art installation from the top of the ArcelorMittal Orbit on the 15th of November 2018. We will meet at Waterloo Station at 11.00 a.m.; take the Jubilee Line to Stratford and then walk about 15 minutes to the Olympic Park. On arrival we will have time to buy some refreshments/lunch before going up the Orbit at 1.45 p.m. to view this art installation from above and explore the Olympic Park. At 3.30 p.m. we will gather again to make our way to the restaurant where we will take Afternoon Tea at 3.45p.m. before heading back home.

Cost: £19.90 (includes entrance fee, afternoon tea and tip)

Meeting time/point: 11.00 a.m. – Waterloo Station, outside platform one

Joining: If you would like to join this outing, please complete the enclosed application form and send it together with your cheque for £19.90 pp payable to 'Kingston U3A (GAS)' to Gisela Zürcher-Feiß, 37 The Byeways, Surbiton KT5 8HT Phone: 8399 4990

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

Stonor Park Decorated for Christmas

Thursday 6th September 2018

Stonor Park has been the family home of the Stonor family for over 850 years and is one of the oldest homes still lived in today. Thus it has lots of stories to tell and as well as being architecturally fascinating the house contains a fine collection of furniture, Old Master Paintings, drawings, bronzes, wallpapers and historic maps. A special exhibition details the life of St. Edmund Campion, who was hidden at Stonor during the Reformation. The stunning gardens - first planted in the 15th Century and latterly designed by Lady Camoys - are a treat for visitors to explore, with vistas of the surrounding ancient deer park. A stroll through the house and gardens is a vivid walk through history.



On arrival you will be offered coffee/tea and biscuits and you are then free to explore the house, garden and chapel at your leisure. The house will be decorated for Christmas just as it is for the Stonor family every year and each room has a volunteer who will be delighted to answer your questions and explain the history/details of the house and the various rooms.

There will not be a set lunch but delicious Christmas food and drinks – festive turkey pies, shortbread, mince

pies and mulled wine - will be available at the Stonor Pantry for you to choose as and when you please.

The coach will be ready for us to set off home again at 4.30 p.m. in order to arrive back in Kingston (hopefully) by 6.00 p.m.

Cost: £28.50 (includes transport, entrance fee, morning coffee and tips)

Departure time/point: 9.00 a.m. - Kingston, High Street, opp. The Rose Theatre 9.15 a.m. - Surbiton, Ewell Road, Bus stop 'Surbiton Telephone Exchange'

Joining: If you would like to join this outing please complete the attached application form and send it together with your cheque for £ 28.50 pp payable to 'Kingston U3A (GAS)' to Gisela Zürcher-Feiss, 37, The Byeways, Surbiton, KT5 8HT Phone 8399 4990.

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

U3A/Roehampton University Study Day

Wednesday 24th October

'The Mysteries of Memory' is the intriguing title of a study day put on jointly by the U3A and Roehampton University. The day will be held on the campus and all applicants will receive 'A How to Get Here' pack. Free parking on campus will be available to book with your application. Six speakers will cover a wide range of topics including Memories of Reading and Memories of Fiction; Smart Phone Photojournalism and the Reporting of War; Dance,

Memory and Aging; the Duality of Amnesia and Memory. All speakers are Roehampton University staffers. The day will include tea and coffee on arrival and a light lunch for an inclusive price of £10. Posters and presentations on research at the university will be shown during lunch. The South West London Symposium of U3As is delighted to be able to offer such a fascinating day to our members at a very reasonable cost.



Flyers and application forms will be available at the monthly meetings and on the website in due course. Numbers are limited and the event is open to all London U3As so early application is advised.

Holiday to Cambridge and Suffolk

24-28 April 2018

The skills of organiser Gisela Zürcher-Feiß, and the combination of driver Ron and crew Marie from Euro Rider coaches (on their third Kingston U3A tour), a programme planned by Simply Group, informative guides and thirty U3A members proved a winner for our five-day tour. The dismal feature was the drop in temperature from the previous week and the rain.

Our first stop was at the Wimpole Estate property in Cambridgeshire.

The last owner, Elsie Bambridge, daughter of Rudyard Kipling, bequeathed the estate to the National Trust. Wimpole is a working estate with an impressive mansion, home farm and wonderful displays of garden flowers. From there we drove to our hotel in Newmarket for the next four nights, the Best Western Heath Court Hotel.

As we left the hotel on our second day, we saw many racing horses out for their morning training session. Our venue was Bury St Edmunds. We had the option of exploring St. Edmundsbury Cathedral, to stand among the ruins of the 11th century Abbey of St Edmund, visit the Abbey gardens or proceed to the market.

The Cathedral, originally the Parish Church of St James, became a cathedral in 1914. Since then, the Cathedral has been extended, the latest addition being a vaulted ceiling under the tower. The Abbey, founded in 1020, was once one of the richest and most powerful Benedictine monasteries in England. The market dates back pre-William the Conqueror.

The afternoon was spent at Kentwell Hall and Gardens, near to Sudbury. Before entering the estate, we puzzled as to the breed of an animal in the field, with a thick matted and tangled coat. It was a Poitou donkey. The red-bricked Tudor house, then a ruin, was bought by Patrick and Judith Phillips in the 1970s. It is now back to its former glory. Judith Phillips, an inspired guide with infectious enthusiasm, explained how she had raised four children as well as restoring the property, promoting old crafts and organising historical enactment days. U3A member Barbara thrilled us by playing a Steinway, during the tour.

Day 3 started with a visit to Ely. Oliver Cromwell's house has been recreated to show how the Cromwell family lived. Our guide, Mary, discussed the origin of the name of Ely, the food, clothing and lifestyle of the time. Were you aware that the people wore the same chemise continually and that a 'bum roll' was worn by the ladies to enhance the size of their posterior?

The present Ely Cathedral dates from the 11th century. It is known locally as 'Ship of the Fens' as the Octagon Tower, when lit, can be seen for tens of miles. It is regarded as one of England's most beautiful and largest cathedrals.

From Ely, we went to Cambridge where we had a coach tour of the city followed by a very informative walking tour. We also visited the Cambridge American War Cemetery, built on 30.5 acres donated by the University. Alton Glenn Miller and Joseph Kennedy Jnr are amongst the 5,127 names displayed on the 'missing in action' wall.

Unfortunately, due to the rain, the prospect of sipping a coffee appeared a better option to most rather than exploring Saffron Walden on day four. The town is full of medieval buildings and there was a trail to follow. We then had a choice of visiting Audley End, an impressive Jacobean mansion house, or the oh-so-interesting historic airfield and museum at IWM Duxford.

We departed from the hotel on Day 5, to drive through Constable country. We then walked through East Bergholt, where Constable was born. We saw the bell cage, constructed when work on building the church tower ceased in 1531, which still houses the bells.

These are swung by force of hand. We visited Flatford Mill and the scene of 'The Haywain'. Our final stop, the beautiful medieval village of Lavenham, was our stop for lunch. Rain again resulted in us finding a suitable eating place in preference to sightseeing, in my case, soup in 'The Swan'.

This was an excellent tour, with plenty of opportunities to buy food and drink during the day. Every day was a highlight. Thanks to all those who were involved in creating such a wonderful holiday.

Mauraen Grimwood

Central Surrey Study Days at the Menuhin Hall



Study days are open to all U3A members and guests are very welcome. They are held in the Menuhin Hall, Stoke d'Abernon, starting at 9.30am with registration normally running from 10am to 4pm. The fee, including coffee/tea and biscuits, is £10 for members and £12 for guests. Attendees should bring a packed lunch.

Prior booking is necessary and forms are available at the monthly meetings or from the Surrey Network site:
www.u3asites.org.uk/surrey3anetwork

MAJOR INFRASTRUCTURE PROJECTS

21st September 2018

Speakers: John Kennedy, Alan Dyke & Bernard Gambrill

A day on the three major railway projects of our time: the Channel Tunnel,



which has the longest undersea section in the world, the high speed link from St Pancras to the Channel tunnel which reduces the time taken to get to Paris to just over two hours and Crossrail which provides a high capacity link across London and easier access to Heathrow. All presented by engineers who worked on them and know the inside story.

CREATIVE THERAPIES AND SINGING FOR HEALTH & PLEASURE

19th October 2018

Speakers: Bekah Duncalfe, Rebecca Hitch & Ursula Steiger with the Canterbury U3A Singing for Pleasure Choir

The innate qualities of music can be used to facilitate emotional well-being and communication. This can enhance self-awareness and the awareness of others, improve attention and concentration, promote communication

and improve self-confidence and independence.

The first two speakers work with people with brain injury, dementia and autism. Ursula Steiger has been running an interest group on singing at Canterbury U3A for 10 years and appreciates the health benefits of singing as well as the sheer pleasure of being involved. She is aware of the work of the Canterbury Christchurch University research group on singing and health and gives talks on this subject herself. In her second session Ursula will be accompanied by the 120-strong Canterbury U3A choir.

LANDSCAPE, SOCIETY & AGRICULTURE

How our Food Systems are Shaping the UK

16th November 2018

Speaker: Dr Richard Baines, Royal Agricultural University and Independent Consultant

Waves of early human migration occupied the UK as hunter-gatherer societies. It was not until some 8,000 – 10,000 years ago that early humans discovered agriculture, while in the UK, agriculture has been shaping our landscape and societies for the last 3,500 years. Today we will explore the links between landscapes, society and agriculture in the UK from the start of agriculture to the present day before considering the potential implications of Brexit, Globalisation and Local Food Systems on our society

Social History Group Outing

The Social History group is currently studying the Georgian period (1714-1837), and so far have looked at The Georgian Monarchy and the People, Entertainment, Education, Architecture and Housing and Clothes and Fashion. Each year the group visits a place/s of interest to supplement the meetings and this year is no exception. On 5 July, in the sweltering London heat, 5 members of the group visited both the Sir John Soane Museum and the Foundling Hospital.

Sir John Soane (1753 – 1837), was one of the most inventive architects of his time. He built the Bank of England and Dulwich Picture Gallery, as well as his own extraordinary home by buying, demolishing and rebuilding three houses in Lincoln's Inn Fields. The free museum at Lincoln's Inn Fields – his home as he left it on his death – contains an eclectic collection of items and paintings that he acquired over a long period, which are



The group at the
Foundling Museum

displayed in a creative and fascinating way. A real Aladdin's cave which has to be seen to be believed!

After a very nice lunch, taken in the Brunswick Centre, the group went to Coram Fields where The Foundling Museum explores the sad history of the Foundling Hospital, the UK's first children's charity, which took in children whose parents, often a single mother, could not look after them. The museum includes the first public art gallery. A good day was had by all.

Jane Breach

New Venue For Kingston U3A Singers

Kingston U3A singers have a new home: Glenmore House, 6, The Crescent, Surbiton, KT6 4BN. There is ample parking on site and we are a short walk from Surbiton Station and the bus stop outside Waitrose, which is served by many different routes. Rehearsal times have not changed – 10.30 to 12.30 on Thursday mornings - and there are places available in all voice ranges.

We offer a friendly welcome with no audition, just a month to see if you'd like to join, and you don't have to be able to read music. The work is varied from Classical through to Folk and is mostly sung in 4 parts. The cost is £40.00 per quarter with music provided.

If you'd like to come along and join in, please contact any member of the Singers or: Helga Randall – 0208 397 8712. We'd love to see you.

Science and Engineering Group in a smart room in the Guildhall



Ever eager for experiments, the Group, which normally meets in members homes, tried out the Community Room in the Kingston Guildhall for our July meeting.

Members gave short talks on the European Space Agency Sentinel satellites, the USA GPS satellites and how they are used to enable location finding anywhere in the world, and an explanation of lunar and solar eclipses.

Until recently the Guildhall room was a Council Members' Room. It can now be booked FREE by community groups and charities such as U3A. It is on the first floor of the Guildhall, entrance near the Coronation Stone. Lifts are available.

The room has chairs around an oval table and is suitable for discussion groups, book groups etc for a maximum of 14 people.

If any Group Leader would like more details of the facilities and how to go about booking, contact Linda Foreman.

There is another room which can be used by U3A groups, free of charge, the John Lewis Community Room. Situated on the third floor of John Lewis, near the Baby Department, it is a large and comfortable room with two seating options. You can choose to sit around a table or opt for a less formal arrangement at the other end of the room which offers a seating area with sofa, armchairs and occasional tables. There are coffee making facilities.

Any Group Leader wishing to investigate further or to make a booking should contact lene.wood@staywellservices.co.uk



Kingston University of the Third Age
Twenty-seventh Annual General Meeting

1.30 pm Monday 5th November 2018

Mayo Hall, United Reformed Church,
Eden Street, Kingston upon Thames

Agenda

1. Apologies
2. Minutes of AGM 6th November 2017
3. The Chair's Report
4. The Treasurer's Report
5. Approval of the Examiner
6. Amendment of Charitable Purposes clause of Constitution
7. Election of the Executive Committee for 2018-2019
8. Any other business
9. Date of next AGM