

Kingston u3a News Bulletin September 2024 No 62

(Sent out on 30 August 2024)

I hope you have all had a pleasant summer and enjoyed the fine weather we have had recently.

We have some good news. One of our members, Lili Cook, has kindly agreed to take on the role as Speaker Secretary for a six-month trial period. She is currently working on a programme of speakers for our monthly meetings for the early months of next year. Many thanks for doing this, Lili. It will mean a lot to many of our members.

The Third Age Trust has lots of online talks planned for September and October and the **u3a** London Network has a Wellness Event you may be interested in.

We've listed the details of the last four monthly meetings and speakers for 2024. January 2025's meeting will, as usual, be our annual quiz.

An early reminder that on Monday, 4 November we'll be holding our annual general meeting just before our usual monthly meeting. If you haven't done so already, please fill in the nomination form which was in our Autumn Newsletter. We are still looking for volunteers to become executive committee members and help with the administration of Kingston **u3a**.

Many thanks.

Joy Garvey
Chair

Group News

An update to our group details:

Cook Swap Shop

Following the death of Gill Pickup, Sue Roberts is taking over as group leader and future meetings will be held in Long Ditton.

The group would welcome one or two new members. If you are interested, please contact Sue for further details: 07931 357244 or susanrobertssw19@gmail.com.

Membership Renewals

Thank you to those of our members who have already renewed their subscriptions.

If you already pay your **u3a** subscription by bank transfer or standing order, a big

thank you as well.

Many of you still pay by cheque or cash and fill in your renewal form accordingly. Each cheque now costs us 40p to process and involves a lot of time-consuming bureaucracy for Marcia Mayeda and Chris Cheek (membership and database), and Helen Brett (finance). We'd be grateful if you could please pay your renewal by standing order or online bank transfer.

It is easy to set up a standing order and you'll only have to do it once. Each year the bank will then automatically pay your subscription renewal. You can do it now, setting the payment date as 1 October.

Our bank account details are:

Account Name: Kingston u3a

Sort code: 40 26 12

Account Number: 11441027

Reference: Your membership number, your surname and first initial, eg 9876 Smith J

If you're not sure of your membership number, please email the database team: database@kingstonu3a.org.uk or membership@kingstonu3a.org.uk.

Thank you.

Kingston u3a Singers: Christmas Concert

A date for your diaries. The Christmas concert will take place at 7.30pm on Saturday, 7 December at the Richard Mayo Centre in the United Reformed Church where the monthly Kingston **u3a** meetings take place.

Tickets (£10) will be available closer to the time or on the door. It will be nice to see you all again for our seasonal programme – again a varied selection of songs.

Helga Randall

u3a Online Events

The Third Age Trust is hosting some online talks in September and October, which may be of interest to you.

You can see them all listed on the national [u3a](#) website, along with dates and times. These events are usually free of charge.

September

- [Flight Inspirations Aviation Meeting: WWI Aviation](#) – 10am Tue, 3 Sep

- [u3a Yoga Network for Group Leaders: Online Workshop](#) – 10am Mon, 9 Sep
- [Mods versus Rockers: A 1960s 'Moral Panic'?](#) – 2pm Thu, 12 Sep
- [City Streets, Scottish Islands and Silhouetted Hills: Bet Low \(1924-2007\)](#) – 2pm Fri, 13 Sep
- [Exploring World Faiths: Charity](#) – 10am Mon, 16 Sep
- [Staying Safe Online: A u3a Presentation with Q&A](#) – 10am Tue, 17 Sep
- [Artificial Intelligence News: September](#) – 2pm Mon, 23 Sep
- [Introduction to Cryptic Crosswords](#) – 10am Tue, 24 Sep
- [Barnsdale Gardens](#) – 2pm Tue, 24 Sep
- [Mindfulness and Meditation Series](#) – 10am Wednesdays, 25 Sep-30 Oct
- [Upgrade your Brain](#) – 2pm Wed, 25 Sep
- [The Secret Lives of Garden Bees](#) – 2pm Thu, 26 Sep
- [Decimals Numbers Old and New with Dr Knott](#) – 2pm Thu, 26 Sep

October

- [The Unification of the British Isles: A Lesson in Geology](#) – 2pm Thu, 3 Oct
- [Vincent van Gogh: A Personal Journey through the Places He Painted](#) – 2pm Fri, 4 Oct
- [Visualising Statistical Concepts](#) – 2pm Thu, 10 Oct
- [The Vital Role Chemistry has to Play in Saving our Planet](#) – 2pm Fri, 11 Oct
- [Food, Foresight and the Future of Farming](#) – 11am Fri, 18 Oct

London Region Network

Online Talks

The Online Talks Programme is still taking a summer break. Plans for next October to March are currently under discussion.

Events

- [Wellness Event](#) – Wed, 9 Oct

A day of talks and practical taster sessions led by qualified instructors in Yoga, Pranayama, Tai Chi, Qi Gong and Pilates.

You will have the opportunity to gain a better understanding of the different aspects of Yoga – with an outline of its brief history, Yoga philosophy and a brief description of the different styles of Yoga in the present day.

Pilates exercises will be presented as a contrast to Yoga, including its basic

principles and a brief history of its development.

Introduction to Tai Chi and Qi Gong will be presented, before moving on to the practical movements and forms.

For details of the programme, the cost and to find a link to the booking form, please go to [Wellness Event](#).

Study Day: Treasures of the Wallace Collection – Tue, 12 Nov

A day of talks by experts on different topics relating to this prestigious national art gallery. It includes an opportunity to visit the collection. Details to follow later but make note of the date, if you are interested.

This information is also available on the [London Region](#) website.

Surrey Network: Study Days

Study days have been arranged in the coming months.

Time: 10am-4pm (registration and login begin at 9.30am)

Dates: See programme details below.

Place: You can attend in person at the Menuhin Hall, Stoke d'Abernon or join online via Zoom.

Cost (including tea/coffee biscuits): £12 for members and £15 for guests attending in person. Attendees should bring their own packed lunch. £12 for those attending via Zoom.

Programme

- [Understanding AI and its Repercussions for Society, Now and in the Future](#) – Fri, 20 Sep
- [History of Photography and Modern Developments](#) – Fri, 18 Oct
- [Understanding Lowry: The Man, his Life and his Work](#) – Fri, 15 Nov

Some dates are already listed on the website for planned study days throughout 2025, although booking will not open until nearer the time. Study days are always on a Friday:

- 21 Mar: Exploring Johann Sebastian Bach's St Matthew Passion
- 16 May: The Asian Century?

This information is also available on [Surrey Network](#)'s website.

Kingston u3a: Monthly Meetings

Meetings are held at the United Reformed Church (URC) in Kingston on the first Monday of each month unless it is a bank holiday. Doors open at 1.30pm for a 2pm start. Please arrive promptly for the start of the meeting. Entrance fee is £1. Tea/Coffee and biscuits are available at the end of the meeting.

At each meeting we have a book-swap stall where you can leave any good books you've read and would now like to dispose of and/or pick up one or two that someone else has brought in.

Monday 2 September, 2pm

The Legend of Nancy Wake, the White Mouse – Paul Barwick

The story of a secret agent during WW2, from humble beginnings to the Nazis' most wanted spy and her ability to escape them – a story of tremendous bravery.

Monday 7 October, 2pm

The Anti-Vaxxers – Tony Cartwright

Kingston **u3a** member Tony looks at the history of the anti-vaccination movement, which dates back to 1860 when smallpox vaccination for children was made compulsory and failure to comply could lead to a jail sentence. The National Anti-Vaccination League was formed, had widespread support and remained active for around 100 years.

Tony's latest book, *A History of Vaccines and Antivaxxers: Myth vs Reality*, will be published in November.

Monday 4 November

1.30pm: Kingston u3a Annual General Meeting

2pm: To Journey's End: The Life of R C Sherriff – Pete Allen

Director of the R C Sherriff Trust, Pete Allen, returns to tell the story of how a shy insurance salesman from Hampton Wick wrote *Journey's End*, one of the most moving and true accounts of life in the trenches of WW1. He went on to become one of the most highly paid screenwriters in Hollywood.

Monday 2 December, 2pm

Great Ormond Street Hospital – Alan Doig

Alan is an ambassador for Great Ormond Street Children's Hospital Charity. His talk describes the past and present role of the hospital, one of the top three children's hospitals in the world.

Winter 2024 Newsletter

We are looking for contributions to our next quarterly newsletter which will be out in November. We're always happy to receive articles on topics such as:

- reports from your group
- outings and visits
- poems
- stories
- recommendations for books, programmes on TV, radio or online, box sets.

Photos (with captions) are always welcome and brighten up our pages.

Please send any contributions to Susan by Thursday, 10 October at newsletter@kingstonu3a.org.uk.

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The next Kingston **u3a** news bulletin will be emailed to you in early October. Please forward any contributions or suggestions by Friday, 20 September to Susan Hinchliffe at communications@kingstonu3a.org.uk.

In the meantime, please check the [Kingston u3a](http://Kingstonu3a.org.uk) website regularly. Many thanks.

Changing your Membership Details

If you change your address, email or telephone/mobile number, please let Chris Cheek know at database@kingstonu3a.org.uk. Chris is also able to change your preferences for receiving post or emails, or the *Third Age Matters* magazine.

Changing Group Details

If you spot any mistakes or need to make any of the following changes to the Groups & Contacts list which is published in the quarterly newsletter:

- a group's name
- meeting times and locations
- a group leader's contact details

please let Keith Maund know at keithmaund@outlook.com. He keeps a master copy of the spread sheet which contains all this information and passes it on to the newsletter editor, Susan Hinchliffe, and the webmaster, Diane Wilson. Thank you.