



## Bearsted & District u3a Monthly Reminder May 2023

Welcome to the May 2023 Monthly Reminder, which is being distributed to all members either via e-mail or paper copy. This month's meeting will be held in Detling Village Hall on Thursday 11<sup>th</sup> May starting at the usual time of 2 pm.

### Car Sharing

Those who regularly attend monthly meetings will know that parking in Detling can be difficult. It would therefore be helpful to others if members would consider whether car sharing is an option. Perhaps you know another member who lives near to you and also attends meetings. We know that some of you already do this but many may not have considered this as an option. Car sharing would not only benefit members but also the local community.

### Chair's Chat

**My chairs chat this month is just a reminder of what we, as a u3a are all about.**

### **Our Vision**

Our Vision is to make lifelong learning, through the experience of u3a, a reality for all third agers.

### **Our Mission**

Our Mission declares our purpose as an organisation and serves as the standard against which we weigh our actions and decisions. It is to:

- Facilitate the growth of the u3a movement.
- Provide support for management and learning in u3as.

- Raise the profile of the u3a movement.
- Promote the benefits of learning in later life through self-help learning.

## **The Principles of the u3a Movement**

The u3a movement is non-religious and non-political and has three main principles:

### **The Third Age Principle**

- Membership of a u3a is open to all in their third age, which is defined not by a particular age but by a period in life in which full time employment has ceased.
- Members promote the values of lifelong learning and the positive attributes of belonging to a u3a.
- Members should do all they can to ensure that people wanting to join a u3a can do so.

### **The Self-help Learning Principle**

- Members form interest groups covering as wide a range of topics and activities as they desire; by the members, for the members.
- No qualifications are sought or offered. Learning is for its own sake, with enjoyment being the prime motive, not qualifications or awards.
- There is no distinction between the learners and the teachers; they are all u3amembers.

### **The Mutual Aid Principle**

- Each u3a is a mutual aid organisation, operationally independent but a member of The Third Age Trust, which requires adherence to the guiding principles of the u3a movement.

- No payments are made to members for services rendered to any u3a.
- Each u3a is self-funded with membership subscriptions and costs kept as low as possible.
- Outside financial assistance should only be sought if it does not imperil the integrity of the u3a movement.

I am sure you share with me what an amazing thing it is to belong to our Bearsted and District u3a, where we are able to spend our time with amazing people and enjoy the incredible things we do.

Kind regards

*Jenny*

Jenny Akehurst

Chair - Bearsted & District u3a

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### [Speaker Secretary \(Richard\)](#)

Please note that Speakers may be subject to change at short notice and it is worthwhile checking our website for the latest information.

### [Social](#)

May we remind everyone that committee members are considering whether a social sub-committee should be set up with a view to organising events such as coffee mornings, coach trips and other occasions. Members are invited to help in this. If you would like to be involved in increasing the scope of u3a activities in this way, please contact Damian, the Reminder editor, via the website and he will make sure that your interest is noted.

## Interest Group Co-Ordinator's Update (Linda)

I have continued to visit our varied interest groups and during April I met with members of the Singing for Fun, Making Music Together and Table Tennis groups. It's a great opportunity to chat with members and find out what they enjoy doing. Some belong to only one or two interest groups but some belong to 7, 8 or more. Some people just belong to the activity groups like Table Tennis, Ten Pin Bowling and Walking while others belong to many of the History groups, Family History, Local History and Ancient History.

It's good to indulge our specific interests but u3a gives us an opportunity to try something new. So don't be afraid to contact a group that might interest you to arrange a visit to see what they do. You might be pleasantly surprised. We are always looking to increase our number of Interest groups which are at the heart of what u3a is about so, if we don't offer something you are interested in, please contact me because others might be happy to join you and start up a new group.

I was very pleased to be asked by a new member to see if there is any interest in a **Village Visits** group. An opportunity to explore some of the interesting villages around our area and find out a bit more about them. A chance for a pub lunch too if you wish.

The **Family History 2** group has quickly established itself with 5 members. It meets in the morning of the 4th Tuesday of each month.

The **Cryptic Crossword** group is looking for a few more members. If you want to find out the secrets to solving cryptic clues then join them on one of their fortnightly meetings on Tuesday mornings.

Two members are also keen to start an **Art** group so, whether you are a total beginner or an experienced artist, you might like to join this group.

Is anyone interested in **Metal Detecting**? Have you got a detector? Perhaps you can help a new group get started.

Our **Art Appreciation** group has now had its first meeting and will be meeting on the 4th Thursday of the month in the afternoon. There are still a few spaces available.

If you have received the Spring edition of Third Age Matters you might have read the article about **Pickleball**. It's certainly got a few of our members talking. If you're interested too in trying this sport which is a blend of tennis, ping-pong and badminton we might be able to get a group started.

If you are interested in any of these groups or just want to find out any more information you can contact me via the website <https://u3asites.org.uk/bearsted/groups>. Go to the blue pigeon on the right-hand side of the page and click on Interest Groups Coordinator to send me a message. Alternatively, you will find me at monthly meetings in Detling.

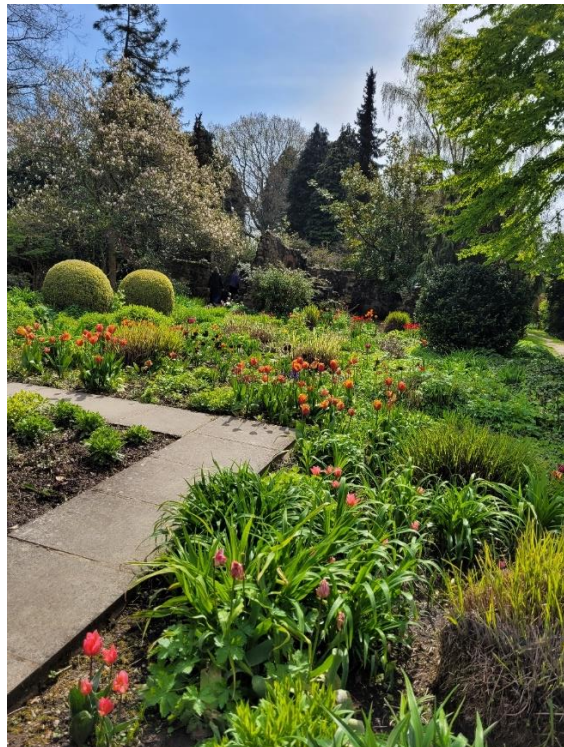


## Group Activities

### Local History 2 (Carol)



Local History group 2 had their first outing on 27<sup>th</sup> April, to Great Comp Garden. Beautiful colours from the spring showers plus blue skies.



### Members on their Own (MOTO) Group (Caroline)

The MOTO group had a great day out in France. It started well by getting an earlier train than originally planned. We arrived to OK weather but it got better and better. It was so sunny we were walking around without coats.

After deciding Boulogne was not for us we found a lovely small town on the coast called Wimereux where we had a good lunch. Seabass for Rosemary and Sue and steak tartare for me.

We then drove along the coast and found a beautiful village called Ambleteuse (or something similar) where we had coffees outside. After continuing our coastal drive to stunning views, we called in at Cite Europe for a quick shop.

We made the train on time despite going around roundabouts a hundred times as we found the directions very confusing.

A really fun day.

### **Making Music Together (Joy)**

We continue to meet at the Holy Cross Church Hall in Bearsted. We have been asked to play at Harrietsham Primary School and at our last meeting practised some pieces to play there.

Following our change of name from OMG to Making Music Together we have had some fliers printed. Thank you, Dan. The flier has been posted on Bearsted U3A Facebook. Members are distributing these in any groups they belong to within and outside of the U3A. Bearsted Parish Council have also agreed to put them up around the village. New members always welcome.

### **Lunch Bunch (Nigel)**

This month's Lunch Bunch meeting will be at the Yeoman Restaurant, Ashford Road, Bearsted ME14 4BT on Tuesday 23rd May at 12:15 for 12:45.

### **Lost Property**

The librarian at Bearsted Library has found a red umbrella in the library meeting room. Some of our groups meet there so it is possible that it belongs to a member of the Bearsted and District u3a. Please let the librarian know if you think it is yours.

### **Emergency contact details**

Members are reminded to keep their emergency contact details up to date. If you need to make any changes, please let Claire know via the website.

## Share your Knowledge!

We know that many of you have hidden talents and so we would be interested to know whether anyone would like to make a presentation at our monthly General Meeting. Full support will be given so if you would like to share knowledge accrued in your working life or that reflects your interests, please let Richard or Jenny know through the usual channels.

## Contributions from Members

### **This month's Quiz. Subject: Elementary my dear Watson (Damian)**

- 1. What were understood to be the only elements in ancient and medieval times?**
- 2. Name the element most plentiful within the Earth's geosphere.**
- 3. There are three elements which form the majority of matter in the human body. Name them.**
- 4. What element is the most abundant in the air?**
- 5. Which element was discovered first via a spectrograph of the Sun?**
- 6. Name the most abundant element in the universe.**
- 7. Which element was used to paint the dials of clocks and watches in order to make them luminous?**
- 8. Who discovered this element?**
- 9. What other element was discovered by this person?**
- 10. Which element was the first to be artificially created?**

### *Answers to last month's quiz*

- 1. Who got hit in the eye by an arrow at Senlac Hill? Harold II Godwinson, though many scholars consider the person being felled by a sword near his name on the Bayeux Tapestry to be Harold.**





2. A legend concerning King Alfred says that he was berated by the wife of a peasant for allowing cakes he was watching to burn. In which English county did this occur? An extra point if you can give the name of the place it is reputed to have happened. **Somerset – at the Isle of Athelney.**
3. Who died in 735 AD and now enjoys fame as the first English historian? **The Venerable Bede.**
4. Which king is reputed to have ordered the tide not to come in? **King Canute, the second Danish king of England (after Swein, his father, who interrupted the reign of Aethelred Unraed).**
5. It is said that it will rain for forty days and forty nights if it rains on which saint's day? **St Swithun, bishop of Winchester who died in 863 AD.**
6. What is the name of the Saxon hero who defied the Normans on the Isle of Ely and in the fens. **Hereward the Wake.**
7. What were the names of the two brothers said to be the leaders of the first Anglo-Saxon invaders of Britain? **Hengist and Horsa.**
8. Give the name of the king who was responsible for the construction of the famous ditch which served as the border between England and Wales. **Offa of Mercia.**
9. Which king, who died in 616 AD, allowed Augustine to convert his people to Christianity? **Aethelbert I of Kent, reputedly a descendant of Hengist.**



**10. King Edgar, known as the Peaceable, is thought by some historians to be the first English king to be formally crowned at a coronation ceremony. Where in England did this take place? For lots of extra points, do you know the date and if so, why is it significant in the 21<sup>st</sup> Century? King Edgar was crowned at Bath Abbey on 11<sup>th</sup> May 973 AD. 1,050 years later, to the week, King Charles III will be crowned (a coincidence...?).**

## Request for Contributions

Everyone is invited to make a contribution to the next Reminder or to comment on this one. Please contact Damian via our website. Book groups might like to send a photograph of the cover of a book they have been reading; or you might like to submit a picture of a member carrying out a u3a activity.

Many of you subscribe to "Third Age Matters", the magazine of the national u3a. Members are invited to contribute their thoughts to The Reminder on any interesting articles they read there. If you wish to do so, please let Damian know via the website.

## Website

Dan, who is responsible for our u3a's publicity, would like members to send him any particularly attractive photographs of Bearsted that they think would be appropriate for the Welcome page of the Bearsted and District u3a website. If you have any, please contact him using the publicity link on the contact page of our website. He will give instructions on how to submit them.

Up-to-date details of our u3a are on our website. For access use the link: <https://u3asites.org.uk/bearsted/home>

The national u3a newsletter is full of useful and interesting things you can become involved in, including podcasts. All u3a members can now obtain access to national newsletters from the u3a website available at <http://www.u3a.org.uk/newsletter>. It is easy to create an account to use it. If you want to listen to u3a radio podcasts, you can do so by accessing the [u3a YouTube channel](#). **Please note: should clicking on any link not work simply cut and paste the link into your browser.**

## Deadline for Contributions to the June 2023 Reminder (from Damian)

Please note that the **deadline** for contributions to the June 2023 Reminder is Friday **19<sup>th</sup> May because I will be on holiday** and will need to issue the Reminder around 26<sup>th</sup> May. The committee will need to scrutinise a draft before issue so prompt responses would be appreciated. Also, some of our members are not online and so time needs to be allowed for them to receive paper copies by post. It would be appreciated if any contributions could be submitted in WORD format.

Members will not need reminding (although we are going to do so), that we do not use members' surnames in The Reminder for privacy reasons.