

Message from the Chair.

Dear Friends,

We celebrate and welcome the 43 new members who joined us at our Open Day on Thursday 18 May. Brilliant result! Thank you for the hard work that so many of you put in, led by Mary Laslett, to organise our annual showcase of u3a Canterbury interests and activities. Keeping the momentum going to recruit both new members and new course leaders is vital for the continuing good health of your u3a. Any feedback on how the day ran is welcome as we start the planning process for next year. The more volunteers that are available, the more enjoyable the day becomes for all of us. Please make a note of the date: Thursday 9 May 2024.

Continuing the theme of volunteering; the role of minute secretary remains unfilled on our Executive Committee; can you help us please?

My wife, Pauline, and I thoroughly enjoyed the “History & Heritage of Swansea & South Wales” five day coach holiday in May. The week was skilfully led by Helen Natrass. Great camaraderie and fellowship were the hallmarks of the week. Please do consider joining us on the next coach holiday in September, when we are off to Hampshire and the Isle of Wight.

I look forward to seeing you all on Wednesday 14 June, at St Mary Bredin, for our next monthly meeting. The talk is intriguingly titled ‘Passports, Assassins, Traitors and Spies’. Please note that we like to start monthly meetings promptly at 2.00 p.m.

Robin Terry

☆☆☆☆☆

Important Dates

Wednesday 14 June 2 p.m. Monthly Meeting at St. Mary Bredin Church, Canterbury.
Speaker: Martin Lloyd: ‘Passports, Assassins, Traitors and Lies’.

Wednesday 12 July 2 p.m. Strawberry Tea at St. Mary Bredin Church, Canterbury.

☆☆☆☆☆

Our Amazing Open Day

The first thing that needs to be said is a massive ‘Thank You’ to everyone who gave their time, ideas and enthusiasm to this venture. Members, tutors and activity leaders, coordinators and committee members all worked extremely hard to make this day the success it turned out to be. Especially thanks must go to the membership team, Mary Laslett, Lizzie Arrow and John Wetherell for their inspirational leadership and tireless efforts and to the Hospitality team who were on hand with refreshments throughout the very long day.

The exhibitions and demonstrations, the music, dancing and singing all were brilliant and raised a lot of interest among the many visitors. 43 new members and counting—well done all! I am proud to belong to Canterbury and District u3a.

Ursula E. Steiger

☆☆☆☆☆



A spring photo from the Welsh holiday

u3a Interest Sharing Cinema Group

NOTE: — REVISED LINK: — <https://thegulbenkian.co.uk/events/under-the-fig-trees/>

I am delighted to announce the next u3a Cinema Event.

WHEN: Saturday 10 June at 3.00 p.m.

WHERE: Gulbenkian, University of Kent, Canterbury, Kent, CT2 7NB

Plenty of free parking

The event is advertised to the public 'in partnership with u3a Canterbury'.

FILM TITLE: **Under the Fig Trees**

Among the trees, young women and men working the summer harvest develop new feelings, flirt, try to understand each other, find—and flee—deeper connections. There is no guest speaker for this one but u3a members could stay afterwards for an informal discussion about the film if any member would be happy to lead this?

u3a members can benefit from a promo code U3A£5 giving access to a £5 ticket.

When you click book, a promo-code box appears; enter the code and then click the small grey arrow so that the code appears in the top right of the screen. The £5 ticket won't appear straight away but if you select a full priced ticket and click 'Add to Basket', the £5 ticket will show up in the basket.

The café will be open from 1–6 p.m. and tables can be booked by emailing gulbar@kent.ac.uk.

Robin Terry, u3a Chair

☆☆☆☆☆

Walks for the Summer

Note we do not include personal details in this version. Your personal copy has them.

Thursday 15 June at 10:30. Goodnestone Park CT3 1PL

Join us for Jane Austen's 'Serpentine Walk' (just under 4 miles) around Goodnestone Park, where Jane used to stroll when visiting her brother.

A very nice café awaits us afterwards. 18th Century dress optional, but walking boots would be a good idea.

TO BOOK YOUR PLACE please contact Penny Stevens by email or text and leave a contact number.

☆☆☆☆☆

Friday 30 June at 10:30

A 5-mile walk from Oare Gunpowder works Country Park, ME13 7UD, which is near Bysing Wood, Faversham, to Oare, around the sea wall to Uplees and back, mostly along footpaths across fields.

Refreshments available at the café by the Creek or The Castle pub after the walk.

TO BOOK YOUR PLACE please contact Janet Batson either by email or telephone and leave a contact number.

☆☆☆☆☆

Tuesday 11 July at 10:30

Botany Bay Hotel, Kingsgate Ave, Broadstairs. CT10 3LG.

5½ miles

Ever wanted to see John Buchan's actual thirty-nine steps? Or where Billy Bunter lived? Or where 1920s Hollywood golden couples spent their honeymoon? Then put on your walking boots and meet me outside the Botany Bay Hotel. After our walk, we can lunch or have a coffee overlooking the sea.

TO BOOK YOUR PLACE please contact Penny Stevens by email or text and leave a contact number.

☆☆☆☆☆



Tyntesfield, a Gothic Revival house in north Somerset, with its topiary. visited on the u3a holiday

Farm Walk

On 9 May 19 members joined Gary Walters of Highland Court Farm, Bridge situated on the outskirts of Canterbury who led a very interesting and informative guided walk around the farm. A family-owned company, founded in 1928 when Walter K. Whigham bought Higham Park, renaming it Highland Court Farm.

We were led through apple orchards which produce fruit mainly for the supermarkets and saw how the trees had been trained along cordons in preparedness for mechanised picking in the future.

Long distance views from The North Downs way were admired by the group before we returned to enjoy a welcome coffee!



Pam Godden

A Happy Holiday ...

Touring through Swansea & South Wales, 8–12 May 2023



Disembarking at Caldey Island, and visiting the lighthouse.



... And Helen spreading a little magic at Tyntesfield.



Veteran Canterbury u3a coach travellers are a coach driver's dream as we all turn up very reliably by 7.45 a.m. Armed with Ursula's huge box of sweets we set off.

Helen established herself in the front seat, like all good coach group leaders, and clearly set the scene with the warm but firm tone that we have become accustomed to! She had written an 18 page guide, 'The Ground under our Feet, Rocks on our Journey and Rocks in South Wales' which she distributed as we headed to Avebury, our first destination. Were we expected to do an exam at the end of the holiday? Thankfully not; however we marvel at Helen's commitment to u3a holidays.

En route we were treated to a talk by another u3a member, historian and author, Doreen Rosman, on the Avebury Stones, Manor and Garden. The visit to Avebury Manor made an impressive start to the holiday. We were also privileged to hear Doreen's introduction to Tyntesfield on the return journey.

The other venues were Cardiff Castle, St Fagan's National Museum of History, Tenby including Tudor Merchant's House, Island of Caldey, Swansea University Egypt Centre, National Waterfront Museum, and Oystermouth Castle. Our Blue Badge guide transported us into the Counties we were visiting in an entertaining and informative way—and with an impressive Welsh accent; I thoroughly enjoyed each visit.

u3a coach tours are always busy and you feel that you have enjoyed unique experiences as a result of the quality guides, u3a group camaraderie, and shared interests. My wife, Pauline, and I are always grateful to be introduced to places which we find we would love to return to and recommend to others.

Join us on Helen's next tour (Hampshire & the Isle of Wight) in September!

Robin Terry (Chair)

Summer Programme Opportunities

Thursday 22 June 15.00

Come and speak German in an informal setting with Dorothea Pragnell and Barbara Rogers.

VENUE: Blean. MAXIMUM NUMBER: 10

Free parking in the road, buses to Whitstable. Get off at the Chapel Lane stop.

CONTACT: Barbara Rogers by phone or email.

Charity Shop Bonanza

After several requests, I am repeating this event on Tuesday 11 July.

We will be meeting outside St Peter's Methodist Church in the High Street at 10.30 a.m. and introducing ourselves to each other. You will then have the chance to browse through the many charity shops and find a gift/gifts for up to £6 for one of the participants. Names will be drawn out of a hat beforehand.

Bring a carrier bag, some old wrapping paper/newspaper and some tape/string. We'll then be meeting up in the Green Room (café) at the Marlowe Theatre at 12 noon and having a bite to eat and exchanging gifts.

NUMBER OF PARTICIPANTS: 6–8

Barbara Rogers by email or phone

★ ★ ★ ★ ★

Taster Session for Laughter Yoga

LEADER: Tim Landsman. This is a taster session for anyone interested in the above, which will run in the autumn programme. If you are not sure that it's for you, come and find out.

WHEN: Tuesday 27 June, 2.30 p.m. WHERE: St Peter's Methodist Church Hall, St. Peter's Street, Canterbury

TO BOOK A PLACE: Contact Tim on by email

★ ★ ★ ★ ★

Autumn Holiday to Hampshire and the Isle of Wight

For our autumn holiday, 3–7 September, to Hampshire and the Isle of Wight, all the no-single-supplement single rooms have now been taken up. There are still twin/double rooms available at the advertised price. Having checked with our travel agent, these twin/double rooms could be occupied as singles with a single-supplement charge. Please get in touch with me if you would like to come. We could do with a few more people to make sure the holiday happens.

Helen Natrass, [by email](#) or phone

★ ★ ★ ★ ★

Thought provoking

I'm very ugly
So don't try to convince me that
I am a very beautiful person
Because at the end of the day
I hate myself in every single way
And I'm not going to lie to myself by saying
There is beauty inside of me that matters
So rest assured I will remind myself
That I'm a worthless, terrible person
And nothing you say will make me believe
I still deserve love
Because no matter what
I'm not good enough to be loved
And I am in no position to believe that
Beauty does exist within me
Because whenever I look in the mirror I always think
Am I as ugly as people say`?

Now, read this **again**, starting with the last line and continuing to the top.

By Abdullah Shoab, submitted by Janet McBride