
Please note that we **do not** include personal contact details in this web version of the bulletin. You will need to see your own copy (sent by email or post) for contact details.

Message from the Chair.

Dear Friends,

Much is being written in newspapers and social media about retired people, who no longer have the daily grind or comfort of a job (depending on your perspective), but have free time on their hands that they find difficult to fill. We (who have retired) still have the capacity and more importantly the willingness, to offer something to others. All villages and towns have groups with special interests who could benefit greatly from the expertise and experience of the retired; and of course, u3a, is a great example and offers a range of opportunities.

Many of us define ourselves by our careers (in my case, packaging) and so to stop work feels like a loss of identity, recognition, and we lose a personal network to some extent.

However, we can continue to thrive, and feel valued, by offering our skills and time. Local organisations are often short of help, and u3a is no exception.

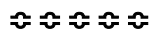
For instance; are you free on 16 March? See Ursula's invitation. I hope to meet many of you there.

Are you skilled in the field of recruitment? We need help to recruit and maintain a healthy level of membership.

Indeed, thank you to all those who have renewed your membership for 2023–24.

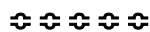
Personally, I currently fulfil a range of voluntary roles. In truth, too many; so that I am inevitably behind and creating delay with some projects. Please feel free to contact me if you would like to share thoughts and explore my thinking. Discussion fuelled by coffee and cake helps naturally.

Robin Terry

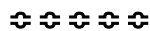


Important Dates to remember

Monthly Meeting, Wednesday 8 March: 'Fashion, Fury and Feathers—The Founding of RSPB' by Tessa Boase. St. Mary Bredin, 2 p.m. prompt.



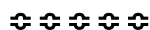
Thursday 16 March: 11 to 12.30 Workshop with coffee and cakes for potential new tutors and activity leaders. St Peter's Methodist Church Hall, St Peter's Street, Canterbury.



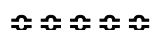
Friday 17 March: Closing date for Membership renewals.



Wednesday 12 April: Annual General Meeting: 2pm, St Mary Bredin Church, Nunnery Fields, Canterbury.



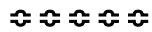
Summer Programme. Please note that Summer Programme courses and activities will be published in the News Bulletins from March to August on a monthly basis. They are generally free of charge and most often bookable through the tutor or leader. Please check each monthly Bulletin for repeat notifications and new opportunities. Once an event is full it will not be advertised again.



Riviera Travel — a reminder

If members arrange a holiday through Riviera Travel; they will give 10% back to u3a, *providing* they mention Canterbury u3a when booking.

To book, to check availability or to request a brochure, call 01283 248304 or visit U3Ariviera.co.uk



u3a Interest Sharing Cinema Group

It was good to see a number of us enjoying *Baby Face* (a pre-code 1933 risqué Hollywood Film) at the re-launch of the u3a Cinema Group hosted by The Gulbenkian on 18 February. The film starred Jean Harlow and Barbara Stanwyck.

Indeed one of the notes of thanks summed up the afternoon perfectly as 'tremendous fun'.

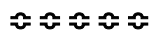
Pamela Hutchinson, film writer and critic, introduced the film and hosted a Q&A session after the showing. This was a real treat as her passion and interest in cinema shone through.

Both the restaurant staying open until 6 p.m. and free parking was much appreciated.

I am now liaising with The Gulbenkian to arrange future film screenings and will communicate to you all as soon as I have details.

Thank you for supporting the re-launch.

Robin Terry, u3a Chair



The Top 1 per cent—Us!

This group was born between 1930 & 1946, a 16 year span. In 2022, the age ranged between 76 & 92. Interesting Facts: *You are the smallest group of children born since the early 1900s. *You are the last generation, climbing out of the depression, who can remember the winds of war and the impact of a world at war that rattled the structure of our daily lives for years. *You are the last to remember ration books for everything from gas to sugar to shoes to stoves. *You saved tin foil and poured fried meat fat into tin cans. *You can remember milk being delivered to your house early in the morning and placed in the 'milk box' outside. *You are the last generation who spent childhood without television; instead, you 'imagined' what you heard on the radio. *With no TV until the 1950s, you spent your childhood 'playing outside'. *The lack of television in your early years meant that you had little real understanding of what the world was like. *Telephones were one to a house, often shared (party lines), and hung on the wall. *Computers were called calculators; they were hand-cranked. Typewriters were driven by pounding fingers, throwing the carriage, and changing the ribbon. *'Internet' and 'Google' were words that did not exist. *Newspapers and magazines were written for adults and the news was broadcast on your radio in the evening.

*New highways would bring jobs and mobility. *The radio network expanded from three stations to thousands. *Your parents were suddenly free from the confines of the depression and the war, and they threw themselves into working hard to make a living for their families. *You weren't neglected, but you weren't today's all-consuming family focus. *They were glad you played by yourselves. *They were busy discovering the post-war world. *You entered a world of overflowing plenty and opportunity; a world where you were welcomed, enjoyed yourselves, felt secure in your future although the depression and poverty was deeply remembered. *Polio was still a crippler. *You came of age in the '50s and '60s. *You are the last generation to experience an interlude where there were no threats to our homeland. *The second world war was over and the cold war, terrorism, global warming, and perpetual economic insecurity had yet to haunt life with unease.

*Only your generation can remember both a time of great war and a time when our world was secure and full of bright promise and plenty. *You grew up at the best possible time, a time when the world was getting better.

*More than 99% of you are retired and you should feel privileged to have lived in the best of times!

*If you have already reached the age of 80 years old, you have outlived 99% of all the other people currently in the world!

You are a 1%-er!



Book Review: *Rag and Bone* by Lisa Woollett

'Timely and beautifully written, *Rag and Bone* shows what we can learn from what we've thrown away and urges us to think more about what we leave behind.' (From the back cover.)

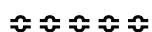
Lisa Woollett is a mudlark/ beach comber with a personal history that she wants to learn more about. Her great grandfather's family lived with their six children in one room near the banks of the Thames. In 1851, thirty-nine people comprising seven families lived at number 17 Clements Lane. They scraped a living collecting and selling things that other people threw away. It was a time and a place when being a dustman was a career to aspire to, in the days before it was a local authority responsibility. Getting access to other people's rubbish meant you could make enough money to feed your family. In early Victorian London there was a market for everything, from coal ash to dead cats and dog poo, and so many poor people scavenging, that the city was close to zero waste. Her grandfather was so successful as a dustman that he was able to buy a house on the Isle of Sheppey from the proceeds, and her family moved out of London when Lisa was a baby.

Everything that Lisa collects has a history, which she uses as a way into telling the story of London's poor in the past. At the same time, she looks for links to her family, through street names still visible in many places, despite the new upmarket developments. As she spent most of her childhood on Sheppey she also explores along the North Kent estuaries and around the island, where tanker loads of pottery, tiles and other bric-à-brac were dumped in the past, now slowly uncovered by tidal action. As Lisa describes the more recent changing fortunes of London, she points out how the meaning of the word 'consumption' changed from a disease that killed poor people to an activity associated with wealth. The last couple of chapters move to Cornwall where Lisa lives now, and her finds highlight the extraordinary amount of plastic now in the sea. As she says, thrift was virtuous at one time but not now, when manufacturers plan obsolescence and persuade us to buy more than we need. She quotes Vance Packard in *The Waste Makers* (1960): 'The way to end glut was to create gluttons.'

I thoroughly enjoyed reading *Rag and Bone*, which is a fascinating mixture of memoir with personal and general history bound up in a mudlarking/beachcombing walk exploring the margins of river, estuary and coast. Lisa Woollett successfully draws our attention to overconsumption and pricks our consciences about waste.

Helen Howard

A Footnote: I'm collecting memories of 'rag and bone' men as I am very interested in recycling, and I would also be delighted to hear from anyone who is volunteering in a charity shop, particularly if you are involved in selling clothes.



Outing News

For our first outing we are planning a trip to Smithfield in central London followed by a canal boat ride on Tuesday 25 April. The booking form is included with this bulletin. Also Rose and Tim will have a table at the next Monthly Meeting on Wednesday 8 March, where you can book in person. There will be printed copies of the booking form there, which you can complete and submit on the day though you will need to know your membership number.

Alternatively you can email Rose and Tim at outings@u3acanterbury.org.uk with 'Hidden London' as the subject and give your name, membership number, daytime phone number and mobile phone to be used on the outing or you could drop the booking form into the U3A Office or post it there.

Cut-off date for bookings will be 22 March and we plan to confirm places immediately afterwards. If you are paying by BACS (which we'd prefer) please wait until we confirm your place before paying. Hoping to see lots of you on the trip, Rose and Tim

For further details and booking form please see the final page of the Bulletin.



And another exciting possibility . . .

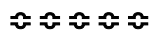
WHO IS INTERESTED IN VISITING NOTABLE SITES OF WW1?

I have recently wanted to visit some of the notable sites of WW1 in Belgium and Northern France whose names have become engraved in our history. I could easily go alone, but it would be more interesting to travel with like-minded friends such as you who come on the U3A holidays.

I would like to gauge the appetite for a 3 or 4 night trip over the channel. We would be in a coach. The crossing would probably be by sea. Depending on numbers this could be a small-group extra holiday, or with some additional planning might become one of our main holidays.

As a guide Tailored Travel has given us a ball-park figure of £669 (£99 single supplement) for a 4 days/3 nights WW1 battlefields trip in Hotel Ibis type accommodation for later in 2023. I am also talking to other organisations which do similar tours. Anyway your feedback will help me to know which way to jump or if to bother at all.

Helen Natrass



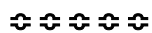
Spring Walks

Thursday 9 March 10:30. Eastry to Finglesham. 5 miles.

Meet at the free car park next to Beacon View vets, High Street, Eastry CT13 0HE

The route is generally a figure 8, transecting at the famous 'Ham Sandwich' signpost. Moderate elevation changes. Quiet country roads and fields. Snacks/meal at The Crown, Finglesham halfway through walk. Bus #81 available from Sandwich to Eastry #43 from Canterbury to Sandwich.

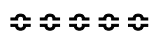
To BOOK YOUR PLACE please contact Ponda Thomas



Wednesday 29 March 10:30. Circular walk in Chartham. (4½ miles)

Leave the free car park at Chartham Village Hall, Station Road (opposite St Mary's Church) CT4 7JA. We will walk alongside the river Stour and then take 3 short steepish climbs (taken at your own pace) into Larkey Valley Wood and walk along the path to St Augustine's. We then take the permissive path beyond St Augustine's with lovely views over the Downs and return by road down the hill to the village hall. Anyone who would like to shorten the walk by a mile can omit the permissive path and walk down by road to the car park under their own pace. Some mud, one stile, dogs welcome.

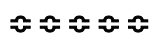
To BOOK YOUR PLACE, please contact Ruth Harling leaving your contact number.



Friday 31 March 10:00. Canterbury to Chilham. 8 miles (16 if walking back).

MEET at gates of Canterbury Cemetery, Westgate Court Avenue, Canterbury, CT2 8JL. Parking on road. A mostly flat walk to Chilham over fields (wear sensible shoes and be prepared for changing weather conditions!). Bring either packed lunch or refreshments available in Chilham village as well as toilet facilities. An alternative route back is by train from Chilham to Canterbury West station.

To BOOK YOUR PLACE, please contact Philip Knight leaving a contact number.



The Winter Walk

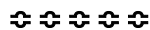
As can be seen from the attached photo of u3a walkers well wrapped up on a cold February day!

We started from south Canterbury along the well-trodden Pilgrims Way on a rather overcast but dry day. Conversation flowed and it was a good opportunity to get to know more about our fellow walkers.

Dropping down a single track road we enjoyed beautiful snowdrops in their naturalised setting. The photograph was taken in front of the Norman doorway of St. Peter's Church, Bekesbourne before stopping at a nearby café for welcome refreshment returning on the same route.

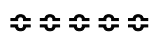
Pam Godden

(All the walkers had no objection to their photograph being published.)



Mindfulness for Beginners

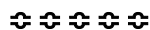
This group has started up again and there are places available. For further details please contact Ronald Woolven.



Summer Programme Courses and Activities

Take the Plunge

This year Sheila Miller is handing over to Helen Natrass the co-ordination of the group of members who enjoy swimming in the sea at Seasalter during the summer months in the company of others. We meet on a quiet section of pebbly beach (swim shoes required) about three miles out of Whitstable on the coast road to Faversham. There is parking (for a small sum May–September) and there are public loos nearby, but there is very limited public transport. We draw up a programme of swims according to time and tides, and swimmers come along on the days and times that work for them. A few of us are experienced swimmers, while others are happy with a bit of a splash or a paddle. Quite a lot of us bring along a deck chair and flask of tea or coffee to enliven our social 'beach scene'. Two or three times over the season the tide and weather are conducive to a fish and chip supper on the beach. Taking into consideration the handover, your details from previous seasons may not automatically transfer. If you are interested, please contact Helen and she will get back to you with more precise details of this year's fun.



The Making and Unmaking of a Tragic Hero (in select plays of Sophocles and Euripides.)

WHEN: Wednesdays from 10–12noon on 14 June, 28 June and 12 July.

CLASS LEADER: Dr Shirley A. Barlow.

The Course will look at ways in which manipulation of mythical material within the structure of the tragedies through contrast and counterpoint, particularly as expressed, in choral odes, leads the dramatist to present finally a protagonist who transcends the past and emerges convincingly as a figure who will fit into the contemporary scene of fifth century Athens and engage with its issues.

Wednesday 14 June: Sophocles' *Ajax* and Euripides' *Herakles*.

Wednesday 28 June: Sophocles' *Antigone* and Euripides' *Medea*

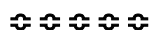
Wednesday 12 July: Choral Protagonists. Sophocles' *Women of Trachis* and Euripides' *Trojan Women*.

Information on translations and topics for class discussion will be circulated after enrolment so please book your place as soon as possible.

MAXIMUM NUMBER: 10.

VENUE: Canterbury.

BOOKING: Please phone either before 18th or after 30th April.



Fashion and Sustainability:

Zoom session Tuesday 25 April 14.00–15.00

Fashion is sometimes viewed as frivolous. But we can't ignore it if we are concerned about the planet. The global fashion industry is enormous and environmentally damaging in many ways from how textiles and other raw materials are produced to how they are manufactured into clothing, how they are packaged, marketed and shipped, then cared for and disposed of at the end of their life. As consumers, we have the power to change things, if we are informed and motivated. But it is difficult to navigate our way through the claims being made.

This single session provides an introduction to some of the issues. It is a repeat of the zoom session presented through National U3A on Friday 3 February.

Helen Howard has had concern for the environment since reading *Silent Spring* as a science student. She recently completed an MA in Science Communication with a dissertation on the environmental impact of textiles. This led to further study of the fashion industry along with a wish to share these findings with as many people as possible in an attempt to bring about change.

CONTACT Helen Howard



How Bad Are Bananas?

This one day session is offered as a prequel to a longer discussion-based course on climate change, the environment and biodiversity loss in the autumn programme.

Bananas from the Caribbean or avocados from Peru? Frozen green beans or fresh beans from Kenya? UK hothouse grown tomatoes or Italian tinned? *How Bad Are Bananas?*, a book by Mike Berners-Lee, invites us to examine the food we eat in terms of its carbon footprint. Let's talk about food and how we make choices about what to buy.

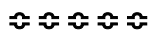
Helen Howard has had concern for the environment since reading 'Silent Spring' as a science student. She recently completed an MA in Science Communication at the University of Kent and spoke at last year's conference run by Canterbury Climate Action Group.

WHEN: Tuesday 9 May 14.00–15.30

WHERE: In the committee room St Mary Bredin Church

MAXIMUM: 12 participants. Face-to-face discussion based.

CONTACT: Helen Howard



What is nature friendly gardening and why is it important?

You are invited to visit my garden and share ideas about making our outdoor spaces more attractive for wildlife and interesting for ourselves.

LEADER: Liz McHenry. Preferred contact by email or text message

MAXIMUM number of participants: 10, MINIMUM: 3.

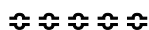
WHEN: Tuesday 19 June 10.00 – 12.00. Initially one session, but further sessions if there is sufficient interest

VENUE: Conservatory at my home: Canterbury. Refreshments provided

Some parking in nearby streets.

Nearest bus stop: Cherry Garden Road, served by buses Uni 1, Uni 2, 4 and Triangle.

30 minutes' walk from city centre.



Circle Dancing

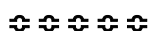
LEADER: Judy Harvey

The circle dance repertoire draws on the rich and diverse traditional dances of the Balkans, Greece, Russia, France and Celtic Britain. There are also modern choreographies to all kinds of music, including both classical and contemporary. Anyone of any age can dance, and these sessions create a sense of community and well-being. You do not need a partner; the dances are always walked through first and there are no mistakes, just local variations!

WHEN: Weekly on Mondays 15 May to 3 July, 10.30–12.30. (8 sessions)

VENUE: Baptist Church Hall, St. George's Place, Canterbury

TO BOOK please ring Judy.



Spring Quiz from Chris Anspack

- 1 A puritanical flower (8)
- 2 On reflection, he was quite lovely but yellow (9)
- 3 A morning concert (4, 6)
- 4 This plant sounds like kidnappers' demands (7)
- 5 Pigeon's song embraces headless waterfowl for this winger (6)
- 6 This butterfly may be operating about (5, 3)
- 7 The whole thing is a pious lady detective (9)
- 8 A sad carillon (9)
- 9 Named from the tip of a volcano to fly in your garden (9)
- 10 A bloomer from a line dance (9)

Thank you for all your contributions, from a couple of sentences up to 250 words.
Keep them coming, as this is your News Bulletin.
Send them to Ursula Steiger: ursulae@btinternet.com.

Hidden London Booking Form

THE TRIP: We meet our Guide on Chancery Lane to begin the day with morning coffee & biscuits (included in the price). After coffee we transfer by coach over to the Smithfield area where in 1666 the Great Fire of London swept away much of the mediaeval City, but the flames died to ashes to leave one corner untouched—a maze of narrow streets and bygone alleyways in ancient Smithfield. We will go inside stately Charterhouse to see the chapel and museum before breaking for lunch locally. Beneath white stuccoed mansions in opulent Little Venice we board a traditional narrow boat. On the 50-minute cruise we pass the aviary designed by Lord Snowdon in London Zoo, see an oriental floating restaurant, willow-draped towpaths and a colourful collection of houseboats. We arrive in the cobbled and flagged yard of Camden Lock in time to buy tea before heading home around 4.45 p.m.

DEPART: We will leave Canterbury Bus Station at 08:30.

COST: £55 per person (U3A members only)

BOOKING: You can apply by email (preferred) or by post to arrive by 22 March 2023.

BY POST: Please send applications, on the tear-off section below to the U3A office, 8 Orange Street, Canterbury CT1 2JA with an sae. You can pay by BACS or enclosed cheque as below.

By EMAIL (preferred): Please email outings@u3acanterbury.org.uk with 'Hidden London' as the subject and give your name, membership number, daytime phone number and mobile phone to be used on the outing. We will notify you of your place and you can then pay by BACS as below.

If oversubscribed, places will be allocated by ballot at the end of the application period. Applications from two people on the same form will be kept together in any ballot. Refunds can only be made in accordance with our refunds policy, a copy of which is on our website.

PAYMENT BY CHEQUE: Please include cheques with your application made out to **U3A Canterbury Social Account** with the reference **Hidden London** and your **membership number** written on the back.

PAYMENT BY BACS TRANSFER (preferred), on notification of your place, to U3A Canterbury-Social Account; Sort Code 30-91-60; Account number 04123942, with your membership number and 'Hid' as the reference.

Please retain this page for information.

Application for Hidden London Outing

Name:

Membership No:

Name:

Membership No:

Daytime Telephone:

Email:

Mobile Phone to be used on the outing:

Payment Method. Please tick on the relevant line:

I enclose a cheque for £____ payable to U3A Canterbury-Social Account with Hidden London and membership number written on the back.

I will pay £_____ by BACS transfer once my place(s) have been confirmed.
