

Message from the Chair

Note that we do not include personal details in this web version. For those see your own copy as sent to you either by email or by post.

Dear Friends,

Thank you to all those who have renewed your membership for 2024/5; and a warm welcome to all our new members. I am always drawn to articles with headings such as “Why you should never retire”. The common theme is of questioning whether anything truly replaces the framework and buzz of being part of the action at work. I am sure many of us experience a personal depth in being useful and feel energised by being involved in the running of an activity or project. Canterbury u3a is a great example of a dynamic organisation in which you can to continue to expend your energy and lead a function or activity in which you are interested and want to share with others.

There are a range of opportunities in Canterbury u3a, from a position on the committee, to leading a practical/outdoor activity, or running a course. Feeling involved and useful brings joy to many of us, particularly when we see the appreciative smiles on our friends’ faces. I have been part of two lovely moments in February; when we enjoyed a wonderful film, “One Life” together at The Gulbenkian; and when the Charles Dickens reading group enthusiastically cheered our tutor, John Ingram, for advising he would run another course in 2025. I am sure you have many fond moments in u3a too. So, let’s keep these good feelings going and share the ways you can personally help our u3a with me or other committee members and activity leaders and tutors.

Robin Terry



Important Dates

Friday 1 March: Joining Session: 10.30 to 12 at St Peter’s Methodist Church, St. Peter’s Street Canterbury (Blue Room). Come along and bring any friends who may be interested in joining our u3a.

Wednesday 13 March: Monthly Meeting at St Many Bredin, Nunnery Fields, 2 p.m.

Speaker: David Parker “A Long Way Home”.

Saturday 9 March: Gulbenkian Film Showing: The Anatomy of a Fall.

3 p.m. at the Gulbenkian Arts Centre, University of Kent, Canterbury CT2 7NB.

Free car parking. See below on page 2 for more details.

Monday 22 March 10.30 to 12 noon: St Peter’s Methodist Church, Canterbury.

Informal meeting for members interested in leading a course or activity sometime time in the future. Coffee/tea and cake and friendly chat with tutors, activity leaders, coordinators and members of the courses team. We look forward to seeing you!



Important Notice to Members

Our Summer Programme, which is new activities and courses from April to August, will be advertised a month in advance at the end of each monthly Bulletin. Please make sure you do not miss exciting opportunities. Booking a place is usually via the tutor, leader or a booking volunteer; just follow the instructions at the end of each notice. Summer Programme courses and activities are free.

'Anatomy of a Fall' at the Gulbenkian. Saturday 9 March: 3 p.m. at Gulbenkian Arts Centre.

To book, click on this link: <https://thegulbenkian.co.uk/events/anatomy-of-a-fall/>

HOWEVER, turn up with your pink Membership Card if the link does not work for you.

The Story line is: for the past year, Sandra, her husband Samuel, and their eleven-year-old son Daniel have lived a secluded life in a remote town in the French Alps. When Samuel is found dead in the snow below their chalet, the police question whether he was murdered or committed suicide. Samuel's suspicious death is presumed murder, and Sandra becomes the main suspect. What follows is not just an investigation into the circumstances of Samuel's death but an unsettling psychological journey into the depths of Sandra and Samuel's conflicted relationship.

One review says: you often see on the web the question—what is the difference between a Hollywood and a Foreign film. This film provides a shining example of an extremely European film and one that would not be made in Hollywood. Whilst it is riddled with clues as whether she did it or not, twists and turns, and a fabulous courtroom drama, it never once takes its eye off the prize. There are no odd little vignettes about the characters and their lives away from the core issue and no pointless sub plots, just the fall and the fallout. The performances, particularly by Huller are really first rate and you find yourself completely sold by her compelling courtroom testimony—bewildering you as to whether it was murder, suicide or an accident all practically in the same scene. A first rate, grown up, nuanced thriller—not to be missed.

The Gulbenkian are not able to provide a speaker, as the film department have said they are too busy to help. But if u3a are able to source someone and they have a bit of advance notice then they should be able to facilitate this.

Indeed, we still need a u3a member to lead and run the Cinema Interest Group please.

Unfortunately, I will not be present for this screening, due to a family function.

Also note: 'Triangle' buses run between the University and City Centre bus station every 15 minutes.

Robin Terry, Chair



Outing in May

For the first outing this year, we are planning a trip to the East London/Essex borders on Wednesday 29 May. A booking form is attached. We have unfortunately had to raise the price to £65 but have tried to fit as much into the day as possible.

Please note that this year we will be additionally asking for details of an emergency contact that is not on the trip—not that we are expecting any emergencies but just in case!

We start with a guided tour of the home of Arts & Crafts man William Morris in Walthamstow, now an award-winning gallery dedicated to his life and work. We will then head through a slip of Epping Forest, hearing about the long history of this ancient hunting ground, to the genteel old market town of Epping for free time to eat/buy lunch. There are a lot of cafés and sandwich shops in Epping High Street where you can buy a meal or a sandwich but do feel free to bring your own lunch.

Then we go on to Broxbourne in the Lee Valley Park for a 90-minute cruise on the river Lee with a cream tea (included) served on board a comfortably appointed broad beam boat. Vegan and gluten free options are available if booked in advance.

We will leave Canterbury Bus Station at 8:30 a.m. and arrive back hopefully around 7 p.m. but obviously totally dependent on the traffic.

To book, either fill in the booking form and send it to the U3A office 8 Orange Street, Canterbury CT1 2JA or email us at outings@u3acanterbury.org.uk with Name(s), Membership number(s), Daytime phone number and mobile phone to be used on the outing, the name and contact details for whom to contact in an emergency (someone not on the outing), and whether you would like a vegan or gluten free cream tea alternative.

Bookings will close on the 31st March; see booking form for payment options and other details.

Any questions please email us.

Rose and Tim



Summer Programme Activities and Courses

Acoustic Instrumental Ensemble Folk Music.

DESCRIPTION: To bring together people who have their own instruments to play Folk Music and to cover a selection of folk tunes in simple arrangements with a focus on group playing.

Those interested should contact David with details of their instrument(s) and previous experience.

For the first session it would be helpful if each participant brought a short item prepared in advance to help me plan the following session writing parts as necessary.

COURSE LEADER: David Clarke

VENUE: Friends' Meeting House, Canterbury.

DATES: weekly from 8 April to 13 May 2024

TIME: 11.30 to 13.30

NUMBERS: Minimum 4, Maximum 10



Nature's Meanings—A Symposium

WHEN: 9, 16 and 23 April, 11 to 12.30 on Zoom.

BOOKING through Christine Plant

This course is designed as a Symposium for about 15–20 people. It will be conducted online only, and recorded, for which I will require permission from all attendees.

Over 3 meetings of about 1½ hours each, we will explore what it is that people mean—and what they experience—by 'going to nature'. What exactly is this 'nature'? What has the word meant in the past? What are the implications of 'back to nature', or 'out into nature'? The whole issue of the value of the natural world—psychologically, ecologically etc—resurfaced with significant intensity during the Covid period, at the same time as those constant reminders that 'nature' is more fragile, more imperilled than ever before. So, given that people these days may be reflecting more often on various aspects of this 'nature', it seems timely for a kind of stock-taking, which we hope this course will offer.

I will start off each session with a short talk, initially focussing on the changing meaning of 'nature', and then on a selection of texts and pictures designed to stimulate ideas for our discussion. A handout of these texts (extracts) and pictures will be given at the start of the course (e.g. Wordsworth's 'Tintern Abbey', reproduction of a John Constable painting, passages from Richard Mabey's Nature Cure, the Wincheap Roundabout underpass. Then it will be over to individual members of the group to talk briefly about what nature means to him/her. Use whatever resource you want (as long as it can be technically shared on Zoom). If you draw or paint, perhaps use one of your pictures as a launchpad for thinking aloud about nature and what it means to you? Or take and show a photograph or video clip. Or write a poem or piece of prose. Or just report and reflect on a particular experience . . .

The main aim of the Symposium is to share ideas about the meaning and value of what we refer to as Nature.

Malcolm Andrews



Canterbury Bowling Club

We would like to invite u3a members to a taster session of Lawn Bowls at Canterbury Bowling Club. Our Club is just up the road from St Mary Bredin and on the right shortly before you reach the Kent & Canterbury Hospital.

This taster session is absolutely free and without future obligation. You will receive coaching and all equipment will be provided. The only thing you will have to bring is some flat soled shoes so that you don't damage the green.

The taster session is on Saturday 27 April between 10 a.m. and 4 p.m. Just turn up on the day.

If you have any questions, then by all means ring John Andrews or send an email to canterburybowlingclub@ymail.com

The Club has a website at www.canterburybowlingclub.com



Circle Dance

MAX: 35, Sessions: 12

TUTOR / LEADER: Judy Harvey

This is a continuation of Circle Dance from the Main Programme but all are welcome, whatever your experience, or lack of it. The circle is an ancient and universal symbol of wholeness and unity. Dancing in a circle is one of the most ancient ways in which people celebrate community and togetherness. We do traditional dances from the Balkans, Greece, Israel, Russia, France and choreographies to all kinds of music from around the world. Anyone of any age can dance and you don't need a partner.

DATES: Most Mondays 10:30–12:15; on 8, 15, 29 April; 20, 27 May; 3, 10, 17, 24 June; 1, 15, 22 July.

VENUE: Canterbury Baptist Church Hall, St George's Place, Canterbury CT1 1UT (Opposite Waitrose).



Gong Baths continue up to June

Canterbury U3A has arranged a further three gong-bath dates from April to June as part of the summer special programme. These three sessions are free of charge, except for a small donation for the refreshments, which I provide.

WHEN: The sessions will take place in St Peter's Methodist Church Hall, St Peter's Grove, Canterbury. They all begin at 2.30 and will be followed by tea/coffee and biscuits.

DATES ARE: Monday 22 April, Monday 20 May, and Monday 24 June.

Come and experienced a gong bath; come and relax in the shimmering sounds of the gongs and let your thoughts wander to wherever they will. If you would like more information don't hesitate to contact me by email or phone. Everyone is welcome.

Helen Natrass



Climate Café

LEADER: Helen Howard.

Single session, Face to face.

Want to talk about climate change but not sure where to start? Perhaps if we talk to each other about our hopes and fears for the future of the planet it will be easier to take a positive approach. Join the conversation. There are two separate meetings. For either contact Helen Howard for details

- a) Monday 22 April, 10.30 a.m.–12 noon. Baptist church, Canterbury.
- b) Thursday 2 May 2.30–4 p.m. The Ivy Barn, Littlebourne.



Dress with the planet in mind

COURSE LEADER: Helen Howard.

COURSE DESCRIPTION: How do we make decisions about what clothes to buy and which brands to avoid? What is green washing and how to recognise it? When fashion brands say their products are sustainable what do they mean? What is our role as consumers if we want to protect the planet?

LOCATION: Asda Community Room Sturry Road; contact Helen Howard for details

WHEN: A single session: Thursday 23 May, 2.30–4 p.m.



Waste colonialism

COURSE LEADER: Helen Howard. Email: helen_howard@btinternet.com and phone 01227 728 613.

COURSE DESCRIPTION: About 11kg of textiles per person are discarded each year by people living in Europe. What happens to the clothes we donate to charity shops or put into recycling bins? Where do they end up and what impacts do they have on the environment? What options are open to us as consumers? How realistic is recycling and the circular economy for fashion?

WHERE: Asda Community Room, Sturry Road; contact Helen Howard for details

WHEN: A single session: Thursday 13 June, 2.30–4 p.m.



Join us for a walk

Tuesday 19 March, 10.30. Meet at Littlebourne Church CT3 1UA

Circular walk, 4 miles around Littlebourne followed by refreshments at the Ivy Barn. Please contact Roy Davis for a place, preferably by email.



Shared Interest Group: Folk-Song

Telling members about this group the last Bulletin resulted in five new attendees. Well done all!

Please note: The next English Folk Song session is Thursday 21 March 2.30–4 p.m. in the Asda Community Room Sturry Road.

Helen Howard



Who Killed Mr Bunny?

We had no idea when we started Anne Riddell's course Nature Detectives that we would all become forensic investigators of a murder!

Over 4 weeks we learnt about mammals' skulls, teeth and skeletons and birds' beaks and skeletons with numerous examples. So, in week 5 we were tasked with solving the mystery surrounding the death of an unfortunate rabbit. We were able to devise a list of 10 suspects from studying the surrounding area and from the evidence found at the scene such as footprints and tracks, faecal matter and strands of fur and feathers. From this list we could eliminate 5 suspects who were herbivores and so would not kill a rabbit.

With 5 suspects left we then considered the post mortem information such as when the rabbit died (from stomach contents), soil samples from the feet of the suspects, and comparing blood samples. From this information we could exonerate all but one clear culprit.

I won't divulge the identity of the killer as hopefully Anne will run this wonderful hands-on, fun and informally educational course again!

Lindy McDonnell



Trips: Exciting News

This year we are planning outings in spring and summer and around Christmas. We will try and keep the coach journey times down and include meals where possible. We will also try to keep costs down if we can, but trips are likely to be £5–£10 more expensive this year as everyone's prices have soared.

Our first announcement is for the last trip of the year. A trip up to London to see the Christmas lights, experience choral evensong in St Paul's and go shopping round Covent Garden. Oh, and a lunch too. Full details will be announced later in the year when we will start taking bookings, but please save the date: Sunday 1st December.



Photographs: The crime scene;
Evidence; More Evidence



It is a way ahead but if you are interested, please email us at outings@u3acanterbury.org.uk subject 'London Lights' or drop a note into the U3A Office so we can get a sense of the level of interest.

The first trip of the year will also be to London but this time the East side. We will be going to Walthamstow to see the William Morris Gallery, then having a short drive around Epping Forest, with a DIY lunch in Epping, and boat trip down the river Lea with a cream tea included. Please save the date: Wednesday 29 May. We will be sending out full details with the March newsletter.

We want to thank all the people who have given us suggestions for trips: we have received well over 50 ideas and it has helped us gauge the range of people's interests and limits. If anyone does want to organise trips themselves—either for U3a members or others—we are happy to share tips on how we do it.

Rose and Tim



Book Review: *Not One of Us* by Alis Hawkins

This is the fourth story in the author's Teifi Valley series—an author who used to live and work in Canterbury. Set in the mid-nineteenth century in Wales we meet again her two core protagonists: Harry Probert-Lloyd (Coroner, suffering from what we'd refer to as macular degeneration) and his assistant-cum-estate-manager John. Lydia, now resident with them in the manor house, figures prominently also—a source of insightfully awkward observations which seem much needed in the context of the male characters' lack of emotional awareness. The Teifi Valley novels are, at their core, murder mysteries. Being set a century and a half ago—in this case the year of Prince Albert's Great Exhibition at the Crystal Palace, 1851—the stories are blissfully free of modern technology, immediate communication or fast travel. There is as a result a refreshingly measured pace to the story arc and a reliance on character exploration and sensible dialogue. The plot of this novel is well thought out and overall it's a pleasure to read. The background of prejudice against 'outsiders', such as the English, or even those from another region of Wales, provides an interesting addition to the class divisions which pervade the series. My one small and almost unavoidable criticism arises from the fact that this is the fourth novel in a coherent and chronological series: I detected in myself the beginnings of weariness regarding recurring character flaws and the like. There's always a risk with a series of novels that elements of 'soap opera' emerge; this novel stays on the right side of the line, but only just. It remains, however, worthy of reading for those who like detective stories of one sort or another.

Bob Newport



Cinema Interest Group visit to see the film 'One Life'

139 U3A members came to the Gulbenkian cinema for a special showing of this film about the rescue of 669 children from Czechoslovakia during the Holocaust. Their escape was due to a series of trains (the Kindertransport) organised by a young stockbroker, Nicky Winton (now Sir Nicholas Winton). There were stellar performances from Johnny Flynn as the younger and Anthony Hopkins as the older Nicholas Winton as well as Helena Bonham-Carter as his very forthright mother. There was no sound from the audience apart from occasional sniffing and the rustle of the odd tissue being removed from a packet to staunch the tears of both sorrow and joy. I wonder whether the film will give some people the incentive to book in to next year's course on 'The Holocaust in Film and Memory'.
Our sincere thanks to Robin for organising this memorable event.



Holidays

Group holidays have been hugely successful in Canterbury and District u3a for around twelve years, and we have been lucky to have leaders to undertake this volunteering task.

I wrote in December that the spring holiday to South Yorkshire in April this year will be the last that Helen Nattrass organises and leads for the time being. Helen wants to use her scarce time to achieve some of her own 'far-flung' travel aspirations and interests. This, of course, is in addition to the other u3a activities that Helen leads.

As previously notified Helen will lead the Spring Holiday and has also agreed to plan the itinerary for the autumn holiday (see separate notice in this Bulletin) but will not be leading that holiday.

Keith Aikin, a holiday stalwart, agreed to host a meeting—thank you Keith!—to discuss the future leadership of the holidays but, sadly, no potential volunteer leaders attended.

However, we are hopeful that, reading this some of you may be tempted to 'have a go'. In the past our holiday organisers have been couples or friends, and sharing the tasks and pressures has been a sensible solution. So, how about it? Are you ready for a worthwhile challenge? If there is a wish to continue holidays in 2025 then we need that new organising team.

I am happy to help and advise. Our current holiday provider, Tailored Travel, or any other such organisation, would be available to plan with you and support you. Also, they handle the bookings and payments.

Please contact me to discuss.

Robin Terry



Autumn Holiday 2024

Monday 16th–Friday 20th September: Cheshire and North Wales: 5 days from £639

There will be some small changes to how we organise holidays, but I am still in charge of bookings and liaison with our travel agent. — HN

Our autumn holiday departs from and returns to Canterbury bus station. The setting-off time is likely to be around 8 a.m. (to be finalised with the tour company nearer the date). We try and get back to Canterbury around 6–7 p.m., but this is highly dependent on the traffic situation on the M25 on a Friday afternoon. There will be regular stops for coffee etc on the outward and return journeys. The coach always has a toilet on board.

We will be based in the 3* Best Western Hotel in Frodsham, Cheshire.

On the way to Cheshire we stop at the National Space Centre (entry included). The itinerary includes a walking tour of Chester and Chester Cathedral plus an afternoon in Llandudno and a morning in Port Sunlight with a tour of the Lady Lever Gallery. We also visit Jodrell Bank Observatory, National Trust Tatton Park and Bodnant Gardens. Our return journey is broken by a visit to the Pottery Museum in Stafford. All entry fees except NT are included in the cost of the holiday. A donation is anticipated for Chester Cathedral.

There are 20 single rooms at our disposal for which the single supplement is £79.

Enquiries and bookings are now open. For the most reliable receipt of further details, with brochure and booking form, email is the best.

For those who don't use the internet or email, please write to me with a stamped addressed envelope. I will send you a paper copy of the brochure and booking form.



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.

