

* Monthly Meeting – Thursday 24th November*

Please join us at our next members' meeting. It will take place at **2pm** on **Thursday 24th November** at **Minster Club**

The Goose is getting fat! - Imogen Corrigan

It's approaching that time of the year again! Our talk this month is aimed at getting us all in the festive spirit in the run up to Christmas. Imogen will be exploring the history of Christmas tradition. From Pagan times to Christianity, through the Victorian era to the present day, find out where some of our current traditions come from and how they have changed over time.



Non-members are welcome – Come and see how we “learn, laugh and live”

Save the date for next month: Thursday 15th December
Christmas Social Get Together Featuring Isle of Sheppey Singers

MONTHLY MEMBERS MEETING

Chairman's Ramblings



The u3a's prescription for a purposeful and happy life after bringing up a family or enjoying retirement is to “learn, laugh and live” so, after writing recently about one of our members who had renewed her excitement of “roller-coasting” I decided to renew some old affirmations while the mental will and physical ability is still strong!

Being a member of the u3a and fully engaged with many group activities, laughing and living has always come easy, however the “learning” has always been a challenge, as my school reports always attested to! I may even go so far as to say that my mental gymnastics were on par with a sloth on diazepam! To reduce the risk of memory loss, forgetfulness or other more worrying signs of mental awareness I have taken to the puzzle centre page of the Daily Mail, Dr Max, the mind Doctor (columnist), is a great believer in stimulating the brain. So, although my vocal language and social skills between 8 and 10am are somewhat limited (due to some degree, the deep concentration necessary to become a Codebreaker for Bletchley House), thankfully, Mr Pugh, is seeing the importance of my next career move should it be necessary. Skimming through the rest of the newspaper and trying to take a greater interest in current affairs, however, I am now totally mystified by the deluge of jargon, acronyms and endless prophesies of doom, which have now necessitated me to reach for the dictionary or re-awaken Mr. Google to shed light on this bewildered mind of mine. Now being equipped with this sudden wisdom, more and more I feel like a washed up relic of a vanishing age, an age that seems to have disappeared before my eyes – where common sense was a virtue, politeness and consideration for others was an expected norm, men were men and women were women, whilst parents provided us with phrases to keep us on the straight and narrow - “everything in moderation” comes to mind. I'm not claiming for one moment that I succeeded in all these attributes, but together with others of my generation, I believe we did, in the most, have these aspirations for leading a decent life. I do, of course, realise that different generations will have different priorities and values, but surely decency towards our fellow human beings is not too much to ask.

Affirmation Quest – Successful - A Ramble through the Cotswold Countryside brought me to the source of the Thames. Living for a lifetime on the banks of its estuary, the quest had particular significance.

Affirmation Quest – Failed – Cleaning out the attic (failed but not forgotten)!



INTEREST GROUPS & ACTIVITIES

PANTOMIME – ALADDIN – Saturday 21st January 2023

Join us on this outing to a local pantomime - ALADDIN, performed by the RaTS (Rainham Theatrical Society). "This pantomime PROMISES ALL THE USUAL FUN AND LAUGHTER and everything you've come to expect from a RaTS pantomime with plenty of audience participation, colourful scenery and costumes." The show will last about 2 hours.



We still have some seats left for this performance and payment is required by 30th November. The minibus will have local pickups and drop offs for convenience: isleofsheppeyu3a@gmail.com

Date & Time: Saturday 21st January 2023 at 4pm
Location: Oasthouse Theatre, Stratford Lane, Rainham, Gillingham ME8 8AG
Cost of tickets: £10.50
Cost of Minibus: £7

NATIONAL TREE WEEK - TREE PLANTING – Monday 28th November

Isle of Sheppey u3a members will be joining the volunteer effort of planting trees in Rushenden. It has been agreed with Swale Borough Council (SBC) that we will meet them at the Rushenden Community Centre at 10.30am with a view to walking the short distance to where the trees will be planted in the Manor Road area. We currently have 22 members who have signed up for this activity, so we look forward to seeing you there and thank you for volunteering.

UPDATE: Grant funded workshops available to all our members - ALL FREE

All our grant funded events and learning opportunities are being supported by our successful local grant applications to Minster Parish Council and Swale Borough Council for improving cultural and leisure opportunities for seniors.

ART FOR FUN – January 2023



UPDATE: Following on from the information in October's newsletter, we currently have 12 members signed up for this workshop. We are in the process of finalising the date and venue and hope to confirm this soon. The workshop will be held in January.

FLOWER ARRANGING DEMONSTRATION - Tuesday 28th March 2023 at 2.00pm

UPDATE: As mentioned in our October newsletter, we will be holding a free Flower Arranging demonstration, presented by professional florist Phillipa Doucy. The venue is still to be confirmed but it is hoped we will be able to use the hall at Minster Working Men's Club and we currently have 21 members who have signed up for this event. Phillipa will be showing us three different arrangements over a period of around 1 ½ hours. Instead of charging us a fee for the demonstration, Phillipa has asked for donations to be collected for the **Wisdom Hospice**.



Please let us know by email to isleofsheppeyu3a@gmail.com if you are interested in any of the advertised events/activities.

WILDLIFE GARDENING - New for late Spring 2023

In response to recent feedback from our members on suitable workshops for 2023 – wildlife gardening was a contender. As a result, we have been able to work in conjunction with the Kent Wildlife Trust and our volunteer (Isle of Sheppey u3a member Helen Knell), to run a wildlife gardening exercise/workshop offering hands-on experience using a garden as a real teaching resource. Lots of advice will be available on how to make your garden a wildlife haven. Names will be taken nearer the time, so watch this space!

LOCAL NEWS AND EVENTS

CHARITY SANTA SAUNTER – SHEERNESS

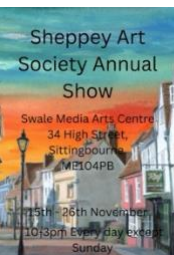
Saturday 3rd December 2 – 4 pm

In our endeavour to link up with other local charitable organisations and do what we can to raise money for other hard-working charities, we would like to promote the Santa Saunter being run by the **Rotary Club** of Minster-on-Sea. Should you wish a registration form please let us know to raise money for your own Charity – we will also have some at our members' meeting on the 24th November. The Saunter will Meet at the Old House at Home Pub (end of High Street, Sheerness), there will be a **gentle stroll through Sheerness dressed as Santa**. The cost is £5 per adult/£3 child 5-16 which includes Santa Suit and a medal. The finish is at the Clock Tower with Christmas songs. Please be aware this event is NOT being organised by the Isle of Sheppey u3a, but please join in and have some fun.

ISLE OF SHEPPEY SINGERS presents “**LOTS OF CHRISTMAS WISHES**”

Friday 9th December - 7.30 pm at Strode Crescent Baptist Church.
 Tickets £6 available on the door or from Mavis.

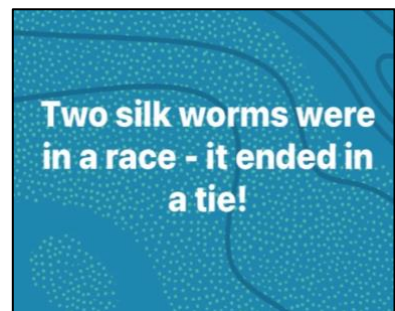
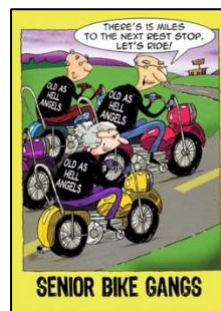
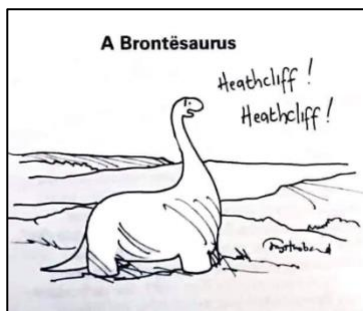
The Sheppey Singers will again be singing, in harmony, lots of Christmas songs and Carols for your enjoyment. Mavis Corder (one of our members) can also deliver tickets – her number is 01795 877162 or 07906363624



SHEPPEY ART SOCIETY ANNUAL SHOW

The annual Sheppey Society is currently being held at the Swale Media Arts Centre in Sittingbourne High Street. Some of our very talented Sheppey artists, including Debbie Adams who will be providing our Art workshop in January, are displaying their amazing art work in the exhibition,

KEEP SMILING





NATIONAL u3a - <https://www.u3a.org.uk/>

Have you listened to the monthly **u3a Radio podcasts** on YouTube? Click here for the full list of radio podcasts since they started in September 2020: https://www.youtube.com/playlist?list=PLsB2t41TNozHSJ4fvod_yjxrUJDzqbDD

Have you signed up for the NATIONAL u3a NEWSLETTER? Get the most up to date news from National Office and find out about learning events as they are added.

<https://www.u3a.org.uk/contact>

Membership Subscription

Membership is currently £20 per year and includes entry to the monthly meetings with refreshments and a national magazine 'Third Age Matters' delivered to your home, five times a year.

Our next renewal date will be 1st April 2023. Members joining from 1st November will pay a reduced fee of £5.

Non-members are welcome to our monthly meetings for a small fee of £3 so they can see if they'd like to join.

Monthly Meeting Dates 2022/32

Meetings are held on the fourth Thursday of each month at 2pm until 4pm at Minster Club, (except in August & December). Free refreshments are provided.

15th December meeting

Christmas Social Get Together at Minster Club

(NB one week earlier than usual)

26th January

23rd February

23rd March

27th April

Information and Contact Details

You can contact us here:

Isleofsheppeyu3a@gmail.com

Find our website here:

<https://u3asites.org.uk/isle-of-sheppey/home>

Our Facebook Page is:

<https://www.facebook.com/isleofsheppeyu3a>

Our members only Facebook Group is:

<https://www.facebook.com/groups/384159678869515>

Email us to join our WhatsApp Group:

Isleofsheppeyu3a@gmail.com

Interact with u3a members around the country on the

u3a: Keeping in Touch Facebook group:

<https://www.facebook.com/groups/U3AKeepingInTouch>

u3a YouTube Channel

<https://www.youtube.com/user/TheU3a/videos>

Diversity & Inclusion Statement

Isle of Sheppey u3a recognises that everyone is different and aims to create an environment that values and treats all members fairly. We are committed to promoting equality and diversity and to ensure that u3a membership is as accessible as possible to different groups within the community