



Charity No T1155593

Newsletter No 128

Learn Laugh and Live

September 2023

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Welcome to our newsletter for the month of September. I am pleased and proud that we continue to publish a newsletter for our members each month. This is certainly not achieved by all of the u3a groups in Kent. So, I would like to express my thanks to all the people who continue to contribute articles and photographs, to Tony who collates the items and publishes the newsletter, and to Paul who sends it out each month. Inside this edition you will find news, information, and reports from the interest groups.

I hope you all enjoyed listening to Guy Bartlett, our speaker at the last monthly meeting. His illustrated talk about the Red Arrows was very interesting and informative. The film clips definitely added to the

excitement! Our speaker at the September meeting will be Richard Winston. The title of his talk is "From One To a Thousand". It is the story of how he became a wildlife photographer. I am sure we will see lots of examples of his work.

We are seeking to co-opt someone onto our committee to take on the role of Assistant Treasurer. Clive does an excellent job as our Treasurer, but we feel the time is right to appoint an assistant. If you are interested in this position, please speak to me at the next meeting.

Please remember to look out for news of events and learning opportunities presented by the national u3a. For example, u3a Festival '24 will take place next July at York University. Details can be found on our notice board. Gill and I will be returning from holiday on the 31st August. As long as there are no flight delays, we will be at the meeting on the 1st September. I look forward to seeing you there. We start at 10:30 a.m.

John Baker Chairman

[Link to South East Region](#)

Swanley and District u3a Committee Members 2023/2024

			
John Baker Chair	David Collins Vice-Chair	Carol Willingham Business Secretary	Allan Hayward Group Co-Ordinator
			
Gill Baker Membership Secretary	Janet Hamling Minutes Secretary	Penny Collins Social Secretary	Sandra Treloar Committee Member
			
Tony Scale Committee Member	Clive Rayner Treasurer	Alan Hamling Speaker Organizer	Jacky Taylor Publicity Secretary

Swanley and District U3A Monthly Meeting Friday September 1st, 2023, at the Alexandra Suite, St Mary's Road, Swanley BR8 7BU

The September talk is entitled :- From one to a thousand Richard P Winston - He describes how he got into wildlife photography as an aid to bird watching. The talk includes the big five and Kruger National Park in South Africa'.

Upcoming talks over the next 3 months.

- October:- The 60's a decade of change - Paul Robbins
- November:- From Pottery to Potting Shed - Chris O'Donoghue
- December:- A Christmas Talk version 2 - Andy Thomas

Alan Hamling

Summary Of Activities During the Coming Month (s)

Group Co-Ordinator News

As you know we are on a recruitment drive at present, and it is pleasing to see new members signing up for various group and starting/resurrecting one we have had in the past.

Firstly, we are restarting the Bridge group in Sept thanks to Carolyn and Colin Chapman for organising and acting as host. SEE separate article 'New Bridge Group' for more details.

Secondly, we are restarting the Family History group thanks to Clive Taylor. It is hoped that the first meeting will be in October at Swanley library either on a Thurs or Friday. For those that have already signed up Clive will be contacting you as to preferences for day and time. If you are interested in starting a new group help and advice is available, so come and have a chat, I'm at the back of the hall for the main meeting.

I will be emailing all Group leaders in the near future to ask how many members you have in your group (NOT names) and if you have spaces available for new members especially if the meeting are held in one's house or if you have a waiting list. Many other U3A's have this information

Alan Hayward

NEW Bridge Group

Calling all Bridge players and members who'd like to improve their game or learn from scratch (some whist experience is helpful). Bridge is a social, challenging game which certainly keeps the grey cells active.

Colin and I are excited to be setting up a new U3A Bridge Group. If you know how to play and fancy a game with friends, please come along. If you are new to the game, we'll teach you (Basic Acol with a weak no trump). If you can play and want to further your skills, we'll help.

Initially we plan to meet in our home on the first Wednesday in the month 10.00am to 12-noon (please contact Carolyn; carolynxchapman@gmail.com for the address). Depending on interest and availability we aim to slot in extra meetings when possible.

Meeting dates; September 6th ; October 4th ; November 1st ; December 6th .

We look forward to seeing you shortly.

Colin and Carolyn Chapman

QUIZ DATES

Just 2 quizzes at the Red Lion in the next month – one in the afternoon with no charge but voluntary donations to the RNLI requested and the other in the evening with £3 entry, half the money given in prizes, the other half to the RNLI

AFTERNOON QUIZ

Thursday September 7th 2pm.

EVENING QUIZ

Wednesday September 27th 7.30pm.

Please come along if you would like to join a U3A team on any of these dates.

David Collins.

OUTING

TIBERIUS DEADIUS with a 2-course CHRISTMAS LUNCH

There are still a few places left on this outing on Wednesday November 8th.

We will take a coach to the venue in Brick Lane, London and enjoy a 2-course Christmas Supreme lunch with Cheesecake & hot drink. Tiberius Deadius Murder Mystery is set in an ancient Rome that owes more to Up Pompeii than I Claudius and is a complete hoot. The cast will act out scenes of the Murder Mystery and between courses visit each table so you can question them, build up the story and try to solve the murder.

We will arrive for lunch at midday and head home at 3.30 ahead of the rush hour.

If you would like to go on this outing, please sign up and pay the cost of £55 at the September meeting.

Also, if you signed up for the outing in August but have still to pay, please do so at the September meeting to secure your place.

Penny Collins

Sussex Trip on 28th September

Thank you everyone, for your prompt payments and your contact details.

No-one has requested a vegetarian meal, so I am assuming everyone wants the chicken option. A reminder that this is a one course meal. Any desserts or drinks are extra.

Mid-morning coffee/tea and biscuits are included in the price.

Coach times

Hextable bus stop opposite St David's Rd 8:45am

Swanley bus stop back of Asda 9:00am

Look forward to an enjoyable day! I've put in a request for a fine one.

Sandra Treloar 07939339390

Sandratreloar04@btinternet.com

U3A Christmas Lunch

Friday 1st December at 12.30 – after the monthly meeting

At Pedham Place Golf Centre, London Road, Swanley BR8 8PP

We would like to invite you to our annual Christmas Lunch.

In line with most other restaurants and event catering facilities, unfortunately the price has increased due to the rising cost of food. **It will be £30 this year, for a three course Christmas Lunch, with tea/coffee served afterwards.** This year we are sorry but our u3a funds will not be able to stretch to provide wine and juice on the tables – however, you will be able to purchase alcohol or soft drinks at the bar.

We have also decided to try a seated lunch, rather than the carvery that we have had in recent years. We can offer a choice of starter and dessert, which you will need to choose when you book a place.

The menu will be:

Tomato Soup or

Prawn Cocktail

Traditional Christmas Roast Turkey and trimmings

Christmas Pudding and Brandy Sauce or

Vanilla Cheesecake and Berry coulis

OR VEGAN OPTION:

Soup

Sweet potato and chickpea loaf

Sorbet

Please put your name down with me at the monthly meeting from September, and tell me your choices of starter and dessert, or if you want the Vegan option. Please also let me know if you require a gluten free meal. You can pay £30 by cheque (payable to Swanley and District U3A) or cash. You can tell me if there is someone that you would like to sit with, and I will do my best to accommodate your requests.

Any queries, email me or see me at the meeting on Friday 1st September.

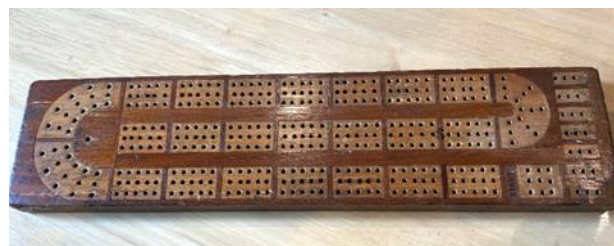
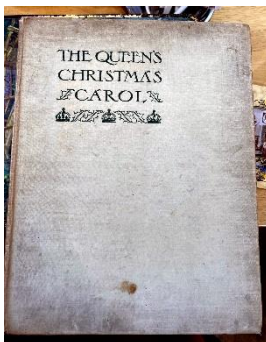
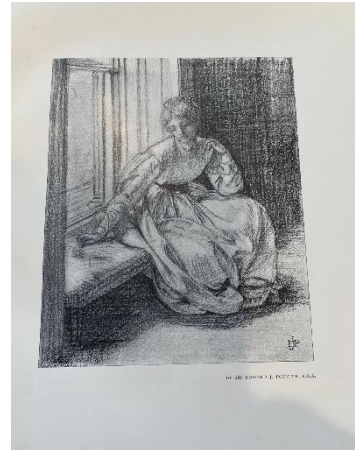
Gill Baker

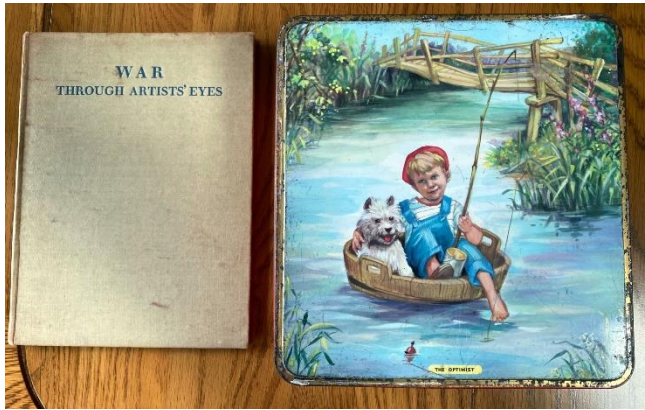
gillbaker@talktalk.net

Group News

Antiques and Collectables

The Antiques and Collectables group had an outing recently to one of our favourite shops - the Otford Antiques Centre. We had heard that it could be closing in September as the owner was retiring.





However, we were very pleased to discover that his daughter is continuing the business so we can enjoy rummaging on future trips! As usual, we all came away with something and shared our treasures over lunch at the cafe opposite.

Gill Baker

Birdwatching Group Visit to SBBO Sandwich Bay 16th August 2023

On a warm and sunny day eight of us visited the Sandwich Bay Bird Observatory Trust (SBBOT) where we were met by John Buckingham, a lecturer on birds and highly qualified bird ringer. Now retired he is very involved with the Trust as a volunteer and continues to give talks, demonstrations, and training those who wish to develop the skills of bird ringing.

In 1952 local naturalists began ringing birds as the area is an important fly path for bird migration but ten years later it became the SBBOT. Over the years the centre has continued to develop and provides walks, talks / education and now provides overnight facilities. Whilst there are three nature reserves surrounding the area it remains separate as having a different function.

The area is ideal for netting large numbers of birds for ringing and monitoring, and gathering information which is recorded and sent to the British Ornithological Trust where a central register is kept. Included in the information is date and time seen, the weight, health, age, the species, and details if previously ringed regardless of where and the numbers seen. From this central register one can identify if birds are continuing successfully or numbers are declining and if so, they are then entered on a yellow or red list.



Our visit began in the birding room where we saw how the above information was obtained. The birds were brought in from the nets in individual bags which kept them calm and then held in a specific manner throughout the procedure. They appeared quite unperturbed by their experience.

The birds we saw being ringed-

Willow Warbler, Black Cap (Photos), Reed Warbler, Whitethroat and Cliff Chaff, amongst others



From the ringing room we went in to one of the 'education' rooms where John told us about the Trust, showed slides and related them to the talk which included migration and breeding patterns.



A Bird in Hand and a Map showing Migration Flight Paths.

After lunch we walked to one of the scrapes, an area for watching waders where there was a choice of two hides. Time passed quickly and after a rewarding visit we left for home

Birds seen at Rest Harrow scrape -
Female Pheasant, Swallows, Little Grebes, Gadwalls, Tufted Ducks, Lapwings, Black Headed Gulls, Coots, Snipes, Green Sandpipers, Mallards, Starlings, Heron, Moorhens, Shoveler, Teal, and a Hobby which obligingly appeared in pursuit of prey.



We also saw a number of different butterflies. All the surrounding area had been left wild so there was an abundance of plants and together with a lot of blackberries well on to the way to ripening.

Due to an outing in September taking place on the same date as the next birding visit would take place it has been cancelled. The details of the October meeting as below & in the following newsletter.

As always, anyone who would like to join the group will be most welcome. Knowledge is not essential as none of us are experts but enjoy the countryside.

Next outing will be to [Sevenoaks Wildlife Reserve & Visitor Centre, Bradbourne Vale Road, Sevenoaks TN13 3DH](#) on Wednesday 18th October meet at location 10:15 for 10:30 start

Valerie Bamber

Walking Group(s)

Thursday 21st September 2023 10.00 for 10.15

Meet **Clive** at the “**Five Bells**”, **Church Rd, Chelsfield, BR6 7RE** for a walk of between three and four miles. **Directions by car:** From Orpington take the A224 [Court Rd/Orpington by-pass] towards Sevenoaks, after about two miles take the left turn signed ‘Chelsfield Village’ and find the pub on the corner in the village. Park in the car park if booking lunch otherwise use street parking. **By public transport:** Bus R3 passes outside, Chelsfield Rail Station is about one mile away. Please contact Clive (01474 706173, 07748 852686 or email clivetheilex@gmail.com) to let him know you are coming and say if you want to stay for lunch after.

Clive Rayner

MOTO (MEMBERS ON THEIR OWN) – WEDNESDAY, 6th SEPTEMBER, 2023

This is for all members who are living on their own and would like to meet up and have a coffee/tea and chat. Please come and join the group at the Café at the Birchwood Golf Club (off Birchwood Drive). They will be sitting inside the restaurant in the armchairs. Parking is free. Notices regarding cameras are for security reasons and not for parking fees. The group is intended to be a way for people to arrange their own meetings, outings, activities in small groups.

It would be helpful if you let me know you if intend to come so that I have some idea of numbers. Unfortunately, I will not be able to join you this month as I have another engagement.

My contact details are Tel: 01322 559534, email: sheila.derek@btinternet.com

Sheila Botterill

STROLLERS WALK IN AUGUST – An enjoyable walk took place on 9th July with 6 members taking part along the river from Farningham to Horton Kirby and back with coffee afterwards at the Lion pub.

STROLLERS WALK IN SEPTEMBER – WEDNESDAY, 13th SEPTEMBER for a walk through Joydens Wood. Please meet in the first car park on the left in Birchwood Golf Club at 10.15 a.m. for a 10.30 start

THE STROLLERS WALK IN OCTOBER WILL TAKE PLACE ON 11TH OCTOBER - VENUE TO BE ADVISED.

ALL FUTURE WALKS NOW TAKE PLACE ON THE SECOND WEDNESDAY IN THE MONTH.

This is an initiative for people who like walking at a slower pace. All welcome not just for people on their own. Please let me know if you intend to come.

My contact details are Tel: 01322 559534, email: sheila.derek@btinternet.com

Sheila Botterill

Photography Group

Over the past few months, the photography have been out and about on Photo Shoots including a trip to Faversham, river boat trip on the River Stour near Canterbury and for August a trip to Greenwich to see a display of Globes entitled the World remastered and through the foot tunnel to see Greenwich from the other side of the Thames and as usual there will be a slideshow of some of the photos we took at the main meeting.

The main U3A run a rolling photography project called u3a Eye wthey encourage members to take and submit pictures of their surroundings and each month they have a different theme and invite you to submit your photo on that topic. July's theme was 'Hidden' and one of our members Gill Baker submitted a photo and it was selected.

Congratulations to Gill. Below the Photo submitted and caption

Alan Hayward

U3A Eye Photography project.



Let me out!

I walked past this mysterious fellow many times before I noticed him! Together with two other strange creatures, he is lurking in an old wall alongside a lane in Hayfield, Derbyshire. I have no idea how he got there. He blends in very well with the weathered stone and always makes me smile when I spot him.

Gill
Swanley & District u3a



I was very pleased this month to have one of my photos chosen by u3a Eye for their monthly themed photography project. In July the subject was 'Hidden'. Each month the panel selects just 15 images out of the many that are sent in and puts them up on their web page for a month. It is not easy to be successful – the images are chosen for technical quality and interesting interpretation of the theme. I was surprised they chose mine, as I took it on my phone when I was walking back from the pub whilst staying up in Derbyshire with my brother! I hope other members of the photography group or any other u3a members will have a go at submitting something in the future.

The current theme is 'Anticipation'.

<https://www.u3a.org.uk/learning/national-programmes/u3a-eye>

Gill Baker

Newsletter

The closing date for the next newsletter will be Friday 29th September. Please send articles and pictures to tscale001@gmail.com , thank you. *Tony*



Contact Details

Chair	John Baker	johnbaker52@talktalk.net
Vice Chair	David Collins	dacollins53@hotmail.com
Business Secretary	Carol Willingham	carolw8920@gmail.com
Social/Outings Coordinator	Penny Collins	pennycollins@hotmail.com 01322 669724
Membership	Gill Baker	gillbaker@talktalk.net
Group Co-ordinator	Alan Hayward	achayward2512@yahoo.co.uk
Assistant Co-ordinator	David Collins	dacollins53@hotmail.co.uk

For contact details of group leaders please contact Alan Hayward
achayward2512@yahoo.co.uk or **David Collins** dacollins53@hotmail.co.uk

Website-<https://u3asites.org.uk/Swanley>

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Swanley U3a Group Timetable August 2023

Group	Leader	Meeting Day
Antiques and Collectables	Gill and John Baker	3 rd Tuesday Morning
Art and Craft	Penny Collins	2 nd Tuesday Afternoon
Art Appreciation	Margaret Austin	1 st Monday Morning
Art Painting & Drawing and Art Outdoors	Gill Baker	2 nd & 4 th Tuesday Evening As Notified
Bird Watching	Leader As Advised	3 rd Wednesday Morning
Board & Card Games	Joyce Wood	2 nd or 4 th Monday Afternoon at Howard Centre Hextable
Book Group	Sue Scott & Wendy Keable	2 nd Monday pm Swanley Library
Bowls (Indoors)	Bob Mellor	4 th Thurs pm at the Whiteoak's
Bridge	Carolyn & Colin Chapman	1 st Wednesday Morning
Chess	Terry Bennet	4 th Wednesday Morning
Creative Writing	Penny Collins	1 st Thursday Morning
Croquet	Bill Hammond	Every Wednesday Afternoon
Gardening	Sandy English	4 th Wednesday Afternoon
Family History	Clive Taylor	TBC
History Modern	Jackie Griffiths	4 th Tuesday Afternoon
History of London 1	John Baker	2 nd Thursday Morning
History of London 2	John Baker	4 th Thursday Morning
Let's Speak French	Barbara Ramsey	1 st & 3 rd Wednesday Morning or as Notified
London History Walks	Alan Hayward & John Baker	As Notified
MOTO (Members on their own)	Sheila Botterill	1 st Wednesday Morning
Music Making	Mark Fittock	Every Tuesday Morning
Petanque	Bill Hammond	2 nd & 4 th Tue p.m. Princes Park Dartford
Photography (Digital)	Alan Hayward	2 nd Friday Afternoon
Play Reading	Penny Collins	3 rd Friday Morning
Quiz Team	Dave Collins	As Notified in Newsletter
Rugby-Walking & Appreciation	Alan Hayward & John Baker	As Notified
Singing Group		Not meeting at present
Spanish	Ruth Wilkinson	Every Thursday Morning
Strollers	Sheila Botterill	2 nd Wednesday Morning
Table Tennis	Bill Hammond	1 st & 3 rd Friday Afternoon
Theatre Trips	Sandy Treloar	As Notified
Word Magic on Zoom	Gill Heath	2 nd Wednesday Morning
Walking Group	Clive Rayner	As Notified in Newsletter
Wine and Dine	Santha Blankley	As Notified
Wine Tasting	Robert Brickell	4 th Wednesday Evening

