

# TUNBRIDGE WELLS U3A NEWSLETTER

July 2020



LEARN, LAUGH, LIVE

## CHAIRMAN'S UPDATE

This is my first report as Chairman and I am delighted to be able to tell you that our virtual AGM on Zoom was a success. Sue and David Brimlow had worked enormously hard beforehand to make sure that everything would go like clockwork, and it did. Many thanks to those of you who came – more than usually come to an AGM in the Camden Centre! On taking over, I was very glad to be able to thank Sue for everything that she has done for TWU3A during her four years as Chairman. We all owe her a tremendous amount. We are also sadly losing Wendy Maher and Jan Sumner whose terms of office have come to an end. We shall miss them all.

Happily, three new volunteers have stepped forward to join the remaining members on the Committee: Bridget Sands as Newsletter Editor, Fiona Findlay as Secretary, and Lindsay Hasell as Groups Co-ordinator. Our first task will be to plan for the gradual return to normality. It won't be easy as we come slowly out of lockdown, but it is encouraging that many groups have started to meet either virtually or in small groups outside. Sue has already introduced Virtual Walks and Talks (see p. 4 below) and those of you who are tired of zooming or who don't use a computer will find details of our proposed Telephone Buddies group on p 6. Do consider joining as it is likely to be some time before we can gather together again.

In the meantime, I hope you will all stay safe and well.

Eryll Fabian, Chairman  
01892 513805

[www.tunbridgewellsu3a.org](http://www.tunbridgewellsu3a.org)

## THIS MONTH

### Virtual Talks

**Thurs 2<sup>nd</sup> July 2.30**

Imogen Corrigan will be talking about the WWII all-female defence unit - the 93<sup>rd</sup> Searchlight Regiment.

**Thurs 16<sup>th</sup> July 10.30**

Wildlife Photographer Tom Way will be sharing some of his photo stories.

### Virtual Walks with Caroline Piper

**Wed 8<sup>th</sup> July 2.00**

The Evolving City of London.

**Tues 21<sup>st</sup> July 11.00**

Terrible Tudors and Silly Stuarts at the National Portrait Gallery.

More details on p. 4

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## Report on the TW U3A AGM held on Zoom on 18th June 2020

Our AGM took place on the appointed day but, because of coronavirus, it was held virtually on Zoom instead of at the Camden Centre. Sue and David Brimlow worked enormously hard to ensure that it ran smoothly and many people attended a drop-in session two days earlier to make sure that they knew how Zoom works. As a result about 150 members attended (more than usually come to a normal AGM!), and we were quorate.

The agenda had been circulated beforehand and followed the usual format. Sue, our outgoing Chairman, welcomed us all and, after dealing with the Minutes of the 2019 AGM and Matters Arising (none), gave us a resumé of her Chairman's Report. This she divided into two parts, before and after lockdown. The list of all that she has accomplished in her four years as our Chairman is amazing. Her full report was sent to you earlier, and you can read the details there, though most of us must already have benefited from many of her initiatives.

Sue went on to thank the committee and the many volunteers who make our activities possible with particular thanks to Wendy Maher, who has been Secretary for six years, and to Jan Sumner, our Groups Co-ordinator, who are also retiring from the committee, and to Eryll Fabian who is giving up her role as Newsletter Editor to become Chairman. Finally, she said how much she had enjoyed being Chairman of such a friendly and vibrant group and that she felt sure that these innovations will continue to be supported and that, going forward, TWU3A will build on its past successes.

David Brimlow then gave his Treasurer's Report in which he explained that, owing to the virus, some monies have had to be held over until activities recommence. He explained that we continue to build a small surplus each year and that, despite the expected increase in our affiliation costs to the Third Age Trust and for Beacon, this should allow us to hold our annual subscription at the current level of £16, certainly this year, and also hopefully for 2021.

### The Election of the Trustees

Nominations for the four vacant posts of Trustee were read out with their proposers.

Members were then invited to vote on the Minutes, Treasurer's Report, and Election of Trustees.

All were passed unanimously.

<p><b>Chairman - Eryll Fabian</b></p> 	<p><b>Secretary - Fiona Findlay</b></p> 
<p><b>Groups Co-ordinator - Lindsay Hasell</b></p> 	<p><b>Newsletter - Bridget Sands</b></p> 

Eryll, as incoming Chairman, then thanked Sue most warmly for all that she has done for TWU3A during her four years as our Chairman ...

a very hard act to follow!

## GROUP REPORTS

### Keep Calm and Carry On...

#### Stride Out Walkers

Our group has been keeping in touch by e-mail. On the 1<sup>st</sup> June Phil started a new craze when he penned his first limerick

Our leaders are Rosmarie and Joe  
They always know which way to go  
Our name is the Striders  
We welcome outsiders  
But they really must not go too slow.

*Phil Greatrex*

Then following our first socially distanced walk on Ashdown Forest since lockdown on the 8<sup>th</sup> June, the following were penned in quick succession.



Ashdown Forest is very fine  
But if I could possibly opine (?)  
Up on the down its quite like a plain  
While down on the plain is the forest!  
Further I really must tell  
In the South I go up to the Down  
While in the North I go up to the Fell  
But for now and in all sanity I think  
We should avoid going 'down to the dell'?

*Keith Travis*

A group of old timers from Kent  
Kept rambling on legs rather bent.  
We might be over fifty  
But we're still pretty nifty  
Sticking two fingers up at this virus fate sent.

*Marion Hobday*

There were six young striders from Kent  
Who wanted to walk – so they went  
Despite social distancing  
They found the walk interesting  
So a few active hours were spent

*Jenny Brennan*

In Tunbridge Wells where people went for  
the waters  
There is a sprightly group of walkers  
In Coronatime  
They started to rhyme  
To be soon as good rhymers as walkers

*Rosmarie Croker*

Oh no, what is it that I've done  
A simple rhyme; a little pun  
All the group's now writing verse  
I hope it's not become a curse  
So please don't forget that  
walking's fun

*Phil Greatrex*

## Walks and Talks

**Zoom Virtual talks** are the replacement for our monthly speaker meetings and initially we're starting with two a month. We're only going to send out the details to members who have asked to join the group, so please email [Sue Brimlow](mailto:Sue.Brimlow@btinternet.com) if you would like to be included. There is no obligation to join any talk.

### These are the talks for July & August

#### **2<sup>nd</sup> July 2.30**

Imogen Corrigan will be repeating her fascinating talk on the 93<sup>rd</sup> Searchlight Regiment

#### **16<sup>th</sup> July 10.30**

Tom Way will be recounting how he takes his photographs in 'Tooth, Claw and Mane'

#### **6<sup>th</sup> August 2.30**

Jenny Mallin will talk about 'A Grandmother's Legacy – her ancestor's memoir cookbook'

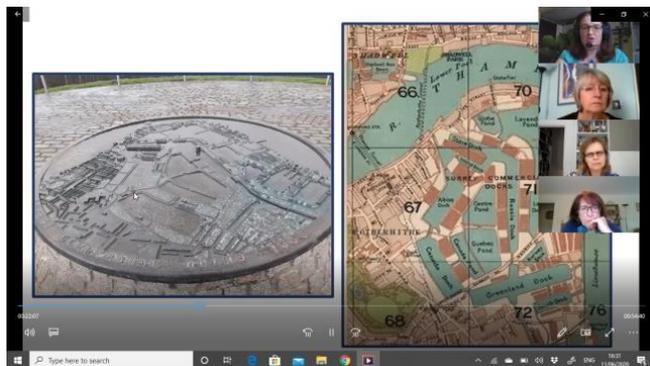
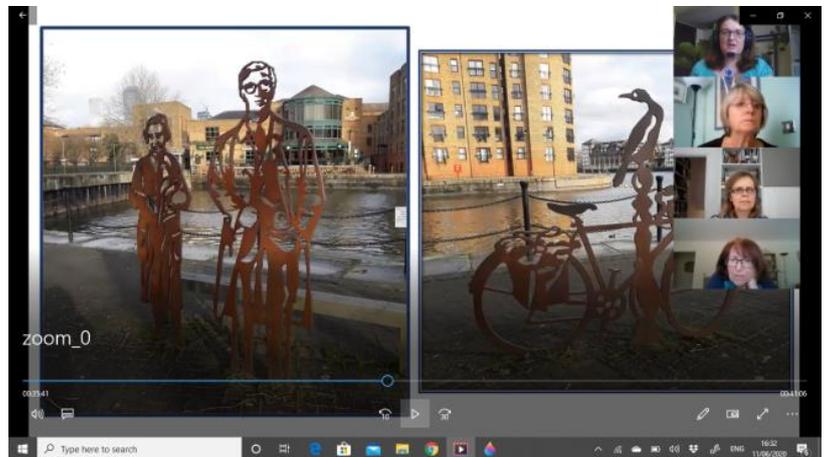
#### **20<sup>th</sup> August 2.30**

Ian Keable's talk will be on the 'History of Cartoons'

**Zoom Virtual walks** are new virtual walks around museums and London. There is a £5 fee for each walk, but you only pay if you choose to join the walk. Once again, you have to join the group to get more details, so please email [Sue Brimlow](mailto:Sue.Brimlow@btinternet.com) if you would like to be included. Caroline Piper is running these 'walks' and has sent me a link to a free 28 minute walk around the exterior of St Paul's as a taster. Click [here](#) to view it.

### **Virtual walk around Rotherhithe**

29 of us had a 'virtual' walk around Rotherhithe, with Caroline Piper. Caroline is a Blue Badge guide and has also given 2 talks at our monthly meetings. We all enjoyed it and have booked more as per the email I sent out in June. If you haven't already contacted me, please let me know if you'd like to be involved in future 'walks'.



I'm relieved that we all looked suitably absorbed in these screenshots.

There is a £5 charge for these walks, but as that's half the train fare to London, it seems a bargain.

*Sue Brimlow - [email](mailto:Sue.Brimlow@btinternet.com)*

These are the walks for July & August

**8<sup>th</sup> July at 2pm**

Virtual walk of The Evolving City of London

**21<sup>st</sup> July at 11am**

'Terrible Tudors and Silly Stuarts' based on portraits in the National Portrait Gallery

**13<sup>th</sup> August at 11am**

Virtual Walking Tour of the East End; Shoreditch and Spitalfields including street art

**24<sup>th</sup> August at 2pm**

Medieval and Renaissance Art and Design at the V&A

## ARE YOU MISSING THE ART APPRECIATION TALKS?

**Gayna Pelham**, who some of you will recall from National Gallery visits and last year's Study Day has introduced **Coffee Time Art Talks** on Tuesdays and Fridays. I sampled them and was very impressed. The Tuesday talk focuses on one painting, and the day I joined was Jan Van Eyck's Arnolfini painting. I thought I knew this painting pretty well – it had featured in the National Gallery exhibition recently, but I was very impressed with Gayna's depth of knowledge and also the details that she could reveal. It was painted in 1434 and was one of the first to be painted in oils. Here are a few images that show the detail that Gayna was able to bring out.



The painting is only 32" by 23" but is packed with symbolism and incredible detail. Artists are still marvelling over the perspective shown in the chandelier. The convex mirror in the background has 10 roundels that show the passion of Christ. Each one is about the size of half a finger nail and yet all are recognisable. The concept of capturing the image in the mirror has been copied widely too.

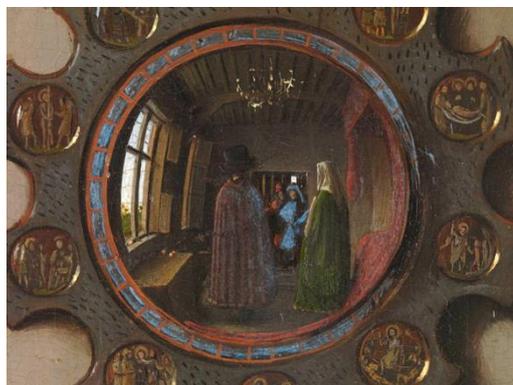


The Friday talks concentrate on one aspect of paintings, which on

this day was Mythology, particularly in Renaissance art. Once again, full of symbolism and also lots of female nudes! The talks are meant to be 30 minutes plus questions, but the first was



40 minutes and the second was almost an hour. There is a fee, £5 per session and £8 if you book 2. I have already booked myself on to more. If I invite a friend, their first talk is free.



For details see [www.gaynapelham.com](http://www.gaynapelham.com) or email [gaynapelhamtalks@gmail.com](mailto:gaynapelhamtalks@gmail.com)

## UPDATE FROM THE GROUPS CO-ORDINATOR



### KEEP-IN-TOUCH CALLS



#### Here's an opportunity to chat to someone new

For a few of us it might still be a while before we are able to get back to meeting up and having the face to face chats we used to have at U3A events.

Some U3As have started Telephone Buddy schemes so their members can simply talk to like-minded people on the phone. If there is enough interest, we should like to do the same in Tunbridge Wells.

If you haven't yet had a chance to join a group, or if you would just like a change of conversation, why not think about joining us in starting our own local TW Telephone Buddies?

Whilst we get this going I am happy to co-ordinate. Please phone the number below if you would like to be included or would like to know more.

Lindsay Hasell, Groups Co-ordinator: 01892 673180

And please don't forget to keep updating me with your group news. [Lindsay Hasell](#)

## FACE COVERINGS

The term 'covering' is used to distinguish it from the more medical and professional 'mask'. Here is the current government advice on wearing a face covering. It is taken directly from the [government website](#).

'The evidence suggests that face coverings can help us protect each other and reduce the spread of the disease if you are suffering from coronavirus, but not showing symptoms. If people choose to wear them, we are asking people to make their own face coverings at home, using scarves or other textile items. We are publishing guidance to help illustrate the process. We urge the public not to purchase medical or surgical masks as these should be reserved for health and social care workers.'

### **Some face covering tips from Sue Brimlow's post on the TWU3A website.**

Face-coverings are now being recommended or mandatory in some areas. Previous newsletters have had several patterns for making them, but those of us who wear glasses know the issue of them steaming up while you're wearing a mask. I haven't tried them yet but here are 2 possible solutions. Fold a tissue several times into a thin strip and place it inside the top of your facemask. Keep it in place when you put the mask on, so it covers the bridge of your nose. Put your glasses on top and the tissue should absorb the warm moisture from your breath. Alternatively, or as well, wash your glasses with soapy water and let them drain dry without rinsing them. This leaves a thin film that reduces fogging. I found that it just made my glasses blurry, so I rinsed it off straight away.



## ALISON TURNER

Some of you will already be aware that Alison Turner passed away in June. Alison had led the Art Appreciation group for many years and had only just relinquished the role this year. Sadly the last meeting was cancelled due to the lockdown, when I know the group were looking forward to passing on their appreciation for all her hard work. Here are a few quotes that sum Alison up.

“I met her first about 35 years ago doing French classes and later Art Appreciation classes at the Adult Ed and then of course at U3A Art Appreciation. It was always a pleasure to meet her and have a chat. She was steadfast and conscientious and kept us up to date in all that was going on in the exhibition world. I shall miss her.”

“She was the most delightful lady to work with for Art Appreciation. She was always very organised, efficient, knowledgeable and always thoughtful and supportive. She used to put in a tremendous amount of work each year to get the group ready for the season of talks.”

“Quite right that an appreciation of Alison will appear in the next newsletter. Her work for the U3A, much of it with her husband, Dennis, deserves the utmost praise”

“Art Appreciation was the first U3A group I joined in October 2014. Alison announced at the first meeting I attended that unless she got some help with the organization, the group would be discontinued. I rushed up to her at the end of the meeting and said "You can't do that, I've only just joined. What help do you need?" We were still meeting at King Charles the Martyr Church Hall then and she needed help with setting it up each time and someone who was willing to collect the keys.”

Elaine Royal, who has taken over as Group Contact writes “when I moved to Tunbridge Wells I rang Alison and she was very encouraging. She was willing to spend some time one evening on the phone describing the Art Appreciation group's activities. More recently she was very helpful and thorough when she was handing over the leadership to me.”

Our thoughts are with Dennis and the family.

## LIFE IN LOCKDOWN

The U3A has produced a video called **Life in Lockdown** which can be accessed through the National Office website or [here](#). It is a celebration of some of the lovely and innovative activities and ideas that U3As across the country have been trying out. It has already had 10,000 views. The film is a great representation of the resilience and positivity of the U3A community. Please share with friends, family and those who may not already be involved with U3A.

## SOME MORE IDEAS FOR LOCKDOWN



### OUT and ABOUT GARDEN VISITS

Last month Sandra gave us lots of information about places that we are now able to visit. 'With our slow emergence from lockdown the good news is many garden attractions in Kent and East Sussex are now open.'

Some of you were tempted out...



Some of the Out and About group at Scotney Castle in Lamberhurst

Penshurst Place



You need to check individual websites for opening times as advanced booking is often needed. Most seem to have toilet facilities open and some are selling take away refreshments. Most NT gardens are open with advanced booking going on the website every Friday. The houses remain closed at time of writing. Other gardens open in addition to those mentioned in the June Newsletter are Leonardslee near Horsham, Sussex Prairie Gardens near Henfield, Hever Castle Gardens and Lullingstone World Gardens at Eynsford.

All venues take the social distancing and safety of visitors seriously.

Great Comp near Sevenoaks

*Sandra McDonald, Short Breaks Organiser*

## Latest posts from theTWU3A website

The Friends of Dunorlan Park report that the Café has re-opened for takeaways only. Inside, the Café is carefully marked out to allow a one way flow to the counter with no food to be consumed on the premises although the tables outside the Café are in use. The range of food and drink available is slightly limited and the range will increase as demand grows again. They urge us to support their excellent Café and they will again provide bags of wildfowl food in exchange for donations and this can now be obtained simply and safely as you walk round the one way system in the Café. Please support this initiative which is good for the ducks and geese and also good for the Friends as they derive a significant income from your generosity.

The National Theatre at Home production starting Thursday 2 July, 7pm, is a recording from 2016 of **Les Blancs**. Also, to flag up that the new versions of Alan Bennett's **Talking Heads** will begin airing from Tuesday 23 June, 9pm on BBC One and BBC iPlayer.

Other tips from recent Zoom meetings with members including free delivery from Cook, providing the order is over £40. If you are at home and can't get an online delivery, you can ring Age UK on 522591 with a shopping list and they usually deliver the next day. Someone else has tried the introductory offer to Parsley Box and was very impressed. It's a selection of 10 classic range **meals** for just £29.90. [www.parsleybox.com](http://www.parsleybox.com). Rooks, the butchers, has also re-opened in Mount Pleasant plus they have a delivery service - <https://www.rooksonline.co.uk/>

Gayna Pelham is offering **Coffee Time Art Talks** at 11.00 on Tuesdays and Fridays from June 9th at a cost of £5 per session (2 for £8). For details of this and future talks check [here](#).

As promised in the June newsletter, here are 2 guides to using Zoom produced by the National Office. They are relevant if you want to set up a Zoom account but you don't need to do this to join our Zoom meetings. Using Zoom on a [desktop](#) and using Zoom from a [tablet or phone](#).

There are lots of ideas in previous months' [Newsletters](#), on the Tunbridge Wells U3A [Facebook](#) page and [website](#).

In addition to this don't forget the national website [www.u3a.org.uk](http://www.u3a.org.uk), which is full of tips.

## FACE COVERINGS FOR AGE UK

Last month's appeal for face coverings has been successful. These will help protect the local Age UK volunteers and the older people they care for.

These rather beautiful examples are from Sally Turner of the Patchwork Group.



## TIRED OF LOOKING AT YOUR SCREEN?

### JENNY'S QUICK QUIZ

Answers on page 12

This month Colin has deferred to the superior gardening knowledge of his wife!

1. Ericaceous plants like acid soil. True or false?
2. Which plant, widespread in Britain, if touched causes a serious chemical reaction which makes skin hypersensitive to ultraviolet light?
3. Which television presenter and gardener owns a garden in Herefordshire called Longmeadow?
4. What is Xeriscaping?
5. Which of the following makes a good natural weed killer?
  - a. Iron sulphate and baking soda
  - b. White vinegar and washing up liquid
  - c. Epsom salts and lavender oil
6. New Corset is an anagram of which vegetable?
7. What special attribute makes Lavender ideal for growing in dry conditions?
8. Where do Pelargoniums originate from?
9. Oenothera Biennis is commonly called what?
10. Which flower shares its name with the goddess of the rainbow in Greek Mythology?

## Useful Information and Important Messages

### THIRD AGE TRUST AGM

This is to let you know that the Third Age Trust AGM will be held online on 29th September 2020. All members are eligible to attend and normally there is a charge. As it will be online, however, this year's event will be free. The agenda and details of how to register will be available later.

### Forthcoming Events For Your Diary -- All Subject to Confirmation and Government guidance

Rescheduled	BBQ at the Nevill Golf Club – to be confirmed
26 <sup>th</sup> Sept.	Afternoon tea and Board Games
17 <sup>th</sup> Oct.	Quiz Night
31 <sup>st</sup> Oct	Barn Dance
12 <sup>th</sup> Nov	Hop Picking in Kent Seminar
11 <sup>th</sup> Dec.	U3A Christmas Lunch – by ticket

## New Members

As expected during Lockdown we have had no new members, although as always, we are very happy to welcome them to our group.

## Your Committee

Chairman	Eryll Fabian	01892 513805
Vice-Chairman	Adrian Twiner	01892 459352
Secretary	Fiona Findlay	07872 169146
Treasurer	David Brimlow	01892 860598
Group Coordinator	Lindsay Hasell	01892 673180
Membership Secretary	Ruth Johnson	01892 523097
Outings Coordinator	Joan Young	01892 546687
Business Secretary	Adrian Twiner	01892 459352
Newsletter	Bridget Sands	01892 546161
Short Breaks & Holidays	Sandra McDonald	01892 752196

### **A Message from the Editor:**

Any publication is as good as its contributors and I do hope you will continue to support the Newsletter as it is such an easy and effective way to communicate with you all. If you have a great idea for an article or there is anything interesting you would like to see in the newsletter in the future please let me know.

If anyone objects to their photo being reproduced in this Newsletter, please contact me.

All contributions to the **August** Newsletter should be e-mailed to **Bridget** by 31<sup>st</sup> July. at the latest (**earlier submissions are always welcome!**) or phone 01892 546161.

## **National Newsletter**

The U3A Trust is using the National Newsletter to keep members informed on the latest government advice concerning coronavirus covid-19. It is also filled with information, stories and advice from across the U3A movement on how to keep safe and occupied during this difficult time. For example:

### **A new season of online events with U3A**

We are delighted to offer a brand new series of online events starting with two one-off free taster event sessions.

U3A members are invited (3 July) to join online with the National Gallery to explore Rubens's Samson and Delilah (1609-1610), a story of impossible love and tragic betrayal.

Courtesy of The British Library (23 July) is the Discovering Children's Literature. These events will be held on Zoom and can be booked into on the Events Page.

*The Newsletter is free. To receive it, Sign up for the National Newsletter.*

And an idea from the National website:

### **Get involved in U3A Eye**

- Are you a budding photographer?
- Keen to learn a new skill or simply interested in the world around you and how it appears?

We are running a fortnightly project to encourage people to take and submit pictures of their surroundings during this unprecedented time. We are going to be posting a different theme each fortnight and inviting U3A members to submit their photos on that topic.

This is not a competition and it is not about your photographic skill – what we want from you are interesting photos, possibly different ways of viewing things, anything which has captured your imagination or caught your eye. **The photograph must have been taken during the lockdown and not include people.**

At the end of every fortnight we will choose and publish up to 15 photos on an online gallery for each theme so that all of our members can enjoy the images. All you need to do is upload your photo using the form below (you will receive an acknowledgement once submitted).

The theme 'Circles' ended on the 2<sup>nd</sup> July so by the time you get this newsletter there will be a new one to try.

### **NB. A CHANGE OF ADDRESS**

Please note that the Third Age Trust's postal address has changed and is now:

	<b>National Office</b>	
Keep up to date with National Office news on the website: <a href="http://www.u3a.org.uk">www.u3a.org.uk</a> or write to: The Third Age Trust, Room 104, Lenta Business Centre, 156 Blackfriars Rd, London SE1 8EN		

### **QUIZ ANSWERS**

1. True	2. Giant Hogweed	3. Monty Don	4. Gardening with drought resistant plants
5. b - White vinegar and washing up liquid	6. Sweetcorn	7. Small leaves	8. South Africa
9. Evening Primrose	10. Iris		