

CHAIRMAN'S REPORT



It is a truth universally acknowledged ... well, perhaps not, but most people agree that the more one puts into something, the more one gets out of it. Why, then, do all organisations find it so difficult to recruit volunteers? In TWu3a, where everything is done “by the members, for the members”, we depend entirely on volunteers for everything we do and we are enormously grateful to the many members who do come forward to fill the different roles which are available.

But we are always on the look out for more! This month, as you will see below, shall be taking our gazebo to the Trinity Arts Centre fete on Saturday 27th August and it will be in front of the Millennium Clock on Wednesday 21st September, celebrating u3a Day. Those of us who took the display to the recent summer fetes thoroughly enjoyed talking to the public and found the experience great fun. So, if you can spare an hour or two to help on either of these days, please let me know.

To build on the momentum already generated by our appearances at the fetes, we are hoping to put together a **Publicity Team** which will help to raise awareness of u3a and to encourage recruitment. If you have either PR or HR experience, know how to interest the media, are good at writing publicity, think you can contribute in any way, or if you merely have an hour or two to spare when you could deliver leaflets etc, we need you – please get in touch!

Finally, please note that our monthly meeting in August will be in the TW Christian Fellowship Hall. I hope to see you there.

[Eryll](#) (01892 513805)

Coming up this month

Thursday 18th Aug Monthly meeting: The Medieval Housewife

Friday 29th Aug Coffee morning at Trinity



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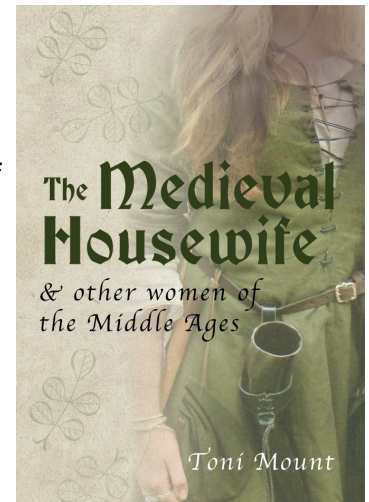
Hybrid Monthly Meeting at the **Tunbridge Wells Christian Fellowship Hall.**

Thursday 18th August 2.30pm

Toni Mount **Medieval Housewives**

Toni is an historian who has written many books including a series of medieval murder mysteries about her detective, Sebastian Foxley. This talk looks at the lives of ordinary folk in the middle ages, including anecdotes, recipes and the instructions given by an elderly husband to his new young wife, plus child care, food and fashion.

Based on her first non-fiction book [The Medieval Housewife and other women of the Middle Ages](#).



**There is still time to
book**



! BARN DANCE !

**If you booked in 2020 and have not yet contacted
Carol Woodman, please do so NOW
by email or by text to 07710 484065
or phone 01892 539452 after 15th August.**

If you have not booked yet, it's not too late

Date: Saturday 24th September

Time: 7.30 to 10.30

Venue: Langton Green Village Hall TN3 OJJ

**Price: £15 to include fish and chip supper
(or order Halloumi Special)**

****Please bring your own drinks, nibbles and glasses.****

**Full details and application form were in the July
Newsletter or contact Carol Woodman (see above).**



MEMBERSHIP RENEWAL 2022

We are taking a new approach to the renewal process for the 2022-2023 membership subscriptions.

During August we will focus on encouraging members who have not so far set up a Direct Debit to do so, ideally before August 21st. If you are one of these members you should have received an email explaining the process with a link to set up your payment which will be processed on September 1st. After this your payment will be made in future years automatically and you need take no action unless you wish to leave the U3A and hence cancel the payment.

Those members who do currently have a Direct Debit or Standing Order will receive an email confirming this.

Later in August we will contact those who have chosen not to sign up for a Direct Debit with the options available to them. We realise this means that some payments will not reach us until after September 1st but all renewals will still be effective from September 1st. This process should eliminate the chance of any member paying more than once and thus making the administration simpler. We hope very much that you will want to continue your membership. If you do decide not to renew however, please let Judy Horwood (01892 537601), our Membership Secretary, know as soon as possible, so that you avoid receiving reminders.

Eryll Fabian, Chairman. Phone 01892 513805 or [email](#)

Help us raise awareness of u3a!



We shall be taking our display to
the Trinity Arts Centre Summer Fete
11am – 4pm on Saturday 27th August

and on

Wednesday 21st September, u3a Day

**our gazebo will be in front of
the Millennium Clock in the centre of TW.**

It's a fun way to spread the word – why not come and join us?

To volunteer, please contact [Eryll](#) (01892 513805).

Have you got what it takes? Then join our Publicity Team!

We are looking for members with experience of PR, HR, contacting the media, writing publicity material, speaking to the public, knowledge of distribution and, indeed, any skills which might be useful, to join our new Publicity Team. This is a new venture through which we hope to increase awareness of u3a and boost recruitment to TWu3a. It will develop as it goes along – can you rise to the challenge?

If so, please contact [Eryll](#) (01892 513805).



Target Achieved!

The **Pub Quiz Group** has been taking part in quizzes in local pubs for about the last six years. The venues may have changed and group members have come and gone, but the group has endured; even through Covid. All our cash winnings are donated mostly to local charities. In November 2019, we announced that we had raised over £4000 and were looking forward to a new target of £5k. I can now confirm that we have achieved over £5000. HOORAY!



This happy event took place

Thursday 28th July when two teams of four sat down at the Brecknock Arms to do battle with the local quiz master; The Optimists and The High Flyers. This is a monthly event and is our kind of quiz; no modern music, IT based questions or obscure film cults!

This month we had the likes of the following:-

General Knowledge - how many players in a side of Volleyball? **Nature** - What is Entomophagy? Clue - best not to volunteer for this! **County Towns** - Newport: What is the county? Hmn! Not a lot of people know this; we certainly didn't. After three rounds our teams were neck and neck on 25 points each.

Then followed, **Britain** - From which county does Blue Vinny cheese come from? **CHECKPOINT** - Where each answer starts with one of the letters from **CHECKPOINT**. Tricky! Get one wrong and it throws up all sorts of problems.

Final round in this set of three: **Nursery Rhymes** - guess the nursery rhyme from the description. For example, 'Girl asked about how her garden can possibly grow with strange objects in it.' This is my example, not from the quiz; no time to write everything down, but you get the idea. After six rounds The Optimists were on 51½, The High Flyers with 52.

The final three rounds: **Geography** - Largest country in Scandinavia? Strangely, this is not without controversy! Other sources may offer a different country! **Homonyms** - Two words that sound the same, but with different spelling and meaning. To make tighter and a giant? Followed by **Connections** - In which country is the Vistula the longest river? Eight other countries and what is the connection? Answer - all countries that border Germany.

By this time The Optimists had scored 75, but The High Flyers had moved on to 78.

During the quiz there was a 25-question sheet to complete in which all answers begin with 'PAN'. Here is one topical question that will not require me to give you the answer. A disease that has spread over a wide area?

At the end of the quiz, well past midnight, (Nah! Only kidding!) the Optimists had scored 98 in third place, but the High Flyers came in with 103 and WON! HOORAY!! WHOOP! WHOOP! And that's how we broke through £5000. 😊

Answers

Volleyball-six players. Entomophagy-the practice of humans eating insects.
Newport - Isle of Wight. Dorset Blue Vinny Cheese. Mary, Mary Quite Contrary.
Geography - Sweden. Homonyms - Tighthen/Titan. The Vistula is in Poland.

Dick Hoare

Outings Coordinator

In October we will be heading for the Surrey Hills. Polesden Lacey is a magnificent 1500-acre estate with an Edwardian house. The house was a weekend retreat of Margaret Grenville. From brewer's daughter to friend of Kings and Queens. Margaret was a wealthy widow and a discerning collector of art and objects. In her lifetime she amassed a surprisingly varied collection including Dutch and British Masters, Italian and Sicilian Majolica and fine French furniture. We will have guides to take us around the house in small groups.

There is a large shop and plant sales. The cafe with inside and outside seating is open daily for hot/cold drinks and food. Alternatively, you may wish to bring a picnic and find a quiet spot in the beautiful gardens to eat. If you wish to go on this trip, please see the application form at the end of this Newsletter.

In July the outing was to Lullingstone Castle and Aylesford Priory, a review of this lovely day out follows below.

In September we are going to Cliveden house & gardens with a river cruise along the Thames. At the time of writing we had 2 places left. If you wish to go on this trip, please contact Joan Young on 07504919081 or jyoutings@gmail.com. The application form is in the July newsletter.

[Joan Young](#)

July Outing to The World Garden at Lullingstone Castle, the Lavender Farm and Aylesford Priory

'I do hope it doesn't rain' – the habitual cry from our outings organisers. Pat Mickelwright didn't have to worry – we had a beautiful sunny if rather warm, day.

After coffee on arrival at the Country Park we set off for a gentle walk to Lullingstone Castle. Once there we had a choice—the lovely old parish church, with its stained glass windows or the World Garden—complete with Tom Hart Dyke himself at the plant sales. Several members even purchased a salvia, peculiar to this garden, named

'Dad in Brown Trousers', a tribute to the favourite attire of Tom's father when gardening. Then lunch at the marquee or a picnic in the extensive grounds. Tom, a renowned plant hunter, survived nine months as a hostage in central America, during which time he planned this world garden.



We then strolled back to the Visitor Centre and on to the Lavender Farm where the blooms were at their vibrant best. The shop, with its dozens of lavender-based products, was very tempting—as was the ice cream kiosk.

There was then a welcome sit-down on our coach during the 30-minute drive to Aylesford Priory. En-route, Pat gave us information on the fascinating history of the Carmelites and the restoration of the Priory. Again, it was free flow and we had the opportunity to visit the Pottery – where several members made purchases — the Priory with its various chapels and the beautiful Peace Garden. Final refreshments were on offer at the cafe and then back to our coach and the journey home after a very interesting and successful day. Thank you Pat.



Lorna Jones

Groups coordinator update

There has been positive response to setting up a **Ukulele** group (plus, maybe, a **Ukulele beginners'** group) and also a **Creative Craft** group.

Another member is still keen to start a group offering **Practical meditation and breathing techniques**, however we need suggestions for a quiet venue to hold the group meetings.

Details or interest can be registered with the Groups' Co-ordinator.

Book Group Volume 2, meeting on a Wednesday pm, are looking for more members to join them as is the **Military, Aviation & Maritime History** group who meet on a Thursday morning.

If you are interested in any of the above groups most details of group contacts can be found on the TWu3a website, from the Groups Listing or from the Groups Co-ordinator. (We do strive to keep Groups details up to date!)

[Lindsay Hasell](#), **Groups Coordinator**

Here are the **Walk On the Wildside group** at Dryhill Nature Reserve in Sevenoaks picture for this month courtesy of Keith Root.



Out & About 2 had a very enjoyable guided tour of Castle Farm Lavender Farm. We learnt about the different types of lavender and their properties and saw how they distilled it. There is a lovely shop which sells all the lavender related products.

Liz Adams



The **Fun Book Club** had a very jolly first anniversary tea party at Salomons. Tea and Prosecco were drunk, sandwiches, scones and cakes were eaten in abundance and balloons were waved about with glee. We even had a bundle of cakes to take home. Definitely an afternoon well spent!

We conducted a survey before the tea party to find our favourite read of the year and that was won by *All The Light We Cannot See* by Anthony Doerr. A really wonderful book. We also recalled the first book we read a whole year ago. It was *Hamnet* by Maggie O'Farrell.

Evelyn Birkett



Group News



Out & About Weekenders The end of July saw 10 of us exploring Medieval East Grinstead High Street in the morning. The afternoon ended with a guided tour of 18th Century Hammerwood House, built in the Greek Revival style, now being saved from dereliction. A lovely day with a great lunch at Chequers Mead Theatre.

Sandra McDonald

On July 14th I was warmly welcomed by 6 other members of the **Galleries and Museums Group** for my first outing with them, which was a very well researched visit to the King's Cross/St Pancras area. Thank you Mo and Bob.



It was such an eye opening trip for many reasons. The whole area has been wonderfully transformed from its previous unsavoury past. We were all impressed by St Pancras station with its wonderful architecture and art installations, as well as with the adjacent hotel which we were able to admire from both the outside and inside.

At King's Cross station, itself a Grade 1 listed building, we saw the new concourse and roof which are fine examples of modern architecture and design blending with tradition.

Around the outdoor areas art installations such as The Birdcage, the dancing fountains, the 'ice lolly lounge', and a creation called 'Woven Wonders' made me realise that an art gallery can just as credibly be in an outdoor space as an indoor one.



I can highly recommend a visit to this vibrant area of London to those who have not yet been.

Angela Dees



Explorers Group 1 visited the Tower (of London) in Bloom last month and saw the masses of wild flowers in the moat which had all been planted from seed.

After lunch at the Dickens Inn on St Catherine's dock they stopped in Mincing Lane where three

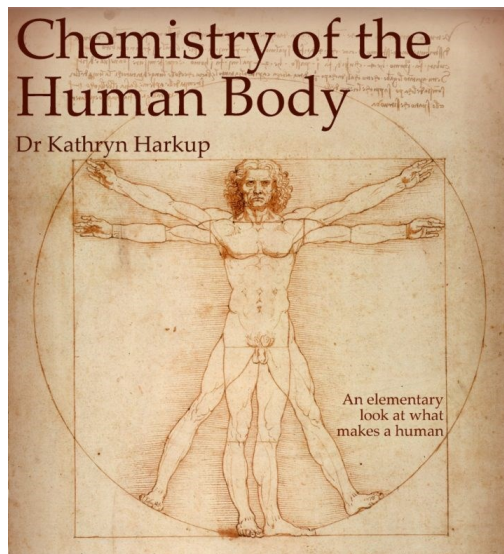
bronze horses stand; they are called Sterling, Dollar and Yen.

Joan Young



Last Month's Talk

Dr Kathryn Harkup: The Chemistry of the Human Body



Of the 118 known elements in the Periodic Table the average person contains about sixty. Twenty of them are essential to keep us alive and we obtain them through food, drink and air. Here are the five Kathryn chose to elucidate so entertainingly:-

Iron (No 26 Fe)

Blood loves oxygen and transports it around the body. We have about 4g in our blood and muscles. Blood cells last between 90-120 days and our bodies make about 2 million everyday. Using the food we eat and controlled by enzymes there are eight steps to produce each cell. The iron is added at the last stage so that it is carefully wrapped and doesn't rust. If one of these steps fails then we can become anaemic.

Phosphorus (No 15 P)

Kathryn's favourite element. It was discovered accidentally in the 1660s by an alchemist using his own urine! (The story is worth finding; just look up Hennig Brand.) It is what holds our DNA together and is in every cell in the body. We need to eat a lot of it and luckily anything that has been alive, including plants, is a source. Our bodies hold about 350g.

Sulphur (No 16 S)

Another essential element present in all living cells. Two important amino acids contain Sulphur and provide strength for hair and nails in the form of keratin. It notoriously smells bad and is added to odourless natural gas so that we can detect it. It also contributes to the smells of garlic, grapefruit and the sea. We have about 140g in the body.

Selenium (No 34 Se)

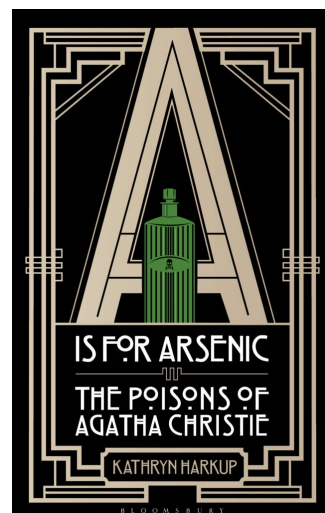
This smells much worse than Sulphur and an abundance in the body causes bad breath and body odour. We only need about 15mg in our bodies but it is very important for the immune system. In the UK we are slightly deficient in Selenium due to something that happened in the Ice Age, so keep eating the broccoli.

Sodium (No 11 Na)

The body rewards us for eating salt by making it tasty. This is because it needs the sodium to react with potassium causing an electrical charge which in turn allows our nerve cells to send messages to and from the brain. It is only in more recent years that the abundance of salt in processed food has become a problem for our bodies.

Kathryn's website is well worth a look and she has also written an intriguing book on the poisons of Agatha Christie.

https://harkup.co.uk/?page_id=229



Important information

Forthcoming Events For Your Diary

15 Sept 2022	Monthly Meeting: David Allen on "Manners Please, Dearest" — Hybrid Meeting
24 Sept 2022	Barn Dance
27 Oct 2022	Games afternoon
8 Dec 2022	Christmas Lunch

New members

A big welcome to our **13** new members this month.

Joanna Barkwill, Hinke Chakraborty, Jacqui Corral, Jane Dillon, Beryl Dunton, Alan Hargreaves, James Hodge, Catherine Mennell, Linda Parrack, Sue Pearce, Patricia Pollock, Lyn Vaill & Anne Walter.

Your Committee

Chairman	Eryll Fabian	01892 513805
Vice-Chair	Sandra McDonald	01892 752196
Secretary	Fiona Findlay	07872 169146
Treasurer	David Brimlow	01892 860598
Group Coordinator	Lindsay Hasell	01892 673180
Membership Secretary	Judy Horwood	01892 537601
Outings Coordinator	Joan Young	01892 546687
Short Breaks & Holidays	Sandra McDonald	01892 752196
Events Coordinator	Philippa Bernstein	01892 523132
Newsletter	Bridget Sands	01892 546161

A Message from the Editor

Any publication is only 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 as soon as possible.

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

u3a Office



Keep up to date with u3a news or subscribe to the newsletter about u3a activities throughout the country on the u3a Office website: www.u3a.org.uk — or write to:
The Third Age Trust, Room 104, Lenta Business Centre,
156 Blackfriars Rd, London SE1 8EN

For u3a members only

Application for Polesden Lacey, Great Bookham near Dorking, Surrey on Tuesday 4th October

Tunbridge Wells u3a Outing Application Form. The cost of this outing for National Trust members is £16 which includes the coach and the driver's gratuity. For non members of the National Trust there will be additional payment of £14 on arrival at Polesden Lacey. This Edwardian house is in the Surrey Hills and has stunning views of the area. There is a cafe where you can purchase hot/cold drinks and food. Alternatively you may prefer to bring a picnic. Arrangements have been made for a guided tour of the house in small groups throughout the day.

OUTING CODE: F13 ORGANISER : JOAN YOUNG jyoutings@gmail.com

To pay by BACS please email: JOAN YOUNG jyoutings@gmail.com and include your name, mobile/home phone number, date of payment and Name of the Outing and Code (as above) and preferred coach pick up point.

Then to pay: Make an online transfer to: **Tunbridge Wells u3a** Sort code: **40-52-40** Account No: **00024097** [Your bank may not recognise our CAF account, but as long as you've entered the details correctly, you can go ahead with the transaction].

Reference: OUTING CODE Surname e.g. **F13 Your Surname**

To pay by cheque:

please post the application below (or send the details in a letter) to: *JOAN YOUNG, 21 CONISTON AVENUE , TUNBRIDGE WELLS TN4 9SP* Add your email or telephone number for confirmation of receipt.

APPLICATION FORM FOR POLESDEN LACEY F13		
I enclose a cheque for £..... made payable to Tunbridge Wells u3a		
Name:	Home no:	Mobile
If you are paying for your partner or a u3a friend, please include their details below		
Name:	Home no:	Mobile
Please tick where you want to board the coach		
<input type="checkbox"/>	Crescent Road- opposite the Assembly Hall	9.30am
<input type="checkbox"/>	St Johns Bus Stop- opposite Sainsburys local	9.35am
<input type="checkbox"/>	Southborough Fountain	9.45am

We should arrive at Polesden Lacey at 10.30am approximately, leaving at 3.30pm for return to Tunbridge Wells Arriving back at Southborough Fountain 4.30pm approximately and St Johns and Crescent road 5/10 minutes later.

Please note once money has been paid in advance, full refunds will only be given if your place can be filled by another u3a member.

Members are advised that neither TWu3a nor the organiser will accept responsibility for any mishap of whatever nature during this outing, Members are advised to consider personal insurance cover.