

CHAIRMAN'S NOTE

The final monthly meeting on 26 June 2024, with accompanying AGM, signals the end of the U3A year until the next monthly meeting on 23 October. With single "Summer" (July/August), and "Winter" (December, January) editions, a total of 10 Newsletters will be published in the year.

Helen Wood our EC secretary has attached all the AGM papers. Do please attend the AGM or at least submit a postal vote, which contributes to achieving a quorum.

This Chairman's note is my last, but I hope to continue to gain tremendous pleasure, development and fun from the groups I run and participate in and the open meetings that I attend. Ours is a marvellous organisation and I wish you all the very best for your future participation.

Ken Brown

chairman@sevenoaksu3a.org.uk

JUNE MONTHLY MEETING

Wednesday 26th June 2024

at 2pm at

the Bat and Ball Centre, Sevenoaks

Our speaker this month is **Michael Smith**, the Polar Explorer, who gave us an excellent presentation in November 2022 about Amundsen and Scott and the race to the South Pole. This time he will be talking to us about **Ernest Shackleton – The Man and the Myth**.

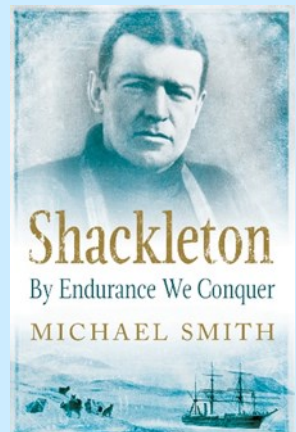
Shackleton became a national icon after venturing on four epic voyages of discovery to the Antarctic a century ago, including the famous Endurance expedition. Michael will tell us about the compelling story of a complex and charismatic man who touched greatness on the ice but struggled to come to terms with home life. The discovery of his sunken ship Endurance beneath the Antarctic in 2022 coincided with the 100th anniversary of his death.

Please note that this talk will be preceded by our AGM, details of which can be found separately in this Newsletter.

We look forward to welcoming you to the Bat and Ball Centre, with tea and biscuits being served afterwards.

I do hope you will join us.

Barbara Coleyshaw speakers@sevenoaksu3a.org



ART GROUP EXHIBITION

The u3a Art Group will be holding an Art Exhibition in **Seal Village Hall** on **Saturday, 29th and Sunday, 30th of June**.

Many of the paintings on display will be for sale. If you wish to buy a picture, please ensure you can pay by cash.

The exhibition will be open from **12 noon - 4pm on Saturday** and **10am—4pm on Sunday**.

There are many other things, such as a garden safari, also taking place in Seal over that weekend. We hope to see you there.

JUNE DIARY

June 5	Science Seminar—AI and You : Understanding Artificial Intelligence		
June 12	Bridge for Pleasure	June 26	Bridge for Pleasure
June 26	30th AGM and presentation		
June 29 & 30	Art Group Exhibition		
Science Group	No meeting this month	Computer Group	No meeting this month

BRIDGE FOR PLEASURE

Next sessions 22nd May 2024, 12th and 26th June

The Group plays at **Oxford Village Memorial Hall** on the **2nd and 4th Wednesday mornings** of each month from **October to the end of July, from 9.45 a.m. until 12 noon.**

The last two sessions numbers have been down somewhat but hopefully not everyone is on summer wind down already ! We certainly still have room for more of you ! Recent winners have been Pat Lowe on 24th April and Stephen Hale on 8th May. Congratulations to both of them. Particularly nice to see Stephen on winning form again especially as this was the day that he and George Thompson were providing holiday cover for us. The pressure obviously wasn't too much for him ! Many thanks to both of them.

New members are always welcome. We are an "open" group so new players can just come along on the day. We play ACOL in a 'Chicago' format so you do not need a partner or to come every time. We change partners every 4 hands so you experience playing with 4 or 5 different people during the morning. We like people to be of at least an intermediate standard and to know the standard Acol bids and responses. For more information, please ring **John and Sue Christy** on [REDACTED] or email bridge@sevenoaksu3a.org.uk.

PHONE, TABLET AND COMPUTER GROUP

There will not be a meeting of the group in May; we then take a summer break and restart in October.

First our "Phone, Tablet and Computer Group" wishes you a happy and peaceful summer holiday.

We would like to give you a recap of our activities in the past months as well as an insight as to what we are working on for the next season.

In November we changed our name from the "Computer Group" to the "Phone, Tablet and Computer Group" to reflect how ubiquitous our phones and tablets are today, while still relying on the computer for some hard graft. After a slow start, we have seen a much better attendance to our recent sessions and have what we believe is an exciting programme for the next season.

November 2023, our Chairman, Ken Brown, kicked off with a presentation on "Photography with a Smart Phone" which was well received.

January 2024, Bob Martin talked about apps used to recognise plants and wildlife, again this was very successful.

February 2024, John Cox and Charles Hebert spoke about the optimisation of the various apps on our smartphones. It is a huge topic on which we will probably revisit. In March our talk was given by officers from Kent Police who helped the attendees to avoid internet fraud.

April 2024, we spoke about how to manage and mitigate a loss of hearing using hearing aids and related assistive technology including mobile phone apps. "Hi Kent" a small Kent charity, and audiologist Samantha Fairchild helped us with this session. It proved to be very popular with as many as 3 times as many attendees as we had before.

While successful we did recognise (ironically) the concerns expressed about the level of sound and the smallness of the text on some slides, something we will address next time. The discussion was about modern hearing aids using AI to learn your listening preferences and adapt to your environment. They also spoke about traditional equipment to help people with hearing loss at home and out including Apps available for people with hearing loss. Worth noting that Hi Kent also provides an equipment service funded by KCC and is setting up a Social Group project for Sevenoaks, starting on the 7th of May. Please contact them if you are interested in joining.

For the new season, we have identified various practical applications, including the switch from copper lines to digital phone lines, health-related and fitness apps (NHS and others), navigation apps (walking, driving, train etc...), making the best use of Zoom, Teams, WhatsApp and many more related to leisure, music, shopping etc... Our idea is to focus on short topics with break-out sessions after the presentations, where people could ask questions or reprise what they've heard. We are very much looking forward to seeing you then.

Michael, Charles, John, Gillian, Bob, and JP

AGM NOTIFICATION

This is to remind members that Sevenoaks u3a is holding its **30th AGM** at **2pm on Wednesday June 26th 2024** at the **Bat and Ball Centre, Cramptons Rd, Sevenoaks, TN14 5DN**. The Agenda, Draft Minutes of 29th AGM, Trustees Report 2024, and Trustees and Accounts Examiner's Report and Accounts 2023-24 are all attached for your information.

We hope you will be able to join us at the Bat and Ball Centre as there will be no Zoom alternative. However, we have made arrangements for postal votes for those unable to attend for which a voting form is also attached. These can be returned to the **Secretary** [REDACTED] by email to vote@sevenoaksu3a.org.uk. **Votes must be received by June 21st 2024**. Please remember that anyone unable to attend still counts towards the quorum for the meeting if they return a completed postal voting form.

We have a single candidate proposed for the Executive Committee (EC) post of Chair. We have received no nominations so far for the other posts up for election of

1. Vice Chair (Internal Affairs),
2. Communications Trustee and
3. Groups' Organiser.

If anyone is still considering standing please send completed nominations forms and your statements to me at the postal or email addresses above.

The current Vice Chair (External Affairs), Treasurer, Secretary and Social Events Trustee remain in post for a second year.

The formal part of the meeting will be followed by a talk by **Michael Smith** entitled "**Ernest Shackleton: The Man and the Myths**". Shackleton was a complex and charismatic man who touched greatness on the ice but struggled with his life back home in Eastbourne.

Helen Wood secretary@sevenoaksu3a.org.uk

Please note : the next newsletter will be the summer edition and will cover July and August.

If you would like to include an article in the Summer newsletter, please send it to news@sevenoaksu3a.org.uk by the 15th of June.

