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Note that we do not include personal details in this web version. See the personal copy sent to you (by email or by post) for contact details.

### Message from the Chair

Dear Friends,

This summer has brought the Wimbledon Tennis Championships, the UEFA European Football Championship (Euro 24), and now the Paris Olympics. I expect some of you will add the Golf Open Championship at Royal Troon to the list. Sports tend to be a marmite subject for many I know; you either like very much or you dislike very strongly. I confess to being an armchair sportsman and watched hours of tennis which was great; and only a little football as it was way too stressful. However, I was struck by a journalist's complimentary comment about Gareth Southgate as he voluntarily relinquished the England manager position following defeat in the final of Euro 24. The view was that Gareth prioritised communication in an open and mutually respectful spirit, recognising the responsibility he had to make a difference to the lives of people both in and outside his team.

That's a great thought for Canterbury u3a and I hope you feel you are being communicated with and indeed can openly enjoy your u3a activities. I am always touched when you tell me your experiences, and was particularly happy to participate in the joyful singing at the Strawberry Tea. Gosh it was good and thank you to all who made it such a memorable afternoon. Long may summer continue!

*Robin Terry*



### Important Dates and Notices

**August 2024.** Please note there will not be a monthly meeting or a joining session during August.

**Friday 6 September:** monthly joining session at St. Peter's Methodist Church, High Street, Canterbury. This is an opportunity for members to bring non-member friends to join u3a.

**Wednesday 11 September 2 p.m.: Monthly Meeting at St Mary Bredin. —**

Speaker: Chris O'Donohue; Subject: Behind the scenes at Chelsea.



### Cinema Group

Our last film was 'Wilding', a magical documentary, based on the best-selling book by Isabella Tree. It is the story of how the owners of Knepp Estate in West Sussex transformed their failing farm into an ecological haven for flora and fauna.

I really loved this film—the cinematography was amazingly beautiful, transporting the viewer to a fairy-tale world of unspoiled nature, reminding me of how important it is for man and beast, and I am inspired to read the book!

As yet I have no information of our next film but will notify members as soon as I do!

*Doreen Kalideen*



### Interest Sharing Groups: Current Activities

**Green Fingers —** Monday 19 August, 1 p.m. Godmersham Park Gardens

CONTACT Chris Caley



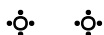
**English Heritage visits —** Friday 23 August: Upnor Castle, near Rochester, and Kits Coty

CONTACT Steve Casey

**Knit and Natter** — No meetings in August; next meeting Thursday 26 September at the Dolphin, 2 pm.  
CONTACT Liliias Adamson



**English Folk Song Group**— No meeting in August; next meeting Thursday 26 September, 2.30 p.m. at ASDA, Canterbury. CONTACT Christine Plant



### **Potential Interest Sharing Group**

If you have an interest in photography and would be prepared to meet with other likeminded people, sharing ideas to improve each other's photography, in the first instance contact Keith Kolsteren via email or phone. All camera and phone users are welcome. The plan is to meet for coffee in Canterbury on Tuesday 13 August 11 a.m. Venue to be determined nearer the time, as it will be dependent on the number of people interested. If you are interested in joining the group but are not available that day, please still email me so that you can be kept informed of a future meet.

*Keith Kolsteren*



### **Update on the Walks Programme.**

Recently U3A walks have been offered but have not attracted many walkers. Following discussion, Penny Stevens and I plan to lead short walks (3½ to 4 miles), on the second Friday of each month at 10.30 a.m., starting from 13 September. This does not preclude walks on other days and perhaps some longer walks. I have taken up the role of walks co-ordinator, so should any members wish to volunteer to lead walks, either on the 2nd Friday or on other days, please let me know. The walks details will be advertised in the Bulletin and on the website. Look out for the next walk.

*Dr Ruth Adams*



### **Two more learning opportunities this summer.**

**Learn how to bake Focaccia** with Judith Cheslin. You will be able to taste and take away a sample of fresh Focaccia. No cost involved. The process will last 2–3 hours. Maximum number 4.

WHEN: Thursday 22 August 2 p.m.

VENUE: Deal CT14 0FD

To book a place contact Judith Cheslin by email or phone.



### **Laughter is a serious business.**

LEADER: Danny Singh

WHEN & WHERE: 10.30–12 Thursday 29 August at St. Peter's Methodist Church Hall.

Laughter is the one of the most powerful instrument that you have, so come to this session where we'll laugh and play following the techniques from Laughter Yoga (a holistic discipline created by an Indian doctor).

It doesn't matter HOW you laugh, HOW MUCH you laugh, WHEN or WHY you laugh. Here we laugh FOR NO REASON.

If you're looking after any kids in this period, feel free to bring them along.

And if you're looking after any adults, feel free to bring them along too.

Comfortable clothing, no high heels and no yoga mats. Just bring yourselves.



### **Grooving Well**

Our partner organisation at the Gulbenkian are offering our members this opportunity which we

advertised in the June and July Bulletins. We understand that the take up has been encouraging and simply wanted to remind members of this unique opportunity. Here is the text we published last month

Grooving Well are workshops led by and for people aged 50+.

In these sociable sessions we will introduce you to fun physical exercises, discover new ways of working with other people, and explore ways of bringing our experiences and stories to life through movement and music.

Led by older women for older people, these inclusive movement sessions will build from simple getting-to-know-you activities through to making group pieces for presentation in local public spaces. The sessions will be about having fun, loosening up and letting go, introducing new movement skills, making choreographic material together: ways of expressing ourselves.

The work celebrates our participants, challenging perceptions of age and ageing, focusing on the good stuff of life.

No experience needed—just bring some water and wear clothes you feel comfortable to move in.

Moving Memory makes visually-striking performances which have been surprising and entertaining family audiences since 2011. We deliver workshops, bespoke participatory projects and training.

We use movement, music, spoken word and digital projection to celebrate the vitality of participants, draw out the stuff of life and challenge assumptions about ageing.

*Sian Stevenson, Creative Director, Moving Memory Dance, Theatre Company*

Grooving Well Venue: The Beaney Museum, Canterbury, Learning Lab.

Schedule for summer 2024—

Fridays, 2 p.m. to 3.30 p.m. on 19 July, 26 July, 2 August, 9 August and 16 August.

Schedule for autumn 2024—

Fridays 27 September, 4 October, 11 October, 18 October, 25 October, 1 November and then 7 November at the Gulbenkian—rehearsal and performance”



### Canterbury u3a News Bulletin

is primarily a tool for letting members know about future activities.

**Starting from September 2024 reports of past activities will go on our website unless there are exceptional reasons for them to be included in the Bulletin.**



## National u3a Festival

This month there are two interesting reports written by Canterbury u3a members on the first ever National u3a Festival. Some of our members also attended as contributors.

Diane Billam writes:

U3A Festival 2024 was a great success in every way. It was flagged up late last year in U3A Matters, and it was suggested that if you needed accommodation you should book a room in James College, University of York, as soon as possible, as this was the best option. I did, and it was! Hotels in York in July are very expensive, and James was very close to the action and cost £123 for 2 nights’ bed and breakfast. It was typical university accommodation like other U3A Summer schools. As we got closer to D-Day there were also regular updates with the information needed to get ready. By mid-June these arrived by email every Monday.

The campus is very big, but much of the action took place in the Exhibition Centre, a series of rooms equipped for different functions: lecture rooms, workshops, display facilities etc. There was always a very helpful group who supplied answers to all our questions, starting with registering and collecting our name tags and lanyards. We had had to book for events via Eventbrite, similar to our system, with waiting lists added. Since there were over 700 living in, and about 250 coming in daily there were soon

a lot of people waiting, but many of those giving lectures repeated their talk, several times if necessary. There were also many different sports and practical opportunities to join.

I was very pleased to hear that this event will probably be repeated in 2026. If it is, I can thoroughly recommend it. I certainly hope to attend. I loved it!

. . . and Rona Hodges sent the following contribution

This was the first ever U3a national festival, the largest gathering of U3a members ever. We were about 900 members from all over the UK. The venue, York University was ideal, and buses were provided to ferry members arriving by train to the campus. Everywhere was clean, with plenty of eating places (although expensive) and sufficient loos—very important at our age! The organisation was excellent, and there were volunteers in every building to guide us to wherever we were going, and advise on any problems. There was a general air of competence. The programme was varied and interesting. It included music, art, crafts, maths, history, dancing, writing, Pilates, philosophy, and my surprise favourite—Artificial Intelligence. We attended two talks on AI which were just wonderful. I'm a total convert. The lecturers were excellent and I now understand how my bird identification app works. My friend enjoyed 'slow stitching' As I stayed with a friend who lives in York, I cannot comment on the accommodation, except to say that we met members who had to stay in near-by hotels, as the university had filled up before they could book. If I have a complaint, it is that many of the activities were already full before we had a chance to book. They are talking of having a Festival every two years. I strongly recommend that you book early, and go. I loved it.



### **Book Review: *Table for Two* by Amor Towles**

More often than not, when I've finished a book—particularly an enjoyable one, although poor novels sometimes get a look-in—I'll post a brief review online. There must be quite a collection of them by now, listed under my nom de plume on the Waterstones website. Only rarely do I use the maximum of five stars for my summary rating, even for a genuinely good book; I reserve those for what strikes me as outstanding: writing that leaves me, in some sense, changed. I have just finished Amor Towles's fourth novel and find myself, for the fourth time for this writer, reviewing a five-star reading experience. Perhaps calling it a novel is misleading: it is in fact a collection of six short stories and a novella; a diamond within a sapphire cluster. The intricate creativity on display is astonishing; the writer's skill and talent is as good as it gets. I am left smiling in admiration at his ability in so few words to set me inside a time and a place so thoroughly that I could almost swear I must have been there. And the people: these are surely people I've met, people I know . . . except they're not of course, they are exquisitely crafted creations, perfectly portrayed. I'm glad that the short stories—a genre notoriously hard to master well—come first. Each story is wonderfully put together and a stand-alone delight; together they raise expectations as one begins the novella, *Eve in Hollywood*. Eve doesn't disappoint. Indeed, it's truly the centre-point, the crowning glory. Definitely a five star read.

*Bob Newport*



### **U3A Outings—Kent Museum of the Moving Image. Wednesday 18 September**

Our September U3A outing is local, a complete bargain and coach-less!

Together with the U3A Cinema group, we have arranged an £8.50 guided tour of the Kent Museum of the Moving Image in delightful Deal on Wednesday 18 September. This price includes refreshments.

Kent MOMI is a new-ish museum and is dedicated to the history of cinema and the extraordinary array of visual entertainments that came before it, from peep-shows and magic-lantern 'dissolving views' to zoetropes and thaumatropes.

We are not arranging a coach for the day this time as Deal is just a hop away for many of us and it's a good reason to use our free bus passes if we have them!. We will meet outside the Museum in Deal at

11.00am. How you get there is entirely your choice—bus, car, cycling or walking. If you'd like to come on the 12 bus from Canterbury with us just let us know.

The tour will last about 2 hours; with a break halfway through for refreshments and biscuits (all included). The museum is opening specially for us and won't be open to the public on that day.

Deal, as we're sure you know, is full of other museums, cafés and pubs as well as the beach, so we can always stay on for lunch together in an impromptu group. We'll offer a few suggestions at a range of prices. And there's plenty to see on a seaside wander.

**Cost:** £8.50 per person (U3A members only)

**Booking:** You can apply by email (preferred) or by post to arrive by 18 August.

**By post:** Please send applications, on the tear off section below to the U3A office, 8 Orange Street, Canterbury CT1 2JA. You can pay by BACS or enclosed cheque as below. Please send a stamped self-addressed envelope if you want confirmation of your place by post rather than email.

**By email (preferred):** Please email [outings@u3acanterbury.org.uk](mailto:outings@u3acanterbury.org.uk) by 18 August with 'MOMI' as the subject, and give your name, membership number, daytime phone number and mobile phone to be used on the outing, as well as the name and contact details for whom to contact in an emergency. Please can you also indicate if you plan to travel with the group from Canterbury Bus station or make your own way to the museum or if you would like to book a disabled parking space at the museum. We will notify you of your place and you can then pay by BACS as below.

If oversubscribed, places will be allocated by ballot at the end of the application period. Applications from two people on the same form will be kept together in any ballot. Refunds can be made only in accordance with our refunds policy, a copy of which is on our website.

**Payment:** **By cheque:** Any cheques should be made out to **U3A Canterbury—Social Events**, with the reference **MOMI** and your membership number written on the back.

**By BACS transfer (preferred):** We will advise on the account details as soon as we can confirm your place.



Thank you for all your contributions, from a couple of sentences up to 250 words.  
Keep them coming, as this is your News Bulletin.  
Send them to Ursula Steiger: [ursulae@btinternet.com](mailto:ursulae@btinternet.com).



## Application for Kent MOMI Outing

Name:		Membership No:
Name:		Membership No:
Daytime Telephone:	Email:	
Mobile Phone to be used on the outing:		
Name and contact number (of someone not on this outing) to be used in emergency:		
Payment Method: Please tick box		I enclose a cheque for £___ payable to U3A Canterbury—Social Events with <b>MOMI</b> and membership number written on the back.
		I will pay £_____ by BACS transfer once my place(s) have been confirmed.
Travel option Please tick box		I plan to catch the 12 bus from Canterbury Bus Station with the group.
		I would like to book a disabled parking space at the museum.