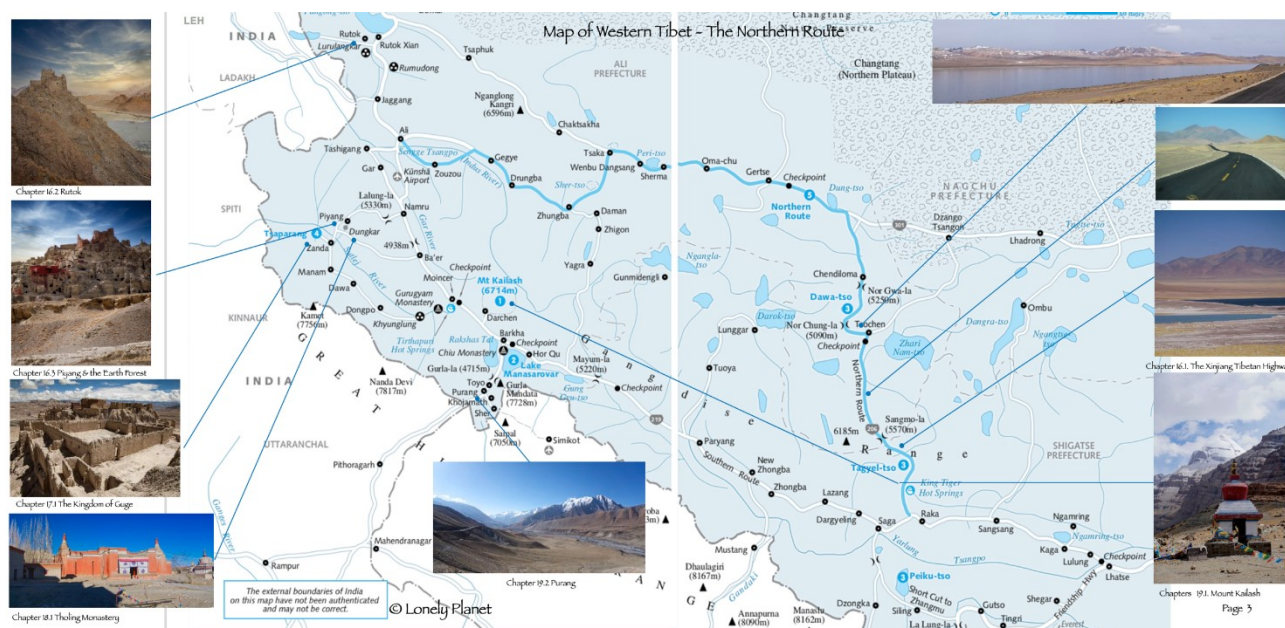


Members' Bulletin September 2026

OPEN MEETING IN SEPTEMBER

'To a Mountain in Tibet - A Journey into North India and Western



Tibet' -A talk by Harry Wilson

Kenilworth Methodist Church, Priory Road CV8 1LQ

Thursday 17th September at 1.45pm for refreshments with the talk starting at 2.30pm.

Harry recounts his rambles and recollections of his two journeys to Tibet in 2011 and 2017. He describes the panoramic landscape he travelled through crossing the harsh, remote untouched areas of a plateau the size of western Europe. Places of serenity, ancient monuments and monasteries. This was his journey over the Himalayas. An explorer's talk with some amazing photos.



LAST OPEN MEETING IN JULY

‘Machu Picchu – Beauty and Mystery’

Gloria was introduced as a specialist on Machu Picchu, the great Citadel of the Incas in Peru. Gloria was born in Cusco, graduated from the University of Cusco and subsequently received an MA on the Theory and History of Architecture from the University of Lima. In 1990 she came to the UK to join an architectural practice.

Gloria explained that Machu Picchu is a 15th century ‘fortress’ built by the Incas in southern Peru on a mountain ridge above the Urubamba River valley. The Incas chose the location based on the need for a river, natural defences, steep hillsides and high in the mountains where the Incas believed powerful spirits lived.



Although the site was known locally and was reached in 1902 by a Peruvian explorer, it was however only brought to international attention in 1911 by the American historian Hiram Bingham. Bingham was travelling the region in search of the lost capital of the Inca estate, later established to be Vilca Bamba. He was guided to Machu Picchu by a local villager, who was living in the remote area, supposedly, to hide from the tax man! The site was barely recognisable as the forest had totally enveloped the site. Bingham subsequently organised another expedition in 1912 to undertake major clearing and excavation work.



Clearing the site revealed several impressive buildings with finely crafted dry-stone walls, in which huge boulders were fitted together without mortar. This jointing method allowed the stones to shift slightly during earthquakes and then resettle, protecting the structure from collapse. The larger stones were probably split using timber wedges soaked in water so that they expanded and split the stones. The granite blocks may then have been shaped

using a harder stone, possibly Hematite. Because the site lies on a geological fault, much of the rock would already have been naturally fractured.

Machu Picchu was built on a ridge at a height of 2430m, its overall length was 530m by 200m and consisted of a number of buildings: the main entrance, the Temple of the Sun, the House of the Incas and various, intriguing temples that played on astronomical alignments and panoramic views.



Much of the farming carried out at Machu Picchu was done on its artificial terraces. These terraces were a work of considerable engineering skill, built to ensure drainage and soil fertility while also protecting the mountain itself from erosion and landslides. This terrace farming took up about 12 acres of land and grew mostly corn and potatoes for the 500 – 700 inhabitants.

The Incas had a revolutionary way of communication. Since the written word was not in use, they devised intricate systems of knotted strings called 'Quipus' to store numerical and administrative data. These complex devices consisted of a main cord with various coloured, pendant strings attached to it to hold specific data. Subsidiary strings were attached to the pendant cords for more detailed sub-categories. Ingenious!



So what was the purpose of the Citadel? It is generally believed to have served as an estate for the Inca emperor, Pachacuti, though there is no written evidence to confirm this. Gloria's view was that it was either used as an exclusive holiday resort or a centre of learning or Inca University.

A very interesting talk from Gloria, delivered without notes and with some amazing photos.

Outings News

Outing to Avoncroft Museum of Historic Buildings

Wednesday 9th September

There are still a couple of spaces left, for details see the Ku3a website.

From Balsall Common u3a

Enquiries and bookings are invited for a 2 day/1 night coach break to the famous Thursford Christmas Spectacular on December 2nd-3rd. Details include the afternoon show at Thursford, an overnight stay at the Knights Hill Hotel in Kings Lynn and a trip to the Oxburgh Estate the following day. Pick up in Kenilworth will depend on take-up. For further details contact Peter Calver

From Warwick District u3a

Warwick District u3a is planning trips to Birmingham Hippodrome to see the Birmingham Royal Ballet's productions of Swan Lake (**Sunday 27 th September** at 1pm) and The Nutcracker (**Sunday 6 th December** at 1pm) and have spaces available on the coach for any members of Ku3a who wish to book their own tickets and travel with us. The cost is £10 a head.

The coach will leave Tesco on Emscote Road, Warwick at 11am. Free all day car parking is available at Tesco.

Further information is available from Ann Bailey



Outing to Wightwick Manor and Gardens

Members arriving at Wightwick

The manor house was built by Theodore Mander (of Mander paints) in 1887 and, now a National Trust Property, it is best known for its collection of pre-Raphaelite art and William Morris Designs. The main focus of the art is the

work of the Rosettis. The collection contains one of the largest displays of work by female artists but also includes work by Edward Burne-Jones. There are also well laid out gardens to visit.

After a brief introduction to the site over coffee and cakes we were set up to explore the house and see the many paintings. Following a lovely buffet lunch we then could go back to the house, additional gallery and shop or wander round the gardens in the lovely sunshine.

Outing to Hellen's Manor and Gardens



The manor house and our members enjoying one of the fabulous rooms

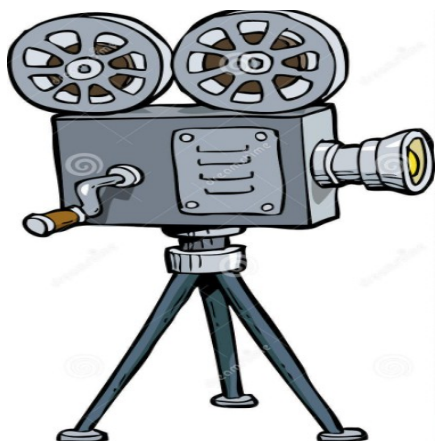


It was second time lucky for this Outing, calling first at Ledbury, a busy town with plenty of museums, shops and cafes, something for everyone. After lunch we set off for Hellen's, a Tudor, Jacobean and Georgian house with a fascinating history. During an excellent guided tour we learned about past owners and visitors – some of the famous names mentioned being Edward II and the Boleyn family. Mary Tudor stayed there but we didn't see the supposed ghost in her bedroom. There were many paintings by famous artists, including Gainsborough. Tea and home-made cakes were provided in the sunny garden before we departed.

December Outing

We are planning a visit to the cathedral town of Ely on Tuesday 9th December, with an included afternoon tour of the house that once belonged to Oliver Cromwell. Details will be available in the October bulletin.

Ku3a Film Screenings at Talisman Theatre, Kenilworth



Doors open from 1.30pm for refreshments, and the film will be screened at 2pm. The cost will be £6 per person. Tickets can be purchased by a link in the "emailed" Bulletin. You will be asked to confirm you are a member of the u3a. An email ticket is sufficient for entry. Online booking for each film will open within hours of the previous screening. Alternatively, you are welcome to turn up on the day, preferably with the right money (£6 per person; cash only) if possible. We look forward to seeing you there!

Carers at the Film Screenings

The booking page for the Film Screenings has been modified such that you can now nominate if anyone on your booking counts as a carer; they will then be free of charge.

WELCOME TO KENILWORTH u3a

We would like to extend a warm welcome to our new and returning members:



Welcome to you all.

We hope that you find many things to interest you in Ku3a and if you have any ideas to help us continue to develop Ku3a, please contact any committee member.

If you know anyone who is interested in trying out Ku3a, the subs for the rest of this year are now only £6..

Volunteering - the heart of u3a

Whether it's handing out refreshments at a meeting, helping with tables and chairs, joining your committee or leading an interest group, one of the wonderful things about u3a is that we all have a part to play. Volunteering brings our members together, creating u3a communities. What new role could you take on with your u3a this year?

Christmas Lunch – 'Save the Date' Thursday, 3rd December at Kenilworth Golf Club – full details are attached at the end of the Bulletin, with Menu choices and full payment details.

NEWS FROM Ku3a INTEREST GROUPS

Group Leaders meeting

The Group Leaders meeting which was due on Friday July 10th was called off due to the intense heat: a judgement that met with the approval from many of the prospective attendees. There will still be an autumn session to help with preparation of next year's handbook, and getting ready to hit the ground running for 2027.

Book group 4 looking for more members

Book Group 4 has spaces at the moment and we would like to invite a couple of new members to join us at our monthly get-togethers.

Generally, we meet at the coordinator's home on the 2nd Thursday of each month from 2.30pm until 4pm, when we chat about the book we have just read and decide on future reading choices. We enjoy reading modern fiction, which is quite varied in subject matter. We do also read some classics, especially during the winter months.

We do understand that time restrictions and holidays may mean that you aren't always able to attend the meetings. That really won't matter and email is wonderful to share thoughts on the book and to keep in touch. If you love reading, then please get in touch with Madeline Ashton .

Other groups looking for more members

Several groups have notified us that they are looking for more members. Amongst these are Book Group 2 (see the website or contact Ruth Titley), and Wildlife Watching 2 (see the website or contact Ruth Colgan).

With the current group being full, Joy Burdall has volunteered to set up a second Spanish Conversation group. She is in contact with a few names so far, but more would be welcome; as long as you are not a complete beginner, please contact Joy to discuss the likely level of the new group.

Groups being full

Groups reaching capacity is a continual challenge in u3a. We have conducted a survey across the Group Leaders to establish the status in Ku3a and will be reviewing the results in the next two months. This is something where everyone needs to help to find solutions: both those already in the groups and those who may be on waiting lists.

Further Ideas for New Groups

We would like more new groups. This requires you, the members, to generate suggestions for new activities. Ideally you would have some knowledge of the activity, and might even volunteer to be its GL, but neither is essential.

To raise an idea, you can either email one of the Groups Coordinators, or come to the Groups table to discuss with us prior to the start of the monthly Open Meeting talk.

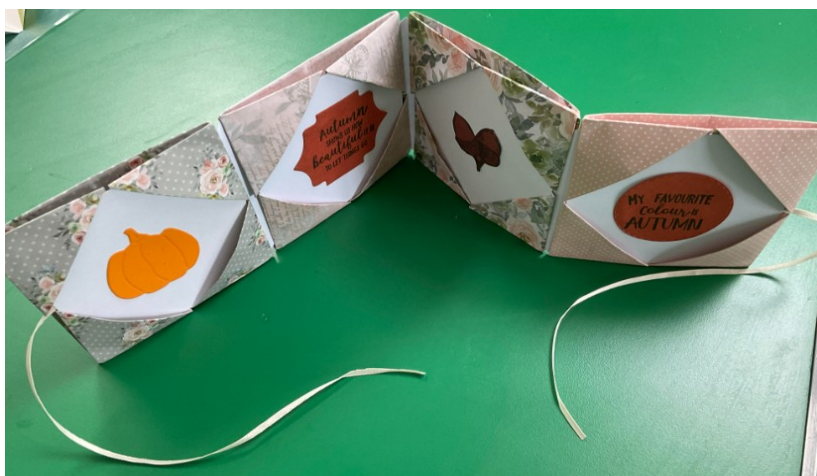
News from your group for the Bulletin

If you have any news, information or pictures to share from your group please send them to any committee member before the end of each month as we try to send out each Bulletin after our Committee Meeting at the start of each month.

Here's the link for all the Enquiring Minds discussions

https://kenilworth.u3asite.uk/u3a_groups/enquiring-minds/

Paper Craft Group



14 lovely ladies completed their small photo frame card with a lot of help from Pat, thanks Pat.

September 23rd
Wednesday is the next
Paper Crafts 10 o'clock till
12. Methodist Church
Kenilworth.

Contact Glen if you would like to join us.

Bolivia Group news

https://kenilworth.u3asite.uk/u3a_groups/bolivia/



The Bolivia Lovelies are planning a couple of events to celebrate u3a Week in September.

A playdate at Ego with a lovely game session followed by a summer lunch on 18th September, come along and learn how to play if you fancy joining in this event.

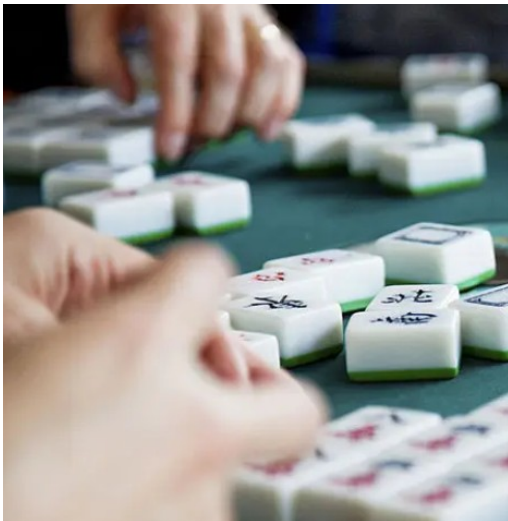
A social playdate with WDu3a Bolivia group invited along to play and have fun on 25th September.

We will definitely be Learning, Laughing and Living it up.

If you would like to join in the fun then please contact Helen Sutton

Mahjong Group news

https://kenilworth.u3asite.uk/u3a_groups/mahjong/



The Mahjong group is growing and going from strength to strength.

We are planning a group social session to celebrate U3a Week in September, so we have invited the newly formed WDu3a Mahjong group along to join us on 23rd September.

Its such fun to meet new people over a shared game.

We still have a few places on a Wednesday afternoon, if you fancy learning to play this fascinating game.

Please contact Helen Sutton

FROM THE NATIONAL u3a

Online Learning Events

The national U3a hosts a series of seminars, labelled as Online Learning Events, which give an informed insight into topics where Ku3a is not able to offer an interest group. The seminars cover art, science, and history, and in several cases combinations of them.

In the year when the Bayeux Tapestry comes to Britain, here is one with a similar history theme:

“A history of the world according to sheep”, (*Discover how sheep, wool and the wool trade have shaped British History.*), Monday October 5th, 14.00-15.30.

And on a more rebellious theme, for those of you with an interest in pop culture in your youth:

“Mods versus rockers: a 1960s 'moral panic'?", (*A talk by Sociology and Criminology lecturer, Jack Fawbert.*), Thursday October 1st, 14.00-15.30.

“The Titanic Sails At Dawn” - punk in the 1970s”, (*Lee Wellbrook, who was there, explores its origins and development*), Thursday September 17th, 10.00-11.00.

The full list of upcoming online learning events for the next few weeks can be accessed by clicking on this link: [u3a - Online Learning Events](#) .

Booking on these sessions is easy: you don't have to register an account, and you don't even have to remember your u3a membership number.

National u3a Week. 19th-27th September 2026

u3a Week is back and, this year, it's all about the joy of doing something new.

Alongside the usual open days and local events, we'd love for u3a members to take the opportunity to try something completely different, no matter how big or small.

On our website, we've got loads of ideas for new activities to try and things to learn.

[Visit the u3a website for more information and ideas →](#)

Share your story

National u3a is always on the lookout for interesting stories/case studies from members that we can use to promote u3a.

If you or anyone at your u3a has a story they'd like to share, please email communications@u3a.org.uk.

COMMUNITY NEWS

Sight loss and Warwickshire Vision

There are more than 20,000 people living in Warwickshire who experience sight loss. They rely on friends and family to support them, alongside professional eye care services.

Amongst the charities who provide support to blind and partially sighted people, the local one in this area is Warwickshire Vision Support (WVS). Founded in 1911 as Warwickshire Association for the Blind, WVS provides practical help and advice through 12 Vision Support Centres.

Their Eye Care Liaison Officers (ECLOs) work in hospital eye clinics, giving emotional support and signposting people to their services.

Trained Rehabilitation and Community Support Officers, provide practical advice and training in mobility, magnification, IT and other skills. Also provided are home visits, putting tactile markers on cookers and other equipment, advising on lighting, organizing cupboards etc.. The aim is to help people be as independent as possible with their sight loss.

Some of you may already be engaged with Warwickshire Vision, but if you would like more information on the support WVS can give to visually impaired people in Warwickshire, please call them or visit the website: www.warwickshire.vision .

As age-related issues such as macular dystrophy, glaucoma and cataracts might affect several of our members, either now or in the future, Warwickshire Vision have offered to run an information session for Ku3a. This will depend on numbers interested, so, to gauge the level of interest, please contact Leo Lewis if you feel you would like to attend such a session.

Dates for your Diary

Wednesday 9th September – Ku3a Outing to Avoncroft Open Air Museum, including a light lunch.

Thursday 17th September - Open Meeting talk - To a Mountain in Tibet - A Journey into North India and Western Tibet

Friday 9th October – Film Screening at Talisman Theatre – A United Kingdom

Thursday 15th October - Open Meeting talk - The Inn at the Top

Friday 13th November – Film Screening at Talisman Theatre – Good Fortune

Thursday 19th November – Open Meeting talk - The Complete History of Abbey Fields

Thursday 3rd December – Christmas Lunch- Kenilworth Golf Club

No Open Meeting in December



**Kenilworth u3a
OUTINGS BOOKING FORM**

**Everyone must be a u3a member. Priority will be given to Ku3a members.
For ease of reference please complete a separate form for each person.**

Outing: Date: Cost:

Pick up Point: **Abbey Fields/Kenilworth Clock** Pick up Time:
(Please delete as applicable)

Name:

Contact Phone No..... Ku3a Membership No:.....

Email address (Please print clearly):
This will be used for confirmation and contact, wherever possible.

***Your mobile phone No.**

***Emergency contact: Name Phone no*.....**

***This information is required as it may be needed on the day of the outing. Please ensure you have their permission to give us this information. The contact should not be anyone travelling with you.**

Where relevant only - are you a National Trust member? Y / N RHS member? Y / N

RHS Membership number (only if relevant)

National Trust number (only if relevant)

Payment: Signed: Date:

Where possible, please pay by bank transfer to:

Sort code: 40-26-04 Bank: HSBC Account number: 81343459

☐ Account name: Kenilworth u3a **Ref: Trip Name/Your Surname**

☐ Cheque (payable to Kenilworth u3a with name of trip and date on the back)

Please return signed and dated, and make the appropriate payment, to:
u3a Outings, 3 Field House, Priory Road, Kenilworth, CV8 1RA.

Website: <https://kenilworth.u3asite.uk/>

Registered Charity Number: 1184403

Ku3a Christmas Lunch

Thursday, 3rd December 2026

Time: 12.00 for 1.00 pm

Kenilworth Golf Club, Crewe Lane, CV8 2EA

Cost: £36.00 for 3 courses or £33.00 for 2 courses



Starters

Cream of Watercress soup with Cheese and chive drizzle, fresh rosemary, salt, herbed bread

Chicken and Bacon Herb pâté with Roasted cherry tomato chutney, crispy think herbed bread

Roasted Flat Mushroom (V), Stuffed with walnuts & blue cheese, roasted red peppers, herb salad

Mains

Turkey Parcel with Fresh sage & onion stuffing, wrapped in dry-cured streaky bacon, carrot purée
honey roasted parsnip, savoy cabbage, fondant potato

Fresh Seabream with crispy herb skin with Crème chive butter sauce, carrot purée, honey roast parsnip,
savoy cabbage, fondant potato

Roasted Fig, Cranberry, Lemon Baked Tartlet (V) with Roasted tomato basil sauce, carrot purée, honey
roast parsnip, savoy cabbage, fondant potato

Desserts

Christmas Sticky Toffee Pudding with Mincemeat crumble, toffee sauce

Wild Berry Tart with White chocolate sauce

Christmas Pudding with Orange brandy sauce

Coffee or Tea and Chocolate Mints

**ALL menu choices (and any allergies or dietary requirements) to be sent to
Helen Higginson by Monday, 23rd November at:**

Payments should be made, if possible, by online banking to:

Sort code: 40-26-04; Bank: HSBC; Account No: 81343459; Account Name Kenilworth u3a

Ref: Your surname/Christmas



Cheques should be payable to **Kenilworth u3a** and sent to Helen Higginson at the above address.

