

SIDCUP & DISTRICT UNIVERSITY OF THE THIRD AGE NEWSLETTER

April 2014



SIDCUP & DISTRICT U3A meets at 2.00 pm on the 3rd Thursday of every month in the Community Church in Station Road, Sidcup

NOTICES

Committee Vacancies

May I remind members that the posts of Chairman and Group Co-ordinator are currently vacant. It is important that both positions are filled without delay. Anyone requiring further information is invited to contact either Anne Evans (Acting Chairman) or George Murrell (Secretary). At present, Anne Evans and Christine Spencer have kindly agreed to continue carrying out these roles in an acting capacity until successors can be found. It is unfair to expect them to do this indefinitely.

George Murrell

2014 U3A Photography Competition

Theme: Architectural Britain – old and new

This competition will be judged by Amateur Photographer magazine.

The closing date is 31st August 2014 and entries can be sent in at any time between now and the closing date.

Rules:

- Photographs must be in colour – digital images preferred.
- Pictures can be portrait or landscape format. Minimum print size 7" x 5".
- Digital images must be high resolution supplied on CD and saved in JPG format and accompanied by a good colour print.
- Images must be of the UK only.
- A covering note should be sent with a picture title, the entrant's name, U3A, address, telephone and email and a label with this information stuck on the reverse of each picture.
- Please do not write on the back of your pictures or submit entries by email.
- Maximum of 3 entries per individual.

We cannot return photographs so please send copies, not originals, of any photographs you wish to keep. Copies of the Rules can be obtained from www.u3a.org.uk members' area/competition.

The winning entry will receive a year's subscription to Amateur Photographer magazine and a gift token. Three runners up will also receive gift tokens. We are not producing a calendar but the photographs will be featured on www.u3a.org.uk and the winners will be announced in the November issue of Third Age Matters.

Send all entries to The Third Age Trust, 19 East Street, Bromley, Kent BR1 1QE.

Group Leaders' Meeting

All group leaders are invited to attend a meeting at 10 am Thursday 1st May in the residents' lounge at Ockley Court, Alder Road, Sidcup. Coffee and tea will be available. The main purpose of the meeting is to enable group leaders to meet socially with the Committee and to exchange ideas and discuss common problems (plus solutions) with other group leaders. There will be an informal agenda and it is anticipated that the duration of the meeting will be approximately 1 hour – 1 hour 30 minutes.

If any group leaders are unable to attend it would be appreciated if they could arrange for an informed member of their group to represent them. Any member who is considering forming a new group is also welcome to attend this meeting. If you have any queries, or if your group cannot be represented, please contact either:–

Christine Spencer, Group Co-ordinator, 020 8300 4291, or
George Murrell, Secretary, 020 8850 2046.

George Murrell

① This was first mentioned in February's Newsletter.

Editor

Third Age Trust Website

Changes are being made to bring the U3A website up to date. The Members Area is a treasure trove of information. To access the Members Area you must first "Create Account" even if you had one on the old site. From the home page click the "Create Account" button at the top of the page. Fill out the form and check the "accept cookies" box. Click "Send registration request". Check your email account for an email message confirming that your account has been set up. Return to the site, click the "Member Login" button, and use your new user name and password to log in. The Third Age Trust's website address is www.u3a.org.uk.

George Murrell

① One example of the type of information available relates to a "Staying Sharp" seminar on personal well-being and the brain. This will take place between 2.00pm–4.00pm on Wednesday 21st May at The Wellcome Trust Lecture Theatre at The Royal Society, London SW1Y 5AG. The speaker is Dr. Paul Howard-Jones, Reader of Neuroscience and Education at the University of Bristol Graduate School of Education. He will discuss how technology may influence well-being in good and bad ways, including hopes and evidence for protecting or enhancing cognitive function across the lifespan.

Admission is by pre-booked ticket only at £15 per person including refreshments. Send SAE with cheque payable to The Third Age Trust, 19 East Street, Bromley BR1 1QE.

Editor

Newsletter

Contributions for the Newsletter are invited from groups with vacancies which do not already submit reports. Keeping everyone informed of your activities should give you the best chance of attracting new members.

Editor

GROUP NEWS



Walking in London • Leader Val Gosden

Starting from Limehouse DLR Station, 16 of us went for a relatively peaceful circular walk of approximately 4½ miles along canal towpaths, locks and through parks. Taking in Limehouse Basin and Cut, the River Lea, Hertford Union Canal and Regent's Canal tow paths, we passed rejuvenated, converted, old and new housing, industrial landscapes, parks and the Olympic Park. This enabled us to see a range of graffiti to varying standards of skill and social comment. At different locations, barges in various states of repair lined the canal banks.

Limehouse Basin was the principal entrance from the Thames to the country's canal network and to the north east of the basin is an octagonal hydraulic accumulator tower. A steam engine forced pressurised water through hydraulic mains which powered the innovative coal handling machinery around the docks. Limehouse Cut, built in the 1760s, is a straight, broad canal, linking the Lee Navigation to the River Thames. In 2000, Bow Locks were modified to keep the tide out and to reduce silting. The Three Mills: the House Mill is a Grade I listed 18th century tidal mill; built in 1776 on an existing Saxon site, it is the largest existing tidal mill in the world. The River Lea is a natural river and has been improved for navigation. It runs from Hertfordshire to London.

We then joined the Hertford Union Canal which runs alongside Victoria Park where we had lunch. Regent's Canal and Mile End Park completed the final mile of our circular walk. A fuller report with helpful links to other websites is available on our own website. (See page 6).

Cynthia & Roy Morton

PS Victoria Park is the oldest public park in London. Opened in 1845, during World War II Vicky Park was one huge Ack-Ack site. The gun emplacements conveniently straddled the path of the Luftwaffe after they had attacked the docks and warehouses. Anti-aircraft activity in the park has been implicated in the crowd panic that caused the Bethnal Green tube disaster of 1943. Some accounts have led to the suggestion that, after several air raid alerts, panic was caused by a gigantic explosion of noise from the direction of the park. Disputed by the M.O.D, a BBC documentary suggests that this was due to the first firing of the new Z-Battery anti-aircraft rockets.

The Ragged School Museum at the side of the Regent's Canal is towards the end of this walk. Thomas Barnardo opened the school which once formed the largest "ragged" or free school in London.

(i) Thomas John Barnardo (1845–1905) was born in Dublin. A philanthropist, author of 192 books, founder and director of homes for poor children, he studied medicine in London, Paris and Edinburgh with the intention of qualifying for medical missionary work in China. However, the evangelical work he carried out alongside his medical studies in London made him aware of the great numbers of homeless and destitute children adrift in the cities of England and he gave up his early ambition to begin what was to become his life's work. The first Dr. Barnardo's orphanage was opened in London in 1870 from which time the workload of his humanitarian venture steadily increased until, at the time of his death, he had established 112 district homes throughout the UK and had rescued, trained and given a better life to nearly 60,000 children.

Editor

Ramblers 2 • Leader pending



On 25th March fifteen members set off from Warwick Avenue tube station to walk to Baker Street. From Little Venice we progressed along Regents Canal, past moored barges with their colourful plant containers, and stopped for a coffee break on a bridge overlooking the canal. After a slight detour around a tunnel, we re-joined the canal path where a large blackboard was positioned for people to write down what they wanted to do before they died! Soon after, we walked past more barges; these had a strip of land that had been turned into unusual gardens. Further on we passed London Zoo's aviary where a family of peacocks were feeding, and where we could see numerous other unusual birds. After crossing St. Mark's Bridge, we arrived in Regent's Park and eventually walked through Queen Mary's Rose Garden. Although the roses were not yet in bloom, there were trees in blossom and many spring flowers. We continued past the boating lake where several water birds could be seen. At Baker Street we had a well deserved lunch at Wetherspoons before returning home.

Olive Adkins & Gay Braybrook

Classical Music 1 • Leader Alan Griffiths



Tom Shiels provided our programme and treated the group to a varied selection of piano music of different styles – both classical and more modern – albeit around fifty years old. Do you remember Winifred Attwell with her honky-tonk piano and Jimmy (Schnozzle) Durante with his gravelly voice and rather large nose? They were part of the repertoire and fitted in well. We also had Gershwin sung by Fred Astaire and deep Ian Wallace singing *Limehouse Reach*. More recognised classical music was with us in full measure with contributions from Chopin, Bach, Brahms, Shostakovich, Granados, Mendelssohn and Schubert, and performances by Glenn Gould, John Lill, Alfred Brendel, Dinu Lipatti, Dietrich Fischer-Dieskau and others. A very full and enjoyable afternoon was completed by a traditional version of *Danny Boy* arranged by Frederic Weatherly, and *A Chloris* by Reynaldo Hahn sung by Susan Graham with Malcolm Martineau accompanying.

Alan Griffiths

Help Desk Enquiries

CALLER TO ROOM SERVICE: "On what days is your Sunday brunch available?"



TEENAGE CALLER: "I wonder if you could help me."

HELP DESK: "What's the problem?"

CALLER: "My dad bought me a computer last week, and I was taking out a CD when the phone rang. I was also eating pizza. With the CD drawer open, I set the pizza on it to pick up the phone."

HELP DESK: "What happened then?"

CALLER: "Well, the CD drawer took the part of the pizza inside the computer. Now I can't get the drawer open. It's a really big mess. Can you help?"

HELP DESK: "This is bad, very bad."

CALLER: "Well I'm hungry. Can you help me get the pizza out?"

GROUP VACANCIES

GROUP NAME	LEADER/CONTACT	VACANCIES
 Amblers (Group 2) 3 rd Wednesday (10.30 am)	Norma Balfour 020 8303 7693	Vacancies
 Art (Group 2) Alternate 1 st Tuesday	Sue Moore 020 8301 1952	1
 Bird Watching 1 st Wednesday 	Margaret Scambler 020 8315 0108	Yes
 Book Reading 1 st Thursday (2.00–4.00 pm)	June Reid 020 8302 7887	2
 Classical Music (Group 1) 2 nd Friday	Alan Griffiths 020 8303 6636	Vacancies
 Concerts/Ballet/Opera Various dates & times	Norma Balfour 020 8303 7693	Yes 
 Darts (at the Alma pub) 2 nd Monday (noon) 	See Group Co-ordinator 020 8300 4291	Yes
 Family History 2 nd Tuesday & 4 th Thursday	Judith Swain 020 8303 5759	Yes
 Handcrafted Cards (Group 1) 1 st Thursday (2.00 pm)	Val Gosden 020 8300 0664	1
 Handcrafted Cards (Group 2) 1 st Wednesday (2.00 pm)	Val Gosden 020 8300 0664	1
 Local History (Group 1) 2 nd Wednesday morning	Lesley South 020 8300 8298	Vacancies
 Ramblers (Group 2) 4 th Tuesday (4–5 miles)	Leader pending	Vacancies
 Rummikub® 4 th Monday (2.00–4.00 pm)	Margaret Platt 020 8309 6395	2
 Ten-Pin Bowling (Bexleyheath) Mondays (10.00 am) 	Various	Yes
 Theatre (Group 2) Various matinées	Joan & John Somerset 020 8300 0890	Yes 

The above groups, unless I am told otherwise by Group Leaders, are the ones with vacancies. Please contact the Group Leader concerned in the first instance, and, if accepted, inform me.

Christine Spencer, Acting Group Co-ordinator ☎ 020 8300 4291

Email: rjcmspncr@gmail.com.

Why not start a new group?

If your name is on the waiting list to join a full group, or no group that specialises in your interest exists yet, you can create a new one and advertise it in this Newsletter. See page 6. It is easy to run a group and any current leader can advise you how it's done.

 Not during school holidays

 Certain seasons only

 Notice on the board at meetings

PROGRAMME

2014

April	Don Dray	Down Memory Lane
May	Robert Vidler	The War Years (1914–1918)
June	Brian Williamson	Chislehurst Caves
July	Julia Burnett	Entertainer
August	Open Day	
September	Romy McCabe	I Married the Vicar
October	Sue Spiel	Pam Ayres
November	Mr Halfors	The Spa Valley Railway
December	Alan Simmons	Entertainer

COMMITTEE MEMBERS

Acting Chairman	Anne Evans	020 8302 2261
Vice-Chairman	Lesley South	020 8300 8298
Minutes Secretary	George Murrell	020 8850 2046
Treasurer	Christine Smith	020 8304 2305
Membership Secretary	Carole Owens	020 3663 6028
Asst. Membership Secretary	Patricia Rivett	020 3302 2887
Speakers Secretary	Sue Brooks	020 8298 1117
Acting Group Co-ordinator	Christine Spencer	020 8300 4291
Welfare Officer	Kathy Cordell	020 8300 4573
General Member	Trevor Ford	020 8302 7635

USEFUL CONTACT NUMBERS

Raffle Organiser Jackie Burke 020 8302 7395

Newsletter Editor & Webmaster David Smith 020 8304 2305

Please either email contributions to me at editor@sidcup-u3a.org.uk or post them to me at 56 Crofton Avenue, Bexley, Kent DA5 3AR – typed if possible since this facilitates scanning.

Please submit Newsletter contributions by 3rd of the month – but at any time for the Website.

Third Age Trust, 19 East Street, Bromley, Kent BR1 1QE (020 8466 6139) www.u3a.org.uk

WEBSITE

www.sidcup-u3a.org.uk

This Newsletter (including previous editions) may be read or downloaded from our website; our annual booklet, Scambuster, and help with computer problems may also be downloaded. Also available is an index of Newsletter 'Notices' covering the period April 2007 to this issue.

Afterthought

Laughter is the shock absorber of life's blows.