

# SIDCUP & DISTRICT UNIVERSITY OF THE THIRD AGE NEWSLETTER

December 2016



SIDCUP & DISTRICT U3A meets at 2.00 pm on the 3<sup>rd</sup> Thursday of every month in the New Community Church Centre, 24 Station Road, Sidcup

In November and December 2016 only, the meeting will be held at The United Services Club, 108 Main Road, Sidcup

*Merry Christmas & Happy New Year 2017*

## NOTICES

### Pictures

Two photographs taken by George Murrell at the November General Meeting can be viewed on the Gallery page of our website.

Photographs sent in by Helen Salmon taken on trips with the Parks & Gardens and Ramblers 2 groups can also be viewed on the Gallery page of our website. In this case, the photographs are contained within four 'PDF' files which all computers should be able to read. A report from one of them – the Mudchute to Canary Wharf trip – appears in this Newsletter. The report for the Green Chain walk appeared in the November issue.

### **Editor**

### Scambuster

A slightly adapted version of the Scambuster booklet has been available to view or download from our website for several years. Bigger and better schemes to steal your money crawl from the gutter all the time and our online version has just been updated to include warnings about most of these. This problem affects everybody – not just those who use the internet. Those who do are very strongly recommended regularly to back up their documents and pictures to a second hard drive or memory stick; neither these nor CDs are designed to last indefinitely.

Visit their website at <http://www.scambusters.org/> for up-to-date information.

Also now available for download from our website is an online version of a book issued by the Cheshire Police called *Little Book of Big Scams* – which is no longer in print. This is also in PDF format and makes for some uncomfortable reading for senior citizens against whom many scams are targeted.

### **Webmaster**

### **Pot Pourri • Leader Val Gosden**



Our November trip out was to the Museum of London to see an exhibition entitled 'Fire! Fire!' This was, as you can surely guess, about the Great Fire of London in 1666. It included much written information, paintings and impressive animated displays. In the background there was the rushing sound of fire, making us sense the urgency of the situation. 20<sup>th</sup> century excavations have revealed items that were lost in the fire, many of them with burn marks – items such as bricks and buckets. Some of the items on display were fused together, demonstrating the force and heat generated by the fire. Attempts to stop the fire spreading were directed by the King himself, ordering that buildings be blown up in order to halt the passage of the flames. Many people lost homes as well as possessions, and were housed in tents in parks until a new London arose from the ashes. This was surely a most unhappy time in the history of London.

Not only did the museum have the usual selection of items relating to an exhibition, but even the icing on the cupcakes looked like flames.

### **Val Gosden**

*N.B.* This exhibition continues until 17<sup>th</sup> April 2017.

### **Ramblers 2 • Leader Roy Black**



For our November ramble we chose to walk on the Isle of Dogs from Mudchute DLR station to Canary Wharf. We lingered for a while in Mudchute City Farm before proceeding to the Riverside Walkway at Saunders Ness. From here we had a good view across the Thames to the Greenwich Peninsula and the O2 and the majestic view of Greenwich itself. We walked along the embankment as much as possible throughout this walk. We soon passed Island Gardens and the distinctive domed entrance to the Greenwich Foot Tunnel. We reached Burrells Wharf where decades ago we might have seen pink tinted pigeons roosting on the rooftops, their feathers coloured by smoke from the Colour Factory chimneys. The factory closed in 1986 but the chimney remains. Soon we passed a sunken space filled with great timbers. This is where Isambard Kingdom Brunel's ship, *Great Eastern*, was built and launched sideways. Further along, a poster informed us that Marshwall became known as Millwall in the 19<sup>th</sup> century due to the large number of windmills built along the river wall. We kept a check on a large black cloud that seemed to follow our progress, but were thankful to arrive at Wetherspoon's at Canary Wharf in dry, bright, albeit windy, weather throughout.

### **Ilena Harrington**

**(i)** The name "Mudchute" derives from it being the former dumping site for mud removed during the construction of Millwall Docks in the 1860s, and the subsequent dredging which had to be performed regularly to prevent them silting up. A novel, pneumatic device was employed which pumped the liquefied mud through a pipe over East Ferry Road (close to the George pub), and dumped it on the other side. The mud smelt awful, and Poplar Borough Council continually complained to the dock company that it was causing disease (including diphtheria) among locals, as it attempted unsuccessfully to have the mud dumping stopped.

### **Editor**

## **Book Reading • Leader June Reid**



Our book for November was *A Spool of Blue Thread* written by Anne Tyler, and chosen by Pat. Anne Tyler is an extremely popular American novelist who usually writes family stories. Her stories flow along quite calmly, but there are usually hidden depths and sudden twists; this book is no exception. The setting is in Baltimore, USA, where we are introduced to the various members of a middle-class family. The apparent peace and calm of the family unit is disturbed when episodes of the past and present are detonated at intervals. There is also a proverbial “black sheep” entering the drama. The characters are extremely well drawn and the writing is accomplished. One quote sticks in my mind: “The trouble is with dying – you don’t get to see how everything turns out, you don’t know the ending!” We all enjoyed reading this book but felt it was not an outstanding one among our choices despite being a “bestseller.”

## **June Reid**

## **Ramblers 1 • Leader Leslie South**



Before we start the report of our November ramble, a special thank you must go to two stalwarts who, back in August, decided to retire after about 20 years of leading our group. First and foremost is Annette. She led us on many, many rambles in various parts of London and Kent, as well as organising rambling holidays. She even took us on an October scrumping ramble along orchard footpaths collecting windfalls.

Then there is Ted, a little Air Ambulance bear mascot, who always has a happy little face; even if he is being buffeted by freezing winds, or drowned by torrential rain, he is carried on Annette’s rucksack, sitting silently when we occasionally became lost. In September, the group gave Annette a surprise afternoon tea at one of our homes and the sun even said ‘thank you’ by gracing us with its presence.

THANK YOU ANNETTE FROM ALL YOUR FRIENDS IN RAMBLERS 1.

## **November Ramble to Hadlow, Kent**

This was a walk of some 5 miles with 1 stile, a number of metal kissing gates and the crossing of two rivers. On a day that had been preceded by torrential rain, we enjoyed clear views of the Medway Valley complete with oast houses. The ground was only slightly muddy in places; some members who still have a certain amount of child in them could kick around a carpet of fallen leaves. (Must have been the men). We descended to and crossed the River Bourne then the Medway – which was running fairly fast – at Ford Green Bridge. We walked along the bank for a short distance before crossing back upstream at East Lock where a couple of pillboxes survive. This was followed by a gentle climb up to Golden Green and onto Hadlow while taking in good views of the tower of Hadlow Castle. We took lunch at the Broadview Tea Room in Hadlow College; all participants thought the fare was very good.

## **Cynthia & Roy Morton**

*NB.* Grade 1 Listed Hadlow Tower, also known as “May’s Folly”, at 175 feet tall is one of the tallest single properties in Britain; it once formed part of a grand house in the Romantic Gothic style. It was built in the late 18<sup>th</sup> and early 19<sup>th</sup> centuries by Walter May, a yeoman farmer, on the site of Hadlow Court Lodge, a much older manor house which existed in the 16<sup>th</sup> century. Legend suggests that the tower, built in 1838 and which has the appearance of a real-life ‘Rapunzel Tower,’ was to house a cheating wife.

# ENTERTAINMENT

## SUDOKU

Place a number from 1-9 in each empty cell below so that no row, column, or 3 x 3 block contains any number more than once.

		8		2		4		
7			8	9			3	
	4					2		
	6			3		7	1	
		2				8		
	3	4		8			6	
		3					4	
	9			4	3			6
		6		1		3		

Using the same principle, place the supplied letters in each empty cell below. A word will form in either a row or a column.

			O		E	T		L
O			F	A				
T								E
N								
A	K	T				E		N
		R	T				K	
			L	K			E	
						O		
	F				N			R

**Across:**

- 1 Grotto (4)
- 4 Begin (5)
- 9 Region (4)
- 10 Organic compound (5)
- 11 Carried (5)
- 13 Arm bone (4)
- 14 Decorative wood of SE Asia (7)
- 16 Varnish ingredient (3)
- 18 Snake (3)
- 19 Take by sips (3)
- 24 Chemical compound of aluminium & oxygen (7)
- 26 Doctrine (4)
- 27 Dizzy (5)
- 28 Corpulent (5)
- 29 Run away (4)
- 30 Ski-run (5)
- 31 Funeral fire (4)

**Down:**

- 1 Political clique (5)
- 2 Smell (5)
- 3 Word of action (4)
- 4 Observe (3)
- 5 Large wave (7)
- 6 Maps (5)
- 7 Tear (4)
- 8 Carrying implement (4)
- 12 Most virtuous (7)
- 15 Pronoun (3)
- 17 Looks after (5)
- 20 Below (5)
- 21 Money recipient (5)
- 22 Collapse (4)
- 23 Desert (4)
- 25 Languidly (4)
- 27 Mild expression of surprise (3)

## BARRED CROSSWORD

1	2	3		4	5	6	7	8
9				10				
11			12		13			
14				15				
16		17	18			19	20	21
22	23	24				25		
26				27				
28					29			
30					31			

**Use these clues to find the name of sweets, chocolates, etc.**

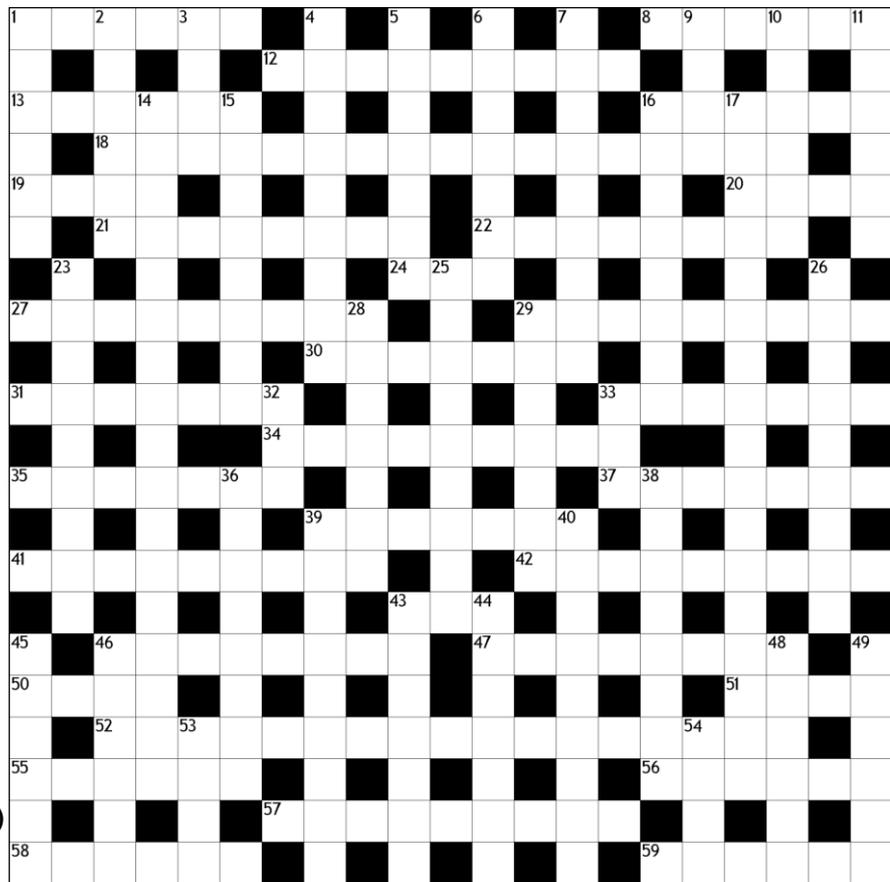
Where all the refined people live	Edible fasteners	Middle Eastern pleasure
A home for alcoholic dentures	A particular theme	A singing insect
100% precious metal	Between the two	Little green men
Nomadic	Just before the watershed	Would be complete if bolted
Tiny precious stones	Millie's boyfriend	Goods from France
Good times	Name of a galaxy	Bookies talking backwards
Thieves in the SS	A gap in the Chukka	

# SIDCUP & DISTRICT **USA** CROSSWORD

No 8

## Across

- 1 Merry (6)
- 8 Type of hat (6)
- 12 Richest liquid (9)
- 13 Remnants (6)
- 16 Feudal superiors (6)
- 18 Not shyly (17)
- 19 Was in debt (4)
- 20 If not (4)
- 21 Wealth (8)
- 22 Proclaim (8)
- 24 45 inches (3)
- 27 Priests' houses (9)
- 29 Make glass opaque (9)
- 30 Shares (*colloq*) (7)
- 31 Musical group (7)
- 33 Medium (7)
- 34 Having no cells (9)
- 35 Documented (7)
- 37 Wind instrument (7)
- 39 Colombian city (7)
- 41 Invigorated... (9)
- 42 ...and enlivened (9)
- 43 Possessive pronoun (3)
- 46 Star systems (8)
- 47 Comprehensive (8)



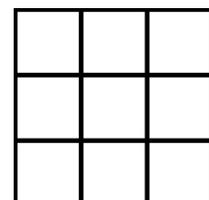
## Down

- 1 Terminology (6)
- 2 Assessor (6)
- 3 Curves (4)
- 4 Tendered (9)

- 5 Make merry (7)
- 6 Relating to poisonous effluvia (7)
- 7 They act for others (9)
- 9 Revolutionary centre (4)
- 10 Fabric pattern (6)
- 11 Reply (6)
- 14 Identically (17)
- 15 Marine fish (8)
- 16 Extravagances (8)
- 17 Record of heartbeat (17)
- 23 Concerning money (9)
- 25 Most beautiful (9)
- 26 Betrothed (9)
- 28 Muscular (7)
- 29 Disapprove (7)
- 32 Small amount (3)
- 33 For (3)
- 36 Refinement (8)
- 38 Phenol (8)
- 39 Bloodlines (9)
- 40 Added explanatory words (9)
- 43 Molecules containing the same formula but different chemical structures (7)
- 44 Adhesive label (7)
- 45 Oration (6)
- 46 Old man (*slang*) (6)
- 48 Fittest (6)
- 49 Precious stones (6)
- 53 Send out (4)
- 54 Prolonged deep sleep (4)

Place the letters below in the 3x3 grid to form eight different 3-letter words – a word across each row, a word down each column, and a word along the two main diagonals.

A D D D E I L L O



Solutions next month

## GROUP VACANCIES

GROUP NAME	LEADER/CONTACT	VACANCIES
 <b>Amblers (Group 3)</b> 3 <sup>rd</sup> Wednesday (10.30 am)	<b>Norma Balfour</b> 020 8303 7693	<b>Vacancies</b>
 <b>Bird Watching</b> 1 <sup>st</sup> Wednesday (10.00 am)  	<b>Roy Black</b>  020 8302 9942	<b>Vacancies</b>
 <b>Book Reading</b> 1 <sup>st</sup> Thursday (2.00–4.00 pm)	<b>June Reid</b> 020 8302 7887	<b>Vacancies</b>
 <b>Chess</b> <i>Timings to be advised</i>	<b>Norma Balfour</b> 020 8303 7693	<b>Vacancies</b>
 <b>Classical Music</b> 2 <sup>nd</sup> Friday (2.30–4.30 pm)	<b>Olive Mercer</b> 020 8300 3136	<b>Vacancies</b>
 <b>Concerts/Opera</b> Various dates and times  £	<b>Norma Balfour</b> 020 8303 7693	<b>Vacancies</b> 
 <b>Darts (at the Alma pub)</b> 2 <sup>nd</sup> Monday (noon)  	<b>Leader pending</b>  needed, please	<b>Vacancies</b>
 <b>Family History</b> 2 <sup>nd</sup> Tues  & 4 <sup>th</sup> Thurs 	<b>Judith Swain &amp; Kate Berry</b> 020 8303 5759	<b>Vacancies</b>
 <b>Ramblers (Group 2)</b> 4 <sup>th</sup> Tuesday (4–5 miles)	<b>Leslie South</b> 020 8300 8298	<b>Vacancies</b>
 <b>Rummikub® (Group 1)</b> 4 <sup>th</sup> Monday (2.00–4.00 pm)	<b>Margaret Platt</b> 020 8309 6395	<b>Vacancies</b>
 <b>Scrabble®</b> <i>Timings to be advised</i>	<b>Norma Balfour</b> 020 8303 7693	<b>Vacancies</b>
 <b>Ten-Pin Bowling (Bexleyheath)</b> Mondays (10.00 am)   £	<b>Gay Braybrook</b>  020 8309 6372	<b>Vacancies</b>
 <b>Wine Appreciation</b> 3 <sup>rd</sup> Wednesday (7.30 pm) £	<b>Roger Brown</b> 020 8850 5362	<b>Vacancies</b>

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.

**Trevor Ford**  020 8302 7635 email: [trevor.ford@talktalk.net](mailto:trevor.ford@talktalk.net)

### 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 the last page. It is easy to run a group and any current leader can advise you how it's done. Members of groups are reminded that they should always let the group leader know if they cannot attend a meeting, particularly if they wish to withdraw from a group.

 Not during school/bank holidays

£ A charge applies

 Certain seasons only

 Notice on the board at meetings

 Open to all

 Temporary point of contact

## PROGRAMME

<b>2016</b>		
December	Roy Bilham	Christmas Music (on trumpet)
<b>2017</b>		
January	Martin Heard	The Gardens of Impressionism – Monet and others
February	Ralph Todd	The Natural Wonders of Iceland
March	A.G.M	
	Joseph Woodcock	Springtime in the Garden
April	Peter Jones	National Trust Properties of the South East
May	Nicky Brooks	Exercise in Retirement – Pilates
June	Russell Bowes	Dig for Victory
July	Project Representative	Ageing Immunity Research Project
August	Groups & Members	Showcase: Sharing of Sidcup U3A activities

## COMMITTEE MEMBERS

Chairman	Anne Evans	020 8302 2261
Vice-Chairman	Lesley South	020 8300 8298
Minutes Secretary	George Murrell	020 8850 2046
Treasurer	John Lapham	020 8854 6340
Membership Secretary	Patricia Andrews	020 8300 2064
Asst. Membership Secretary	Lynn Plumer	07714 234398
Speakers Secretary	Janet Lambern	020 8300 1786
Group Co-ordinator	Trevor Ford	020 8302 7635
Welfare Officer	Kathy Cordell	020 8300 4573
General Member	Sue Brooks	020 8298 1117

## USEFUL CONTACT DETAILS

**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](mailto: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 3<sup>rd</sup> of the month – but at any time for the website.  
 Photos taken during group outings and events may be shared on the website’s “Gallery” page.  
**Third Age Trust:** 19 East Street, Bromley, Kent BR1 1QE ☎ 020 8466 6139 [www.u3a.org.uk](http://www.u3a.org.uk)  
**London Region U3A:** [www.u3asites.org.uk/london-region](http://www.u3asites.org.uk/london-region)  
**World U3A:** [www.worldu3a.org](http://www.worldu3a.org) **Virtual U3A:** [www.vu3a.org](http://www.vu3a.org)

## WEBSITE

[www.sidcup-u3a.org.uk](http://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*

*Conscience is the little thing that tells you someone is sure to find out.*