

**SIDCUP & DISTRICT UNIVERSITY OF THE THIRD AGE
NEWSLETTER**

January 2016



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

NOTICES

Summer Schools 2016

At the Royal Agricultural University, Cirencester, GL7 6JS

School 1: 8th–11th August

1491: The Americas Before Columbus – A new picture of the new World
Architecture Explored
Creative Writing – Crime and Thriller writing with a twist in the tale!
Drama: Irish Theatre and Its Influence
Early Church and The Roman Empire
Folk Art Appliqué – An introduction
France – Regards sur la France actuelle {insights into current France}
Literature – Bloomsbury and its influence
Recorder Ensemble Playing

School 2: 15th–18th August

Cryptic Crosswords for Beginners
Garden Design – Cornerstones of English Garden Design
Geology – Geology, Scenery and the maps that changed the world
History of Ideas – The Romantic Movement
La Bella Italia – La cultura e la lingua {the culture and language}
Maths – Making Sense of Infinity
Music – Making Friends with Music, from Dawn to Sunset
Shakespeare and His Female Game-Changers
Singing for Pleasure

Costs: Full board residential delegate in en-suite accommodation: £285.00 per person
Non-residential day delegate including lunches, excluding dinners: £107.00 per person

To apply for a place, you may either fill out a paper form (available from the Third Age Trust), or you may use the online booking form, found in the Members' Area of their website. You may also pay online.

George Murrell

Annual Booklet

Additional copies of our Annual Booklet may be downloaded from our website.

Webmaster

Committee Nominations

Nominations for membership of the Committee for the period March 2016–March 2017 should be submitted by 1st March. A nomination form for this purpose is attached. Volunteers are always welcome and, should you require further information, please speak to Anne Evans, Chairman, or George Murrell, Secretary.

George Murrell, Secretary

Missing People

‘a lifeline when someone disappears’

The charity we supported in 2015

The collecting boxes have been emptied, proceeds from the sale of DVDs, books, and hand-made cards, plus monies raised from the raffle, teas, and other donations, all have combined to raise the grand, FANTASTIC total of £1,071.16 for Missing People in 2015. We had hoped to raise £1,000 during the year, but realistically we doubted that we’d reach this total, and to exceed it is MARVELLOUS. Our thanks to absolutely everybody who contributed in any way.

It is the people left behind when somebody goes missing that need support, and this amount will go towards, amongst other things, manning the telephone lines to help those in distress, both immediately and for as long as necessary. So often someone’s decision to leave home is a mystery to those left behind, and although sometimes missing people return home, this is certainly not always the case, and Missing People offers practical help as well as providing a ‘listening ear’ for as long as it is required. Again, our thanks for all your support.

Val Gosden & Gerry Kenny

Charity for 2016

Our charity for this year will be Royal National Lifeboat Institution. There will be collecting boxes at the general meetings. We do hope you will support this very important charity.

Editor



Book Reading • Leader June Reid



Our December book was *The Night of the Mi'raj* written by Zoë Ferraris and it was chosen by Jenny. It took us into quite a different territory – primarily set in and around Jeddah. It was a tense, psychological drama and gave an interesting portrait of everyday life in a society with paranoid attitudes towards women and sex. The story starts with the discovery of the body of a sixteen year old daughter of a wealthy Saudi family which had been battered to death just days before her arranged marriage. Nadir, a Bedouin desert guide, is brought in to recover her body from the desert. His character is the main focus of the book; a devout Muslim, he is hampered by the Sharia Law in his investigations – which makes him question his loyalties to his friends, faith and culture. The story is lightened with several amusing touches, but we were all appalled at the claustrophobic lives led by the women in this society. This was a really good read and we are looking forward to the next two books in the series written by this author.

June Reid

Ramblers 2 • Leader David Wedderkop



Tuesday 25th November Dartford to Hawley Garden Centre

We met at Dartford Station at 10.00 am for our walk along the Darent River. The weather was damp and windy, but most of the walk was sheltered by woodlands. We walked the whole way there and back again on solid chipped paths and passed Brooklands Lakes and Weir and crossed Powder Mill Lane. The river walk finished at a metal stile onto the A225 on which we passed under the A2. Six minutes later we reached Hawley Garden Centre where we stopped for lunch.

Overall, this is a very good winter outing as there is no mud but there is a half way stop. It's rough enough and a long way from the city.

David Wedderkop

(i) The Brooklands Lakes complex has been under Dartford & District Angling & Preservation Society control since the early 1930s; it was one of the early pioneering waters of modern carp fishing which have been present from the early days.

Editor

U3A Ramblers 3 • Leader Trevor Ford



December Walk

By way of celebration for the 1st anniversary of the group, I decided to return to Shoreham and Otford. However, I extended the route both in distance and degree of challenge to finish the year with a bang. There was built-in extra gravitas (and “upitas” – or whatever the anti-gravity equivalent is) with lots of hills and plenty of mud when we set off from Shoreham car park and down through the village. All of the pubs were still shut, but two of us were able to use the facilities in the golf club – so much relief! After crossing Shoreham Road, we headed up White Hill, but steered off the left fork instead of hacking straight up as before. We hit the steeper steps further on up to Dunsted Farm, an overall climb of 100 meters, but steeper than 1-in-5 at the end. Recovering our breath, we trudged across a ploughed field, carrying half of it with us. Then we had to wade through “muck and bullets” in the farmyard to emerge onto a track and then through a wood. Later, skirting Round Hill, we plunged down past Austin Spring where we encountered a gate warning us to take care crossing a golf course. However, either it had been abandoned long ago, or the fairways were somewhat rougher than a wildlife conservation area. We struggled up the other side to Romney Street where there was a pub – also long abandoned! From this “point of no return”, we cut back across a field to the edge of Courtfield Wood. Deeply rutted tracks filled with obstinately clinging mud and puddles that were impossible to avoid brought us to a narrow road near Eastdown. Our steep descent disturbed a picnicking couple and their dog who were enjoying their quiet tranquillity in the glorious sunshine. Luckily, the ascent up the other side through Great Wood to Paine’s Farm was not nearly so steep. A brief walk along the road brought us to the North Downs Way as we retraced our trip from the year before. However, in Otford we sampled the delights of a different dinner at The Bull. From there, after lunch, we trotted through the village and then followed the Darent Valley Path back to Shoreham. This was a tougher walk than usual, but it was still enjoyable. Who’s on boot-cleaning duty?

Trevor Ford

Pot Pourri • Leader Val Gosden



Our December trip out was to the Victoria and Albert Museum to see an exhibition entitled *The Fabric of India*. Since India is a large country with many different regions, each has its own special individual cultures, so there was much for us to see. Different areas produced their own dyes from local plants, and different materials were used, mainly cottons and silk, with silver and gold often used in garments for sultans and their courts. There were several visual displays in which we could see the techniques being used: dyeing, printing, weaving, block-printing, and many items on show. Saris and shawls were displayed, along with lengths of material showing different patterns, floor coverings and even a fantastically colourful tent with canopy which dominated one exhibition room. We were fully appreciative of all the work that went into these items, many of which were finely hand-stitched and embroidered with materials that included gold thread, small pieces of mirror, and even beetles wings – a glorious green colour. The fabrics produced in India were in great demand in many parts of the world, as the makers produced designs that would be appreciated in the varying countries to which they were sent. Designs that were associated with the various religions were also thoughtfully included. When mechanisation finally came, many people lost their means of earning a living, but nowadays a thriving market is emerging with many conscientious employers paying a fair wage and providing good working conditions.

Val Gosden

Explorers • Leader Val Gosden



Sadly, we have come to the end of this course of excellent presentations of the travels of intrepid explorers as they sought new lands. Our final viewing was of Shackleton and his travels to Antarctica, the first of which was undertaken as one of the team led by Captain Scott in 1902. Scott reached Antarctica but poor diet and inadequate clothing forced him to return home, a journey during which Shackleton was extremely ill. The lure of Antarctica, however, was still there for Shackleton and in 1907 he raised funds for his own expedition, leaving Britain in 1908. When they were 97 miles away from the South Pole, Shackleton decided they must return as there would not be enough food for a journey to the Pole and back. As we now know, Roald Amundsen from Norway reached the South Pole first.

Another expedition was mounted in 1914, the aim being to cross Antarctica from east to west. Shackleton named his ship *Endurance*, and the crew of a second ship would travel from the west to the South Pole to leave provisions for Shackleton and his men to use on the way back. However, when the ice closed in, *Endurance* became icebound and the crew eventually abandoned the ship and watched it being crushed by the ice. Shackleton and his men then endured a long winter before sixteen of them set off in lifeboats to reach Elephant Island after seven days at sea. From there, six of them set off in a boat to try and reach South Georgia, where they knew there was a whaling station. Once there, the decision was taken for three men to travel across South Georgia, in order to find help at the whaling station on the further side of the island. They encountered mountainous territory which, in their weakened state, they feared to tackle. Eventually, they decided to 'go for it' by tobogganing down 1600 feet in three minutes, and reaching the whaling station shortly thereafter; help was provided and the men who had been left behind were eventually rescued. A final expedition to circumnavigate Antarctica was planned, but Shackleton died beforehand on 5th January 1922.

Val Gosden

Classical Music • Leader Olive Mercer



Our December meeting reflected the mood of the coming holiday, with tuneful orchestral music in the first half, and a selection of Christmas songs and carols in the second. We opened with *Winter* from *The Four Seasons* by Antonio Vivaldi, followed by *Songs from the Auvergne* by Joseph Canteloube; Jacques Offenbach's Overture to *Orpheus in the Underworld*; Henry Litolf's *Scherzo*; Vaughan Williams' *Fantasia on Greensleeves*; the Waltz from *The Jazz Suite No 2* by Shostakovich; and Ravel's *Bolero*.

After our tea break, we listened to a selection of John Rutter carols, sung by the Cambridge Singers, then their version of the *Cantique de Noël* (O holy night) by Adolphe Adam. This was followed by an excerpt from Handel's *Messiah*. Yet another Cambridge choir, from Trinity College, sang the *Shepherds' Farewell* from *L'Enfance du Christ* by Berlioz, and our final carol was *Silent Night* sung by José Carreras. We then sang along to the last track on the Carreras disc, *White Christmas*.

There are vacancies in our group, which meets once a month on a Friday afternoon. We listen to a wide variety of music, chosen by members, and you would be made very welcome.

Mary Hawes

ENTERTAINMENT

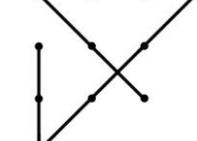
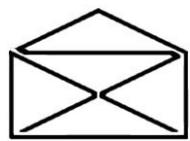
DECEMBER PUZZLE SOLUTIONS

7	3	2	9	5	6	1	4	8
9	6	1	2	4	8	5	3	7
8	5	4	3	7	1	6	2	9
2	1	8	4	6	5	7	9	3
5	4	9	8	3	7	2	6	1
3	7	6	1	2	9	8	5	4
4	2	7	5	1	3	9	8	6
6	8	5	7	9	4	3	1	2
1	9	3	6	8	2	4	7	5

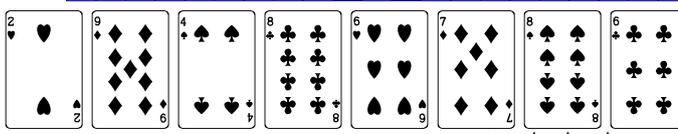
G	N	L	R	Y	V	O	I	A
I	Y	V	O	N	A	G	L	R
R	A	O	L	G	I	N	V	Y
V	G	Y	I	O	N	R	A	L
L	I	A	Y	R	G	V	O	N
O	R	N	V	A	L	I	Y	G
A	L	R	G	V	O	Y	N	I
Y	V	I	N	L	R	A	G	O
N	O	G	A	I	Y	L	R	V

A	A	R	D	V	A	R	K	S	P	R	A	B	B	I	T	I	N	G	
B	A	A	E	A	M	A	Z	E	A	M	N	N	A						
A	S	C	E	R	T	A	I	N	L	G	A	L	L	I	V	A	N	T	
N	I	I	D	I	D	L	E	R	L	L	T	N	H						
D	R	A	M	A	T	I	S	T	B	E	M	P	H	A	S	I	S	E	
O	L	T	N	I	N	E	P	T	A	T	M	R							
N	O	I	S	I	N	E	S	S	A	T	E	R	M	I	N	A	T	E	
E	S	O	S	E	Y	R	I	E	K	N	T	R							
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P	T	S	X	E	R	G	N	C	O	I									
F	O	R	T	I	S	S	I	M	O	U	N	S	T	I	N	T	I	N	G
C	E	U	L	N	A	Y	U	E	E	S									
C	H	A	R	T	E	R	E	D	F	B	E	D	R	I	D	D	E	N	
A	R	I	O	I	N	T	E	R	I	N	E	O							
N	O	T	A	T	I	O	N	S	E	A	S	S	I	S	T	A	N	T	
V	E	I	K	A	U	R	A	S	G	I	D	O							
A	W	F	U	L	N	E	S	S	W	S	P	R	I	N	K	L	E	R	
S	A	L	R	T	R	A	D	E	A	C	O	I							
S	O	C	I	A	L	I	S	E	R	R	E	C	H	E	R	C	H	E	
E	T	T	E	R	A	D	I	I	E	R	K	T							
D	I	S	P	E	N	S	E	S	S	E	N	D	L	E	S	S	L	Y	

E	C	S	T	A	S	I	E	S
S	H	E	D	S	A	R	M	Y
T	I	E	A	S	S	K	I	P
R	C	E	M	I	T	S	R	H
A	R	M	A	D	I	L	L	O
N	V	U	S	U	R	Y	M	N
G	E	L	S	O	S	P	O	I
E	T	O	N	U	K	H	A	N
D	O	W	N	S	W	I	N	G



A head but no body, a heart but no blood, just leaves and no branches, I grow without wood. (*Lettuce*)



There are two sequences above: 1st 3rd 5th 7th cards increment by 2 and alternate suit; 2nd 4th 6th 8th cards decrement by 1 and alternate suit.

GROUP VACANCIES

GROUP NAME	LEADER/CONTACT	VACANCIES
 Amblers (Group 1) 3 rd Wednesday (10.30 am)	John Harbert 020 8300 5361	Vacancies
 Bird Watching 1 st Wednesday (10.00 am)  	Roy Black  020 8302 9942	Vacancies
 Book Reading 1 st Thursday (2.00–4.00 pm)	June Reid 020 8302 7887	Vacancies
 Classical Music 2 nd Friday (2.30–4.30 pm)	Olive Mercer 020 8300 3136	Vacancies
 Concerts/Opera Various dates and times £ 	Norma Balfour 020 8303 7693	Vacancies ↓
 Darts (at the Alma pub) 2 nd Monday (noon)  	Leader pending  needed, please	Vacancies
 Family History 2 nd Tuesday & 4 th Thursday	Judith Swain 020 8303 5759	Vacancies
 Ramblers (Group 2) 4 th Tuesday (4–5 miles)	David Wedderkop 020 8850 5042	Vacancies
 Ramblers (Group 3) 1 st Friday (≈ 6 miles)	Trevor Ford 020 8302 7635	Vacancies
 Rummikub® 4 th Monday (2.00–4.00 pm)	Margaret Platt 020 8309 6395	Vacancies
 Ten-Pin Bowling (Bexleyheath) Mondays (10.00 am)  £	Gay Braybrook  020 8309 6372	Vacancies
 Wine Appreciation 3 rd Wednesday (7.30 pm) £	Michael Jordan 020 8302 3330	Vacancies

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

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 holidays

£ A charge applies

 Certain seasons only

↓ Notice on the board at meetings

 Open to all

 Temporary point of contact

PROGRAMME

2016

January	Nicky Brooks	Exercise in Retirement
February	Bob Ogley	The Great Storm and how it changed my life
March		Annual General Meeting
	Penny Duggan	History of Blackfen
April	Dennis Chambers	Some Kent Ghosts – Their haunts and their stories
May	Anna Austin	Motorina to Racing Driver
June	Vicky Fry	Murder, Myths and Misconceptions – Working with the Magistrates' Courts
July	Maurice Tripp	“Why the show must go on!”
August	Barbara Stevens	Charles and Emma Darwin/Downe

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 Rivett	020 3302 2887
Asst. Membership Secretary	Kate Berry	020 8309 7429
Speakers Secretary	<i>Vacant</i>	
Group Co-ordinator	Trevor Ford	020 8302 7635
Welfare Officer	Kathy Cordell	020 8300 4573
General Member	Janet Lambern	020 8300 1786

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 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. 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

London Region U3A: www.u3asites.org.uk/london-region

World U3A: www.worldu3a.org

Virtual U3A: www.vu3a.org

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

The future is not what it used to be.

**SIDCUP & DISTRICT UNIVERSITY OF THE THIRD AGE
NOMINATION FORM**

2016–2017



We the undersigned being persons whose names appear on the membership list of the above U3A hereby nominate:–

Name

Address

As candidate for:–

Vice-Chairman/Secretary/Treasurer/Membership Secretary/Speakers Secretary/Group Co-ordinator/Welfare Officer/General Committee Member

Proposer Secunder

Declaration and Consent.

I declare that I am a member of Sidcup & District U3A and that, if elected, I consent to serve.

Signed Date

The present Committee is as follows:–

Anne Evans	Chairman (Elected for 2 years at AGM 2015)
Lesley South	Vice-Chairman
George Murrell	Secretary
John Lapham	Treasurer
Patricia Rivett	Membership Secretary
Kate Berry	Assistant Membership Secretary
Trevor Ford	Group Co-ordinator
<i>Vacant</i>	Speakers Secretary
Kathy Cordell	Welfare Officer
Janet Lambern	General Committee Member

All nominations are to be returned by 1st March to any Committee member or by post to the Secretary, George Murrell, 76 Chester Road, Sidcup, Kent, DA15 8SH