

SIDCUP & DISTRICT UNIVERSITY OF THE THIRD AGE NEWSLETTER

June 2007



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

NOTICES

Parking & Insurance

The New Community Church is having work carried out to the front; it will not be possible to park there for several weeks. Those parking with a permit should park in Hatherley Road. U3A headquarters has issued a statement changing the recent advice about dogs and children regarding insurance. Any incident involving dogs belonging to U3A members on a U3A walk will be covered by insurance. Also there is insurance cover for children attending U3A groups. See the full statement on the notice board.

John Mercer

Travel Group : Leader Margaret Platt

Hotel Elizabeth Duke's Head, King's Lynn, Norfolk, 3-7 March 2008

Since Georgian times the Hotel Elizabeth Duke's Head has been an impressive classical building welcoming visitors in considerable comfort and style and it overlooks the ancient Tuesday Market Place. The low-lying Norfolk coast sweeps in a great arc from Gorleston-on-Sea to The Wash. The market town of King's Lynn, formerly called Bishop's Lynn before it became a royal property, was once a walled city of considerable importance and received its Charter from King John in the 12th century.

The hotel has 71 en-suite bedrooms offering satellite television, direct dial telephone, trouser press, hairdryer, tea and coffee making facilities. Excursions from the hotel will visit Norfolk, Suffolk and Cambridge.

- Accommodation available: 5 Twins, 3 Doubles and 23 Singles.
- Cost per person is £249.00 for bed, breakfast and evening meal.
- Optional holiday cancellation insurance is £8.00 per person.

Margaret Platt ☎ 0208 309 6395

Discounts on Home Insulation

The London Older People's Strategies Group (LOPSG) members living in the Greater London Area can take advantage of an offer from Mayor Livingstone, who has teamed up with British Gas to offer cut price home insulation. The first 30,000 Londoners who apply for the offer will receive a discount on cavity wall or loft insulation plus £100 cash back from the Mayor and British Gas. People on benefits may be eligible for free insulation. For more information visit www.london.gov.uk/insulate website or call 0845 0705059 and quote "LOPSG SLA"



Hearing Dogs for Deaf People

Patrick and Freya (named after the goddess of wealth in Norse mythology)

Freya is a five-year-old beautiful Norwegian Buhund that has been with her profoundly deaf owner Patrick Forsyth in Scotland since May 2002. She has made a huge difference to Patrick's life and he could not imagine coping without her now. Patrick is proud of how good Freya is at her job. "Her sound work is very good, and she is a considerable help to me at home. She alerts me immediately the text phone rings, and when there is a caller at the door. She is also excellent at waking me when the alarm clock goes off, something that was always a problem before if I was going somewhere important. With the smoke alarm, to ensure she has practice I set it off once a week using a broom handle. But after a few weeks of doing so, Freya began to alert me the minute I produced the broom!"

In addition to these sounds Freya has taught herself many others, using her intelligence and initiative on many occasions, including alerting Patrick when his 92-year-old mother fell down a stair and needed help.

Freya also uses her training in other ways, as Patrick illustrates: "Earlier this year I was painting my boundary fence when Freya came into the garden and alerted me. I assumed I had a visitor, but, instead of going to the door as she usually does, she went into the kitchen and sat down at her bowl. It was then I realised that I had been so busy getting the job finished I had forgotten her dinner!"

Patrick cannot imagine life without Freya, "She is my best friend and is always there for me. My life has changed since I got her; I have made many new friends, and people now stop and speak to me who would not have done so in the past."



We now understand that Hearing Dogs for Deaf People can accept foreign banknotes as well as coins, which may be left over from your holiday abroad. British pre-decimal coins are also acceptable, as well as British and foreign postage stamps.



This is a reminder that next Saturday, 23rd June, there will be an interesting programme of Dog Demonstrations in the Millfield Meadow behind Ightham Mote from 2-5 p.m. Entry is free of charge. If you are planning to go, please contact Annette Jansen if you are able to offer transport to others, or would like a lift there. See her at this afternoon's meeting, or contact her on 01322 522252, or e-mail bartant@talktalk.net.

Val Gosden

❶ Norwegian Buhund is a member of the Spitz family. It is closely related to the Icelandic Sheepdog and the Swedish Jämthund. In Norwegian, *hund* means dog and *bu* refers to both homestead and livestock.

Editor

Coach Trip to Bury St. Edmunds

The visit to Bury St. Edmunds is now fully subscribed. The list for the visit to Brighton on Wednesday September 19th will be opened at the July meeting.

John & Olive Mercer

GROUP NEWS

National Trust & English Heritage Group : Leaders John & Olive Mercer

Visit to 2 Willow Road & Fenton House, Hampstead on 10th May 2007. Ten members of the group met, as usual, under the clock at Charing Cross then travelled by the Northern line to Hampstead. We had a very pleasant and gentle walk downhill towards the Goldfinger House via leafy Hampstead High Street before we turned into Downshire Hill where we all admired the various forms of architecture and beautiful gardens. When we turned into Willow Road, Nos. 1, 2 and 3, were in stark contrast to the rest of the area having been built in 1939 in the modernist style. We were welcomed into No. 2, the home of the architect Erno Goldfinger, for our tour. This was led by a guide who can only be described as an enthusiast; he made the house come to life with his knowledge of technical aspects of modern architecture and also his liking for contemporary art of which the house was full. We thanked him and went our separate ways for lunch before reconvening for our second visit.

Fenton House proved to be a contrast to Willow Road, having been built in the 17th century, and it contained many paintings the subjects of which could be recognised, plus a collection of rare musical instruments, porcelain and exquisite needlework. After an introductory talk by one of the guides, we were at liberty to explore the house at our own speed. Peter Barkworth, the actor, who had lived in Hampstead, had left upon his death a collection of the pictures acquired by him specifically for Fenton House, rather than to the general collection of the National Trust. As we toured we noticed from the windows the beautiful garden which we did not explore as the heavens had opened. Being intrepid travellers, we were all well prepared for the afternoon's inclement weather.

Frances & Eric Percival

Local History 1 : Leader John Harlow

How lucky we were with the weather when 18 of us visited The Museum of Fulham Palace. We spent a beautiful day in a lovely tranquil setting (except when aircraft was flying overhead to and from Heathrow). Fulham Palace was for centuries one of the country residences of the Bishop of London and in the later twentieth century became his only home. Our very informative guide told us about the Grade 1 listed building being a mixture of styles and periods but it now survives as a Tudor manor house with Georgian additions. We visited the Tudor Courtyard and Victorian Chapel. The Museum rooms were formerly a dining room and library but they now house a permanent display on the history of the Palace. The grounds themselves are of great interest; they were once enclosed by the longest moat in England, but now only 13 acres remain of the original 36. We were also able to visit the botanic beds, herb garden and wisteria pergola which is within the old walled kitchen garden. After our guided tour we were able to have refreshments and relax in the gardens.

Ann Harlow

Local History Group 3 : Leader Pam Kirk

Our visit in May was to the BBC Television Centre. We were taken around the building and saw the newsroom full of TV monitors and miles of cable and were told that 2,000 people worked for that department alone. We were shown how the weather map works. We also saw two studios being prepared for new programmes. The tour ended with a quiz which one of our party won. It was altogether an interesting and informative morning.

Gill Brown

Local History 3 : Leader Pam Kirk

Our April outing was to Fulham Palace, but unfortunately only 8 members of our group were able to make the visit mainly due to the need to switch from our normal day. However, to make up for this, the weather was perfect and we all enjoyed the day very much. The site of Fulham Palace was first acquired by Bishop Waldhere circa 700, and continued as a residence of the Bishops of London until 1973. The present grade 1 listed building comprises a fascinating mixture of architectural styles - the Tudor Courtyard with its mellow brick, the Georgian East Front and the Tudor Revival Victorian Chapel. The grounds are of great interest and were once enclosed by the longest moat in England; they include a 500-year-old Holm Oak and many other rare trees, and in the walled garden is a magnificent mauve wisteria in full flower. Today only 13 acres remain of the original 36. We were not able to visit the Museum as this was in the process of having a new exhibition laid out and which was due to be opened by the Bishop of London on the day following our visit.

Den Brittain

Rambling Group 1 : Leader Annette Jansen

May's ramble began in Cudham. It was an amazing spring/summer day and the scenery and vegetation were spectacular, and the wooded areas gave us useful shade at intervals. We had lunch at Downe in the pub now famous for its bacon. It was a great day.

Annette Jansen

Ramblers 2 : Leader Geoff Rozier

On a beautiful sunny May morning, 12 members of our group enjoyed a five and a half mile circular walk from Horton Kirby recreational ground car park. We walked through fields of well tended crops, under buzzing pylon cables, and through Farningham Woods, to reach a wonderful view of the Kent countryside around Farningham Village. Descending to the village, our walk then took us back from Farningham, under the motorway and alongside the river Darent to Horton Kirby where we enjoyed lunch together in the garden of The Fighting Cocks. We didn't see any fighting cocks, although there were instead 4 waddling geese, 2 docile goats and a snowstorm of cotton wool seeds from the nearby trees. (Which, perhaps, sounds a bit like a Christmas song). It was another enjoyable walk to remember. We all wish both Olive Mercer and Olive Adkins a speedy recovery and we look forward to them rejoining our monthly rambles.

Dennis Rozier.

Classical Music 2 : Leader Derick Johnson

Barbara Carpenter presented her programme for May on the theme "Countries, Counties and Cities" starting with the London Suite Knightsbridge March by Eric Coates which has coloured many radio programmes. We then heard G. Butterworth's A Shropshire Lad, and one wonders what fine music this composer would have given us had he not lost his life during World War 1. This was followed by Lalo's Symphonie Espagnole 2nd movement, and then a change of mood with the ever popular Brandenburg Concerto No. 6 with Academy of St. Martin in the Fields conductor, Sir Neville Mariner. We then had an enjoyable chatty break followed by Ravel's Fera from Rapsodie Espagnole, then Wagner's The Mastersingers of Nuremberg Overture and then Dvorak's String Quartet No. 12 in F Major, The American, played by the Amadeus Quartet. We found the perfect finish to the afternoon of music with W. A. Mozart's Symphony No. 38 in D Major, Prague, with Cappella Istropolitana conductor Barry Wordsworth.

Derick Johnson

GROUP VACANCIES

GROUP NAME	LEADER	VACANCIES
Beginners Bridge Acol Tuesdays (11 am - 2 pm) <i>Weekly for 6 weeks</i>	Barbara Shilling 01322 270814	Vacancies for courses starting later this year
Bird Watching 1 st Wednesday (morning)	Gay Braybrook/José Steward 020 8300 6372/020 8302 1627	Open to all. Notice on board at meetings
Classical Music (Group 2) 2 nd Friday (2.30 pm)	Derick Johnson 020 8850 1245	3
Darts (at The Alma pub) 2 nd Monday (midday)	Fred Green	Yes
Gardening (Group 2) 3 rd Friday (2 pm)	Audrey Hayes 020 8850 1032	2
Handcrafted Cards (Group 2) 1 st Wednesday (2 - 4 pm)	Val Gosden 020 8300 0664	3
Luncheon Club (Group 2) 2 nd Friday	Maureen Porter 020 8300 6128	6
National Trust/English Heritage Various dates & times	John & Olive Mercer 020 8300 3136	Open to all
Quilling (The craft of paper filigree) Occasional Saturdays (2 - 4 pm)	Val Gosden 020 8300 0664	Please phone leader
Ramblers (Group 1) (6-7 miles) 4 th Tuesday (10.30 am)	Annette Jansen 01322 522252	Possible
Saturday Ramble (4-5 miles) 1 st Saturday (morning)	Gay Braybrook 020 8300 6372	3
Sunday Ramble 2 nd Sunday (morning)	Pat Peeney 020 8302 5061	Yes
Tenpin Bowling (Bexleyheath) Mondays (10 am) <i>except school holidays</i>	Gay Braybrook 020 8300 6372	Open to all
Theatre (Group 2) Various matinées	Joan & John Somerset 020 8300 0890	Open to all. Notice on board at meetings

The above lists, 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 the Group Co-ordinator.

José Steward, Group Co-ordinator ☎ 020 8302 1627

Why not start a new group?

If you want to join a group that is full, why not start a new one? It's not difficult to run a group, and leaders of a full group should be willing to advise you how it's done.

PROGRAMME

2007

June	Mr I. Currie	Droughts, deluges and dust devils
July	Mr B. Bedford	Marquetry
August	Mr A. Burnett	Liquid history: a trip up the Thames
September	Mr P. Harris	The history of pantomime
October	Mrs J. Hungerford	Caveman orchestra
November	Mr J. Kennett	An aspect of local history
December	to be announced	

COMMITTEE MEMBERS

Chairman	John Mercer	020 8300 3136
Vice-Chairman	Annette Jansen	01322 522252
Minutes Secretary	George Murrell	020 8850 2046
Treasurer	Dennis Brittain	
Membership Secretary	John Harlow	020 8300 3865
Speakers Secretary	Valerie Gosden	020 8300 0664
Group Co-ordinator	José Steward	020 8302 1627
Raffle Organiser	Valerie Gosden	020 8300 0664
Welfare Officer	Gay Braybrook	020 8309 6372
Liaison Officer	Norman Slaughter	020 8300 9460

USEFUL CONTACT NUMBERS

Travel Group Leader Margaret Platt 020 8309 6395

Newsletter Editor David Smith 020 8304 2305

56 Crofton Avenue, Bexley DA5 3AR

Please email contributions if possible as this saves having to retype them, to:

editor.u3a@ukonline.co.uk *Contributions by 3rd of the month please.*

Afterthought

Misfortune: the kind of fortune that never misses.