

SIDCUP & DISTRICT UNIVERSITY OF THE THIRD AGE NEWSLETTER

November 2018



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

Christmas Day Luncheon

Are you, or anyone you know within the Bexley Borough, alone this Christmas Day? If so, we might be able to help. Jointly funded by 'Sidcup Rotary' and the 'Harenc Community Trust,' we organise a Christmas Day luncheon at the Carlton Resource Centre in Sidcup for those who would otherwise be alone on Christmas Day. Transport is provided and there will be entertainment in the morning soon after your arrival, around 11.00 am. Our chefs cook a traditional Christmas lunch, and we are hoping to provide some afternoon entertainment, too, before a light tea with the event closing around 3.30 pm. We have tail-lift adapted minibuses together with cars for transport and the venue is level access for those with mobility problems. If you'd like further information, please call Phil Hinton on 020 8301 1864

Phil Hinton, Welling U3A

Volunteers Needed

We are looking for volunteers to register members at the start of each meeting. It involves arriving for 1.10 pm and ticking off members names in the register as they arrive for the meeting. If you are able to help there is a list on the board for you to sign up for which month best suits you. Thank you for your help.

Membership Renewal

Membership for Sidcup & District U3A is due for renewal as from 1st January 2019. The cost for the year will be £15 and cheques should be made payable to SIDCUP & DISTRICT U3A. A copy of the renewal form can be found at the end of this Newsletter. Can we please ask that forms are returned to us at the earliest convenience with cheques post-dated 1st January 2019. This will allow us time to process the forms and have your membership cards ready for you to collect at our January meeting. If you would like your card and booklet sent to you through the post, can you please attach a stamped addressed A5 (15cm by 21cm) envelope to your renewal form. If you know of anyone not at today's meeting for whom you could take a form that would also help with distribution. Thanking you.

Returning Membership Forms

If you are not able to return your membership form at a meeting, or via another member, please return to the Membership Secretary at the following address:
32 Walton Road, Sidcup, Kent DA14 4LD.

Lynn and Pat (Membership Secretaries)

GROUP NEWS

Ramblers 3 • Leader Trevor Ford



August 2018

August saw me back in harness after a lay-off due to work-pressure and operation-recovery, so we had a fairly leisurely very local ramble requiring no preparation. After meeting at the car park in Footscray Meadows, we set off across it pausing briefly at the footings of the old Footscray Place. We crossed over Five Arches and on along the Cray and then back over it at the last bridge and thence into Bexley village via some scrubland and past the cricket ground. Leaving the village, we went past Mount Mascall Stables to the edge of Joyden's Wood and paralleled the North Cray Road and then crossed it opposite to the White Cross Pub where we had lunch. Completing the circle on the south side of the river, we returned to the car park via the Penny-farthing Bridge.

September 2018

Having recently done a couple of walks with my grandchildren in Epping Forest, I had a yen to take the group there. Two car-loads, therefore, met at Connaught Water car park and we followed a combination of two way-marked trails, Holly and Willow. These are excellently sign-posted and also clearly set out on the Epping Forest map that the EF charity specially commissioned from Ordnance Survey. We crossed diagonally over a corner of scrubland to one of the three Visitor Centres next to the Queen Elizabeth Hunting Lodge – both well worth a visit. We then went into the woodland, mostly following inside the perimeter, and along the Boundary Road. Following a short detour along Lippits Hill, past a blue plaque at the lodge celebrating the Irish poet, John Clare, brought us to The Owl pub. Heading further north-east afterwards, we turned for home just short of High Beach Church (where excellent Sunday teas are available). Having praised the labelling above, I did still manage to get slightly lost between Fairmead and Three Bridges but soon picked up the Grimstone's Oak ride, past the eponymous, famous (but now dead and gone) tree to return to Connaught Water which had a good display of waterfowl.

Trevor Ford

Parks & Gardens Appreciation • Leader Jill Bryant



Our last visit this year was to Southwark Park which is only one stop from New Cross. The 27th September was cold when we arrived, but it turned out to be a lovely hot day. The park opened its gates to the public in 1869 and was designed by Alexander McKenzie. There were a lot of large established trees and a large lake which looked like grass because of covering weed; however, it did not bother the many ducks we saw on it. In 1936 The Ada Salter rose garden was built by Alfred Salter, MP for West Bermondsey. He and his wife created a place of beauty where mothers and the elderly could sit. It is still a lovely Old English garden with a view of the lake and the last of the summer flowers.

In 2001, the park underwent a major refurbishment with £2.5m from the Heritage Lottery Funds. A replica of the 1833 bandstand from the Great Exhibition was replaced; this was a splendid sight. Many parts of the park were restored including a bowling pavilion and a children's play area. A short walk then took us to the Thames Path and onto The Angel, a lovely old pub for lunch.

Jill Bryant

Local History 3 • Leader Christine Withams



Leadenhall Market trip

We had a highly informative trip to Leadenhall Market and the surrounding area. Our excellent guide, Marco, explained how the current market sits on the site of ruins dating back to Roman times. The market itself dates back to the 14th century and was built as a meat, poultry and game market due to its location next to a (now underground) river which allowed boat access. Today, Leadenhall Market is filled with boutiques selling jewellery, clothes and services. Of course there's no shortage of good old fashioned pubs, one of which is called Old Tom's Bar and is named after Old Tom, the goose that lived there in the 19th century and which died at the ripe old age of 37! For Harry Potter aficionados there's the famous door to Diagon Alley on one of the side paths.

Finally, we looked at the famous Lloyds insurance building (the inside-out one!) and the Gherkin (apparently one of the most energy efficient office buildings in London).

Patricia Henry

Ramblers 2 • Leader Helen Salmon



September ramble guided by John Harbert

Eight of us met at Sidcup Station on a sunny and warm autumnal morning ready to catch a train to Woolwich. There was a delay due to signalling problems but that did not matter as we had a 'catch up' on what we had been doing since our last ramble. We boarded the train and continued nattering. The train stopped at Slade Green and John suddenly noticed that passenger information system said 'the train is terminating here.' We all quickly got off the train only to watch it leave to continue its journey. We were told by a member of staff that signage was incorrect!! Not deterred, John suggested that we do the walk from Crayford Marshes to Erith – we all agreed.

We made our way to the footpath off Moat Lane and to our left we saw the walls of Howbury Moat which date back to the 12th century, although a manor house occupied the site well over a thousand years ago. Notable occupants include Odo, Bishop of Bayeux, and the distinguished admiral, Sir Cloudesley Shovel. The ruins and moat of the house called Howbury constitute a scheduled ancient monument, and a Jacobean tithe barn survives – but in a deteriorating condition.

As we continued on the path with the Thames to our right, we could have been somewhere quite idyllic as the cloudless blue sky was reflecting on the water and there were a large number of yachts sailing past. If we turned to our left we could hear and see the industrial estate with the many recycling centres. We ignored this and, as we were looking at the view over to Essex, someone called out that they could see a seal at the water's edge. Obviously, we were delighted to see it. This was the same day the beluga whale was seen at Gravesend. We continued along the path towards Erith Yacht Club where it becomes a pavement walk in an industrial estate and on towards Erith where we had lunch at Morrisons.

During lunch, some people were reminiscing about forgotten foods from the 60s and 70s such as lemon puffs and Angel Delight. Before we left, a number of packets of butterscotch flavoured Angel Delight were located and purchased!!

Helen Salmon

Local History 2 • Leader Pauline Watling



10th October – Suffragettes Exhibition

Another bright and sunny day saw us walking round the back of St. Paul's Cathedral (which still gives me a thrill when I look at it) on our way to the Museum of London. Having read about the exhibition in the newspaper, I was surprised to find that it was housed in quite a small area and was prepared to be disappointed. However, the film and memorabilia were touching and evoked the mood of the time. It is easy to forget just how brave and fanatical these females were in the continued era of male dominance and how hard it must have been to carry on the fight when all seemed impossible. Having read about the horrors of force-feeding, I was shocked to read of one suffragette who was subjected to it 233 times! Many never returned to full health. I wonder how much longer the struggle would have lasted had the Great War not happened?

Sadly, there was no mention that I could see of our own Dame Ethel Smyth who was born at Sidcup Place in 1858. She was a renowned composer, sportswoman and suffragette whose most famous composition was *The March of the Women* which became the anthem of the Suffrage movement.

Hoping that there was more to see, we were directed to a further room of exhibits and information which was interspersed with items from "Olde Englande" (*ie.* my childhood), which we all found fascinating. A happy time was spent in red velvet cinema seats, exactly like those at the Gaumont at Stratford Broadway, reminiscing and watching films of how life was during our childhood days and back to the turn of the 20th century. My day was really made when we each stood up and the seat banged behind us. I was straight back to being 10 and at Saturday Morning Pictures! It was another wonderful U3A day out!!

Rinka Halliday

Miscellany • Leader Val Gosden



Our first trip out in August 2018 was to Hall Place, Bexley, where we enjoyed a cuppa together before visiting the House itself. Here there were several exhibitions. One was about the Magic Lantern, and several pictures of different parts of the world were displayed. Another featured the splendid work done locally at Queen's Hospital* by Dr. Harold Gillies who pioneered a technique for 'repairing' the damage done to faces of soldiers during World War 1 and who became known as 'The Father of Plastic Surgery.' The third exhibition featured many large-scale models of famous buildings from around the world, made by using small Lego bricks.

*This hospital was demolished when the new Queen Mary's Hospital was built.

We visited 'Simply Chocolicious' in September, where we each made a dozen small chocolates using both white and milk chocolate. The two sorts of chocolate were in easy-to-pour bottles, and we were shown how to use them in an interesting way, also adding small decorations to each one as we went along. It was good fun making these, and whilst they were cooling we were able to personalise the paper bags we would be taking the chocolates home in. These small chocolates were lovely to give as gifts or even for us to eat ourselves!

It was a lovely day in October when we took a walk in The Glade, where we enjoyed seeing the ducks on the lake, and a flying heron. Some members of the group had not visited The Glade before, and we all agreed that we were lucky to have such a lovely open area to visit. We then repaired to The Chunky Teapot where we had light refreshments whilst making plans for our next three trips out.

Val Gosden

Ramblers 2 • Leader Helen Salmon



Our October ramble was a 4-mile walk around the East End. We started at Pudding Mill Lane and walked along part of the Greenway. This is a wide path over the northern outfall sewer which was created by J W Bazalgette in the late 1850s to combat London's sewage problems. Being high up, we had great views over London on one side with the Queen Elizabeth Park on the other. We veered off towards the end to cross Old Ford Lock and walked along a bit of the river Lea. Having done a bit of road walking, we made our way along Abbey Lane towards the Abbey Mills Pumping station and then past some workers' cottages of 1865. A bit further on, we climbed on to the Greenway again and had a great view of the ornate architecture of the Pumping Station – how beautifully the Victorians built a sewage works!

A bit further on, we returned to the River Lea, passed a number of barges and walked over Three Mills Green where there is a memorial to workers who died there in industrial accidents. Over the river led to former corn mills House Mills, Clock Mill and the Miller's House; later they were used as a brewery. Badly damaged in WW2, the mills have been restored and are used for film studios and education projects. Having followed the River Lea to the Bromley-By-Bow lock, we returned to the road, Twelve Trees Crescent (no sign of the Twelve Trees) and beside the former gas works. In a little green opposite, we found an unusual memorial to gas workers who died in the two world wars lit by a gas lantern together with a statue of the Chairman of The Gas Light and Coke Company from 1906–1916. Our walk ended here with a bus ride to Canary Wharf and return home by DLR.

Mary Webb

Mono Digital Photography • Leader Roy Morton



September's meeting was more of a workshop centred around macro photography while experimenting with camera settings and lighting. Indoor subjects were taken of fine cut glass and crystal, leaves, shells and a dead fly, the latter being mounted onto a pin. The final shots were taken in the garden of flowers, vegetation and spiders' webs. Owing to the outdoor location, we had to cope with a slight breeze moving the subjects, adding to a greater understanding of the range of skills needed to take successful macro photographs.

We viewed the results on a TV, then, after discussing our morning's efforts, our usual Four Seasonal photos were shown depicting both Summer and Autumn. Macro photography can be used to take unusual and interesting abstract style photos of innumerable subjects taken at unusual angles. Most modern cameras have the facility to take an acceptable close up photograph without the need of a macro lens, although using one of these specialist lenses does allow at least taking life size images.

Roy Morton

Book Reading • Leader June Reid



Our book for October was *Conclave* written by Richard Harris and chosen by Pat. This was a really gripping and suspenseful story on an unusual subject – the election of a new Pope. 118 cardinals are behind the locked doors of the Sistine Chapel meeting to cast their votes in the world's most secretive election. The chosen one will become the most powerful spiritual figure on earth. The political machinations amongst these revered and trusted figures make for a fast-moving and suspenseful tale. Unputdownable! We voted it one of the best choices of the year.

June Reid

GROUP VACANCIES

GROUP NAME	LEADER/CONTACT	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
 Craft & Chat 1 st & 3 rd Thursday (10.00 am) 	Pauline Springhall 020 8308 1975	Vacancies
 Family History 2 nd Tues  & 4 th Thurs  	Judith Swain & Kate Berry 020 8303 5759	Vacancies
 Handcrafted Cards (Group 2) 1 st Wednesday (2.00–4.00 pm)	Val Gosden 020 8300 0664	1 Vacancy
 Local History (Group 3) 2 nd Wednesday morning	Christine Withams 020 8850 4144	Vacancies
 Mono Digital Photography Quarterly (approx.) 	Roy Morton rory.m2014@gmail.com	3 Vacancies
 Needlecrafts 1 st Monday (2.00–4.00 pm)	Val Gosden 020 8300 0664	Vacancies
 Pot Pourri 2 nd Tuesday 	Pat Laughton 020 8302 9984	3 Vacancies
 Ramblers (Group 2) 4 th Tuesday (4–5 miles)	Helen Salmon 07786 465862 or 020 8309 1689	Vacancies
 Rummikub® (Group 1) 4 th Monday (2.00–4.00 pm)	Kathy Cordell  020 8300 4573	Vacancies
 Science 3 rd Tuesday (2.00–4.00 pm)	Trevor Ford 020 8302 7635	2 Vacancies
 Ten-Pin Bowling (Bexleyheath) Mondays (10.00 am)   £	Gay Braybrook  020 8309 6372	Vacancies
 Theatre Trips: Musicals   £	Sue Brooks 020 8298 1117	Vacancies
 Wine Appreciation 3 rd Wednesday (7.30–9.30 pm) £	Roger Brown 020 8850 5362	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 that group.

 Not during school/bank holidays
 Temporary point of contact

£ A charge applies
 Certain seasons only

 Open to all
 Times vary

PROGRAMME

2018

November	Janie Ramsay	What's it Worth?
December	The Serenade Singers	

2019

January	Joe Mendell	Mark Twain Live
February	Andy Thomas	A Conspiracy History of the World
March (AGM)	C.E.P	Tax, Care and Toy Boys – Estate Planning
April	Toni Mount	Ration Book Britain – How we lived in the 40s and 50s
May	Melanie Barton-Gibson	From Passchendaele To Peace. The final twelve months of the Great War
June	Sidcup U3A	Members' Showcase of Activities
July	Stuart Robinson	The River Thames; London's Liquid History

COMMITTEE MEMBERS

Chairman	Colin Barclay	07401 474844
Vice-Chairman	Carolyn Barclay	07401 474844
Vice-Chairman	Sandra Applegate	07717 020611
Minutes Secretary	George Murrell	020 8850 2046
Treasurer	John Lapham	020 8854 6340
Membership Secretary	Lynn Plumer	07714 234398
Asst. Membership Secretary	Patricia Andrews	020 8300 2064
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

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: 52 Lant Street, London, SE1 1RB ☎ 020 8466 6139 www.u3a.org.uk
Greater London South East Network: www.u3asites.org.uk/glondonsenetwork
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

A clear conscience is usually the sign of a bad memory.

Sidcup and District U3A Membership Form

Please complete the following details that you are happy for us to hold and contact you by.

Name: _____

Membership Number: _____

Email*: _____

Telephone: _____

Address**: _____

Post Code: _____

*To keep costs down the committee/ group leaders will contact you via email where possible.

If you choose only to be contacted **by post could you **please supply SAEs** so that we can do so.

Membership Fees

The cost for a year's membership (January to December) is £15. For new members joining part way through their first year the fees are: £10 (from 1st May) and £5 (from 1st Sept).

Third Age Matters

This magazine is available free to members. If you would like to receive copies please tick this box

In doing so you give permission for your address to be forwarded to the organisation that distributes these.

Privacy Statement

Sidcup and District U3A require members to provide their personal information so that you can be kept informed about events and activities. In collecting your information we will:

- Store it securely and use it to communicate with you as a U3A member.
- Share your information with group leaders for any groups you are a member of.
- Send you any relevant general information about the Third Age Trust (the national Office to which all U3As are affiliated).

Terms and Conditions of Membership

All members must:

- Abide by the principles of the U3A movement and always act in its best interests.
- Abide by the terms and conditions of the constitution.
- Treat fellow members with respect and courtesy.
- Comply with and support the decisions of the committee.
- Advise the committee of any changes to personal details.

I apply for membership of Sidcup and District U3A and will abide by the terms of membership.

I agree for the details completed above to be stored securely by the Sidcup and District U3A and be used in order to contact me.

Signed: _____

Date _____

Sometimes photographs are taken by members on group outings and at events. If you do not wish to be included in any photographs please state so here: _____ and advise your group leaders.