

SIDCUP & DISTRICT UNIVERSITY OF THE THIRD AGE NEWSLETTER

October 2017



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

Nominated Charity for 2018

Members are reminded that the charity to be supported throughout 2018 will be decided at the December monthly meeting. Any member wishing to propose a particular charity should submit his or her nomination with a short supporting written statement to the Secretary, George Murrell, 76 Chester Road, Sidcup, DA15 8SH, email george.murrell@btinternet.com (or to any other Committee member) by 1st December 2017.

Members nominating a charity must be prepared to accept responsibility for the collection arrangements.

George Murrell, Secretary

Distribution of Proceeds Raised for Charity During 2017

(Not to be confused with nominated charity for 2018 – see separate notice)

As no nomination was received for any particular charity to be supported during 2017, it was decided that all sums collected in aid of charity throughout the year would be donated to a charity decided upon by members at the monthly General Meeting on 16th November 2017. A proposal was subsequently received for “Evergreen Care, Bexley,” a local charity. Should any member wish to nominate an alternative charity, they are requested to submit their proposal, in writing to the Secretary, George Murrell, email george.murrell@btinternet.com, (or to any other Committee member) by 30th October 2017 – prior to November Committee meeting – providing brief details of the aims of the charity.

In addition to the monthly raffle, donations to charity this year have been received from the provision of teas, as well as from the sales of books and cards at the “Showcase” event. Many thanks go to all those involved.

George Murrell, Secretary

WRNS: The Untold Stories

There is a free exhibition at the Old Royal Naval College Visitor Centre until 3rd December 2017. Researched and curated by a team of Shared Learning Project volunteers from the U3A, the exhibition draws on new interviews with former Wrens who trained in Greenwich.

Editor

U3A London Region

U3A London Region requires a Minutes Secretary commencing at their AGM on Friday 3rd November. This entails attendance at four Executive and four Delegate meetings throughout the year to record minutes and prepare agendas. Anyone who is interested should contact Chris Feldman (Chair) through catherine@the-wares.co.uk.

George Murrell

Website Gallery Page

Pictures taken during various group outings are available to view on the Gallery page of our website as follows:

Freedom Pass Explorers: Dollis Hill on 14/8/17; Seven Sisters and beyond on 11/9/17.

Ramblers 2: Notting Hill Gate to Sloane Square on 22/8/17; Wanstead Park on 26/9/17.

Parks & Gardens: York House Gardens on 24/8/17; Peckham Rye Park on 28/9/17.

These pictures are the copyright of Helen Salmon. Only the report for Wanstead Park has been received for publication in the Newsletter.

Webmaster

New Members

The Committee would like to welcome the following new members: Eliza Benefield, Beryl & Simon Garson, Sheila Keen, Helene Pisarski, Ann Springall, Susan Stanley, and Leigh Wright.

We hope you all enjoy your time with Sidcup U3A.

Pat Andrews



Mono Digital Photography • Leader Roy Morton



We are a new group with a maximum membership of six, catering for the interests of digital photographers who already have a fairly advanced level of skills. It is for those who wish to rekindle an interest, or try out black and white photography with their cameras then show them enlarged on a TV for the rest of the group to view and comment on.

Forget colourful snaps, this is a medium requiring the appreciation of lighting, tones and shapes. Members' jpeg mono images have to be saved onto a memory stick to enable viewing on a TV, or computer, at my house. This group is membership led. We will all have input on what to photograph, passing on hints and tips to one another and generally enjoying the medium of black and white photography. Depending on the membership wishes, there may be location days to photograph chosen themes.

The first meeting is on Thursday 30th November, then about once a quarter after that. For further details please contact me.

Roy Morton, rory.m2014@gmail.com

Ramblers 2 • Leader Roy Black



On 26th September, nine of us spent a beautiful warm sunny morning walking round Wanstead Park, on the Essex border of north east London. The journey via DLR and the Central Line was long, but the park was a surprise to most of us. There was a four and a half mile walk around a lake containing many islands – part of it dried up – but the southern part was a wide expanse of water with many swans and geese.

The park had been part of the estate of the Earl of Leicester in the sixteenth century, and in 1553 Queen Mary Tudor met her sister Princess Elizabeth (later Queen Elizabeth I) here, and James I also spent time here. The Mansion is long gone, but the park is still there as a mixture of woods and open grassland.

Olive Mercer

Local History Group 3 • Leader Christine Withams



On 13th September, our group went to visit the City of London Police Museum, which is now situated at the Guildhall. Once there, we were given a very interesting and informative talk by our guide, Seif, as he showed us around the small museum. He also gave us the chance to handle a few of the exhibits; these included a fake bomb detector and one of the first police “mobile phones.” As well as giving us the history of the City of London Police Force, he also told us about the work of this force today and how it differs from other forces. Today, this force deals with cyber-crime throughout the whole of Great Britain – not just in the City of London.

The role of women in the police force was also covered. Initially, they were only involved with women and children, often being expected to soothe crying babies or supply cups of tea. However, their role changed and today they do the same jobs as their male colleagues. Exhibits in the museum include: police uniforms and weapons over the ages, the last known hours of Catherine Eddowes (victim of Jack the Ripper), the siege of Sydney Street, two homemade bombs planted by the Suffragettes, a range of weapons fashioned from everyday objects, the Police Hospital, the first city ambulance service and more.

Many members of our group then visited the remains of a Roman amphitheatre, which was discovered during the building of the Guildhall Art Gallery. Some members also visited the City of London Archives, also housed in the Guildhall and the Art Gallery itself.

Lynn Plumer & Barbara Buckland

(i) There is also a Black or Crime Museum. This is a collection of criminal memorabilia kept at New Scotland Yard. The concept of the Black Museum was conceived in 1874 by a serving inspector, who at that time had collected together a number of items, and its purpose was to give police officers practical instruction on how to detect and prevent crime. By 1875, it had become an official museum – although not open to the public – with a police inspector and a police constable assigned to official duty there. Prior to an Act of 1869, items used in the commission of a crime were retained by police until their owners had reclaimed them, but the Act gave authority for police either to destroy these items, or to retain them for instructional purposes. The only time these items have been on show to the public was in The Museum of London for six months from October 2015.

Editor

Pot Pourri • Leader Val Gosden



Our September trip out was to the Courtauld Gallery in the Strand, where we had a choice of rooms to visit. A temporary exhibition of art by William Henry Hunt depicting country people such as gamekeeper, poacher, gardener, maltster and stonebreaker, gave us an insight into rural life in the 1820s–1840s. Other galleries with permanent exhibits range from Medieval & Renaissance works, through to Renaissance Europe, the Enlightenment, Impressionism, and into the Modernism of the 20th century. There were so many paintings on view that a future visit could be made, and to see again works by such eminent artists as Renoir, Cézanne, Degas, Manet, and Rubens.

Val Gosden

Book Reading • Leader June Reid



Our book for September was *Touching Distance* written by James Cracknell and Beverley Turner and chosen by Christine. This book was quite a change from our usual fare as it was an autobiography. We were all a little apprehensive expecting to be bored by a book about sport. However, this account of James Cracknell's tragic accident and ongoing recovery really gripped every one of us, even to spur us to suggest making a donation to "Headway" – his sponsored charity. We were amazed at the endurance and hardships these dedicated athletes suffered to prepare for their ordeals. But it is the second half of the book which is the most gripping. After James suffers his horrific accident in America, his wife Beverley Turner, a TV presenter, flies to his side. Although pregnant with their third child, she supports him unstintingly. His whole personality undergoes a change after the terrible brain damage and Beverly's story tells of the patience and support of all the family and their friends. It is a remarkable story of love, loyalty and determination. It is definitely a story to remind us what is important in Life today.

June Reid

① James Cracknell is a British athlete, Olympic and World Rowing Championship gold medallist and prospective Conservative Party politician who has taken part in many events to raise money for charity. He came second in the pairs division of an Atlantic rowing race, and has run the London and New York Marathons. He took part in an inaugural 473-mile race to the South Pole in 2008 suffering frostbite, infected blisters, dramatic weight-loss, pneumonia and exhaustion, and the 125-mile non-stop Devizes to Westminster Canoe Marathon in a two man racing kayak. Six months after his cycling accident, which damaged his frontal lobe, he finished second in the Yukon Arctic Ultra – a non-stop 430-mile multi-day race of 3 disciplines: mountain bike, cross-country ski-ing and foot across the frozen countryside of Alaska.

Editor

GROUP VACANCIES

GROUP NAME	LEADER/CONTACT	VACANCIES
 Amblers (Group 3) 3 rd Wednesday (10.30 am)	Norma Balfour 020 8303 7693	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
 Family History 2 nd Tues  & 4 th Thurs  	Judith Swain & Kate Berry 020 8303 5759	Vacancies
 French Conversation 3 rd Thursday (10.30 am) 	Steve Hunter hunterdigital@hotmail.com	Vacancies
 Meditation 1 st & 3 rd Monday (10.00–11.30 am)	Keith Alker 020 8850 2853	2 Vacancies
 Mono Digital Photography Quarterly (approx.)	Roy Morton rory.m2014@gmail.com	3 Vacancies
 Needlecrafts 1 st Monday afternoon	Val Gosden 020 8300 0664	Vacancies
 Pot Pourri 2 nd Tuesday 	Val Gosden 020 8300 0664	Vacancies
 Ramblers (Group 2) 4 th Tuesday (4–5 miles)	Roy Black 020 8302 9942	Vacancies
 Rummikub® (Group 1) 4 th Monday (2.00–4.00 pm)	Margaret Platt 020 8309 6395	Vacancies
 Silver Surfers 3 rd Tuesday (2.00 pm)	Steve Hunter hunterdigital@hotmail.com	Vacancies
 Ten-Pin Bowling (Bexleyheath) Mondays (10.00 am)   £	Gay Braybrook  020 8309 6372	Vacancies
 Wine Appreciation 3 rd Wednesday (7.30 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 £ A charge applies  Temporary point of contact
 Open to all  Certain seasons only  Times vary  Not intended for beginners

PROGRAMME

2017

October	Nigel Dawson	Comedy Heroes
November	Heather Woodward	Churchill & Chartwell
December	Joe Mendell	Bob Newhart Rides Again!

2018

January	Russell Bowes	“Dig For Victory”
February	Tony Harris	Henry VIII
March	AGM	<i>NB</i> at The United Servicemen’s Club
	Mike Clinch	Underground
April	Janie Ramsay	What’s It Worth?
May	Colin Pinney	“The Raven” & “The Ancient Mariner”
June	Tony Farnham	Thames Barges

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	Patricia Andrews	020 8300 2064
Asst. Membership Secretary	Lynn Plumer	07714 234398
Speakers Secretary	Janet Lamborn	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 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

Never put off till tomorrow what you can avoid altogether.