

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

September 2008



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

**NOTICES**

**Renewal of Membership for 2009**

This is to remind members that I shall be giving out membership renewal forms starting at the October General Meeting. The cost of membership will remain the same as for this year.

It would be appreciated if, when collecting your own form, you could also take the form of a friend who will for any reason not be at that meeting. This will save us the excessive cost of posting the forms to them.

Many thanks for your assistance in this matter.

**John Harlow, Membership Secretary**

**Photography**

At the time this Newsletter is distributed, we will be enjoying the Photographic Competition at our September Meeting. It is certain that there will be a great variety of interpretations of the theme 'water' and it will be very interesting to see the winning entry!

Maybe some of you would be interested in improving your photography skills, or even be inspired to open a new U3A group on the subject of photography. The 'U3A Resource Centre' has some useful videos, DVD's and slides for hire, free of charge, under the Catalogue Listing "Photography". To obtain this list, telephone the U3A Resource Centre on 020 8315 0199 and request the list entitled "Recreation". Alternatively, e-mail your request to [resource.centre@u3a.org.uk](mailto:resource.centre@u3a.org.uk)

Good Luck for the Competition!

**José Steward, Group Co-ordinator**

**Newsletter**

Members who wish to pick up a copy of the current Newsletter from Sidcup Library should look in the newspaper rack to the right of the entrance. Those with internet access may download it in PDF format from the "Home" or "Meetings" page of our website.

*Editor*

## GROUP NEWS

### Classical Music : Leader Derick Johnson



The member who was intending to compile our programme for August was indisposed so I took her place. I began with the opening of Beethoven's 6<sup>th</sup> (Pastoral) Symphony "Awakening Of Happy Feelings Upon Arrival In The Country" by the City of Birmingham Symphony Orchestra conducted by Walter Weller. We then explored J. S. Bach's Concerto for oboe and violin by the Berlin Philharmonic Orchestra featuring Nigel Kennedy on the violin, Albrecht Mayer on the oboe and Daniel Stabrawa on the viola. Robert Woodcock is a mystery, but his Concerto in E Flat for oboe and strings by the Thames Chamber Orchestra, conducted by Michael Dobson with Neil Black on the oboe, seems to owe much to Handel; it was enjoyable and we can't ask for more than that. Handel's suite for harpsichord № 4 in D minor Sarabande performed by Segovia on the guitar, showed how music can be adapted to another instrument. Chopin's Fantaisie-Impromptu with Kazimierz Gierzod on the piano was another brilliant solo performance. William Boyce's Symphony № 3 in C major, by Aradia Ensemble conducted by Kevin Mallon, led into Jiří Antonín Benda's Sinfonia in F by the Czech Chamber Orchestra which completed the first part. After the break for tea and coffee we were back to Benda once again and his Sonata № 1 with Antonio Piricone on the piano, and then Gluck's "Dance of the Blessed Spirits", from Orfeo ed Euridice, by the National Philharmonic Orchestra featuring James Galway on the flute. As we had finished early, we then had a Concerto by Anon which caused a few laughs because this composer was not known to us.

### Derick Johnson

**i** *Sarabande*, first mentioned in Central America in 1539, is a dance in triple metre. The 2<sup>nd</sup> and 3<sup>rd</sup> beats of each measure are often tied, giving the dance a distinctive rhythm of ¼ and ½ notes in alternation. The ½ notes are said to have corresponded with dragging steps in the dance. It gained popularity in the Spanish colonies before reaching Spain itself – where it was originally banned in 1583 for its obscenity!

### Editor

### Ramblers 1 : Leader Annette Jansen



Derick led the walk and we went further afield this month; eight of us met at the Cinque Port of Hythe. The walk started along the Royal Military Canal; this was created between 1804–05 as a defensive measure against the French, and we marvelled that such a construction was deemed sufficient to repel an enemy who had already crossed the Channel. Some way along we joined the very breezy coastline so by the time we reached Sandgate there was a majority decision that we would call in at a very pleasant café for coffee (and scones for the needy). On towards Folkestone we stopped for our picnic lunch overlooking the coast. Folkestone had a few holiday-makers on the beach, but the majority seemed to be in the shopping area. Here some of the group took advantage of their Freedom Passes and returned by local bus to the starting point. Others walked back at a leisurely pace to Sandgate for a Fish and Chip supper in what is reputed to be the best venue for such in the south. As our pedometer was by now reading just over nine miles, we took advantage of the Freedom Pass to return to Hythe. It was a good day out.

### Annette Jansen

## **Ramblers 2 : Leaders Pat & Alf Cracknell**



Our August walk in Shorne Country Park included a conducted tour of the Heritage Trail led by archaeologist James Elford. An overcast, but warm, morning was enjoyed by 16 of our members. We started the walk through a wooded area towards Randle Manor, which was the medieval home of the De Cobham family. This site is still being excavated with the help of local schoolchildren and volunteers. Continuing along the trail we were shown a bronze age round burial site, a carriage drive to Cobham Hall, a local industrial site where clay was excavated for cement, and a World War 2 R.A.F. site that was Gravesend Airport. The huts were used for bombed out families from London after the war. The walk took approximately 2 hours. Afterwards we lunched at the Rose & Crown in Shorne village. Everyone found the walk very interesting.

**Dennis Rozier**

## **Freedom Pass Explorers : Leader Val Gosden**



Please note that on Monday 13<sup>th</sup> October we need to catch the 9.32 train.

**Val Gosden**

## **National Trust/English Heritage : Leaders John & Olive Mercer**



On Tuesday 19<sup>th</sup> August thirteen members of the National Trust/English Heritage group went to Cobham Hall. Cobham Hall is said to be one of the largest, finest and most important houses in Kent; it has been a residence since the 13<sup>th</sup> century. It is now a boarding/day school for students (some of which are children of various Embassy staff) from many countries.

We heard a very interesting talk from an official guide, and our tour lasted from 11 am until about 12.45 pm. We then went to the dining room where we partook of warm scones or homemade gateau and a drink. After this we were able to go around the garden and parkland before returning home.

**Joan Somerset**

## **History Group 3 : Leader Pam Kirk**



On the 13<sup>th</sup> August a dozen of the group visited Chiswick House. The House was built by the 3<sup>rd</sup> Earl of Burlington (1694-1753) in the Italian style that he had seen on his Grand Tour. It was designed as a show case for his art collection and all the sculptures that he had collected on the tour. He and his family, however, lived in a house near by, but this has now been demolished. The gardens are being restored and will be worth seeing next year when the work is due to have been completed. Some of the group also visited Hogarth's House which is near by.

**Gill Brown**

**i** Chiswick House, built in 1726–1729, is an octagonal domed Palladian villa inspired by the Villa Capra “La Rotonda” near Vicenza, Italy.

**Editor**

## Freedom Pass Explorers : Leader Val Gosden



Our July trip out was on a warm sunny Monday when we travelled to Osterley Park. We entered by a side entrance and walked beside a field of ripened corn, which we decided was barley. Nearby were horses and ponies, and, further afield, some cows. Our walk took us round the lakes where we saw moorhens with their young, ducks, geese and swans with their cygnets. Osterley House was closed, however, and we feel it deserves a separate visit.

In August we first went to Sutton for our usual coffee stop. This is a very pleasant suburban town with a pedestrianised area, and we purchased our sandwiches for lunch there. This was just as well for once we had reached our actual destination, Epsom Downs railway station, we saw no shops at all. However, we saw many superior detached houses, and we guessed that they could command an asking price of one million pounds. From the station we went to Nork Park, a large area with much of it left as 'set aside' land. It included a fitness trail, however, and one of our group nearly managed to swing the whole way across the monkey bars.

We were lucky with the weather for our September trip out, as there was quite a bit of rain on the days either side of the Monday. We travelled to the underground station of Totteridge and Whetstone, and walked beside the river, Dollis Brook, from Whetstone as far as High Barnet station. This, for the most part, was through open space and recreation ground, and contained several seats where we sat and enjoyed our lunch.

### Val Gosden

## ENTERTAINMENT

### The Seven Deadly Sins

(Which our author places in various geographical locations, and which are to be recited in the appropriate accents)

It will surely blunt your *Pride*,  
If you admit that you reside  
In Mucking, or in Piddletrenthide.

Those who live in Bath,  
Do not give way to *Wrath*,  
Unless they vainly grope  
For the missing, stolen soap.

The full name of Llanfair PG,  
When said in its entirety,  
Gives we Welshmen who live in Cymru,  
A loquacious and glib fluency,  
Which the English can only *Envy*.

I'm glad I live in Bexley,  
Where the women don't act sex'yly,  
(Except perhaps in Welling  
Where the population's swelling):  
Elsewhere our ladies trust  
Our ignorance of *Lust*.

The people of Putney  
Are given to *Glutt 'ny*.  
In nearby Mortlake,  
They eat mountains of cake.  
In North and East Sheen  
Every plate is licked clean:  
What they eat there would double you;  
But I'll no longer trouble you  
About London S.W.

Shopkeepers in Paris  
Are given to *Av'rice*.  
"If you ask why I twist,  
The English tourist,  
You'll hear me say,  
C'est mon métier!"

The sleepy-eyed sons of Arbroath  
Are remarkably stunted in growth.  
It starts when they're laddies,  
And smoke their first haddies,  
And befuddled, slip into *Sloth*.

### Ian Brydon

{C'est mon métier = It's my job}

## GROUP VACANCIES

GROUP NAME	LEADER	VACANCIES
<b>Amblers (Group 1) (3 miles)</b> 3 <sup>rd</sup> Wednesday (morning)	<b>John Harbert</b> 020 8300 5361	<b>Yes</b>
<b>Antiques Appreciation</b> 2 <sup>nd</sup> Friday (10 am - noon)	<b>Martin Baker</b> 020 8300 1752	<b>1</b>
<b>Bird Watching</b> 1 <sup>st</sup> Wednesday (morning)	<b>Gay Braybrook/José Steward</b> 020 8309 6372/020 8302 1627	<b>Yes.</b> Notice on board at meetings
<b>Darts (at The Alma pub)</b> 2 <sup>nd</sup> Monday (midday)	<b>Fred Green</b>	<b>Yes</b>
<b>Freedom Pass Explorers</b> 2 <sup>nd</sup> Monday	<b>Val Gosden</b> 020 8300 0664	<b>Yes</b>
<b>Hand Crafted Cards (Group 2)</b> 1 <sup>st</sup> Wednesday	<b>Val Gosden</b> 020 8300 0664	<b>Yes</b>
<b>Luncheon Club (Group 2)</b> 2 <sup>nd</sup> Friday	<b>Joan Smith</b> 020 8300 3566	<b>1</b>
<b>Music (Group 2)</b> 2 <sup>nd</sup> Friday (2.30 pm)	<b>Derick Johnson</b> 020 8850 1245	<b>2</b>
<b>National Trust/English Heritage</b> Various dates & times	<b>John &amp; Olive Mercer</b> 020 8300 3136	<b>Yes</b>
<b>Online Computer Group</b> Does not meet	<b>John Harlow</b> 020 8300 3865	<b>Unlimited</b>
<b>Ramblers (Group 1) (6-7 miles)</b> 4 <sup>th</sup> Tuesday (10.30 am)	<b>Annette Jansen</b> 01322 522252	<b>Yes</b>
<b>Saturday Ramble (4-5 miles)</b> 1 <sup>st</sup> Saturday (morning)	<b>Gay Braybrook</b> 020 8309 6372	<b>3</b>
<b>10-Pin Bowling (Bexleyheath)</b> Mondays (10 am) <i>except school holidays</i>	<b>Gay Braybrook</b> 020 8309 6372	<b>Yes</b>
<b>Theatre (Group 2)</b> Various matinées	<b>Joan &amp; John Somerset</b> 020 8300 0890	<b>Yes.</b> 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 are on the waiting list to join a full group why not create a new one and then advertise it in this Newsletter and on our website? It's not difficult to run a group and leaders of a full one can advise you how it's done.

## PROGRAMME

### 2008

September	N/A	Photography competition
October	Mr. T. Western	Magic as Entertainment
November	Wing Cmdr. Patrick Coulcher	Natural History of the South Downs
December	Mr. J. Buttress	Royal Parks

### 2009

January	Mr. T. Swan	Canterbury Oast Trust
February	Mr. & Mrs. Wagner	Phantasmagoria
March	AGM & Mr. S. Robinson	The City

## 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
Social Secretary	Anne Evans	020 8302 2261

## USEFUL CONTACT NUMBERS

**Travel Group Leader** Margaret Platt 020 8309 6395

**Newsletter Editor & Webmaster** David Smith 020 8304 2305

Please either e-mail contributions to me at [editor.u3a@ukonline.co.uk](mailto:editor.u3a@ukonline.co.uk) or post them to me at 56 Crofton Avenue, Bexley DA5 3AR – typed if possible.

*Please submit contributions by 3<sup>rd</sup> of the month.*

## WEBSITE AND FORUM

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

*(This Newsletter may be read or downloaded from our website)*

*Afterthought*

*There's nothing so small that it can't be blown out of proportion.*