



NEWSLETTER JUNE 2025

EDITOR'S COMMENTS



Editor: You can contact Phil Joiner at ww3aphil@gmail.com or 07728 748 131. Contributions for next month to be received by midnight on 19th June. Keep the articles coming please.

VE DAY 8th MAY 2025

Editor: Some of us were born before VE Day, but few of us remember it! I was born 17 days before VE Day, after which we quickly won the war! There were lots of street parties to celebrate the 80th Anniversary on 8th May 2025, but what surprised me was how few there were in our neighbourhood. Sandra Reekie sums it up together with this fantastic photo from 8th May 1945.



Sandra writes: To me, 80 years ago doesn't seem like such a long time ago, yet it is a totally different world. I do have memories of what it was like being a child just after the war, the shop which sold horse meat, the Nissan hut which was my first school and my teacher telling me she

taught twice a week in our front room as it was safer. Now I am the only one in the road where I live who has put bunting up to celebrate and honour those who lived through it and those who fought. There are no street parties nearby, but here are some photos of the original VE Day celebration and street party held in the street where I was born in Loughton; I am the baby in the pram!

MEETING FOR ALL WANSTEAD AND WOODFORD GROUP CONVENORS

On Tuesday 3rd June, after the talk by Paul Barwick, all Wanstead and Woodford U3A Convenors are invited to remain at the Memorial Hall for a meeting, which will take place from 12.00p.m to 1.30p.m. Richard Barnes Chair, Val Lord Group Coordinator and other Committee Members will be in attendance. The meeting will give Group Convenors the opportunity to discuss their role, any concerns they may have and make plans for the future.

The Committee would very much appreciate the attendance of as many Group Convenors as possible.

If you can't be kind, at least be vaguely positive

UPCOMING MEETING

On Tuesday 3rd June at 10.30 a.m.

(Doors open at 10.00 a.m.)

At: The Memorial Hall,
South Woodford 209 High Rd, E18 2PA.

Speaker Paul Barwick.

Topic: The White Mouse. A truly remarkable spy

– Paul Barwick



'The White Mouse'

"The White Mouse" tells the story of WW2 spy Nancy Wake. A remarkable woman who lived with the daily threat of death for almost 5 years to help shorten the war for the allies. Her incredible courage and strength of purpose is an awe-inspiring tale of strength of purpose, resolve and bravery.

Paul Barwick spent 34 years in the Police Service in many different roles and responsibilities both in plain clothes, uniform and in intelligence, focused on organised crime. In 2014 he acquired a National role in counter terrorism. He retired in 2019, and set up a Central London walking tour company focused on London's rich history of espionage incidents and characters.

OUR U3A

WELCOME TO OUR NEW MEMBERS

Marilyn Bass, Dinah Calderbank,
David Cook, Luiza Rodrigues,
Barbara Segall, David Voss, Jo Voss.



CURRENT VACANCIES

Basic Italian	Boules	Bridge
Bridge Tuition	Enjoying Opera	Evening Dinner 1
Film Group	French	Local Walks
History	Music Appreciation	Ten Pin Bowling
Trains, Boats and Planes		

John Lawrence informs me that The Looking At Art Group is now full

COMMITTEE APPEAL



Wanstead and Woodford U3A Committee are looking to recruit two new Committee Members. One would hold the position of IT Coordinator and also help out with Technical Support. The other would take on the role of joint Group Coordinator working closely with Val Lord, our existing Group Coordinator. Interested members are invited to contact one of the Committee Members for further details.

Losing is a key step on the way to winning

Page 1

OUR U3A



TRIP TO HYDE HALL TUESDAY 15th JULY 2025

Lynn Stillwell informs us. We have recently become affiliated to the RHS and have received 53 free tickets to visit Hyde Hall. A

coach has been organised for Tuesday 15th July to visit. The cost of the trip will be £17.00 each. There is the option of a guided tour, and this is £5.00 extra per person. Please let me know at the time of booking if you would like to have a guided tour.

Hyde Hall is known for its diverse plant collections, stunning views and unique themed areas. It is situated in rural Essex with panoramic views of the surrounding countryside. There are many gardens to visit and whilst the paths are well maintained, some areas maybe less accessible for visitors with mobility issues. Should you need one, there are manual wheelchairs available on a first come first served basis and mobility scooters available, but these must be booked in advance, so please let me know. There is a café at the entrance of the garden which serves light lunches and snacks, or a restaurant within the garden that has more substantial options. Also, you are welcome to bring a picnic and are allowed to picnic anywhere except the top lawn. Apparently you will know it when you see it!

Sandra and I will be at the June meeting to take names and payment We will be leaving Hawkey Hall at 10.00 a.m. and will be returning to Woodford at approximately 5.30 p.m. Payment can be made by cheque payable to Wanstead and Woodford U3A or by card at the meeting or by bank transfer – Wanstead and Woodford U3A – Sort code – 20-52-74 Account Number 23064565. Look forward to seeing you at the June meeting. Lynne Stillwell 07957760071 lystillwell@hotmail.co.uk

TRAINS, BOATS AND PLANES



Once again, the Trains, Boats and Planes group had perfect weather for their trip to Bentley Priory Museum. This delightful venue has served various functions in the past but most famously it was RAF

Headquarters Fighter Command during the Battle of Britain, fought in the air between the RAF and the German Luftwaffe. The galleries explore the leadership of Sir Hugh Dowding, his office in operation, the courage of the air crew and the operations room. The museum is beautiful, set-in lovely Italianate gardens. It was a wonderful day out.

The next outing of Trains, Boats and Planes will be on Tuesday 10th June to Bekonscot Model Village and Railway. This is a model village built in the 1920's in Beaconsfield, Buckinghamshire. If interested contact Richard Moules (convenor) for further details.

OUR U3A



HEVER CASTLE OUTING

Janet Taylor writes: On a glorious spring day, 50 U3A members boarded the coach at Hawkey Hall for our outing to Hever Castle. The journey down was trouble free, and we arrived in good time for a coffee break before

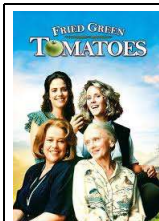
the Castle opened. Suitably refreshed, we then all went our separate ways to either join the guided tour of the gardens, which were beautiful and looking magnificent with all the spring bulbs in flower, or view the house. Some members went to the restaurant for lunch, others had come prepared with their packed lunch which they were able to eat in the glorious gardens. There was ample time to do whatever you wanted. Our journey home was also trouble free, and I think I can say we all thoroughly enjoyed our day out. Some facts on Hever Castle for you.

Hever Castle is a picturesque and historically significant castle located in Kent, England. Originally built in the 13th century, it was later transformed into a Tudor manor in the 15th and 16th centuries. The castle is best known as the childhood home of Anne Boleyn, the second wife of King Henry VIII and the mother of Queen Elizabeth I. Its connection to the turbulent Tudor period makes it a site of great historical interest. The moated castle features an impressive gatehouse, richly decorated interiors, and a treasure trove of Tudor artifacts, including two rare books inscribed by Anne Boleyn herself.

Beyond its historical association, Hever Castle is set amidst 125 acres of beautifully landscaped gardens, including a lake, a yew maze, and an Italian garden filled with classical statuary. The grounds also host seasonal events and re-enactments, making it a popular tourist destination for both history enthusiasts and families. Owned in the early 20th century by William Waldorf Astor, the castle underwent extensive restoration and embellishment, blending authentic Tudor architecture with early 20th-century craftsmanship. Today, Hever Castle stands as both a monument to England's royal past and a vibrant heritage site. We would all like to thank Lynne for arranging such a brilliant day out for us, and she even arranged for the weather to be perfect!



Congratulations to John Tyrrell, Disha Kapoor and Jane Brown. They are the winners of the shared quiz held on the 25th April at Loughton Bowls Club. The 3 were on a table by themselves!! A-M-A-ZING!!!! May 25th is the next shared quiz hosted by Buckhurst Hill.



FILM GROUP

Angela Barnes writes: Our May meeting was well attended to watch 'Fried Green Tomatoes'. This warm and touching story about the importance of love and friendship was set in the southern states of America in the thirties and the stories of the often dramatic happenings were retold by an old lady (Jessica Tandy) to a bored housewife (Kathy Bates) many years later. It was a longer film, so we stopped it half way to collect a cup of tea and then dived back into the drama clutching our cups! Next month it will be either Calendar Girls or Saving Grace (Brenda Blethyn) The audience will decide. If you watched CG on the TV recently, you probably won't want to see it again, but I watched it by myself last week and I hadn't seen it for years and I really enjoyed it. Next meeting Wednesday 11th June.

OTHER U3As

HOW THE WORLD WORKS NEW DISCUSSION GROUP

FROM REDBRIDGE U3A.

Introducing the "How the World Works" Discussion Group. Rising from the legacy of the Science Group, we're excited to announce the launch of this group!

Starting June 2025, we'll gather at Oaks Lane at 2:15 p.m. on the 4th Wednesday of every month to explore thought provoking and fascinating questions about our world. Some of the burning topics we'll dive into include:

How does artificial intelligence work?
What impact will global warming have on us?
How genetically similar are we to apes?

Also, countless other "How" questions to spark curiosity and discussion. This group will also collaborate with Wanstead and Woodford's U3A, and all members will be encouraged to contribute their perspectives on the selected subjects. If you are interested, we'd love to hear from you! Please reach out to Stuart at stuarvarian@gmail.com.



SUMMER COACH OUTINGS 2025

We have been invited by Redbridge U3A to join them on the following 2 outings.

On Monday 16th June, A tour around Oxfordshire. 2 stops at Marlow and Henley on Thames £23.00

Thursday 10th July, Visiting the Suffolk seaside town of Felixstowe. Has a port, a ferry ride, a Victorian promenade and olde and curiosity high street shops. £23.00

To book either, please contact Denise Kaye 0208 530 1598. If no answer, please leave a message Meeting Point Gants Hill Library Car park. Time to be confirmed when you book.

POETS CORNER

SINCE 27th JUNE 1967

On that day actor Reg Varney from "On The Buses,"
Gave England Banking such marvellous pluses.
When he slid the first debit card into a hole in the wall
To withdraw some cash.
Great idea thought the public, even if rather rash,
And no the country did not fall,
But where were the banks for us to call?
Midland, Barclays and Nat West
Soon it will include the rest
So all may disappear from sight
And somehow it doesn't feel quite right!

Poem from our member Jackie Raine

Find a way to praise everybody you meet

LONDON PLACES TO VISIT

These are the selected events this month for interesting visits
Please visit any of the websites for further details

FLORENCE NIGHTINGALE MUSEUM

<https://www.florence-nightingale.co.uk/>

BRUNEL MUSEUM

<https://the-brunel-museum.arttickets.org.uk/the-brunel-museum/brunel-museum-general-admission-guided-tour-weekends-2025-671f8590b0e84>

CHARLES DICKENS MUSEUM

<https://dickensmuseum.com/pages/admissions>

BILLINGSGATE ROMAN HOUSE AND BATHS TOUR

<https://www.visitlondon.com/things-to-do/place/42810657-billingsgate-roman-house-and-baths-tour>

FRAMELESS - IMMERSIVE ART EXPERIENCE

<https://frameless.com/>

VISIT LONDON (LOADS OF EVENTS)

<https://www.visitlondon.com/>

LOCAL EVENTS

OPEN AIR THEATRE IN WANSTEAD PARK

The East London Shakespeare Festival presents 'As you like it' on the 5th and 6th of July at 7.30 p.m. Bring own seating. Email: info@elsf.uk

REDBRIDGE LIBRARY

Our May Speaker, Gerard Green gave us an excellent presentation on the Redbridge Museum which is in Redbridge Central Library. Details are shown below. Use 179 bus to access it.

REDBRIDGE MUSEUM

Address:
Redbridge Museum, Redbridge Central
Library, Clements Road, Ilford,
IG11EA

Contact Details:
Phone: 020 8708 2422
Email:
redbridge.museum@visionrcl.org.uk

Opening Times:
Today: 11:00 to 17:00

MUSIC ON THE HILL RECITAL SERIES

Holy Trinity, 185 Hermon Hill, South Woodford E18 1QQ

The Friday evening recital on 30th May features pianist Felicia Toni. She will play music by some of the great composers, including Chopin, Beethoven, Rachmaninov, and Schubert. Doors are open from 6:30 p.m. Tickets at £10.00 for adults or £5.00 for under 18's are available at www.htsw.org.uk or at the door.

COPPED HALL

www.coppedhalltrust.org.uk

GARDEN AFTERNOONS £7.00 online. On 6th July, 3rd August and 7th September. Note: Garden afternoon on 6th July will include a Teddy Bear's picnic

GUIDED TOURS - £12.50 online. On, 15th June, 20th July, 17th August, 21st September, 19th October and 16th November.

Find time to spend time with people less fortunate than you Page 3

SNIPPETS



EATING IN THE UK IN THE FIFTIES

Curry was a surname.
Pasta was unknown in the UK.
Fish didn't have fingers.

A Pizza was something to do with a leaning tower.
All crisps were plain. (plus the optional salt)
A Chinese Chippy was a foreign carpenter.
Rice was a milk pudding and not part of our dinner.
A Big Mac was what we wore when it was raining.
Brown bread was only eaten by poor people.
Coffee was Camp and came in a bottle.
Only Heinz made baked beans.
Eating raw fish was called poverty, not sushi.
No-one had ever heard of yoghurt.
Healthy food was anything edible.
Indian Restaurants were only found in India.
Kebab was not even a word!
Muesli was known as cattle feed.
Pineapples came in chunks in a tin.
Prunes were medicinal.
Fast food was when you gobbled it down to get seconds.
Water was free from a tap, not sold for a fortune in a bottle.

Thanks to Peter Fox for finding these memories
There are probably many more we could add to this list!

YOU MUST BE JOKING

I nearly had a bet on McIlroy to win the Masters Golf, but I would have had to walk to the Bookies and it's a long way to tip a Rory'

The French eat snails as they cannot stand fast food.
Judge at dentists. Pull the whole tooth and nothing but the tooth.
The Bride I bought online was the WIFI always wanted.
I start a new job in Seoul next week. It is a good Korea move.
A good politician is someone who says absolutely nothing and means it.
The popular lumberjack was a jolly good feller.
I got a space rocket for my birthday. I was over the moon.
The Miss Universe Pageant is rigged. The winner is always from Earth.
Two peanuts walking down the street. One was a salted.
An explosion at a cheese factory in France left nothing left but De Brie.
The Bullying Support Group meeting is tonight. Be there. Or else.
I tried to tell a pizza joke but got the delivery all wrong.
He, who laughs last, thinks slowest.
Two wi-fi antennas got married. The reception was fantastic.
If you fall head over heels in love, you're probably in the wrong shoes.
A man swallowed a coin. Hospital bulletin 'No change in his condition'
The reason Eire has such a large population is that every day it's Dublin.
The first popstar astronaut was not Katy Perry but Lady Gagarin.
I'm shy, but after a cup of coffee, I can Espresso my feelings.

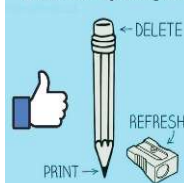


A woman and a man are involved in a car accident. Both of their cars are totally demolished, but amazingly neither of them is hurt. After they crawl out of their cars, the woman says, "Wow, just look at our cars! There's nothing left

but fortunately, we are not hurt. This must be a sign from God that we should meet and be really good friends. "The man thinking there might be a bright side to this, replied, "I agree with you completely." The woman continued, "And look at this, here's another miracle. My car is completely demolished but this bottle of wine didn't break. Surely we must drink this wine and celebrate our good fortune." Then she hands the bottle to the man. The man shakes his head in agreement, opens it and takes a few very large swigs from the bottle and then hands it back to the woman. The woman takes the bottle, immediately puts the cap back on, and hands it back to the man. The man asks, "Aren't you having any?" The woman replies, "No. I think I'll just wait for the police."

COMIC CAPERS

When I was a kid,
this was my computer.



TOPICAL LAUGHS



A man stopped at a fast food restaurant. He was fascinated by a sign which offered 'Fat-Free French Fries' and so he decided to give them a try. After ordering, he watched with disgust as the worker pulled a basket of fries from the fryer, which was

dripping with fat. The worker threw them in a bag and put them in the man's order. "Just a minute!" he objected. "Those aren't fat-free." "Yes, they are," the worker shrugged. "We only charge for the potatoes, the fat is free



A man finds a sandwich in the gutter with two red wires sticking out of it. He phones the police and says: "Help me, God. I've found a sandwich that looks like a bomb!" The operator says, "Is it ticking?" He replies, "No, I think it's beef!"