



NEWSLETTER SEPTEMBER 2025

OUR U3A



Newsletter 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 September please. PLEASE NOTE THAT WE NEED MORE PEOPLE FOR THE QUIZZES.

WANSTEAD FESTIVAL



Jane Brown writes: For the first time, Wanstead and Woodford U3A are having a stall at The Wanstead festival on Sunday 14th September. The aim of the stall is to raise awareness of our U3A within the local community. To this end we would like to encourage you to support our endeavours. You can do this by actually volunteering for an hour on the stall, or just dropping by for 10 minutes to make us look busy and interesting.

The venue is at the Christchurch Green, and the committee hope to see lots of you there! If you could help in the arrangements email Jane on brown2jane@gmail.com



QUIZ REQUEST

Our own quiz is on 30th September and it will take place from 1.00 to 4.00 p.m. WE NEED MORE MEMBERS TO RUN THIS

QUIZ. Tickets on sale from Val at the September meeting.

In addition, the shared Quizzes have proved to be popular, so we have three more lined up. They are all at Loughton Bowls Club. It is still £2.00, pay at the door, but you must pre-book!! Dates: 19th September, hosted by Roding Valley 17th October, hosted by Wanstead and Woodford and on the 21st November, hosted by Buckhurst Hill. All these quizzes starts at 1.30p.m. To book your places contact Jane Brown at brown2jane@gmail.com or Val Lord who can be contacted at lordval99@btinternet.com

UPCOMING MEETING



On Tuesday 2nd September at 10.30 a.m.
(Doors open at 10.00 a.m.)

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

Speaker: Gary Lewis

Topic: Famous plaques of London's East End

An illustrated talk, representing people and places of the East End in the 20th Century featuring Jimi Hendrix, who wrote Purple Haze at The Upper Cut Club in Forest Gate in 1966, Sir George Edwards, the designer of Concord, born in Highams Park in 1908. Beryl Swain, the first woman to ride a motorcycle in the Isle of Man TT Race of 1962. Learn about infamous and tragic incidents. On the 13th of June 1944, the first V1 Rocket hit the train tracks at Grove Road, Mile End, killing 6 people and injuring many more. In the Bethnal Green Tube Disaster of 1943, one hundred and seventy-three people lost their lives in the worst civilian disaster of World War 2, and the truth was covered up for 34 years.



TO OUR NEW MEMBERS

Jenny Cole, Francesca Cushion
Ronald Giles, Margaret Hagger
Carol Norris, Brenda Page
Maria Pascalides

CURRENT GROUP VACANCIES

Basic Italian	Boules	Bridge
Bridge Tuition	Enjoying Opera	Film Group
French	History	Rummikub 1 (Monday)
Ten Pin Bowling	Trains, Boats and Planes	



THE GRUMPY'S

THE GRUMPY'S will not be meeting in August, as many members are away, so the next meeting is on 4th September. We plan to visit the V & A East Storehouse in Queen Elizabeth

Park, where David, a member of The Grumpies is a volunteer guide and will show us round. Full details of when and where to meet will be circulated nearer to the date.

Any members wishing to join the group, where our topics of discussion normally result in much laughter, please contact Ron by phone or email. at 0777 5600 543 ronw_wu3a@hotmail.com. At our last meeting we had our first reason to be Grumpy and we complained about the number of Wasps trying to steal our lunch or supping our liquid refreshment

OUR U3A



WITNESS FOR THE PROSECUTION

Janet Taylor writes: I will be taking payment at the September meeting for the above. If you could pay,

preferably by Sum Up, at the meeting that would be great, you can also pay by bank transfer, quoting your membership no and the reference 'Witness', if you pay by bank transfer can you please advise me of the date paid. Finally if you are unable to pay by either of these methods, I will accept a cheque. My email is twotaylorss@btinternet.com which you can use to advise me of any payment made. Many thanks .



LOOKING AT ART

Jane Brown, Joint group Co-ordinator writes: As you may already know, John Lawrence has recently given up his leadership of the Looking at Art and Culture Group after running this event so successfully for many years. This was such an enthusiastic and much loved group I would like to keep it going.

If you are a regular member and feel the same, please contact me (brown2jane@gmail.com) This group would also be open to new members who have joined U3a within the last few months. There will be a waiting list for anyone else.

TEN PIN BOWLING



Peter Fox reminds us: Where can you have unlimited fun and a drink for less than £10.00? By joining the WWU3A group of Ten Pin Bowlers - that's where! We meet once a month at Rollerbowl in Collier Row. No matter what your standard is, nor how long ago you last bowled, why not try again



MUSIC APPRECIATION LIVES ON!!

Dorothy Sullivan has very kindly said that she will hold these sessions in her flat until another venue can be found. Next

Session on 17th September from 2.00 until 4.00. Please let her know if you are coming. Landline: 020 8989 0066 Mobile : 07979 950825. Her address is 7, High Oaks Lodge, 90 The Drive, South Woodford E18 2BJ. email to contact is dorothysullivan@aol.com

MORE U3A

FREEDOM PASS POVERS 1



Val Lord informs us: On Thursday 7th August, a group of 9 people were waiting patiently for the rest of their friends to appear- only some people did not read the instructions carefully. (myself included!!) One phone call and the groups were united. The one group headed, with Cathy Daley as back-stop, off to find the Number 388 bus to take us to the Victoria and Albert Storage Unit. Once there we had to have a refreshing coffee to build us up for the task ahead.

After coffee, the group was allowed to free flow round the museum. The museum is a facility on 4 levels. Each level has a public walkway enabling you to explore more of the collection and see the museum at work. The walkways are about one and a half metres wide with a metal grid floor (no stilettos please!!) and glass balustrades allowing you to see all the way down to the ground floor.

It houses an amazing hotch potch of unique items. There are vases, costumes, furniture, paintings, musical instruments, children's toys and much much more. There is an amazing ceiling that once belonged in a palace in Toledo, Spain - restored by the museum. Eventually some of the group went back to Stratford and had lunch in the Real Greek finishing off the experience very nicely.

Our thanks go to Mary Knights for choosing such a memorable venue.

LONDON REGION



LONDON REGION OF U3AS WALKS AND VISITS PROGRAMME IN SEPTEMBER/OCTOBER

The entire programme can be found [here](#) so you can peruse and choose at your leisure. The "click here" links will not be live until the respective launch dates. Please ensure you check

the events page on the launch date to register. For those members receiving their copy of the newsletter by email, to open the link you have to hover the mouse over the link and then hold CTRL (control) and click.

LONDON EVENTS

These are the selected events this month for interesting visits

Please visit any of the websites for further details

VISIT LONDON (LOADS OF EVENTS)

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

CURRENT LONDON EVENTS

<https://feverup.com/>

CANDLELIGHT CONCERTS IN LONDON

<https://feverup.com/en/london/candlelight>

CENTURY OF GARDENING EXHIBITION

<https://www.ianvisits.co.uk/articles/new-exhibition-celebrates-a-century-of-gardening-across-londons-transport-network-82780/>

LONDON'S HIGHEST FREE VIEWING PLATFORM

<https://horizon22.co.uk>

BITS AND PIECES



NEWS FROM THE WANSTEAD FRINGE

The Wanstead Fringe will run from 6th to 27th September with plays and music at venues across Wanstead. Tastings, tours, comedy and more. For further details you need to go to <https://wansteadfringe.org/venue/wanstead-curtain/>

Editor: I have not come across this event before, but you may wish to investigate!

Also, don't forget the fantastic Wanstead market on the first Sunday of each month starting at 10.00 a.m.



Editor: Members may remember that if you book your holidays with Riviera Travel 01283 901502, you get a 10% discount which is credited to our U3A. Mention when booking that

you are a member of Wanstead and Woodford U3A and they will do the rest and it will not cost you a penny. Diane our treasurer tells me that our U3A received over £2,000 last year through this scheme. Have a good holiday!



Citigroup, mistakenly credited a customer's account with \$81trn. Two employees missed the error before a third finally spotted something was amiss, 90 minutes after the internal transfer had been

posted. The customer is probably entitled to some interest for the time the money sat in his account. At a 2% rate, that would amount to around £9bn!! Bank error in your favour!

Life was non taxing until the demand from HMRC arrived

LOCAL PLACE TO VISIT



COPPED HALL

www.coppedhalltrust.org.uk

GARDEN AFTERNOON £7.00 online

On 7th September.

GUIDED TOURS - £12.50 online

21st September,

19th October and 16th November

POETRY CORNER

THE GOOD OLD DAYS

I remember from my childhood, the bread that we cut with a knife.
When the children were little and the men went to work, not the wife.
Cheese never needed a fridge and the bread was so crusty and hot.
Children were seldom unhappy and the wife was content with her lot.
Remember the milk in the bottle, with the yummy cream on the top.
Dinner came hot from the oven, and not from the fridge in the shop.
The kids were a lot more contented, they didn't need money for kicks.
Just played games in the road and sometimes the Saturday flicks.
I remember the local shop where a pen'orth of sweets was sold.
Do you think I'm a bit too nostalgic? Or is it...I'm just getting old?
Dirty clothes were boiled in the copper, with plenty of rich foamy suds.
The ironing seemed never ending as Mum pressed everyone's 'duds'.
I remember the slap on my backside and the taste of soap if I swore.
Anorexia and diets unheard of and we hadn't a choice what we wore.
Do you think that bruised our ego or our initiative was destroyed?
We ate what was put on the table, and I think life was better enjoyed.
But a huge fact not hereto mentioned in this tale of things from the past
Is that we all enjoyed our lot, as the fun we had was so vast.

YESTERDAY

I know a place called Yesterday, where once I used to live.
Nothing there would turn away, their time they'd always give.
Everyone looked out for you, as you did the same for them.
In that place called Yesterday, I can still remember when.
People never had anything much, What they did have it was shared.
They always waved and gave a smile, that's how we knew they cared.
We used to call it mucking in, that's what it was all about.
It was easier to help each other, when all you had was nowt.
Now I live here in the Present, in a street of those unknown,
Whose life is so much a secret as they keep it close to home.
Yes, I was raised in Yesterday, where we always had respect.
Here in this place called Present, I find it suffering from neglect.

SAME DAY BIRTHDAYS

Our daughters were born on the very same day,
Not twins, how was that ? you say,
Eleven years apart,
Occasions to gladden our heart.
They now are women of whom I'm proud,
On that August day "we can actually say
Happy Birthday "twice" out loud ,
To have some fun and a very special 2 for 1

Poem by Jackie Raine

Insanity is hereditary. You get it from your children

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YOU'RE HAVING A LAUGH!

OLD AGE HAS COME AT A BAD TIME, JUST AS I WAS BEGINNING TO KNOW EVERYTHING, I'M NOW FORGETTING EVERYTHING I KNEW.

I was just minding my own business then all of a sudden 1975 was 50 years ago.

Once they get us cashless, - they'll charge whatever commission they want on our cards!! 🗳️
KEEP CASH 📁 - they can't mess with it. 🙌👁️

I don't fear aging.
I fear stairs,
small fonts,
And low chairs.

If stores can pay a person to watch me at self-checkout, then they can pay them to open a register and provide REAL customer service!

Some people get weird as they get older. Not me, I've always been like that



"we are so advanced"



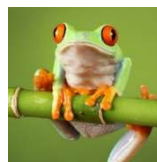
built 500 years ago

Do you remember before the internet, that people thought the cause of stupidity was the lack of access to information?
Yeah, it wasn't that.

Did you know on the Canary Islands there is not one canary?
And on the Virgin Isles? Same thing - not one canary there either!

YOU MUST BE JOKING!

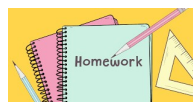
Rumours of a new distillery in The Highlands have been scotched.
The maintenance works at the athletic track were just running repairs.
I've got a job collecting leaves. I am raking it in.
He drove his car into a tree and found out how the Mercedes bends.
A man just assaulted me with milk, cream and butter. How dairy.
I used to Hokey Cokey but I've turned around. That's what it's all about.
I used to have a handle on life, but it broke.
You're getting old when a senior moment lasts all day.
I diet religiously. I eat what I like and pray it won't make me fat.
I am taking a patisserie technology exam - Should be a piece of cake.
I always prefer watching BBC. They have better weather.
I changed my iPod's name to Titanic. It's syncing now.
The guy who fell into an upholstery machine is now fully recovered.
How do you know when you run out of invisible ink?
New Eurovegan song contest. Favourite to win is Dancing Quorn.
How does Teflon stick to the pan?
Why do psychics have to ask you for your name?
The crossed-eyed teacher was sacked. She couldn't control her pupils.
If baking a cake is as easy as pie, is baking a pie a piece of cake?
The drug dealer got caught when he tried to open a joint account.
I don't often make puns about chemical elements. Only periodically.



An old man was walking through a park one day when he heard a woman's voice calling for help. He turned around, but there was only a frog sitting at the edge of a pond. "Help me," said the frog. "I must be going mad," the man said. "You're not going mad," said the frog. "I was the one who asked for help. I used to be a beautiful young princess but a witch put a spell on me." The man picked up the frog. "A spell? How can I help you?" "A kiss on the mouth is the only way to break the spell," said the frog. "If you kiss me, I'll turn back into a princess. I could make you feel young again. I could be your wife. Will you kiss me?" "A wife?" the old man put the frog in his pocket. "At my age, I'd rather have a talking frog."



An old man named John owned a small farm. One day, a government official claimed he was not paying proper wages to his workers and went out to interview him. "I need a list of your employees and how much you pay them," he demanded of the farmer. "Well," replied old John. "There's my farm hand who's been with me for three years. I pay him £600 a week plus free room and board. The cook has been here for 18 months, and I pay her £500 a week plus free room and board. Then there's the half-wit who works about 18 hours every day and does about 90 percent of all the work around here. He makes about £10 per week, pays his own room and board, and I buy him a bottle of bourbon every Saturday night." "That's the guy I want to talk to, the half-wit," says the government worker. "That would be me," replied the old man.



A little girl came home from school and said to her mother: "Mummy, today in school I was punished for something that I didn't do. The mother exclaimed: "But that's terrible! I'm going to have a talk with your teacher about this! What was it that you didn't do?" The little girl replied: "My homework."