



NEWSLETTER OCTOBER 2025

EDITOR COMMENTS



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 October please.

U3A CHRISTMAS CONCERT



With The Brandenburg Camino Singers on **Wednesday 3rd December** from 2.00 to 4.00 p.m. at St Margaret Pattens Church, Rood Lane, Eastcheap, London EC3 1HS. £27.00 including a programme, mulled wine/soft drinks/mince pies served during the interval. Booking is now available at Bookings.lru3a@gmail.com



QUIZ DATES

The shared Quizzes have proved to be popular, and we have more lined up. They are both at Loughton Bowls Club. It is still

£2.00, pay at the door, but you must pre-book!! Dates: 17th October, hosted by Wanstead and Woodford and on the 21st November hosted by Buckhurst Hill. Both these quizzes start at 1.30 p.m. To book your places contact Jane Brown at brown2jane@gmail.com or Val Lord who can be contacted at lordval99@btinternet.com



POSSIBLE NEW GROUP

Do you enjoy holidays? Do you Like cruising? If you are single or a couple – Let's Get Together! We aim to set up a group with the intention of planning and going on holidays together. For more information contact Eileen Cowell email: eileencowell38@gmail.com Mobile 07775 994363.

NEXT MEETING



On **Tuesday 7th October** at **10.30 a.m.**
(Doors open at 10.00 a.m.)
At: **The Memorial Hall,**
South Woodford 209 High Rd, E18 2PA.
Speaker: **Martin LLOYD**
Topic: **Assassins, Traitors and Spies**

Martin Lloyd came to national notice when on BBC Radio 4's Midweek programme he enthralled listeners with his accounts of the history of the passport, whilst comfortably patching over the hole left by an absent programme guest, much to the relief of the presenter – after all, this was live radio. He worked for HM Immigration Service for 24 years. He now writes books, appears on television, talks on the radio and to groups such as the U3a and the Arts Society.

Thrill to a dramatic account of how the actions of a group of assassins brought about a change in passport regulations; how the unmasking of a spy caused a modification in passport design and how, for one man, the passport itself turned into a killer. (A dramatic talk without slides)

Editor: Incidentally, Martin gave this talk to our U3A in April 2013, and in the very next month in May I produced my first newsletter and I am still doing it 12 years later after about 120 editions!



TO OUR NEW MEMBERS

Pauline Bolding, Alison Shaw
Colin Shaw, Linda Wiggins

CURRENT GROUP VACANCIES

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

TO ALL CONVENORS/GROUP LEADERS

It has been brought to our attention that members' confidential contact details are not treated with the privacy that is required. Please ensure that they are stored securely. Group leaders/ Convenors are entrusted with this information. You should also have emergency contact numbers for all your group members. These again should be kept securely but it is important to have access to them whenever your activity is carried out. Val Lord and Jane Brown Joint group Co-ordinators.

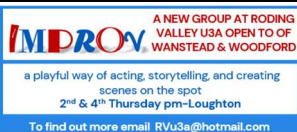
MORE U3A



LOOKING AT ART REMINDER

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) The group would also be open to new members who have recently joined our U3a within the last few months. There will be a waiting list for anyone else.



SHARED GROUPS

Roding Valley U3A are offering to share 2 of their groups and make them available to WWU3A members. A poster of the IMPROV GROUP above. It will meet fortnightly on 2nd and 4th Thursday of the month - 2:00-3:30 p.m. and starts on 25th September at Loughton Methodist Church.

So, what's IMPROV? It's short for improvisation — a playful way of acting, storytelling, and creating scenes on the spot. There are no scripts, no lines to learn, and no pressure to "get it right." And you don't have to perform in front of an audience. Instead, it's all about letting your imagination loose, and having a good laugh with others. Why join?... Because it's:

Fun — Full of silly moments, laughter, and surprises.

Great for the brain — To boost creativity, and confidence.

Social — A lovely way to connect and share joy with others

Energising — To put a smile on your face.

No experience is needed — just bring yourself, a sense of humour, and a willingness to join in. Whether you're outgoing or a little shy, there's a place for everyone.



RODING VALLEY NON-FICTION BOOK GROUP

Date: 2nd Monday of the month - 2:00 to 4:00 p.m. (Start date to be confirmed) The Venue: Theydon Bois. The non-fiction book club is where members read and discuss books grounded in reality. The group will dive into topics like history, science, politics, economics, memoirs, and much more.

Every month members will vote on a hotlist of 3 non-fiction books, suggested by a member. Books will be chosen two months in advance, to give people time to read. You don't have to read a book every month. We will meet monthly to review the books, looking at the context, content and the presentation, and discussing any issues raised.

To express interest in either Group please contact RVu3a@hotmail.com

U3A OUTING

FREEDOM PASS POVERS 1



Janet Taylor reports: 14 members of FPR1 met at Stratford Station to start our outing to London Glassblowing. M&S were sampling bowls of their new grape variety at Stratford, so of course we helped them out by trying a bowl or two !!! Suitably refreshed we went on the Jubilee line to London Bridge Station. At London Bridge we took the short walk to Bermondsey Street where we split into two groups, one having coffee whilst the other went into London Glassblowing which is a hidden gem tucked away on Bermondsey Street. founded by master glass artist Peter Layton.

Here you step into a world of red hot furnaces where skilled artisans coax fluid glass into graceful vessels, bold sculptures and jewel-like artworks, which are available to purchase if you have very, very deep pockets !!! It's an amazing place offering visitors a rare opportunity to witness the mesmerising process of glassblowing .

After leaving London Glassblowing, we made our way the very short distance down Bermondsey street to White Cube. White Cube is a vast and striking contemporary art space tucked away behind the historic facade of Bermondsey Street. Opened in 2011, its minimalistic light filled halls are filled with amazing artworks and one in particular took my interest, a picture being painted by AI (artificial intelligence) of a forest scene, it was started on the 4th July and will be finished on the 7th September, hard to imagine I know, it has to be seen to be believed. Both these places are free to visitors, so do pop along. After such an interesting morning, some of us went on to the trendy Joint Restaurant on Bermondsey Street for our lunch. Our thanks to Krystyna and Jan for finding such an interesting place.

MUSIC APPRECIATION



MUSIC APPRECIATION

The group will now be meeting in the Churchill Room at The Memorial Hall every 3rd Wednesday in the month from 2.00 to 4.00 p.m. The first session there will be on 15th October. Price: TBC Please contact Dorothy Sullivan for further information Mobile: 07979 950825. Email: dorotheysullivan@aol.com

WANSTEAD FESTIVAL



Jane Brown reports: After months of preparation and for the first time ever, Wanstead and Woodford U3a took a stall at the Wanstead Festival on Sunday 14th September, on Christ Church Green in the High Street.

The festival is a one day event held every year as part of the Wanstead Fringe. The Fringe organises and promotes a wide range of cultural events, talks, plays, music, art and a large jumble trail throughout September.

It was worth all the hard work by many members of the committee - writing risk assessments, organising banners, producing leaflets as well as manning the stall. More than 50 people, who gave their contact details at the festival, have been sent membership forms and dozens more took leaflets for friends and relatives.

A special thanks must also go to the members who turned up and help run the stall - Terry Allen, Sandie Reekie, Linda Chalcraft, Michael Mitchell and the Bricknell's-Terry and Joy, who all risked a serious case of drowning from the terrible downpour in the afternoon. Not to mention Val Girling, chair of the London Region who helped run the stall in the morning.

Now we have all these potentially new members, we need to think creatively about what new groups we can offer and which of the present groups can be duplicated, so everyone can be included in our community. If you have any ideas speak to myself or Val Lord (your joint group Coordinators) after the next general Tuesday meeting on 7th October.

Don't mock the afflicted. Soon you may be one yourself

TRAINS, BOATS AND PLANES



TRIP ON REGENT'S CANAL

Ann Speed reports on the Trip on Regent's Canal in September. Richard organized a journey along the Regent's Canal, beginning at Little Venice and ending at Camden Lock. We travelled to Warwick Avenue using the Northern Line and transferred at Oxford Circus, which required walking through a subway and using stairs. Upon arrival at Warwick Avenue station, additional stairs were encountered, followed by a 6 minute walk to the boat.

Before boarding the narrow boat, participants had drinks on a café boat. The fare for the canal trip was £14 for concessions. An informative commentary accompanied the trip. The Grand Union Canal was constructed in the 1800s, primarily by Irish navvies for the industrial transport of goods. The narrow boats were originally horse-drawn, and the boat used for this trip, named 'Jason', was built in 1906. In some sections, where horses could not pull the boats and were propelled manually through tunnels. Factories were once located along the canal; currently, the route features grand houses and includes parts of Regent's Park and the zoo.

The next trip is scheduled for Tuesday, 14th October, to the Horniman Museum in Forest Hill. Those interested in attending are invited to contact Richard Moules.

LONDON EVENTS

These are events,(hopefully still open at the moment) that are worth exploring, by visiting the websites for further details

The Paradox and Titanic Exhibitions, Discover Hidden London Tours (Underground walks) and the David Bowie Centre are featured for the first time in the newsletter and sound excellent,

VISIT LONDON (LOADS OF EVENTS)

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

CURRENT LONDON EVENTS

<https://feverup.com/>

DISCOVER HIDDEN LONDON TOURS

<https://www.ltmuseum.co.uk/hidden-london>

LEGEND OF TITANIC EXHIBITION

<https://legend-of-titanic.com/london/>

PARADOX MUSEUM

<https://paradoxmuseumlondon.com/>

CANDLELIGHT CONCERTS IN LONDON

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

DAVID BOWIE CENTRE

<https://www.vam.ac.uk/exhibitions/david-bowie-centre>

LONDON'S HIGHEST FREE VIEWING PLATFORM

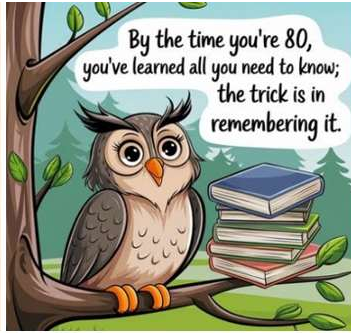
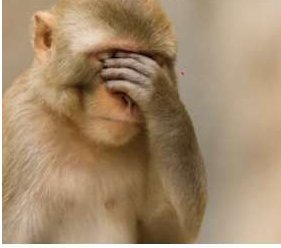
<https://horizon22.co.uk>

Be kind to unkind people. They need it the most.

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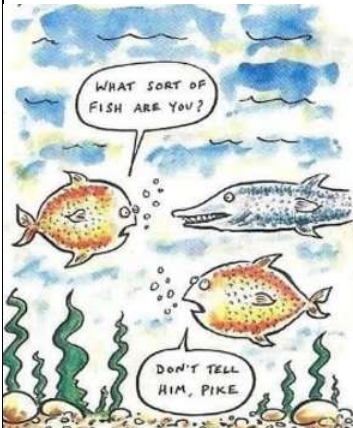
CARTOON CORNER

I MADE A HUGE TO DO LIST FOR TODAY... I JUST CAN'T FIGURE OUT WHO'S GOING TO DO IT.



All of us older folks know all about living on the edge. We used to answer the phone without knowing who it was.

Is it just me, or my age, but when I watch these celebrities on TV specials I usually haven't a clue who they are 😞



Kids today will never know the joy of pressing button B and finding money in the coin return....

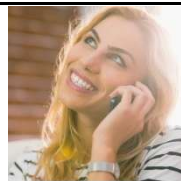
All we have to do is paint the St. George's cross inside potholes, and the council will fix them within 24 hours.



PHIL'S HUMOUR

Five ants rented an apartment. They were joined by five other ants.
They are now tenants

Dogs cannot operate MRI scanners, but Catscan.
Morticians who spell the name wrong are making a grave mistake.
I hear it's bad luck to be superstitious.
I suffer from insomnia, but I won't lose any sleep over it.
I got sacked by the calendar factory as I took a couple of days off.
Microsoft's new automatic car is unable to load Windows 11.
If we tell teenagers the brain is an App, they may start using it..
I wouldn't be seen dead in a cheap coffin.
How did the picture end up in jail? It was framed!
I worked as a driver for 35 years but have nothing to chauffeur it.
What did Britain say to its trade partners? See EU later.
This horrible man worked for HMRC. He was a snivel servant
Bald men who have a comb just can't part with it
Our wedding was so beautiful. Even the cake was in tiers.
Snooker players tire quickly as they are always in need of a rest.
German fairy stories can be a bit Grimm.



Last year, I replaced all the windows in my house with those expensive double pane energy efficient kind. But this week, I got a call from the contractor complaining that his work had been completed a whole year and I had yet to pay for them. But just because I'm blonde doesn't mean that I am automatically stupid. So, I proceeded to tell him just what his fast-talking sales guy had told me last year. He said that in one year, the windows would pay for themselves. There was silence on the other end of the line, so I just hung up, and he hasn't called back.



A family walk into a shopping centre. Inside, the youngest child sees a man sitting under a sign which reads: "World's longest memory". The child walks up to the man and decides to test if the sign is true. "What did you have for breakfast 30 years ago?" the child asks. The man states: "Eggs." The child says that the man could have just made that up, and then leaves the shopping centre. Years later, when the child has grown up, married and has his own children, he returns back to see the same man sitting at the shopping centre. Walking up to the man, he states a stereotypical: "How?!" The man replies: "Scrambled."



While on holiday, an elderly couple stopped at a roadside restaurant for lunch. After finishing their meal, they left the restaurant and resumed their trip. When leaving, the elderly woman unknowingly left her glasses on the table and, she didn't miss them until after they had been driving about 20 minutes. By then, to add to the aggravation, they had to travel quite a distance before they could find a place to turn around in order to return to the restaurant to retrieve her glasses. All the way back, the elderly husband became the classic grouchy old man. He fussed and complained and scolded his wife relentlessly during the entire return drive. The more he chided her, the more agitated he became. He just wouldn't let up one minute. To her relief, they finally arrived at the restaurant. And, as the woman got out of the car and hurried inside to retrieve her glasses, the old geezer yelled to her, "While you're in there, you might as well get my coat, glasses and credit card."