



## NEWSLETTER FEBRUARY 2026

### EDITOR'S CORNER



You can contact me, Phil Joiner at [ww3aphil@gmail.com](mailto:ww3aphil@gmail.com) Contributions for next month to be received please by 19th February 2026.

PLEASE READ THE NEXT ARTICLE AND SAVE OUR U3A

#### A TREASURER IS NEEDED

Our Chairman writes: Without a treasurer, there will be no WWU3A. Imagine a life without any lunch clubs, friends to play board games with, or canasta or bridge, no theatre outings arranged for you, no language courses, reading groups, coach trips, walking groups, film groups etc. etc. and monthly meetings with outside speakers.

THIS WILL HAPPEN IN MAY. The Wanstead and Woodford U3A must close :

#### IF WE DO NOT HAVE A TREASURER

Please remember that our much loved U3A is run only by Members, who form a committee to organise the running of our U3A and then become friends. One of the jobs that needs to be done is the Treasurer.

Our present Treasurer Diane, is willing to give as much help, advice and support as needed.

On the first Tuesday of each month, the Memorial Hall is jam-packed full of talented and intelligent men and women, many of whom may lack self-belief or underestimate their talents. Well please don't. Step up. Come on board and save our wonderful Wanstead and Woodford U3A.



#### TO OUR NEW MEMBERS

Helen Lorkin  
Doreen Taylor

#### CURRENT GROUP VACANCIES

Boules	Bridge	Bridge Tuition
Enjoying Opera	French	History
Racketball	Rummikub 1 (Monday)	Ten Pin Bowling

Trains, Boats and Planes

Confidence is a trick we learn, we are not born with it

### NEXT MEETING

On Tuesday 3rd February  
at 10.30 a.m.  
(Doors open at 9.45 a.m.)

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

Speaker: Martin Orkin.

Subject: The Beatles Story.  
Part 1 - Beatlemania!!



Early in 1963, The Beatles stormed the music world. Martin's talk will explore their rise to fame and their incredible legacy of recordings. His talk is based on his recently published book *The Beatles' Hit Singles, Part 1*. The talk tracks the evolution of rock from Elvis Presley and Buddy Holly and the Crickets to Cliff Richard, and then The Beatles, who were followed by The Beach Boys, The Byrds and ... The Monkees! Enjoy anecdotes from his research, and listen to excerpts from some of The Beatles' great early hits! Signed copies of Martin's latest book will be available for purchase after his talk, at a generous discount to the recommended price!



#### TRAINS BOATS AND PLANES

Richard Moules reminds us that The Trains, Boats & Planes Group makes visits to places of mainly transport interest each month using our amazing public transport system in and around London. New members are welcome, but must be capable of using public transport and walking short distances unaided.

Ann Speed adds: Following tradition, our first meeting of the year was a film show held at All Saints Church Hall, Inman's Row, Woodford Wells, on Tuesday, 13th January. The church café provided a warm welcome with coffee and cakes, both before and after the event, creating a friendly and relaxed atmosphere.

The morning began with a BBC documentary tracing the history of the Somerset and Dorset Railway (S&D). As the film highlighted the railway's role as a lifeline for rural communities, there were nods of recognition and murmurs of appreciation. The audience seemed particularly engaged during scenes depicting the scenic route between Bath and Bournemouth,

Next, we enjoyed a DVD produced by Richard Moules, documenting the route of London's Number 23 bus from Liverpool Street to Westbourne Grove. The film's lively portrayal of the city's tourist hotspots prompted smiles and occasional laughter, especially when familiar landmarks appeared on screen. Overall, the event was a delightful start to the year, bringing members together to share in our appreciation of transport history and community spirit. Many thanks to Richard for his time in organising this interesting event.

## NEW GROUPS

### NEW GROUPS TO GET YOU MOVING

Jane Brown writes: We are setting up a number of new groups launching over the next few months.



### 2 NEW FOODIE GROUPS

have been created. Ros Hay's Sunday lunch group (3rd Sunday of the month 1.00 p.m.) and Jan Martin's

Restaurant lunches on 4th Thursday of the month at 1.00 p.m. There is also some limited availability on one of the existing lunch groups on the second Tuesday in the month.



RUMMIKUB, SEQUENCE, CLUEDO and others. Bring your favourites along to Wanstead library on the first or fourth Wednesday of the month (starting in February or March). There is also still some limited availability in cards and canasta on the second and third Wednesday of the month.



Tina and Richard Harris are hoping to host a group for people to air their views at their home in Woodford on the 3rd Thursday of the month from 2.30 - 4.30 p.m. Contact Richard and Tina Harris for further details at 0208 504 7626 Tina.rich86@gmail.com). ALL WELCOME.



A new singing group is to be started. Details need to be finalised. A pianist has been found. Day possibly Friday 10.30 a.m. Venue and cost need to be decided. If you are interested in this please

contact Jane Brown brown2jane@gmail.com or Val Lord lordval99@btinternet.com

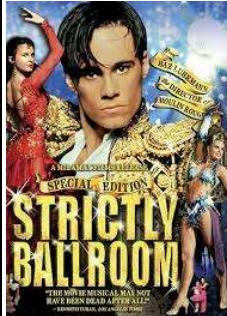


Finally something a bit different. Social table tennis, five large tables to play on in a Stratford pub on fourth Monday in the month starting in February or March. The price you pay to hire the table will vary depending on the number of people who sign up, and the amount of time you play for

If interested, email me, brown2jane@gmail.com as we need to know numbers before we can launch the groups....and don't forget to sign up for the February quiz at Loughton bowls club on Friday 20th February 2026. See details on this page.

## GROUP REPORT

### FILM GROUP



We had a good turnout for our January meeting and we spent an enjoyable afternoon watching Strictly Ballroom. Directed by Baz Luhrman (Moulin Rouge, Romeo and Juliet) in 1992, this wonderfully kitsch and amusing tale of repression and dreams was set in the super-tanned and garish world of Australian ballroom dancing. Our next film will be shown on Wednesday 11th February and it will be another film to brighten a winter's afternoon. I have a few possibilities in mind, so come along and help me choose. Many of the group are finding it easy to pay by tapping their bank cards on the SUM UP machine at the monthly general meeting on the first Tuesday of the month. Angela Barnes 0781 790 4572 angelabarnes1972@gmail.com

### OUTING FEEDBACK



### ART AND CULTURE

Jane Brown writes: The last visit of 2025 for the Art and Culture group was to the Halcyon Gallery in New Bond Street to see an exhibition of more than 130 pieces by Picasso. The pieces on display came from the last forty years of Picasso's life and included works on paper and ceramics as well as mythological creatures and abstract self-portraiture.

One of the most interesting pieces for me was a photograph of Picasso with his muse, behind them is an amazingly accurate portrait of the model and an abstract representation of her. The photograph demonstrates what a brilliant artist Picasso was.

Another fascinating aspect of the exhibition was a video of Picasso which featured him painting in a 'Rolf Harris' style where a few brush strokes brought to life a number of images. The paintings were done on a glass wall, so Picasso appeared to be looking directly at his audience as he worked...you felt as though you were actually in the room with him.

After a couple of hours at the exhibition, the group split up to view the Christmas lights or to finish their Christmas shopping.

Photos by Chris Pleasant and Jacqui Unwin.

### SHARED QUIZ

Next month on February 20th, Wanstead and Woodford are hosting the shared quiz. It is still at Loughton Bowls Club from 1.30 p.m. until 3.30 p.m. Cost £2 pay at the door. Please book early as these quizzes are proving so popular that all 3 u3a's have waiting lists.

Please note from March 20th the venue will change. The quizzes will be held at Roding Valley Hall. The cost will be the same £2.00 pay at door. The time will be 2.30p.m. instead of 1.30p.m. Please book with Jane Brown - brown2jane@gmail.com Or Val Lord - lordval99@btinternet.com

## OUTINGS



Payment is now required for the above show, preferably by Sum Up at the next meeting, or by bank transfer, Wanstead and Woodford University of the Third Age Sort Code 20-52-74, account no 23064565. If using this method can you please email me on [twotaylorss@btinternet.com](mailto:twotaylorss@btinternet.com) and advise me of the date payment was made, this helps me, and the treasurer to be able to tie up the payments. Finally if you are unable to make payment by either of the above methods, a cheque will be accepted. Thanks and see you at the next meeting. Janet Taylor



### ELY TRIP – THURSDAY FEBRUARY 12TH 2026

For all those coming to Ely on the 12th February the coach will be LEAVING Hawkey Hall at 9.30a.m. sharp, so please arrive in plenty of time to get settled on the coach. After spending the day, the coach will be leaving Ely at approx. 4.30p.m. so should be back in Woodford by 6.00/6.30p.m. depending on traffic.

Should you have any other questions, I will be at the February meeting, or you can contact me on 07957760071. Looking forward to seeing you all. Lynne Stillwell.

## LONDON REGION

### LONDON REGION U3A ONLINE TALK



This talk will be delivered via Zoom on Monday 9th March 2026 Speaker: Alan Freeland Topic: Catherine The Great – ruler of Russia 1762-1796

The full programme can be seen [here](#) with links to the booking forms For a full list of these and other events, please see the Events page of our website. Please register early as bookings will close 48 hours prior to each talk. The zoom link will only be sent to those who have registered. Requests for the link cannot be actioned on the day of the talk. [talks.lru3a@gmail.com](mailto:talks.lru3a@gmail.com)

We pass through this world once, so enjoy every day

## LET'S REMINISCE

Were you born between  
1945 and 1965?



This article may bring many fond memories from your childhood. Too bad the kids today can't enjoy the things we did, and we are all still alive to show how we lived through those days. No matter what our kids and the new generation think about us, we are awesome, and our lives are living proof! First, we survived being born to mothers who may have smoked and/or drank while they were pregnant. We took aspirin, ate blue cheese dressing, tuna and corned beef from a can, and didn't know about diabetes. The whole family invariably had a large cooked breakfast. We were put to sleep on our tummies in baby cribs covered with bright coloured lead-based paints.

We had no childproof lids on medicine bottles, locks on doors or cabinets, and, when we rode our bikes, we had baseball caps, not helmets, on our heads. As infants and children, we would ride in cars with no car seats, no booster seats, no seat belts, no air bags, bald tires and sometimes no brakes. We drank water from the garden hose and not from a bottle. We shared one soft drink with four friends, from one bottle, and no one actually died from this.

We ate chocolate cupcakes, white bread, real butter, bacon and chips. We drank cordial made with real white sugar. And we weren't overweight. WHY? Because we were always outside playing...that's why! We would leave home in the morning and play all day, as long as we were back when the streetlights came on. No one was able to reach us all day and neither we or our parents thought anything of it.

We would build our go-carts out of scraps and then ride them down the hill, only to find out we forgot the brakes. We did not have Play Stations, Nintendo's and Xbox's. There were no video games, no 150 channels on cable, no video movies or DVDs, no emails., no mobile phones, personal computers, internet, social media, or AI.

We had friends and we went outside and found them! We fell out of trees, got cut, broke bones and teeth, and there were no lawsuits from those accidents. We ate worms, and mud pies made from dirt, and the worms did not live in us forever. We made up games with sticks and tennis balls, and although we were told it would happen, we did not put out very many eyes. We rode bikes, or walked to a friend's house and knocked on the door or rang the bell, or just walked in and talked to them.

Sports teams at School, had trials and not everyone made the team. Those who didn't had to learn to deal with disappointment. Imagine that! The idea of a parent bailing us out if we broke the law or misbehaved at school was unheard of. They actually sided with the law and the school! These generations have produced some of the best risk-takers, problem solvers, and inventors ever. The past 50 to 85 years have seen an explosion of innovation and new ideas. We had freedom, failure, success and responsibility, and we learned how to deal with it all without fuss or conflict

If YOU are one of those born between 1935 – 1965.... CONGRATULATIONS!

Respect is earned, not demanded

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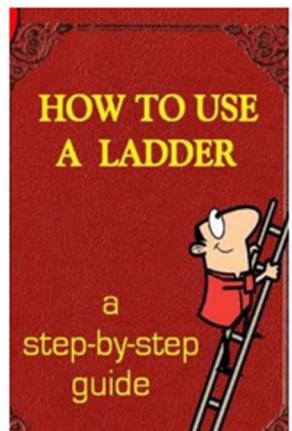
## HAVING A LAUGH



Behind every great man there is a great woman

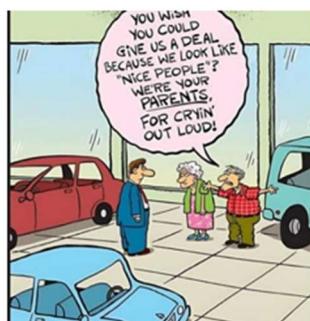


**Felt uncomfortable driving into the cemetery. The gps blurted out you have reached your final destination.**



**I'm confused how a cemetery can raise its funeral prices and blame it on the cost of living.**

"Free speech has NOT been abolished in the UK. And we'll jail anyone who says it has been."  
- Keir Starmer



## AMUSING QUIPS

She was only a whisky maker, but he loved her still.

Venison for dinner again? Oh deer.

I tried to catch some fog, but I mist.

Is atheism a non-prophet organization?

I want to watch Groundhog Day, but I may have seen it before.

A cartoonist was found dead at his home. Details are very sketchy.

The Cup Final between IKEA and Furniture Land ended in a drawer.

Why don't you ever see the headline 'Psychic wins lottery'?

For sale: Parachute. Only used once. Never opened!!

Misfortune: the kind of fortune that never misses.

Tax break for keeping fit is administered by Customs and Exercise..

'Cookies disabled'. This silly computer command takes the biscuit.

Wine improves with age. I improve with wine.

How does Moses make tea? Hebrews it.

Are barbers good drivers because they know all the short cuts?

Oxymoron is a pretty ugly word!!

Jokes about sheep. My border collie has herd them all.

If you sing whilst polishing a table do you wax lyrical?

The keyboard player had an electric shock. Was it organ failure?

I got a job as a puppeteer just by pulling a few strings.



I am a Seenager. (Senior Teenager) I have everything that I wanted as a teenager, only 50-60 years later. I don't have to go to school or work. I get an allowance every month. I have my own home. I don't have a curfew. I

have a driver's licence and my own car. I have ID that gets me into bars and the wine store. I like the wine store best! The people I hang around with have been blessed to live this long. Life is Good! Also, you will feel much more intelligent after reading this if you are a Seenager. Brains of older people are slow because they know so much. People do not decline mentally with age, it just takes them longer to recall facts because they have more information in their brains. Also, older people often go to another room to get something and when they get there, they stand there wondering what they came for. It is NOT a memory problem, it is nature's way of making older people do more exercise. I have more friends I should send this to, but I can't remember their names.



A drunk man stumbles into a church, sits down in the confessional box and says nothing. The bewildered priest coughs to get the man's attention, but the drunk man remains silent. Finally, the annoyed priest knocks on the wall three times to get the drunk man to speak. After a few minutes the drunk man replies, "No use knocking' mate, there's no paper in this one either."