



NEWSLETTER APRIL 2026

EDITOR'S CORNER



Editor: You can contact me, Phil Joiner at ww3aphil@gmail.com. Contributions for next month to be received by 19th April. Looks like Spring is here and hopefully some better weather!



Richard Barnes our Chair makes this plea! The committee are looking for someone to offer themselves to be part of the team in the role of the Membership Secretary. We are also looking for other people to come on board to fill the places of retiring members. For more information please come and see me, Richard Barnes at the next meeting.

THE GRUMPIES



For our March meeting, we visited the Bank of England Museum, where we spent a couple of hours browsing the exhibits and learning about the history of the Bank of

England and the development of currency, especially bank notes. Did you know the whilst the B of E holds the UK's gold reserves, silver reserves are held by various merchants in and around, Hatton Garden?

Here are a few useless facts - 1) The B of E is the world's 2nd oldest Central Bank. 2) The Bank of England was founded in 1694 as a private company by a Scot. 3) The Bank of Scotland was founded in 1695 by an Englishman and is Scotland's first and oldest bank, pioneering banking services and continuous banknote issuance.

Here are 2 photos of group members attempting to lift a bar of gold weighing approximately twenty-seven and a half pounds and worth in excess of £1.5 million.

The "Grumpies" April meeting will be held in the home of one of our members, who is a keen collector a wide range of items. The specific collection that Paul will be demonstrating, and allowing us to handle, is his range of stereographic (3D to you and me) photographs and viewers. This technology dates right back to the beginning of photography and his collection, of over 7,000 slides, dates right back to the end of the 1800's - yes over 200 years. If any member wishes to join us for this contact me on 0777 5600 543.

The comeback is always stronger than the setback

WWU3A NEWS



On Tuesday 7th April at 10.30 a.m.
(Doors open at 9.45 a.m.)

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

Speaker: Tony Harris.

Subject: Henry VIII – England's Favourite King.

Bringing him to life is the passion of our speaker Tony Harris, an actor and historian who has been portraying Henry for 15 years. For two years, Tony lived and worked at Hampton Court Palace and played Henry VIII every other day for the benefit of more than half a million tourists. He has been bringing his unique blend of history and comedy to the speaker circuit for the past six years. His aim is to trick people into learning by making them laugh, but every point he makes is historically accurate.

IMPORTANT INFORMATION FROM OUR TREASURER



Once again we are nearing the end of our financial year (March 31st 2026) and I am now able to start collecting your membership fees for the year 2026/2027. In line with the cost of living increases that we

have all seen over the last few months, we have decided to increase the annual subscription by just £2.00 to £20.00. We have maintained the postage charge for those not on email and who require the newsletter to be sent out, at £15.00.

As in previous years, I urge you to try and pay by internet, phone or at the Post Office and at long last I've been given the 'go ahead' to use the Card reader at the monthly General Meetings. As we have a speaker each month from 10.30 to around 11.30, card reader payments can only be made from 9.45 to 10.30, and after the speaker until 12.00. If we can't fit you in during those times, please either use one of the other methods or wait for the following month.

Please consider asking a friend or family member to pay on your behalf if any of the above methods are not suitable for you. If there really is no other option, we will accept a cheque, but whatever method you use, it is necessary that you add your Membership Number and the word/s SUB or SUB/POST in the reference box. You can add your surname if there is room, but your number must take priority. Also, if you are paying for someone else don't forget to give their details as well. For those paying at the Post Office, please add some details and it is very important that you do so. I attach the membership renewal form for you to complete and return to Mrs. R Hay, 9 Shaftesbury IG10 1HN with a stamped addressed envelope and she will send you your membership card (which you will need to show to the convenors of your activities). Regards Diane Conway.

Resilience is refusing to quit even in adversity.

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MORE WWU3A NEWS

CURRENT GROUP VACANCIES

Boules	Bridge	Canasta and Cards
Enjoying Opera	History	French
Racketball	Ten Pin Bowling	
Trains, Boats and Planes		



SINGING FOR FUN

This Group is starting on the 1st May. 1.15 to 2.15 p.m. in the Churchill Room at The Memorial Hall.



FPR 1 GROUP

Lesley Smith writes: On a very pleasant warm day, FPR 1 members visited 2 Temple Place for the exhibition 'Weight of Being: Vulnerability, Resilience and Mental Health in Art'. This exhibition explores artistic expression and mental health and shows how artists capture vulnerability and resilience.

Many of the artworks were by John McCracken, an artist who suffered a breakdown and whose works show sensitivity to emotional pressures. The building itself is very interesting having stained glass windows at either end of the main hall depicting sunrise and sunset.

The interior is adorned with wood carvings including mahogany panels, literary characters (The Three Musketeers), Shakespearean friezes, and American literary figures. After visiting the museum, we had a meal in the garden room, a cafe nearby and even ate it at outside tables in the sunshine. The picture above is a picture of the artworks, with a message which seemed pertinent to the U3A. So, thanks to Angela for organising the day.

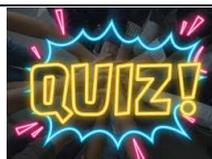
LET'S QUIZ

COME AND JOIN US AT OUR NEXT
WWU3A QUIZ



WWU3A QUIZ

Please put **TUESDAY 28th APRIL** in your diary for our next WWU3A QUIZ at The Memorial Hall from 1.00 - 4.00 p.m. Refreshments provided as usual and a raffle. Entry fee £5.00. Tickets will be available from Val Lord at the next General Meeting on Tuesday 6th April.



SHARED QUIZ

Please note that that the quizzes will in future be held at Roding Valley Hall. The cost will be the same £2.00 pay at door. The starting time will be 2.00 p.m. instead of 1.30p.m. Please book with Jane Brown - brown2jane@gmail.com Or Val Lord -lordval99@btinternet.com

MORE WWU3A NEWS

FILM GROUP



Yes, we did watch The Devil wears Prada and it was an enjoyable afternoon with the impossibly demanding boss of Miranda Priestly (Meryl Streep) and the

new assistant Andy (Anne Hathaway) who had an ambition to pursue a career in journalism, and was flailing in the dizzy heights of the fashion magazine world. Stanley Tucci was rescuing her with a fashionable transformation which was entertaining. It will be interesting to see how the sequel will be received in the next few months. We start our new term with our meeting on Wednesday 8th April.

We will be collecting £16 for a 4 meetings for the Summer term. The April general meeting is on Tuesday 7th April - the day after the Easter Bank holiday. If you are coming in to the general meeting, you can pay on the Sum Up machine, or you can do Bank Transfer online yourself, or bring a cheque at the film group on Wednesday 8th April. Happy Easter, Angela Barnes 0781 790 4572 angelabarnes1972@gmail.com

ART AND CULTURE



A few select members of this group spent a wonderful couple of hours on a guided tour round the Guildhall Art Gallery and Roman Amphitheatre, an art gallery which now focuses on paintings relating to London as well as a collection of over 4,000 works, specializing in Victorian, Pre-Raphaelite from 1670 to the present, all located above the Roman Amphitheatre.

The most amazing paintings were The Defeat of the Floating Batteries at Gibraltar which spans two floors and Dante Gabriel Rossetti Le Ghirlandaio (photo by Paul Lejeune). The guide informed us that the paint effect on this work was produced by building up very thin layers of paint, each layer having to be left for up to five days to dry before the next layer could be applied.

Apart from the fantastic paintings the history of the building was quite a revelation The first Guildhall Art Gallery was built in 1885 to display the City of London Corporation's growing art collection of 19th century paintings.

With the start of World War II it was decided to move the most famous paintings to underground storage in Wiltshire, and the Floating Batteries had to be rolled up like a carpet to be moved Only weeks later the Victorian gallery was bombed in an air raid and more than 100 paintings were destroyed.

A temporary structure was built in 1946, but it was not until 1985 that the City decided to redevelop the site and add a new Gallery on its lower levels. Two years later, the remains of the original Gallery were demolished and The Museum of London Archaeological Service discovered the remains of London's Roman Amphitheatre. The building was re-designed to incorporate this astounding piece of architectural history. The new Guildhall Art Gallery finally opened to the public in August 1999 and the Amphitheatre in 2002. In late 2014, coinciding with the 15th anniversary of its re-opening, the Gallery underwent a re-hang, doubling the number of paintings on display.

MORE WWU3A NEWS



Ron Prince writes: As some of you know, I collect Pill bubble packs, knitting wool, bottle corks and used postage stamps. Many of you have asked what happens to these items, well here are 2 photos of the end result of the wool which, depending on the type of wool, is made into blankets for premature/new born babies or blankets for the homeless. I am trying to obtain photos of the end result of other items collected. Please continue to bring these items to the monthly meetings.

TRAINS BOATS AND PLANES GROUP



Ann Speed reports: On a sunny dry day, a small group visited the Milestones Museum in Basingstoke. This is a fascinating living history museum of past life in Hampshire. It is a reconstruction of a small Hampshire town undercover, recreating a network of streets from the Victorian era and 1930's. All manner of shops, a public house, a GWR station, a tram, a penny arcade, vintage vehicles, early fire engines and gypsy caravans are available for close inspection. There's a sweet shop selling nostalgic old favourites like custard rhubarbs and jelly babies and a pub selling beer though not 1930s prices. A good day out and thank you to Richard Moules(Convenor).

EVENTS

LONDON REGION REPORT

We are delighted to announce the next full programme of walks and gallery visits for May. All events are £10.00 with no refunds.

The programme can be found [here](#) . Sessions for May will launch on Thursday 16th April and all future events can be found on the [events](#) page of the website.

SEVEN WONDERS OF THE WORLD EXPERIENCE

<https://7-wonders.com/london/>

HOUSE OF COMMONS SPEAKERS EXHIBITION

<https://www.parliament.uk/visiting/visiting-and-tours/the-state-apartments-of-speakers-house-tour/>

You grow through what you go through.

LET'S REMINISCE



People who grew up in the 1950's and 60's developed, through limited technology and greater independence, a unique set of life lessons centred on resilience patience, and self-reliance that are rarely taught today.

Based on psychological insights, the 8 key lessons include:

FIXING INSTEAD OF REPLACING: Learning to repair broken items rather than throwing them away, fostering a mindset of sustainability and resourcefulness.

SELF-ENTERTAINMENT: Developing creativity to cure boredom without digital stimulation.

COMFORT WITH DISCOMFORT: Tolerating physical or emotional discomfort, such as being cold or bored, without needing instant relief.

DELAYED GRATIFICATION: Waiting for rewards, saving for items, or anticipating mail/packages, which built patience.

PHYSICAL INDEPENDENCE: Playing outside for hours with no supervision, and returning when the streetlights came on.

FINDING "ENOUGH": CONTENTMENT WITH HAVING LESS, reducing the need for constant upgrades or consumerism..

SOCIAL SELF-EFFICACY: Handling, in-person, social conflicts and conversations without digital intermediaries.

OFFLINE SELF-WORTH: Developing a sense of self not dependent on external, digital, or social media validation.

MEMBER'S HUMOUR

A welcome contribution of jokes from our member Disha Kapoor

There is no official training for garbage inspectors.
They just pick it up as they go along.

I have found a method of losing weight by wearing bread on my head.
It's called the new loaf hat diet.

I saw 10 ants going around and around in my garage.
I made them a little house with a cardboard box.
I am now their landlord and they are my tenants.

And from Peter Fox

- 1 You can't see your ears without a mirror.
- 2 You can't count your hair.
3. You can't breathe through your nose with your tongue out.
- 4 You just tried no. 3.
6. No. 3 was indeed possible, but you looked like a dog.
7. You are smiling now because you were fooled.
8. You skipped number 5.
9. You just checked to see if there is a number 5.

Integrity is doing right when unseen

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I HAVEN'T THE FROGGIEST



A woman was out golfing one day when she saw a frog by the 18th hole. The frog said to her, "If you don't harm me, I will grant you 3 wishes." However there is a condition to your wishes - that whatever you wish for, your husband will get 10 times more or better!"

The woman said, "That would be okay," and for her first wish, she wanted to be the most beautiful woman in the world. The frog warned her, "You do realize that this wish will also make your husband the most handsome man in the world, an Adonis, that women will flock to. "The woman replied, "That will be okay because I will be the most beautiful woman and he will only have eyes for me."

So, KAZAM - she's the most beautiful woman in the world! For her second wish, she wanted to be the richest woman in the world. The frog said, "That will make your husband the richest man in the world, and he will be ten times richer than you." The woman said, "That will be okay, because what is mine is his and what is his is mine So, KAZAM she's the richest woman in the world!

The frog inquired about her third wish, and she answered, "I'd like a mild heart attack."



A guy aged 86 years old was sitting in his boat fishing the other day when he heard a voice say, "Pick me up." He looked around and couldn't see anyone. He thought he was dreaming when he heard the voice say again, "Pick me up."

He looked in the water and there, floating on a log was a frog. The man said, "Are you talking to me?"

The frog said, "Yes, I'm talking to you. Pick me up. Then, kiss me and I'll turn into the most beautiful woman you have ever seen. I'll make sure that all your friends are envious and jealous because you will have me as your bride." The man looked at the frog for a short time, reached over, picked it up carefully, and placed it in his front breast pocket. Then the frog said, "What, are you nuts? Didn't you hear what I said? I said kiss me and I will be your beautiful bride." He looked at the frog and said, "Nah, at my age I'd rather have a talking frog."



Gary the frog couldn't catch flies, couldn't hop properly, and once got stuck sitting on a marshmallow because he thought it was a "firm cloud." One day, he accidentally scared off a fish just by falling into the pond with a dramatic *plop*. The other frogs were amazed. "Did you see that?!" they said. "Gary defeated the Water Beast!" Gary, dripping and confused, nodded. "Yes. I intimidated it." From then on, whenever something went wrong, the frogs called Gary. He had no idea what he was doing—but he always showed up with confidence and a well-timed *plop*.

AMUSING ONE-LINERS

I'm not procrastinating — I'm on energy-saving mode.
 Common sense is like deodorant. People who need it most never use it.
 I don't rise and shine. I caffeinate and hope.
 Life's short. Smile while you still have teeth.
 I'm not arguing — I'm just explaining why I'm right.
 I forgot that I am always forgetting things.
 I don't need a motivational quote. I need a nap.
 Brains are awesome. I wish everybody had one.
 Adulthood is just Googling how to do stuff or learning via AI
 I'm not lazy. I'm on power-saving mode.
 I have a degree in overthinking.
 I don't trip. I do random gravity checks.
 I need six months of vacation, twice a year
 I'm multitasking: I can listen, ignore, and forget at the same time.
 I don't make mistakes. I create learning opportunities.
 My life feels like a test I didn't study for.
 Of course I talk to myself. Sometimes I need expert advice.
 I started out with nothing, and I still have most of it.
 My exercise is a cross between a lunge and a crunch... I call it lunch.
 I'm not late. Everyone else is just early.
 At my age, I don't count calories, I count naps.
 I don't do 26 mile marathons—I do Netflix marathons.

THE UK IS STARTING TO FEEL LIKE YOU'RE ABROAD. THE SUNS OUT AND NOBODY SPEAKS ENGLISH 🤪

I do my best to be nice to others... But sometimes my mouth doesn't cooperate... 🤪

I can't prove this, but I swear I used to be smarter, funnier, and less tired.



Not to brag, but I just walked into a room and totally remembered what I went in there for. 🤪🤪🤪



Very disappointed that the daffodils I planted last year turned out to be Marigolds :(



I'm Not Going Outside



Until The Temperature Is Above My Age.

Welcome to old age.



Be nice to everyone, even to people who don't like you

APPLICATION FOR MEMBERSHIP RENEWAL 2026-2027

I wish to renew my membership of Wanstead and Woodford University of the Third Age for the year 1st April 2026 to 31st March 2027 at a cost of £20.00.

Please enter your details using Capital Letters and use a separate form for each person.

Title.....First Name..... Surname.....

Address.....

.....

.....

Postcode.....

Membership Number.....

Home Telephone No.....

Mobile no.....

Email Address.....

Please complete the following as required:

1) Please enclose a stamped self - addressed envelope for your membership card. ()

2) I will pay £20 by card reader at the meetings, bank transfer or telephone banking, stating my last name and membership number as well as the word 'SUBS'. ()

3) If you require the newsletter to be posted to you, add an extra £15 and the word 'NEWS' making the total payment £35. ()

4) You can continue to pay by cheque or debit/credit card either at your own bank or a branch of Barclays - some banks are more helpful than others so I'm afraid I can't be definite on this matter.

5) If these options are not available to you, you can send a cheque (payable to Wanstead and Woodford University of the Third Age) to Ros Hay (see details below). Please write your surname, membership number and 'subs' on the back of the cheque.

Signed Date.....

Payments to be made to: Wanstead and Woodford University of the Third Age.
Sort code 20-52-74 A/c 23064565

Please return this form and cheque (if using) together with a stamped self - addressed envelope to: Membership Secretary, Mrs. R Hay, 9 Shaftesbury, Loughton, Essex IG10 1HN