

u3a Orpington

Learn
Laugh
Live



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For latest updates go to
www.u3aorpington.org.uk

DON'T MISS OUT - VISIT OUR WEBSITE

For information on all our Interest Groups, along with the latest news and details of upcoming events.

Have a look at the Photo Gallery to see members enjoying their activities, and discover the Creative Writing Group's latest collection of entertaining short stories.

You will find much more detailed information about our Interest Groups on the website than we're able to fit into the printed list. And, if your availability for joining a group is limited, the [Interest Groups Timetable](#) lists every group by the day it meets, making it simple to find something that suits your schedule.

In addition, if you're looking for a particular type of group, the website lists all Interest Groups by category for easy browsing such as: card and board games; culture; exercise and outdoor; history; languages; leisure; music; science and technology. It makes finding exactly what you want so much easier.

Find out more - take a look online: www.u3aorpington.org.uk

SPAM !

No - not the pork luncheon meat associated with the war - but on your computer. Sometimes called your junk folder. I'm aware that some of my emails to others have arrived in the recipient's spam folder and have not been seen. I suggest we all check that folder from time to time, especially if we've been expecting a message from someone and haven't heard from them. If you add the contact to your e-address book, it is less likely to happen.



Please let me know if an email from me has gone to your spam folder and, if you have contacted me and haven't had a reply, please message me again - I will always try to respond. Go to ['contact us'](#) on the Orpington u3a website. Thank you.

Crofton Halls, BR6 8PR, 3.30-5.30pm. Third Tuesday of the month
Doors open at 3.30pm for refreshments, until the main meeting starts at 4pm

Members who park at Crofton Halls when attending the GM
will need to enter their car registration at reception to avoid a parking fine.
Please go to our Website or click [HERE](#) for further details.

20th October - Paul Barwick Alexander Litvinenko: The spy who solved his own murder

In 2006 two Russian Secret Agents flew into London from Moscow. Their mission had one objective, to kill Ex KGB spy Alexander Litvinenko. We look at his life, death and the attempts to assassinate him.



17th November - Sir David Beamish Nancy Astor

In 1919 Nancy Astor became the first woman to take her seat in the House of Commons when she was elected as a Plymouth MP. She had not been a campaigner for women's suffrage, was American-born, and was the wife of a Viscount.



BOOKWORMS

We will be holding a **BOOK SALE** at the meeting on **17th November** - a great chance to pick up something new to read. Bring a bit of cash if you'd like to buy, and paperbacks only if you have books to donate. Thank you.

Monthly u3a Coffee Morning

On the third Thursday of the month we have a
Coffee Morning at 10.30am in the
BR6 Bakehouse Café
All members are welcome



● Solutions to Cryptic Crossword

Across: 3 Abundance, 8 Oboe, 9 Tombstone, 10 Bakery, 11 Demob, 14 Humid, 15 Rash, 16 Eerie, 18 Lute, 20 Scalp, 21 Hurry, 24 Caller, 25 Telepathy, 26 Oven, 27 Monastery.
Down: 1 BombsHELL, 2 Locksmith, 4 Buoy, 5 Noble, 6 Author, 7 Cone, 9 Trade, 11 Dirty, 12 Balachava, 13 Shopfront, 17 Essay, 19 Eureka, 22 React, 23 Zero, 24 Char.



Events!

3

u3a Members Quiz – November

3rd of November at The Crofton Halls. From 2.15 to 5.00pm.
Tables of 8, so get a team together or join a random table and make some new friends. **Cost £4 per person.** Tickets available through an emailed link or the October monthly meeting. We will be selling the tickets through trybooking.com.



RHS Glow at Wisley – December



We are going back to **RHS Wisley**, this time in the dark to see the Christmas lights, on the **2nd December**. Departing at 2pm, pick-up from Spur Road, War Memorial end.

Cream tea is included, with entrance to the light display from 4pm. Depart RHS Wisley at 7pm. **Cost £32 per person.**

The tickets will be sold initially at October's monthly meeting. We will be selling the tickets through trybooking.com.

Open to Orpington u3a members only
Contact the Events Team

September General Meeting

Chris O'Donoghue - How I Became a Gardener
or From Pottery to Potting Shed.

Chris started work in the early days as a thrower at Poole Pottery and then to running a ceramics business in Rye. He now does restoration work and designs gardens. Along the way he has owned a variety of different vehicles, (starting with a 3 wheeler), sold kitchen units, attended evening classes at art college, lived in a caravan, designed amazing teapots, (plus jam pots for Fortnum and Mason), won three medals for his Chelsea garden designs and has now turned his hand to crime writing. I felt amazed and inspired by this really interesting talk. A challenge to all u3a members to try something new!

Industrial Heritage

Our first indoor meeting of the autumn will be at 2:30 pm on Monday 28th September in the Liberal Club hall, opposite Tesco. We'll be looking at two faces of the story of the telephone; the people and technologies involved in its early development, and the way in which it changed everyday life in Britain from the year after its invention up to the 1960s.

We're an 'open' group, so all members of Orpington u3a are welcome at our meetings. If you'd like to know more, just email the Group Leader.

London Explorers Museum of the Order of St John. Report

The Museum of the Order of St John explores the long, complex history of the Knights Hospitaller, whose origins lie not in the 7th-century legend but in an 11th-century charitable hospital in Jerusalem caring for poor and sick pilgrims. After 1099, its members became the Hospitallers: a religious community devoted to healing, yet also a military order defending Christian territories.

The Order established its English headquarters at Clerkenwell around 1144. The vast Priory once contained accommodation, an infirmary, administrative buildings, gardens and farmland. Its most important survival is the remarkable 12th-century Norman crypt beneath the Priory Church. The Priory was dissolved in 1540 by Henry VIII, later becoming home to the Master of the Revels, where many of Shakespeare's plays were licensed. St John's Gate subsequently served as a coffee house and tavern frequented by figures such as Dickens and Samuel Johnson.

By the 19th century the Gate was dilapidated; Sir Edmund Lechmere restored it as the headquarters of the revived Order, aided by antiquarian Henry Walter Fincham, whose photographs now form part of the museum's collection. Archaeology has revealed the Priory's lost medieval church, including evidence of its original round nave, and wartime damage is marked by a surviving fragment of a 1938 German incendiary bomb.

The museum holds tens of thousands of objects: manuscripts, Crusader coins, seals, armour, ceramics, silver, models of the Holy Sepulchre and relics linking the Order to Jerusalem and Malta. The modern Order, granted a Royal Charter in 1888, evolved into a humanitarian organisation, founding St John Ambulance and the St John Eye Hospital in Jerusalem.



Idea for a new group?

We're always looking for new ideas for groups, so if you have a passion for bee-keeping, gentle cycling, classic cars etc etc, we're looking forward to hearing from you.

Local History Research

The Local History Research group which began earlier this year now has a dozen members and meets on the fourth Friday afternoon in the month.

At the meetings, everyone contributes a few minutes on something they've discovered (often just from basic internet searching) about local history since the last session. The very varied topics so far have included local pubs, local churches, local woodland, Orpington Hospital, well known Orpington residents, the Court Lodge estate, the Davis estate and the Austin estate agency. We also plan to have the occasional speaker and a u3a member is coming on September 25th to talk about how he did the research for his book 'A History of Petts Wood'. **(His new book about BBC Television in the 1960s will be launched in Towncourt Hall, Petts Wood on October 17th from 2pm).**

As not everyone is able to attend every meeting, we use WhatsApp to post brief notes from the meetings or things of interest we may have spotted in between. We have vacancies and anyone interested in joining the group should contact the group leader.

Science & Technology **Extremophiles**

Extremophiles are microbes (bacteria and archaea) that thrive in conditions so harsh that most life would perish. Found in boiling hydrothermal vents, Antarctic ice, acidic springs and deep-sea trenches, they have reshaped our understanding of what “habitable” truly means.

Their survival depends on remarkable molecular strategies. Their specialised enzymes remain stable where normal proteins fail, enabling heat-loving microbes to function in near-boiling water and cold-adapted species to operate below freezing. Membranes are tuned for flexibility or rigidity, antifreeze proteins prevent ice damage, and efficient DNA-repair systems protect against radiation. Some species rely on chemosynthesis, drawing energy from chemical reactions rather than sunlight.

Extremophiles are of interest because they expand the known limits of life. They offer clues to early Earth, when conditions were far more volatile, and they provide models for potential life beyond our planet. The icy moons Europa and Enceladus, with their subsurface oceans and chemical gradients, look increasingly like environments where extremophilic life could exist. These microorganisms demonstrate that life can flourish in places once thought impossible.

Their exceptionally stable enzymes also underpin major biotechnological advances in molecular biology and pharmaceutical development.

For more information about this group please take a look at the [Science & Technology Flyer](#) on the website or contact the Group Leader.



Our September GME meeting was very enjoyable. We had a very good hostess and together we shared our gardening knowledge.

We had struggled during the hot weather to keep our plants alive, but there were many colourful and well-established plants everywhere.

There was a well-designed small greenhouse, a garden pond and a lovely little summer house and swing that she still enjoys on sunny winter days. Every garden in our group is very different but the warmth and good spirits do not change.

If you think you would like to join a u3a group that is trying to find ways of gardening that are 'made easy' please get in touch!



Philosophy - New Members Welcome

If you enjoy asking 'Why?' and challenging everyday assumptions, why not join us?



Our Philosophy Group is looking for new members. We explore thought-provoking topics in a friendly, relaxed setting where every viewpoint is valued. Whether you're a seasoned thinker or simply curious, you'll be very welcome.

To be added to our mailing list please contact the Group Leader.



Walks



All walkers join the walks at their own risk

Walks are on the 3rd Wednesday of the month, starting at 10am unless stated otherwise. New walkers are welcome to join any of the walks - but please telephone us before coming on your first walk. Please ensure that you wear suitable footwear for the walks.

Note that the walk description is only a brief guide, not a complete breakdown of the walk.

PROGRAMME FOR THE COMING MONTHS

Wednesday 21st October - High Elms and Downe

Just under a 4 mile walk around Downe and High Elms. Generally level walking with no stiles. Four average steps and nine fairly steep steps. Some rough ground in the woods. Meet at Cuckoo Woods car park (free) High Elms Road, BR6 7JL. If approaching from Shire Lane, it is after High Elms car park and about half a mile after the golf club house on the left. Refreshments after in Farnborough Village.



Wednesday 18th November - Farnborough to High Elms

A 3.5 to 4 mile walk round the High Elms estate with a few steps and a few gentle inclines. Given the time of year it may be muddy. Meet at Tommy's Triangle in Farnborough High St. There are toilets 3/4 of the way round at High Elms café, plus drinks and food here, or at the end of the walk in Farnborough village where there is a choice of 2 pubs, a café and a deli.

AWARD-WINNING

Books

NEW

MEMBERS WELCOME

This group meets monthly in members' homes to discuss books that have won prizes - fiction, non-fiction, historical fiction, travel - an eclectic mix! Discussion is lively but light-hearted and we would welcome some new people to the group.

For more information please contact the Group Leader.

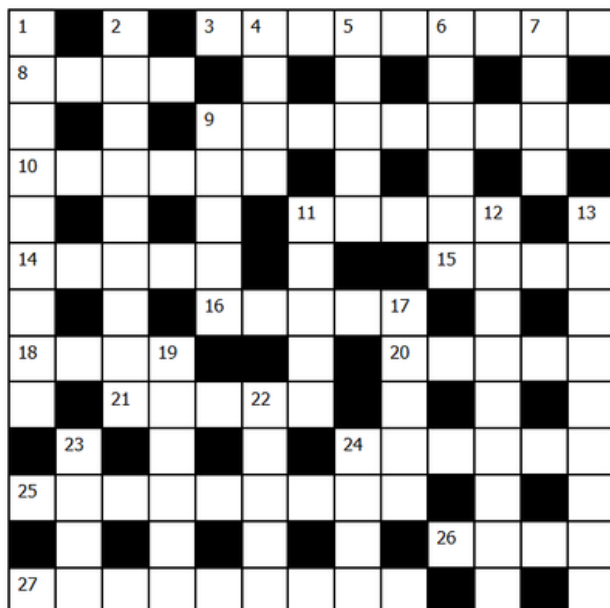


SLOW CYCLING NEW GROUP

Thursday 1st October 2:00pm

Meet at Lopeto café in Priory Gardens opposite Carlton Parade for a gentle cycle in the lanes down to Dunton Green and back by train to Orpington.

Cryptic Crossword No. 107 - Submitted by Cryptic Crosswords 1

**Across**

3. Is using a nuance bad for a plentiful supply (9)
 8. Instrument that heads of one big opera executive displayed openly (4)
 9. Monumental memorial met Boston building regulations (9)
 10. To find a cookhouse it is necessary to organise a break before the unknown (6)
 11. Perhaps take a short march to the capital of Burma to get a discharge from the services (5)
 14. Low buzzing sound I would shortly be describing as hot and damp (5)
 15. Foolhardy spots (4)
 16. Creepy and weird poetically before Latin that is shortly written (5)
 18. Reportedly plunder this instrument (4)
 20. Keep your hair on; otherwise it may be taken as a battle trophy (5)

21. Move quickly to see a renowned charioteer on the lines (5)
 24. This ringer may recall changes (6)
 25. Confounded plate they used for a direct exchange of thought (9)
 26. Prove new content is necessary for 10ac (4)
 27. Many a mean story concocted in this religious commune (9)

Down

1. Maybe descriptive of a blonde or grenades going to the underworld (9)
 2. He may have the key to the solution regarding the blocks Mithras covered up (9)
 4. Bring up our young leaders to recognise a navigational aid (4)
 5. Perhaps a VIP the French considered to be having qualities of high moral character (5)
 6. Writer enveloped in a taut horror-stricken appearance (6)
 7. Changed once for a solid figure (4)
 9. A long angry speech I left to engage in commerce (5)
 11. Firstly does it really take you that long to get begrimed (5)
 12. Close-fitting woollen helmet for the head and neck that Ava Bacall knitted (9)
 13. Sales point in the van or the part facing the street (9)
 17. SA reported an attempt to write a literary composition (5)
 19. Tossed into the lake, ruefully rejected a cry of triumph (6)
 22. Make a response when asked to cater differently (5)
 23. The last character taking the mined material back for nothing (4)
 24. Burn daily? (4)

Solution on page 2

Coming in the next Bulletin: a light-hearted account of this year's **SE u3a Summer School** — from car-park "duties" and excellent food to a brilliantly entertaining AI course. If you fancy four days of learning, laughter and good company, don't miss this cheerful write-up of one member's adventures.



William has asked me to write a note to thank everyone from the members of the u3a who have helped him by visiting him as he struggles to recover his short term memory.

He was hit by the wing mirror of an electric bus in Orpington High Street on the 17th May and is at present in the PRU Hospital awaiting a place at the Special Neurological Rehabilitation Unit at Orpington Hospital.

Thank you everyone who is making contact to help him to get his memory back.