

u3a Orpington

learn
laugh
live



Chairman's Letter

Could it be that things are finally looking up? Today there is sunshine and the prospect of a football victory, although I realise that by the time you receive this that may have changed! However, whatever the weather or the result, you'll always have a good time with Orpington u3a!

Why not come along to one of our General Meetings to catch up with all that is happening? New groups are advertised here at our Group Coordinators table, so get in at the ground level and help the group to flourish. Our wonderful London Explorers groups always have something exciting to offer at their table, perfect for a nice summer outing. If you have recently joined us, stop by and speak to Ann at her New Members table, where she can answer your questions and introduce you to an existing member who can chat to you about all things u3a! On top of all that there are free refreshments and an interesting speaker each month.

What more could you wish for? Maybe 25 degrees, a cold drink and an early goal from Harry?

Sue

Mike

It is with great sadness that we announce the death of Mike Winder, our friend and colleague. Mike was our Treasurer from January 2013, taking over from Bryan Rushen. He was tenacious, principled, meticulous and, of course, eminently trustworthy in the role; indeed our healthy financial situation is due to his clear management.

His successor, our current Treasurer, Bob, writes: "I took over at the beginning of 2023. Mike was an enormous help to me during the transition period, giving generously of his time, expertise and experience. He was a pleasure to work with and was in every sense of the words, a true gentleman. Orpington u3a were fortunate to have Mike as Treasurer and his 10 years of outstanding service will never be forgotten by those many of us who knew him."

On a personal level, Mike was a great support to me and we shared many a laugh together. He will be greatly missed by many of our members and our heartfelt sympathy is extended to Anne and his family.

Sue

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**The last day for receipt of copy for Newsletter No 161 is Tuesday 17 September 2024
and for Bulletin No 7 is Tuesday 20 August 2024**

**For contact details of Committee Members and Group Leaders
Please login with your Username and Password**

www.u3aorpington.org.uk

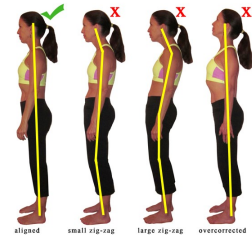


Monthly General Meetings - Crofton Hall (2-4pm)

**Doors open at 2pm for refreshments
until the main meeting starts at 2:30pm**

19 August - - Chiropractors and Postural Tips

Chiropractors have been around for over 125 years but who are they and why are they so focused on posture? Join Dean Blackstock, a Chiropractor with two decades worth of experience on a brief tour of anatomy and posture and lifestyle tips.



16 September -

A Policeman's Lot... Can be quite an interesting one!

The rise of 'Robo-cop'. Changes in police uniforms and equipment. Cops and robbers. Well known TV cop cars. An embarrassing moment for a certain Prime Minister. A theme tune quiz. Which is the most versatile piece of police equipment?... you may be surprised! How old was PC George Dixon when he actually retired?

Monthly u3a Coffee Morning - BR6 Café

On the Tuesday following the General Meeting in Crofton Halls, we have our coffee morning in the BR6 Café, Orpington College, at 10.30am. Members are invited to join other members and group leaders over a cup of coffee or tea and a pastry for £3.50.



Solutions to Cryptic Crossword No. 94

Solution to Cryptic Crossword No. 94
Across: 1 Cards, 4 Unstaffed, 9 Nectarine, 10 Grasp, 11 Irrupt, 12 Finisher, 14 Editorial, 16 Haulm, 17 Title, 19 Litterbin, 21 Anisette, 22 Banana, 25 Issue, 26 Eucalypti, 27 Yachtsman, 28 Drape.
Down: 1 Confidentiality, 2 Recur, 3 Shampoo, 4 Unit, 5 Speciality, 6 Anguish, 7 Flashbulb, 8 Departmentalise, 13 Millstream, 15 Intrinsic, 18 Element, 20 Enabled, 23 Alpha, 24 Icon.

GROUP REPORTS

London Explorers

Thursday 15 August at 11.30am
Guards Museum, Wellington Barracks, Birdcage Walk

Cost £17 per person for an escorted tour.

Train 09:42 from Petts Wood to Charing Cross, second carriage from the front.

Maximum number is restricted to 20 people.

Thursday 19 September
London Transport Museum Acton Depot Open Day

From the arrival of the horse buses through to the opening of the Elizabeth line, public transport has connected the four corners of the capital for almost 200 years. This open day will give you the opportunity to explore the Museum Depot in Acton, west London, with its treasure trove of over 320,000 objects. Tubes, trams, bicycles, buses and cable cars have all played their part in helping residents and visitors navigate the capital. Discover this fascinating story and marvel at historic vehicles which helped keep the city moving.

These Open Days only occur a few times a year so this will be a great opportunity to explore the depot, which is only a few minutes walk from Acton Town tube. This will be a self-guided visit once we are there.

Tickets £13 for concessions and Friends of the Museum. Bookings can be taken at the General Meeting or by email.

Golf

Our friendly golf group meets regularly on Monday morning at Cray Valley (9 holes) and on Thursday morning at Magpie Hall (9 holes).

Plus, on the first Monday of the month, beginning in March, some of our golfers play a Stableford competition over 18 holes on one of the local courses. Also, we have two 9 hole Stableford competitions, held once a month, both competitions begin in April. One is held at Cray Valley, with the other competition being held at Magpie Hall (Bromley Golf Centre).

Our David Buckley Memorial Trophy, held in July, raised over £246:00 for the St Christopher's Hospice. However, on a sadder note, Mike, one of the 'founding fathers' of our golf group passed away recently. Our golfing group owe a huge debt of gratitude to Mike for the immense work he had put in to its running and management. He will be sorely missed.



If you would like to join our merry band of golfing warriors, then please let me know. We welcome all new golf members - whatever your standard. Please contact the Group Leader

*“True enjoyment comes from activity
of the mind and exercise of the body
The two are united”*

Wilhelm von Humboldt



Orpington u3a Groups Information

A warm welcome awaits you from our many Groups and their volunteer Leaders. From Art to Walking, Reading, Table Tennis, Badminton, Gardening, Music Appreciation, Poetry or Jazz. Whether you fancy belonging to a companionable Dining Group, exploring Family History or Science, practising Chi Kong and Tai Chi, True Crime or Fiction, Line Dancing and many more – there is something for you to become involved with.

The Groups are there for you to share and help in. You will meet lots of interesting people.

Keeping an active mind is highly recommended!

At each Group, members chat, learn about other u3a Groups, put the world to rights and share laughter. All the groups are different, but you will have fun, learn and embark on new friendships.

Ideas for new Groups are always most welcome and Neil is here to help you. Perhaps you have a skill to share or want to get a group together to explore new ideas or activities?

You don't need to be a professional – u3a learning is a shared activity and there are many sources of information either online or from the library.

Group Leaders share group responsibilities such as arranging a venue and choosing dates and times of their meetings.

Groups should share the hosting by rotating around members homes or if anyone is unable to host they bring the biscuits or cake.

If you need to hire a venue – each member pays a contribution to the shared cost, usually around £3.

Groups hiring a venue would involve activities like Badminton, Table Tennis, Art, Line Dancing, Tai Chi or Bridge.

As Group Co-ordinator I aim to be at most monthly meetings (doors open at 2pm) and welcome queries and requests. Please come and introduce yourself at the Group Coordinator's table opposite the entrance door.

Janet

GROUP REPORTS

Wine Tasting

A Visit to Squerryes Winery

On a midsummer's day, the 'Cheers' wine tasting group set out for Squerryes Winery in bright sunshine. The motto of Squerryes is *licet esse beatis*, meaning "It is permitted to be joyful", and we were certainly determined to do our best.

Our guide showed us their vineyard, and explained the techniques involved in growing the Pinot Noir, Chardonnay and Pinot Meunier grapes for their sparkling wine. The chalk soil of the North Downs is explained ideal for producing wine in the Champagne style; and in fact, we were told that the famous Champagne house of Tattinger has recently bought land in Kent with a view to producing their own English sparkling wine.



Having looked at the vines, we proceeded to the all-important task of sampling some of the end products. We tried a 2019 Vintage Brut, a 2020 Rose and a 2015 Blanc de Blancs. All of these were enjoyed, but the group favourite was probably the 2019 Brut.

The tasting was followed by an excellent lunch, sitting on the terrace in the sunshine. Taxis home were a necessity.

If you are interested in joining the group, we do have a couple of spaces available, and you would be very welcome. No expert knowledge is needed. Please contact James for further details:

New Members' Meetings

These events are held several times a year for new members to meet with others new to Orpington u3a. They are very much a social event and also a chance to find out more about the various activities on offer.

The next two are to be held on 25 September and 7 November - both at the Crofton Halls with a start time of 10.30am.

I will be contacting new members about the September meeting with more details in early August. This advance notice is so new members can make a note of the dates.

If in the meantime if you have any queries please either email me or speak to me at the monthly Monday meetings at Crofton Halls. My contact email is under details of the Committee members in the Newsletter.

New Members Liaison

MOTO 1 - Events for August

Outing to Battersea Power Station on Wednesday 7 August, travel on 10.09am train from Orpington Station to London Bridge, then Northern Line to Battersea Power Station.

Bingo on 7 August and 21 August from 7.30pm at 5 Bells pub in Chelsfield.

Brunch at Richmal Crompton in Bromley South (Wetherspoons) on Monday 12 August and Friday 16 August from 10.30am

Lunch on Thursday 15 August in Ephesus in Orpington at 1.00pm.

Monthly MOTO 1 Meeting on Wednesday 28 August from 2.30pm at Hulbert Hall, Orpington Methodist Church.

Coffee morning at Second Home in Orpington opposite NatWest Bank on 3 August and 17 August, 31 August from 10.30am.

Lunch at The Buff in Green Street Green on Wednesday 7 August and Wednesday 28 August both from 12.00pm.

Sunday lunch on 11 August at Mings in Petts Wood from 1.30pm.

We have vacancies for this group. If you would like to join MOTO1, please contact

Science & Technology

In July a small group visited the 'Energy Revolution' Exhibition at the Science Museum, where we found out about sustainable energy systems and our role in achieving a low-carbon future.

We were surprised to learn that some technologies, we may consider to be quite new, have been around for a while. The first electric taxi appeared in 1897 and the first home heated entirely by solar power was built in the USA in 1948.



First electric taxicab 1897



In another gallery one of our members drew our attention to an early brain scanner. He can be seen above pointing to a component that he had been involved in manufacturing.

GROUP REPORTS

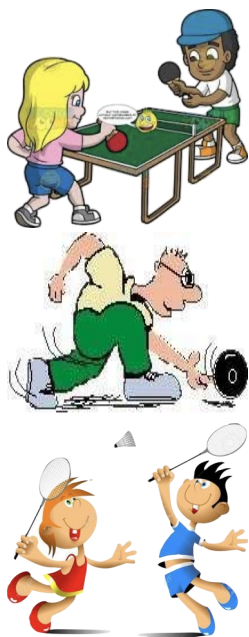
Table Tennis, Short Mat Bowls and Badminton - Update

A reminder that our group broke for the summer after our meeting on Friday 12 July, restarting on Friday 6 September.

Unfortunately take up for Badminton has been at best patchy so we don't currently plan to provide Badminton after the summer break. However, the Beckenham Badminton Group is open to Orpington members. See the Orpington website for details:

[Badminton, Short Mat Bowls & Table Tennis | Orpington U3A \(u3aorpington.org.uk\)](http://u3aorpington.org.uk)

On a more positive note, please see the article below on Pickleball which we hope to offer alongside Table Tennis & Short Mat Bowls if there is sufficient interest. Please contact



Anyone for Pickleball?

How about something new? Pickleball is a fun sport that combines elements of badminton, tennis, and table tennis. Played on a badminton court with a lower (34" high) net. Two or four players use solid paddles made of wood or composite materials to hit a perforated polymer ball, over a net.

Easy to pick up and a great way to exercise, pickleball is fast becoming one of the most popular racket sports in the world and is already being offered by over 100 u3as. It's a fun, low-impact, social sport that can be played as either singles or doubles. Find out everything you need to know about pickleball at the following link [Pickleball | Pickleball courts, rules & how to play | LTA](#) or type LTA Pickleball into your web browser.



If there is sufficient interest, we will arrange a Taster session, hopefully in September, and give initial coaching instruction on rules, the strokes and tactics. Equipment will be provided. The intent would then be to run it at the Walnuts Leisure Centre on Fridays, alongside Table Tennis & Short Mat Bowls.

If you are interested in giving it a try, please contact

Gardening Made Easy

Members of the group were welcomed at Christine Marsh's house as they brought along flowers from their garden. These were then used for wonderful displays created and demonstrated by Mansi, another member of the group. Next month the two GME groups will meet together for a joint lunch.



Walks

Walks are on the 3rd Wednesday of the month, starting at 10am unless stated otherwise.

All walkers join the walks at their own risk. 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 21 August – Scadbury Park

Approx. 3 mile walk around Scadbury Reserve. Some slight gradual inclines. No stiles.

Meet in the free public car park on the left just before the gates to the St Peter and St Paul Catholic Primary Academy, St Paul's Wood Hill, Orpington BR5 2SR.

Wednesday 18 September – Beckenham to Eden Park

Linear, fairly level, 3 to 4 mile walk (no stiles) around Beckenham to Eden Park where there are several restaurants and a Toby Carvery.

Meet outside Boots in Orpington High Street at 9.45. We will get either a B14, R1 or R11 to catch the 10:15 train at St Mary Cray. 358 bus direct back or train and 353 bus back.



Philosophy

The Gaia Hypothesis was proposed in the 1970s by James Lovelock who suggested the Earth can be seen as a single and integrated whole, in which living organisms interact with their environment, changing both.

We discussed this hypothesis, which emphasises Earth's self-regulation, and compared it to the theory of **Natural Selection** which drives evolutionary adaptations. Both concepts contribute to our understanding of life on Earth.

In one view, the living world consists of numerous individuals competing for resources. Random variations are acted on by natural selection to produce new, 'improved' life forms. The obvious way to represent this is by the 'tree of life', with branches representing the various paths taken in the evolutionary journey. This was the view proposed by Wallace and Darwin, but they did not suggest that this was the only possibility and Charles Darwin concluded his introduction to the first edition of his book *On the Origin of Species* with the words "Further, I am convinced that Natural Selection has been the main but not exclusive means of modification".



The four systems that sustain life are:
Biosphere (living things)
Hydrosphere (all water on Earth's surface)
Atmosphere (air)
Lithosphere (soil)

The other view (the Gaia Hypothesis) suggests that the entire earth is a single, very complicated, organism. In this model, individuals interact and co-operate in complex ways to maintain a single, balanced ecosystem. Rather than a tree, the Gaia hypothesis suggests a complicated network of connections and interactions, some of which create entirely new life forms.

These two views are not incompatible. Darwin was partly right – Natural Selection is one of the means of modification, but it is not the only or even the main one. The Gaia Hypothesis proposes another way of looking at the world based on symbiosis and co-operation. Perhaps Herbert Spencer's "Survival of the fittest" should be replaced by "Survival of the most co-operative".

Recommended reading about the Gaia hypothesis and the role of symbiosis in evolution: [Darwin's Blind Spot](#)



Ten Tips For Ageing Better

We know it's not just about living longer, it's about living healthily and happily for longer. Follow Age UK's top 10 tips for ageing better.

1. Watch what you eat and drink

It sounds obvious, but having a balanced diet is crucial for good health, energy and preventing illness.

2. Look after your teeth

Brush your teeth twice a day and floss daily.

3. Stay active

Daily exercise helps you to stay strong and healthy. This will lower your risk of obesity, heart disease, stroke, diabetes, and even cancer.

4. Make the most of your doctor

It's a good idea to get some routine tests done at the doctors to check your blood pressure and cholesterol levels.

5. Get a vitamin boost

Lots of people have a vitamin D deficiency and don't know it. In fact, it's estimated that it affects half of the adult population.

6. Take care of your feet

Look after your feet by applying moisturiser to prevent dry skin and cutting your toenails straight across.

7. Sort out your sleep

Avoid insomnia by cutting down on daytime naps, establishing a bedtime routine and going to bed at the same time each night.

8. Take the tests

As we age our hearing and eyesight can be affected, so it's important to get them checked regularly.

9. Stay in touch

Spending time with other people can prevent you from feeling lonely or anxious. If you find that you are no longer able to do the things you used to do, try to develop new hobbies and interests or think about becoming a volunteer.



10. Give up smoking

The good news is that if you stop smoking, regardless of your age, your circulation, your lung capacity and your energy levels will improve.

Summary from Age UK website

Follow this link for more information about maintaining good health.

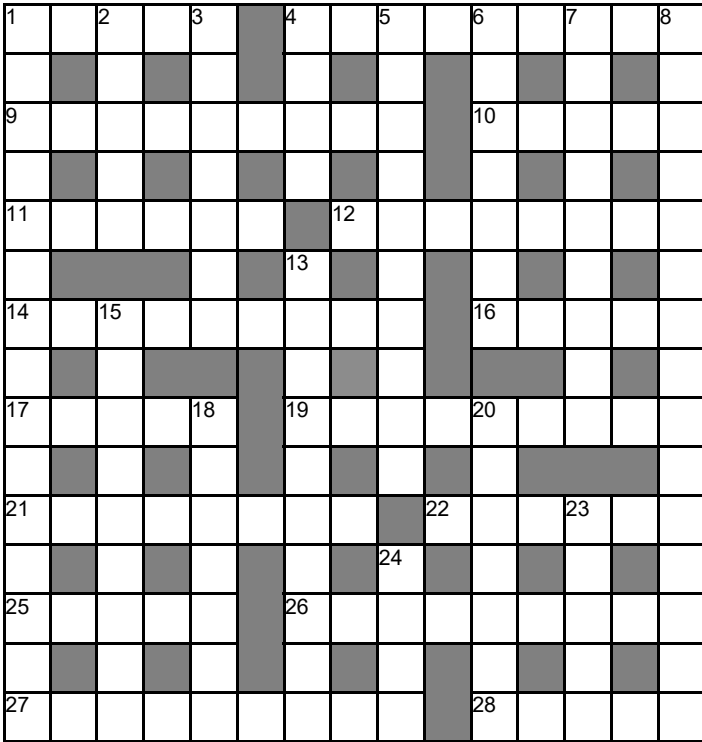
[How to age well: 10 tips for healthy ageing | Age UK](#)

or visit the website www.ageuk.org.uk

PUZZLES

CRYPTIC CROSSWORD no 94

Submitted by Cryptic Crosswords 1



Across

1. Characters that must be dealt with (5)
4. After Charlie perhaps, a funfest can be arranged because no-one is in the workplace (9)
9. A delicious liquid in European capital will uncover a variety of peach (9)
10. Comprehend it is an essential part of picking raspberries (5)
11. Initially I ran round using proper tools to break or burst in (6)
12. Nameless North European that completed the course, it's said (8)
14. Newspaper column the first person in an examination after change of diet saw (9)
16. Drag forcibly minutes after a beanstalk appears (5)
17. Name given to a singer by the French (5)
19. Possibly piglets wine storage space for the refuse collector (9)
21. Maybe a neat site to distil a liqueur? (8)
22. Bleat about an elderly relative, old fruit! (6)
25. Descendants bone of contention? (5)
26. Australian native oil producers may be seen in a European Union clay pit working (9)
27. Snatch Amy spoiled by this craftsman (9)
28. The different Padre would hang in loose folds (5)

Down

1. Secret pity quietly left by the expectation of the confessor (15)
2. Happen again – about a dog (5)
3. False bear heard to be found in the bathroom perhaps? (7)
4. One Parisian with Information Technology is regarded as a distinct entity (4)
5. In Italy spice is often used for a distinguishing feature or dish (10)
6. Hug Sian for suffering mental or physical pain or torment (7)
7. The second part causing the first part to be a brilliant illuminator on the whole (9)
8. Make into specialised divisions for remedial patents perhaps (15)
13. Perhaps grind a small river flower? (10)
15. Is it a sin nitric is seen to be relating to the essential nature of something? (9)
18. Maybe team with time to drop five for a minute fundamental constituent (7)
20. Has this lad been made operational? (7)
23. The final phalanx protected the brightest star (5)
24. Coin represented as an important and enduring symbol (4)

SUDOKU

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		6				1		
	8		3		6		5	
				6				
		3		4		9		
	4	2				5	1	

Solution on page 2



“When one door of happiness closes, another opens; but often we look so long at the closed door that we do not see the one which has been opened for us”

Helen Keller

This Newsletter contains personal data

Please do not leave a printed copy in a public place and dispose of it responsibly, preferably by shredding all contact details

Thank you

Orpington u3a Website

www.u3aorpington.org.uk



There is information about our Interest Groups, latest news, upcoming events and access to recent Newsletters and Bulletins on our Website.

Members who have provided us with email addresses will have been sent login details. Logging in allows you to see contact details for Group Leaders and other useful information in the Members' Area.

If you have not received your login details or you are not familiar with websites there are instructions to help on the home page.

u3a - Learning Activities

Follow the link in the title or go to the national u3a website (www.u3a.org.uk) to find out more about what the u3a has to offer.

The 'Learn and Share' activities cover a wide range of interests for all u3a members to get involved in, from challenges and projects to competitions.

E.g. Photos and Art; Puzzles and Games; Writing Competitions; Share Your Memories...

Meet and Greet Volunteers Needed

We need help at the monthly General Meetings (3rd Monday of the Month) in Crofton Halls



We have a rota of volunteers to help with greeting new members at the door - it's a great way to meet people.

**Trading ALERT!
Standards**



Trading Standards Alert delivers advice and support directly to subscribers' inboxes.

The regular alerts equip Bromley residents with information to protect particularly from scams and rogue traders.

To receive the latest scam alerts and warnings from Bromley Trading Standards straight to your inbox, sign up on

www.bromley.gov.uk/TradingStandardsAlertSignUpForm

HELP WANTED

The committee is looking for volunteers to form a **Social Events Team** to organise occasional events such as the very successful Science and Technology afternoon, perhaps coach trips and celebrations.

This would take the pressure off the main committee and allow us to concentrate on our roles.

If you feel you could help with this please contact any member of the committee.