

Issue 134**April/May 2020****IN THIS ISSUE:**

Committee contacts p 3
Groups news p 2-5
Membership renewal notice p 2
London Region news p 3 & 4
Crossword and sudoku p 6
Notices p 6

U3A - Latest Advice on Coronavirus

In the situation that any U3A Orpington member thinks they may have been at risk of contracting the virus or has been diagnosed with it:

- If a member has returned from one of the areas identified by the government and has any of the symptoms identified on the government website they should not hold interest groups in their own homes, or attend interest groups or attend monthly meetings until they have followed the NHS advice provided after calling 111.
- If a U3A finds that a member has contracted coronavirus, we have been asked to let the Trust know immediately. Please alert any member of the Orpington committee if you think this is the case.
- The members of interest groups that any member with coronavirus has attended should all call 111 to ask for advice.
- The monthly meeting should be cancelled for that month (and possibly longer) until the spread of the virus has been assessed.

Please consider other precautions such as using hand sanitiser gel in interest groups and monthly meetings and reducing physical contact such as shaking hands until further information becomes available.

CHAIRMAN'S LETTER

I would just take this opportunity to share with you how, in these unprecedented times, the current events are affecting our U3A.

Like yourselves we find the situation changes from day to day, sadly not for the better, our generation being separated from kith and kin, confined to our home for twelve weeks or more and our U3A a shadow of its former self; the monthly general meetings being suspended and group meetings affected by the isolation policy.

Can I ask group leaders and members, whenever possible, to keep in touch with items of interest. For example, gardening groups with suggestions for tasks you should be doing next month, Android with instructions for using What's App and social media to keep in touch with friends and family, cryptic crossword group have been sent a brain teaser! This is to name just a few.

Please abide by the government regulations for your personal safety, keep in touch with each other, and share your knowledge and experiences with your groups or a small article in the newsletter. I wish you all well in the coming months.

Members with internet access please watch the website for more news and pass on to fellow members who are not online.

William Sear

MONTHLY GENERAL MEETINGS

2-4 p.m. in the Main Crofton Hall near Orpington Station
Resumption will be notified on the website

ALL TELEPHONE NUMBERS quoted in the newsletter are as dialled from the Orpington (01689) Exchange

THE LAST DAY FOR RECEIPT OF COPY FOR NEWSLETTER No 135 IS TUESDAY 19 MAY 2020

Please send your contributions to
Mrs Janet Tucker,

REPORTS FROM GENERAL MEETINGS

February

The Festival of Britain was proposed as a symbol of the country's recovery from the 1939-45 war and its aftermath. The Wedding of Princess Elizabeth in 1947 and the 'austerity' Olympic games in 1948 had begun lifting the national mood and it was decided that a festival celebrating British life, culture, industry and trade on the anniversary of the Great Exhibition of 1851 would be appropriate.

A derelict 27 acre site on the South Bank of the Thames between the Hungerford and Waterloo bridges was chosen and work began. The embankment was extended from the front of County Hall, as it then was, the site was cleared and building began. The Royal Festival Hall was the first building, costing £2.25 million and completed in seven months. The inaugural concert on 3rd May 1951 was conducted by Sir Malcolm Sargent and Sir Adrian Boult who were said to dislike each other.

Those amongst us who remember visiting the Festival will have been intrigued by the background to some of the iconic buildings described by Michael Gilbert in this interesting talk.

Alice Burton

March meeting cancelled

GROUP REPORTS



Ambling London,

Wednesday, 29 January

On a cold bright crisp day eighteen of our members went via London Bridge for a walk around Islington, led by Janet Currie. We commenced by going through Chapel Market which is adjacent to Regents Canal. Islington is an area composed of largely Georgian style five storey properties with a basement and garret. The area has numerous performing arts theatres mostly small in size, some in pubs or small buildings. Of particular interest was a stop at the Little Angel Theatre, noted at times for its puppeteering. This theatre along with many other fringe theatres has been called Islington's mini Broadway.

We also passed a Taxidermist aptly named *Get Stuffed*, the one-time home of George Orwell, and the imposing Islington Town hall designed by E.C.P. Monsoon and built in 1925

MEMBERSHIP RENEWAL 2020 REMINDER (PLEASE IGNORE THIS IF YOU HAVE ALREADY PAID)

Membership for those of you who joined Orpington U3A before November 2019 was due for renewal with effect from 1 March. The annual fee remains at £10. You will be able to renew on-line using the Beacon membership system: payment can be made by debit or credit card using the Orpington U3A Paypal account (you do not have to have your own Paypal account}. Membership cards will then be sent out after receipt of your payment.

Details of how to access your on-line record are available. We hope that this will meet the many requests to provide an on-line option.

You can, of course, send the renewal form (Feb/March newsletter) with a cheque to Linda as before.

ORPINGTON U3A OFFICERS COMMITTEE & CONTACTS

Chairman	William Sear
Treasurer	Mike Winder
Membership Secretary	Linda Haward
Group Co-ordinators	Sue Howe Janet Holmes
Meetings Secretary	Pauline Dawson
Business Secretary	Frank Rowe
Newsletter:	
Editors	Sybil Robinson Janet Tucker
Distribution	Peter Richards
Database/Web Manager	Steve Cooling
Network Advisor	Pauline Dawson

Village Lunch - Chislehurst caves

Thanks to members of Group B for supporting this outing on a cold squally day.

I for one enjoyed the Caves so thank you Eileen Veal for suggesting it. We were shown round by Geoff, an American from Texas who tried to scare us with stories of ghosts and noises of bombs as we walked about in part of the twenty two mile cave system below. We held lanterns and kept close together for fear of being left behind in the dark. During the war the caves sheltered thousands of Londoners who paid £5 a week for their accommodation but most of all for their safety. In one small cave Geoff said that thirty odd people slept in bunk beds. All lights had to be out from 10 o'clock till 6 the following morning. When he turned off his torch we realised how terrifying this could be.

The Caves were set up like a small village with its own hospital and Chapel. There was even a dentist, let's hope his lamp didn't go out in the middle of treatment!

We all came out safely and made our way to The Tigers Head which provided us all with good hot meals on the very cold, wet day,

Pauline Dawson

Birdwatching programme for 2020



This group is cancelled until further notice.

ARE YOU LOOKING FOR A GROUP TO JOIN?

NEW GROUPS NEWS

We are very pleased to announce that some new groups will be starting soon:

Brian Mortby, Group Leader for **Italian Conversation** has been so successful with his group that he is starting a second one! There are a couple of places possibly still available and we would like to thank Brian for all his efforts.

A couple who have recently joined U3A have offered to lead 2 new groups. Joyce Payne, a retired Court Dresser, will run **Quilting**, whilst her husband Colin will lead **Bridge for Beginners**. Both groups have a long list of interested members and we are very grateful to Joyce and Colin for their enthusiasm.

For a few months we have been taking names of members interested in a **Quiz** group. This group is now launching, so contact us quickly if you would like to join.

We have been contacted by another new member who is keen to set up a **Backgammon** group and names are still being taken for **Astronomy, Coins and Stamp Collecting, Digital Photography and Gardening Made Easy**.

Not a new group, but a new date! The Pop Music group have extended the dates of the music they play to include the popastic 70s! This group will now be called **Pop Music 1955-1979**.

If you are interested in any of these groups, please contact Sue or Janet and don't forget to check our website for the most up-to-date information.



Janet Holmes Sue Howe

U3A IN LONDON EASTER CONFERENCE

21st, 22nd and 23rd APRIL 2020
MAIN HALL: HAMPSTEAD OLD TOWN HALL, LONDON, NW3 4QP

Freedom and its Consequences

The highly awaited and popular Easter Conference includes a fascinating, intriguing and challenging programme of talks over three days given by a range of speakers.

The subject is explored from a variety of different standpoints: art –'Freedom and Art', music –'How music has been a potent force in expressing dissent and motivating social reform' and science –'Freedom in Medical Science', that have all impacted on social reform and on our society today. Further topics include 'Our Planet: Spirituality and Responsibility' and 'Curtailed of Freedom: Indefinite Detention of Immigrants to the UK.'

In addition, the historical background is explored in the following talks: 'Liberalism and its enemies since the Enlightenment'; 'Diplomacy Lessons from the 1930s' and 'The Fear of Freedom: Erich From on the Authoritarian Personality'.

The keynote address, 'Literature: When Literature Became Free' given by Professor Susan Kord, a cultural historian and Professor of German at UCL, introduces the conference. She has written on many aspects of cultural and social history and will explore Patronage and Poverty in the 18th century.

The final talk 'Overcoming Prejudice and so-called Traditional Roles.' How Women won the fight for Freedom in Education provides a fitting end to the three-day programme for this thought-provoking conference.

Application forms are available by post (please send a stamp-addressed envelope) and phone. The cost is £50 for all three days and includes all coffees, teas and delicious lunches from the Atrium café.

U3A in London, Hampstead Town Hall, 213 Haverstock Hill, London NW3 4QP

Tel.020 7692 5440 www.u3alondon.org.uk

**This will probably
be cancelled .**

**FOR MORE DETAILS OF THE FOLLOWING EVENTS
PLEASE REFER TO THIRD AGE MATTERS OR
u3a.org.uk/events**

U3A DAY 2020

The Trust is organising a U3A day on Wednesday June 3. The Trust is making a grant to U3As of £100 if needed. Details are in TAM. There will be special downloads available through a closed Facebook group. Search for U3A day in Facebook and apply to join. **This has been postponed to 1 October**

NATIONAL MARITIME MUSEUM CONSERVATION CENTRE

This new facility is now open for tours
<http://www.rmg.co.uk/maritime-collections-centre>

KIRKALDY TESTING MUSEUM

A possible SLP
The museum is open to the public on certain days and they will arrange tours for U3As
www.testing-museum.org.uk

S E NETWORK NEWS 2020 STUDY DAY

As a result of the AGM discussions we are exploring the possibility of this being on *Climate change* and what we as individuals can do about it.

If you have any suggestions about topics or can suggest good speakers or if you would like to join the organising team please get in touch before the end of the year.

<http://u3asites.org.uk/glondonsenetwork/home>



Ode to a stormy weekend

Storm Ciara has come our way,
Wet and windy, blew the shed roof away,
The dustcart is due today
Trees down block its way,
Bins roll around on the ground
Lids and contents need to be found.
Now the sun has come out
Pick up the rubbish that's flown about.

The family let us know
In "Tilton" there is snow.

Some people in isolation
After going on vacation,
Maybe not their fault
Coronavirus they may have caught.

Some have been flooded and are in despair
Seeing the water ruin their favourite chair.

Here we have a lot to be thankful for
We will try not to moan any more.

Brenda W 12.02.20

London Region of U3As WWW.U3ASITES.ORG.UK/LONDON-REGION

SUMMER SCHOOL 2020 21st, 22nd and 23rd July

**St Bride Foundation Institute, 14 Bride Lane (off Fleet Street) EC4Y 8EQ
(Easy access from Blackfriars underground station or City Thameslink)**

There is a wide range of subjects to choose from including Art, Current Affairs, Drama, History, Literature, Music, Science and Travel. This year we have selected as a general theme The 'Twenties' – A Dynamic Decade. The 1920s saw much change and innovation. Where will the new Twenties decade take us? There are choices of talks, workshops and guided walks. Any combination of sessions can be chosen but you cannot select sessions that are running concurrently. All walks start from and return to St. Bride Reception Desk unless advised otherwise.

Cost: £38 per day. This includes coffee/tea, and a cold buffet lunch. You can choose to attend for one, two or three days.

On-line booking: If possible, please apply and pay on-line – it's quick and easy, and helps with administration. Please click on link to Summer School Online Application on Events page of the London Region of U3As website: <https://u3asites.org.uk/london-region/events>

Postal booking: If not possible for you to apply on-line, you may request a paper copy of the programme and postal application form from the contact below.

Booking confirmation: Your booking confirmation form will be sent to you by email on receipt of payment, whether you apply online or by post. If unable to provide an email address, please send a stamped self-addressed envelope with payment and copy of application.

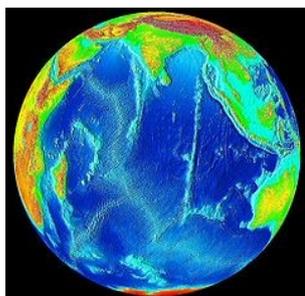
Refunds may be given in exceptional circumstances until 1st July, but none thereafter.

**For further information please contact Catherine Ware Email: chair.londonregionu3a@gmail.com or
Tel: 020 8879 0352**

For full details of the programme and speakers see the Orpington website or the notice board at a general meeting

Solution to Cryptic Crossword No. 68
Across: 1 Troopship, 6 Grub, 10 Ictus, 11 Numerical, 12 Potherb, 13 Incense, 14 Pudding and pie,
17 Horticultural, 21 Updates, 22 Rotting, 24 Slaving, 25 Opera, 26 Reel, 27 Gateshead.
Down: 1 Tailpipe, 2 Octet, 3 Posteriorities, 4 Handbag, 5 Pompion, 7 Raconteur, 8 Bullet, 9 Precipitations,
15 Dehydrate, 16 Sluggard, 18 Issuing, 19 Upright, 20 Purser, 23 Irene.

Science and Technology



In February our presentation was given by John Mangold on the subject of 'Anthropomorphic Climate Change' whilst the Science News element was given by John Cook and included reports on a Robotic Heart, Asteroid and Meteorite impacts and T Cells.

We learned that the definition of the subject title is 'the change in earth's climate of a permanent nature due to human activity, but that may be reversible'.

A report some years ago stated that 97% of scientists believed human activity was the cause, but some 500 others wrote to the UN with a petition signed by 31000 people saying that they did not agree. There are various arguments on carbon dioxide being the main cause of temperature rise, and this can be attributed to a number of processes although it was pointed out that many of them had been going on for some 200 years! Examples of the causes of the situation were described, along with counter arguments where suggestions for increases were actually shown as leading to a reduction.

The presentation concluded with suggestions on what we can do differently, such as using wind, wave, and solar energy to generate electric power. However, the great majority of the sources are governmental run institutions and as individuals there is not a great deal we can do – although when human activity is combined there would be a major impact. Such things as train instead of plane, electric cars instead of combustion engines, turning off lights and even reducing meat and dairy in our diets.

In March we had a miscellany of short presentations, with a view to triggering discussions.

I gave a talk on Genealogy (the Science of Ancestral Research) and the increasing use of DNA. I covered the basic sources of data relevant to family history research, and pointed out the areas where there are gaps along with how (and what) DNA can assist in proving (or disproving) assumptions made where things cannot be confirmed by the 'steam driven' technologies!

Di Wardleworth spoke on 'We would miss it if it wasn't there – An introduction to some of the technology underpinning civilisation' and covered Water, Electricity, and Gas culminating in a short discussion on lost rivers in London.

John Mangold once again presented 'Science News', starting with an update on Covid-19, followed by brief reports on subjects that included facial recognition, heat pumps and robots as well as potential ways of reducing obesity and extending lifespan.

As you can see, our interests are wide and if you, the reader, would like to join us on the second Tuesday of the month at St Paul's Church, Crofton Road in Locksbottom you will be made very welcome. Further details can be obtained from **John Mangold**.

Bob Trott

Worry doesn't improve the future,
it only ruins the present.



Walks

PROGRAMME FOR THE COMING MONTHS



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 don't forget to leave your phone number if you have to leave a message!

Unless stated otherwise, all walks start at 10 am
Please ensure that you wear suitable footwear for the walks. Also please note that the walk description is only a brief guide, not a complete breakdown of the walk.

Hazel and Ed Thompson

Wednesday 15 April – London Central Parks

Meet at Orpington Station for the 9:50 train to Charing Cross, Platform 2 for a 3.75 mile walk around St James Park, Green Park, Hyde Park and Kensington Gardens. This is a flat walk mainly on tarmac paths, the walk to finish in Kensington High Street where return journey is either via underground or number 9 bus.

There are plenty of eating places in Kensington High Street, including The Goat Tavern.

Leaders Wendy Aldridge & Glynis Cheeseman

Wednesday 20 May - Circular Keston walk

Meet on the green, Keston Village, near the Greyhound pub (plenty of road parking Commonsides) for a 3.5 mile circular walk, visiting the remote hamlet of Nash along the way. There is some road walking, but mostly paths and through Well Wood. The terrain is undulating with one downward slope. Paths can be very muddy after rain.

Lunch will be at the Greyhound, BR2 6BP, no need to prebook your meals.

Leader Janet Currie

NB IN VIEW OF THE CURRENT SITUATION, THE ABOVE WALKS MAY BE CANCELLED.



Golf

After a rearrangement in February we have been able to complete our first three monthly Stableford competitions of the year, albeit in somewhat muddy conditions.

However the prospects for the next few months are not very promising due to the increasing threat from Coronavirus.

The next fixture is due to take place at High Elms on 7 April and although we might then have an official recommendation for over 70s to stay at home, the writer's personal view is that provided no symptoms have been experienced at that time, then a morning in the fresh air of a golf course could be more beneficial than being cooped up at home for possibly weeks. The decision to play or not must rest with each member individually.

The other tournament which is due to resume at Bromley (Maggie Hall Lane) on 16 April may also be in doubt as it only runs until September. Meanwhile we continue to play 9 holes at Cray Valley (Mondays) and Bromley (Thursdays).

Sorry not to be more optimistic but it is somewhat out of our control.

For up to date information please get in touch

John Morris



Tucked away inside Biggin Hill Memorial Museum our busy Nightingale Café is a hot spot for a quick lunch or even afternoon tea.

We are looking for volunteers to help serve visitors and keep up our high standards.

All that we ask is that you can spare a few hours each month to give us a hand. In return, you can enjoy free entry into the museum and a 10% discount in the cafe and shop.

For more information or to apply contact us on: **s.dexter@bhmm.org.uk** or by phone on: 0208 3134916



Coffee mornings at BR6 and the Buff are cancelled for the time being.

In the present circumstances the newsletter can't keep up with ever changing advice from the Government and the Third Age Trust. Please go to the website for more detail and pass on any important changes to members you know who don't have access to the internet.

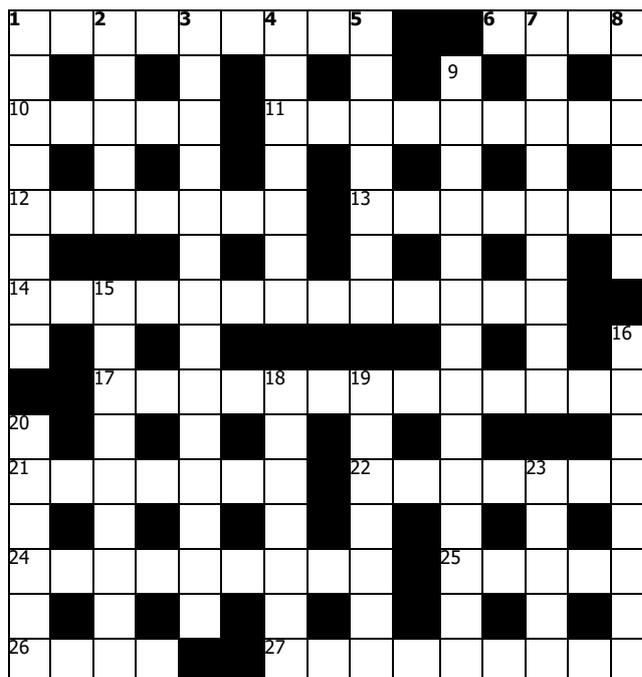
THERE WILL BE NO LONDON WALKS WITH KIM UNTIL FURTHER NOTICE

SUDOKU

					6	3	4
	8			2	4	5	9
		7					
1	5		3	4	2	9	
7			5	8			1
			9				2
	3					6	5
		4		1			
				6			

Cryptic Crossword No.68

Submitted by Cryptic Crosswords 1



Across

- Time to trail back keenly aware and trendy to find this vessel (9)
- A big rubber sheet covers the food (4)
- Initially introducing characters that usually scan metric rhythmic stress (5)
- Relating to numbers of lunar mice? (9)
- Leaves for the cook have better start following a commotion or disturbance (7)
- Popular scene reconstructed to infuriate (7)
- Perhaps duff with very good energy making two dishes (7,3,3)
- Maybe lurch to tutorial regarding the science of cultivating plants (13)
- Gives the latest information due, and past redemption (7)
- Single light metallic sound – rubbish before decomposing (7)
- Second wash drooling at the mouth (9)
- The leaders of prime entertainment reserve artistes to appear at this house (5)
- Returning a desirously sly look for a roll of film to be projected (4)
- The sad age of a northern town (9)

Down

- Shadow instrument through which gases are expelled (8)
- And others are up inside, to returning group of players (5)
- Behind Italian that is second having the qualities of being towards the back (14)
- Where Worthing was dramatically found (7)
- Magnificent display I go to on a pumpkin (7)
- The characters near court discovered a witty storyteller (9)
- Missile very loudly taken from blow but holding a measure back (6)
- Top painters here in Paris are prepared for showers (14)
- Rodent swallowed by Jekyll's alter ego following the lower classes to lose water from the body (9)
- Find a pest in the garden and drag back the idler (8)
- Seen to be taking action against and coming out (7)
- Instrument said to be vertical but not a grand producer of notes (7)
- An officer getting the prize by right (6)
- The first person a Frenchman will find feminine (5)