



STOP PRESS

Chair's Letter

GOOD NEWS p7

It is a great privilege to be the Chair of the Orpington u3a and I will do my best to continue to make Orpington u3a successful.

May I introduce myself? Many of you who come regularly to the Crofton Hall, will know me already, as I have been on the Meet and Greet Team for the last seven years.

More recently, I have been on the Committee as Meetings Secretary. I am also the group leader of 'Gardening Made Easy', 'Philosophy' and 'Town and Country'.

Four members of the Orpington u3a Committee retired at the AGM and on behalf of the new Committee I would like to thank them for their service, particularly the previous Chair, William Sear, who has shown so much inspiration and has led us throughout the last three difficult years.

Our Vice Chair, Sue Howe, gave an excellent speech at yesterday's AGM and thanked retiring Committee members, including Sybil Robinson, who helped set up Orpington u3a, twenty four years ago. Sybil was elected by the retiring Committee and confirmed by the membership, to become our first Honorary President.

I hope you all enjoy the u3a, as I do, for the wonderful opportunities it gives to Learn, Laugh and Live!

Do spread the word!

Pauline

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Membership Renewal 2022

Membership renewal for 2022 is now due. The committee have agreed that the fee will be £12 per annum.

Please complete your renewal by 1 March.

Those of you who joined after 1 December 2021 already have 2022 membership and do not need to renew.

Membership can be renewed easily online via Paypal.

Alternatively, for those members who prefer to pay by cheque, a membership renewal form is enclosed with this newsletter.

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 146 IS TUESDAY 22 MARCH 2022

Orpington U3A Officers Committee & Contacts

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Monthly General Meetings

21 February	Prof Thomas Clarke	The Gut Bacteria and the Immune System
21 March	Gilly Halcrow	The History of Food, Drink and Table Manners
25 April	Mel Rees	Much Ado About Nothing

U3A coffee morning

As soon as General Meetings resume in Crofton Halls, we hope to continue with our coffee morning in BR6 café at Orpington College on the Tuesday following the meetings, at 10.30 am. Members are invited to join other members and group leaders over a cup of coffee or tea and a pastry for £3.00p.



Solution to Cryptic Crossword No. 79
Across
 1 Mite, 3 Stripper, 9 Ukulele, 10 Parry, 11 Territorial, 13 Iberia, 15 Porter, 17 Achievements, 20 Ozone, 21 Languid, 22 One by one, 23 Shed.
Down
 1 Mountain, 2 Truer, 4 Tremor, 5 Imprisonment, 6 Partlet, 7 Rays, 8 Definitively, 12 Presided, 14 Enclose, 16 Avalon, 18 Nauch, 19 Solo.

GROUP REPORTS



Walks

WELCOME BACK TO ALL THE WALKERS

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.

Wednesday 16th February 2022 – Circular walk round Petts Wood

Meet at Tent Peg Lane car park off Crest View Drive, Petts Wood, for a 4 mile circular walk of Petts Wood. There are no stiles but steps over a couple of railway bridges. It is likely to be muddy so please come prepared with appropriate footwear.

Wednesday 16th March 2022 – 4 mile walk through Cobham Woods to Darnley Mausoleum

Meet at the visitor centre by the car park Shorne Woods Country Park, Brewers Road, DA12 3HX for a 4 mile walk from the country Park through Brewers and Cobham Woods to the Mausoleum. There are no stiles but most of the walk is a gentle upward gradient with a fairly steep incline to the Mausoleum. Downhill on the way back. This is mostly woods or grassy terrain so will be muddy, to very muddy, depending on the recent weather, so please make sure you have walking boots. There is a charge for the car park of £2.30 for the day either cash or pay by phone. Café and toilets at the visitor centre.

London Explorers

Forthcoming Events

Monday 14 February 2022

Dancesport International FULLY BOOKED

Science and Technology

I'm pleased to report that in spite of the recent omicron surge we have been able to continue our meetings in St Paul's Church hall, where we have windows to open and enough room to spread out the chairs.

At the Christmas meeting we successfully launched our 'Brains Trust' with volunteers answering the following questions posed by other members: 1. How do Lateral Flow, PCR and Antibody Covid-19 tests work and how specific and reliable are they? 2. How long do cells in bones/muscles/liver/heart/brain/nose live and how and why are they replaced? 3. How does a heat pump work? After a tea break with mince pies and a raffle we finished with a Christmas picture quiz.

To get our neurones firing again after the Christmas break, we started with a light-hearted Science quiz followed by two 'Brains Trust' Q&A: 1. It is known that the stable element Iron is the end point of nuclear reactions in stars, but how are heavier elements such as Gold produced? And account for the distribution of Lithium, Boron and Beryllium. 2. Do identical twins have identical genes? We were then presented with several interesting Science News items, including one (with video) about goldfish that have been taught to drive a robotic car on land!

As you can see, there is plenty of variety in the topics we discuss. Anyone wishing to join the Group is welcome to attend; you do not need a scientific background. More information is available on the Orpington u3a website or contact the Group Leader, whose details are on the Members Area section.

London Explorers

Thursday 31 March

Morning visit to the

Freud Museum,
20 Maresfield Gardens,
NW3 5SX,

the final home of Sigmund Freud, founder of psychoanalysis and daughter Anna Freud, on a day when the museum is normally closed to the public.

The tour lasts approx. 1½ - 2 hours and includes a talk, garden, dining room and Freud's study, preserved as it was in his lifetime.

Cost £6 (**cheques to be paid to Orpington U3A**) plus a share of a fee of £70 for the guide to be divided by number of participants, payable on the day.

In view of the Covid restrictions, please let me know ASAP if you wish to join me.

Answers to Quiz
1. Semolina 2. Smoked fish & Rice 3. Taiwan 4. Grain 5. Eight 6. Nigel Slater 7. Kimchi 8. Normandy
9. Aniseed 10. Marsala 11. Slicing 12. 17th 13. Italy 14. Ginger 15. Nectarine 16. Mushrooms
17. St. Nicholas 18. Richard Mabey 19. Hungarian 20. Meringue

Food and Drink Quiz

1. What are the two main ingredients of kedgeree?
2. Which type of wheat is used in Gnocchi?
3. In which country was bubble tea invented?
4. Is Quinoa a grass or a grain?
5. How many standard bottles of wine are equivalent to a methuselah?
6. Which food writer's autobiography is called 'Toast' ?
7. What is Korean pickled cabbage called?
8. Where does calvados originate?
9. What is the predominant flavour of fennel?
10. What type of wine is traditionally used in zabaglione?
11. In the kitchen what would a mandoline be used for?
12. In which century was chocolate introduced to the UK?
13. From which country does balsamic vinegar originate?
14. What word can go before *beer*, *bread* and *nut*?
15. Which fruit is an anagram of *transcience*?
16. What are morels and chanterelles?
17. Who is the patron Saint of wine merchants?
18. Who wrote *Food for Free* about edible wild plants?
19. From which language does the word *goulash* originate ?
20. What is the top layer of a *Queen of Puddings* made from?

Answers on page 3



SUPPORT NEEDED

Would you be willing to join the 'Support Team' to cover tasks in the Orpington u3a when needed?

Pauline Dawson
Chair

**ADVANCE INFORMATION ON A POTENTIAL SHARED LEARNING PROJECT
IN PARTNERSHIP WITH THE BRUNEL MUSEUM**

Brunels' Tunnel, which connected Rotherhithe and Wapping, was constructed between 1825 and 1843. It was the first ever tunnel dug under a river and is still in use today as the route for TFL's Overground Railway. The Brunel Museum sits at the top of the Rotherhithe Shaft and is seeking funds for refurbishment and a new exhibition. You can find out more about the museum on their website <https://www.thebrunelmuseum.com>. However the Brunels did not dig the tunnel themselves; they had a large workforce probably around 36 men on each shift and two shifts a day plus lots of other labourers doing a variety of support tasks. The museum has good records of the tunnelers who perished whilst working on the tunnel but very limited records of the rest of the workforce.

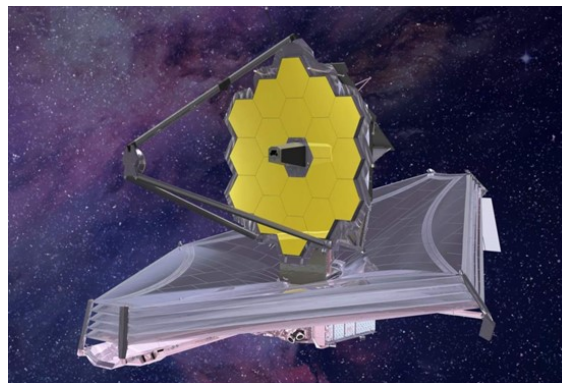
This is where our SLP may be able to help. Our project is likely to research the workforce; what were their names? where did they live? what about their families - did they move with them or stay at home? Indeed where were their homes? Were they recruited from the tin mines of Cornwall or the coal mines of Somerset? As you can imagine this will be a challenging task and we are currently looking for U3A members who would be interested in hearing more about the project and who might be interested in becoming a member of the team. We are still at the planning stages but in all probability we are aiming for the beginning of 2022 as a start date. We guess that this will be a popular SLP and demand for places might be high.

If you are interested in being kept informed of the project and would like to ensure that you get advanced information about volunteering please send an email to u3aglsenetwork@gmail.com Please tell us which U3A you belong to in your email.

We anticipate that more information will be sent out in early December.

Roger Mead Greater London South East U3A Network
u3aglsenetwork@gmail.com

The James Webb Space Telescope



The telescope is the largest and most complicated ever to be launched. It was so large it had to be folded up in its Ariane 5 launch vehicle. Then, in a process lasting 15 days, it unfolded into its final deployed state.

The telescope will orbit the Sun nearly 1,000,000 miles from the Earth and four times further away than the Moon in a six month halo orbit around the Earth-Sun L2 point. The location was chosen because it is both stable and a long way from the Earth and Moon, both of which are too hot for the telescope which has to operate at temperatures only 50°C above absolute zero. The telescope must always look away from the Sun and has a tennis court sized sunshade to shield it from the Sun's rays, made of five layers of material like the space blankets that you see at the end of the London Marathon, as well as a Helium Cryostat (refrigerator) to cool it down even further.

The telescope has two main imaging devices, The Near Infrared Camera (NIRCam) and the Mid Infrared Imager (Miri)

Mission goals

- Search for the first galaxies formed after the Big Bang
- Determine how galaxies evolved
- Observe the formation of stars and planets
- Measure the physical and chemical properties of planetary systems, including our own Solar System

SAVE THE DATES

London Region of U3As

WWW.U3ASITES.ORG.UK/LONDON-REGION

Registered Charity Number 1186441

SUMMER SCHOOL 2022

**St Bride Foundation Institute,
14 Bride Lane (off Fleet Street)
EC4Y 8EQ**

(Easy access from Blackfriars underground station or City Thameslink)

The London Region of U3As is planning to host a **2-day Summer School July 26 - 27 2022.**

Activities will include talks, workshops and guided walks. There will be a wide range of subjects to choose from such as Art, Current Affairs, History, Literature, Music, Sciences and Social Studies. In addition, this year we have selected London as a general theme.

At this stage we are just asking you to **Save the Dates.** We want everyone to be safe and will be closely following Covid guidance from the government, Third Age Trust, and working with St. Bride's. The full Programme and booking details will be publicised from mid-April.

Look out for more details in the next newsletter.

SUDOKU

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

CRYPTIC CROSSWORD no 78

Submitted by Cryptic Crosswords 1

1		2			3	4		5		6		7
				8								
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11												
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13		14				15						
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	17								18			
19												
20					21							
22									23			

Across

1. A small contribution of money for a minute arachnid parasite (4)
3. Club entertainer that could remove a coat? (8)
9. Instrument from our country, you said the Parisian twice played (7)
10. Ward off the composer? (5)
11. The leaders of regiments of line soldiers irritate characters becoming volunteers (12)
13. A rib that is found in a SW Europe peninsula (6)
15. The one employed to carry the beer (6)
17. Machine Steve used for accomplishments? (12)
20. Ring area defining clean bracing air (5)
21. Disinclined to exert effort but put down a broken weapon inside (7)
22. Perhaps describe eleven in single file (3,2,3)
23. Be quiet, the editor or that woman had uncovered the building? (4)

Down

1. Is it possible that the TA&M union would find one that could be in range? (8)
2. Being most faithful, show regret in turning right (5)
4. Is the centre more likely to have an involuntary quiver? (6)
5. Period of confinement not usually spent in the maternity ward (12)
6. Not completely allowed a garment to cover the neck and shoulders (7)
7. Really all you said at first was "They are beams" (4)
8. Find live Yeti serving to describe a distinction (12)
12. Lived at being under pressure and acted as chairperson (8)
14. Space very near pen? (7)
16. In song, the town with the bridge is in Java, London or Paris. Or none of these! (6)
18. Nothing alters until countries have leaders that perform an intricate Indian dance (5)
19. A parasol once used to cover up one part played alone (4)

Solution on page 2

**ORPINGTON u3a IS VERY PLEASED TO ANNOUNCE ITS NEW
HONORARY PRESIDENT, SYBIL ROBINSON**



Sybil, a Founder Member (Membership Number 2) was given the honour in recognition of her outstanding service in promoting the aims and ethos of Orpington u3a.

You are a Founder Member of Orpington u3a. How did you get involved?

I went along to a General Meeting at Bromley u3a, just after I retired. Bromley was getting too big, so they asked for volunteers to start a u3a in Orpington and I put my hand up!

Orpington u3a began in January 1998. What was your role?

I became the first Treasurer. I was a Maths teacher, although I kept saying Maths wasn't the same as Accountancy! We had a Committee of 6 and we set up a meeting in the small hall at Crofton Halls. We started with about 200 members, far more than we had anticipated, so I soon combined Treasurer with being Membership Secretary.

Are any of the groups that were running then still around now?

There have always been the card game groups, Art Appreciation, Birdwatching, French, Golf, Handbells, Theatre and Walking. I started a Mathematics group, but members had widely different aspirations and it just didn't work. That's the same as now, some groups don't take off but others thrive.

In January 2010 you became Newsletter Editor. How has the role evolved over the years?

I was dragged into being Editor under false pretences - the then Editor, Maud Muckelt said she needed help. I volunteered along with Janet Tucker and Gill Dijkhuizen. We were given some training in how to use Publisher by the girls in the Sixth Form at The Priory School in exchange for our help as mentors. Until then, the Newsletter had first been typed and photocopied and then produced in Word. Publisher made it look more professional. For many years Gerald Holmes printed the newsletter for us at All Saints. Since lockdown began, we have new printers and we can now send copy by email, which is a lot easier.

How do you think Orpington u3a has changed over the years?

The Committee has got bigger to deal with our increased membership and we have more contact with other u3as. Probably the biggest change is the use of the internet for both study and communication, although I still think the National Office Resource Centre is under used. It's very difficult to answer, as you don't note the changes when you're living with it all the time. The same spirit of the organisation is there though and I would like to thank the committee and the group leaders for their efforts in getting us through this very difficult time.

Sue Howe

STOP PRESS GOOD NEWS

General Meeting will be back in Crofton Hall on 21 February.

In welcoming you back we fully appreciate that some of our members will be cautious and take whatever precautions are appropriate to them.

Pauline

NOTICE BOARD

Volunteers needed

If, like most of us, you have been cared for by the PRUH at some time you may be now in a position to give something back, by helping them for a few hours on a voluntary basis.

The volunteers support patients, families and visitors to have a better experience in our hospitals.

For more information please contact faye.bedding@nhs.net.

Another Xmas and another Android phone!

Well if you are unsure how to use it or need any assistance, help is at hand.

Our friendly Android phone group meets the third Wednesday of each month at 10.30 am. If really struggling, come a little earlier for one to one help.

For more information, contact

Covid Pass - it's free!

Bromley Trading Standards is reminding residents to continue to be Alert to deceiving calls, messages, emails, or letters taking advantage of the Covid-19 pandemic.

The NHS and Action Fraud have warned that criminals are pretending to be from the NHS to steal money, financial details, and personal information.

NHS has confirmed that it will never ask for payment or any financial details nor issue fines or penalties relating to your NHS Covid Pass.

For information about how to get your FREE NHS Covid Pass visit www.nhs.uk/NHScovidpass or dial 119.

Look out for other Covid & Vaccine scams at [The Little Leaflet of Covid Scams \(met.police.uk\)](https://www.met.police.uk/the-little-leaflet-of-covid-scams).

[Take Five - To Stop Fraud | STOP - CHALLENGE - PROTECT - \(takefive-stopfraud.org.uk\)](https://www.takefive-stopfraud.org.uk)

REPORT

Protect others by reporting incidents.

If you or anyone you know have been affected by fraud, or any scam, report it to Action Fraud by calling 0300 123 2040 or visiting www.actionfraud.police.uk

If you have given out your bank details, contact your bank as soon as possible.

If you have received a suspicious email forward it to report@phishing.gov.uk If you have received a suspicious text message forward it to **7726**

Contact Citizens Advice for help and advice about scams on **0808 223 1133**

You can also visit www.Bromley.gov.uk/scams