

Issue 146

April / May 2022



Chair's Letter

It is good news that the dark days of Covid restrictions are now behind us and we can look forward to fine spring weather. However, we now have the heart- wrenching news of the war in Ukraine. I am deeply conscious of their humanitarian needs and many of our members have responded with compassion in organising collection points and offering their homes to help.

On a brighter note, our u3a groups continue to flourish and attract new members.

I take this opportunity to welcome John McKinlay, who has joined the Committee as our Meetings Secretary. We now need a member to shadow the Treasurer; and the Business Secretary's post is vacant as well. (see page 4). My predecessors have always emphasised that our continued success is the result of everyone contributing their talents!

In closing may I remind you that our next General Meeting, in Crofton Hall at 2pm, will be the Monday after Easter, on 25 April.

The BR6 café continues to be well supported with its excellent choices of coffee and pastries and meals. There will be a warm welcome, especially for new u3a members, on the day following the Monthly Meeting at 10.30am.

Pauline

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Membership Renewal 2022

Thanks to the many members who have renewed their membership for the year March 2022 - February 2023. If you still wish to renew, we request that you do so by Easter. After that, it will be assumed that you no longer wish to remain a member and will be lapsed.

Payment by PayPal has been very successful - you can pay by debit or credit card and do not need your own PayPal account. It has the advantage that your record is automatically updated.

Payment (£12) can also be made by cheque or cash.

Renewal forms were included in the Feb/March issue.

In line with other groups we are not issuing Membership Cards this year due to the high cost and administration involved. You will instead receive confirmation by e-mail or letter.

Linda

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 147 IS TUESDAY 17 MAY 2022

Please send your contributions to
Mrs Janet Tucker, email: newseditor@u3aorpington.org.uk

Orpington U3A Officers Committee & Contacts

Chair	chair@u3aorpington.org.uk	
Vice - chairman	vicechair@u3aorpington.org.uk	
Treasurer	treasurer@u3aorpington.org.uk	
Membership Secretary	membersadmin@u3aorpington.org.uk	
Group Co-ordinators	groupco-ordinators@u3aorpington.org.uk	
Meetings Secretary	meetingssecretary@u3aorpington.org.uk	
Business Secretary	businesssec@u3aorpington.org.uk	Vacancy
Newsletter Editors	newseditor@u3aorpington.org.uk	
Newsletter Distribution	newsletterdistribution@u3aorpington.org.uk	
Publicity	publicity@u3aorpington.org.uk	
IT Manager	itmanager@u3aorpington.org.uk	
Webmaster	webmaster@u3aorpington.org.uk	

Monthly General Meetings

25 April; Mel Rees, Much Ado about Nothing

16 May; Martin Gurdon, Confessions of a Motoring Journalist

20 June; Gilly Halcrow, The History of Food, Drink and Table Manners

U3A coffee morning

On the Tuesday following the general meetings in Crofton Halls, we are continuing with our coffee morning in BR6 café at Orpington College 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 £3.50p.



Solution to Cryptic Crossword No. 80

Across: 1 Beset, 4 Overboard, 9 Xylophone, 10 Rites, 11 Fleece, 12 Scotsman, 14 Headlands, 16 Lithe, 17 Clout, 19 Annoyance, 21 Lancelot, 22 Trivet, 25 Twist, 26 Installed, 27 Segmented, 28 Misty.
Down: 1 Box of chocolates, 2 Salve, 3 Typical, 4 Oboe, 5 Exercising, 6 Borstal, 7 Automaton, 8 Disinterestedly, 13 Antagonist, 15 Abounding, 18 Trestle, 20 Yardarm, 23 Vales, 24 Used.

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.

Hazel and Ed

Wednesday 20 April 2022 – 4 mile circular walk Hawks Wood & St Pauls Cray Common

Meet outside the Tigers Head Pub, Watts Lane, Chislehurst, BR7 5PJ for about a 4 mile circular walk. Nearest bus stop Manor Park Road on No 61 route. There are no stiles but expect mud so please come prepared with appropriate footwear.

Leaders John and Sylvia

Wednesday 18 May 2022 - Circular walk round Richmond

Meet at Orpington Station to catch the 9.52 train to Waterloo East; then on to Richmond (rail/not tube). This is approximately 3¾ mile walk, through Richmond Green and down by the towpath to Ham House. Return is via foot ferry, for which there is a £1 charge. No arrangements for lunch but there is a wide selection of pubs and restaurants in Richmond.

(The ferry carries 12 passengers and the journey only takes about two minutes so even if we have around 20 walkers there shouldn't be too much of a delay).

Leader Janet

London Explorers Forthcoming events

Friday 13th May 2022

Visit to **The Charterhouse**, Charterhouse Square EC1M 6AN

A guided tour of The Charterhouse, a thriving almshouse with 7 acres of gardens and historic buildings in the centre of London, embracing history over 7 centuries.

Cost £15 (including tea/coffee upon arrival)
Cheques to be payable to **Orpington U3A**

The sun, with all those planets revolving around it and dependent on it, can still ripen a bunch of grapes as if it had nothing else to do.

Galileo Galilei

London Explorers

In January we went to the Cartoon Museum, in central London, a short walk from Oxford Circus.

On arrival we were invited into the museum meeting room, given tea and biscuits and then a talk by the curator, Steve. He then gave us a guided tour of the museum in which he pointed out the highlights including one artwork that was purchased for £18,000. This is the second premises that the museum has occupied; they have now secured a 25 year lease, at favourable terms, which will hopefully give them security for some time.

We were told of the evolution of cartoons from their inception. *Shadow and Substance* by John Leech in an edition of Punch magazine, published in 1843 is now known as 'Cartoon Number One', and from this all future cartoons evolved. The museum has original newspapers that show the earliest cartoons and these are invariably reproduced in very small size. The small size unfortunately masks the immense amount of detail that the artist put into the original artwork.

The museum is broadly divided into two parts. The second half comprises a history and collection of comic works, a lot of which we will remember from our own childhood. The museum also ran a survey where visitors were invited to give their preferences on cartoon humour. Another museum that is well worth a visit.

On 14th February, despite tram track closures and a train cancellation, 26 of us finally arrived at Dance Sport International (DSI) in Croydon. We were given a fascinating introductory talk by Carol about the history of the company and their close association with making costumes for the *Strictly Come Dancing* contestants and their professional partners. They do not make the outfits for the judges or the show's presenters. The process of getting measurements, making an appropriate tailor's dummy using bubble wrap to fill it out in the right places, is all initially done in secret until the participants' names have been publicly released. The tight time frame they have to work with starts on Monday, with delivery of the garments to the BBC by 9.00 am on the Friday, ready for dress rehearsals. Each dress is made with a leotard sewn inside to make sure that the dress remains in the right place during the dance. The materials they use are stretchy to allow them to fit everyone properly and DSI select their own dyes to ensure a correct colour match. The addition of diamanté is done by a very skilful Indian gentleman, using a special glue which dries invisibly to make the wonderful patterns on the dress.

After the talk we were taken on a tour of the work rooms to see the types of materials they use which sadly cannot be sourced in the UK as we no longer have the manufacturing capability. This, of course, brings delivery delays due to Brexit. The dresses themselves are returned to DSI and after they have been machine washed at hand temperature, in a special bag, can be available for hire or resale. The company supply many other costumes for shows. At the moment it is for the *Dancing on Ice* show. However *Strictly* accounts for only 4% of their sales as they supply all over the world and have just got the contract back from P&O to supply costumes for the shows on their cruise ships.

DSI have a relatively small number of staff and most have been with the company for over twenty years. They all work very well together to make the company such a success. How refreshing to find a company that truly values their staff and which works like a large family. It was a really interesting tour where we all enjoyed a glass of Prosecco as part of our visit.

PAINTING

We would like to re-start Painting Group at our former venue:

Petts Wood Methodist Church Hall.

It will be at 1.30 – 3.30 pm on the first and third Tuesdays in the month.

The cost of the hall will be approximately £180 per 7 week term so if we get 10 members that will be £18 payable in advance.

More members = less cost, so please pass the word around. New members welcome.

Help given to beginners but no formal tuition.

**Starting date 19th April.
Enquiries to Stella or Sybil**



CHOIR IS SINGING AGAIN

We meet at All Saint's

Church which has wonderful acoustics so we sound better than we are!

We sing an interesting mix of music — classical, sacred and popular. Our hopes of singing at the Christmas meeting were dashed by Covid but we hope to perform at a future monthly meeting.

Meetings are on alternate Thursdays from 11.30 – 12.50 and we pay £3 each per session for the use of the church. The next meeting will be on 21st April and new members are very welcome.

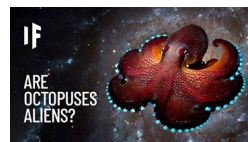


Science and Technology

8th February For everyone who enjoys taking a photo, Mo Childs gave an excellent presentation on **Digital Camera Technology**. Giving us an insight into how a digital camera works - from lens and sensor to processor and image. Each component is a technical marvel, not least the microscopic pixels whose 'anatomy' Mo dissected.

8th March Guest speaker, Duncan Waide gave a superb talk about **Climate Change**. He presented the scientific evidence for global warming, explained what the implications might be for humankind and the environment, then discussed what could be done to help keep climate change under control.

In addition, John Stephenson presented his usual assortment of quirky **Science News** items, including the hypothesis that octopuses are aliens from outer space brought to Earth by meteors!



Future meetings: Alzheimer's Disease (April). Bees and Beekeeping (May).

Everyone is welcome to join the S&T Group; you do not need a scientific background - just an inquisitive mind. If you want to know more please contact the **Group Leader**, whose details are on the Orpington u3a website in the Members Area.

IMPORTANT & URGENT - PLEASE READ THIS

Orpington u3a is a registered charity and as such must have a Board of Trustees made up of four Officers and a committee (all on a voluntary basis).

We have a situation where we need your help.

Our **Treasurer** Mike Winder will be stepping down for personal reasons and we urgently need to recruit a successor to shadow him for a short period and then take on the role.

Role Summary -

To oversee the finances of the u3a in line with good practice and in accordance with the u3a's constitution, the wishes of the Board (the committee) and charity legislation.

We also have a vacancy for a **Business Secretary**.

Role summary -

To support the Chair in ensuring the smooth running of the Board of Trustees (the committee).

To deal with all correspondence and the circulation of information.

These are both principal Officer roles.

If you could see yourself contributing to our future OR you know someone in your social circle who would welcome the opportunity to help us shape our u3a, please contact

Peter for more information.

**Our ability to fill these positions will determine the future of
Orpington u3a - it is serious.**

Trading Standards Alert!

Bromley Trading Standards are reminding residents to check and verify who is at their door if they receive an unexpected doorstep call. Some visitors may not be who they claim to be.

Distraction burglars mislead to gain entry to your home and steal from you, for example:

- . Offering to do, and even doing a little, work on your property e.g., garden, roof (as with rogue traders).

- . Pretending to be from a utility company e.g. gas, electricity, or water. Utility companies operate a password scheme - so talk to them first.

They can work in teams, with one person distracting you whilst the other searches your home stealing valuable items and your money.

Protect yourself - Keep burglars out of your property (Metropolitan Police)

- . Use your spyhole or a window to see who is there before you open the door

- . Remember “Not sure, don’t open the door”

- . Request ID and CHECK with the company before letting them in - a genuine caller won’t mind waiting while you check - always close the door while you do this.

If you, or someone you know has been or is being targeted by rogue traders call Trading Standards Rapid Response on 07903 852090.

WE ADVISE: DON’T-DEAL-WITH-DOORSTEP CALLERS.

Bromley Trading Standards are also highlighting some of the methods used by scammers to trick people into handing over their debit or credit cards – also known as courier fraud. In most cases, the fraudster phones their victim and claim to be from their bank or the police; then someone visits your home to collect your card, cash or other items. The fraudster may ask for your PIN (Personal Identifications Number) or ask you to key it into your phone.

NO BANK OR POLICE OFFICER WILL EVER ASK FOR YOUR PIN

The scammer then sends a courier or taxi to pick up your card from your home.

Once the scammer has both the PIN and your card, they can withdraw and spend YOUR money.



CONCERT GROUP

We visit mainly classical music concerts at the South Bank Centre

22 April A Gala Evening with Rénee Fleming

28 April Chineke! Orchestra

7 May The Last Night of the Spring Proms

14 May Joshua Bell plays Dvořák

1 June Royalty on Screen; A Jubilee Celebration

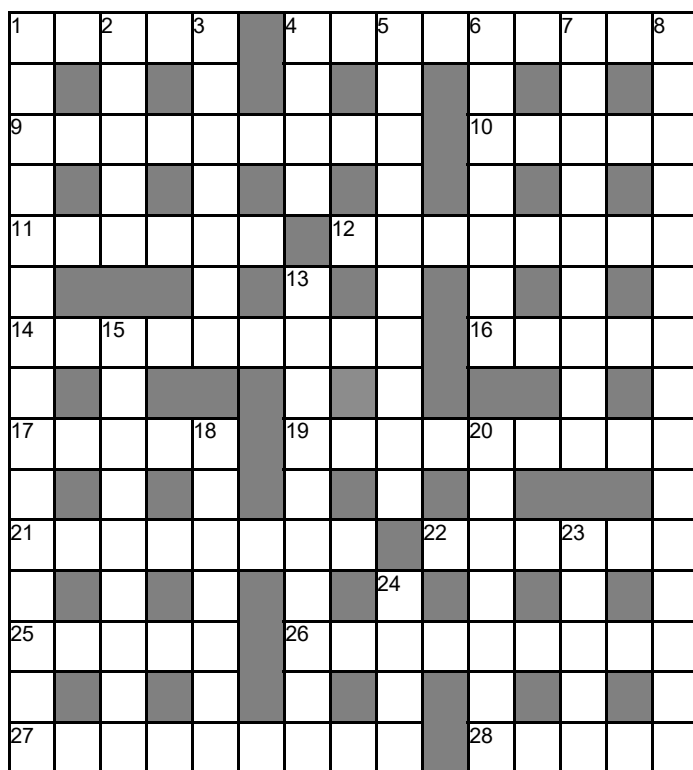
9 June Beethoven. Haydn

Members of the group will receive a detailed programme as usual but if anyone else would like to join us please contact;

Ann

CRYPTIC CROSSWORD no 80

Submitted by Cryptic Crosswords 1



SUDOKU

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

I didn't expect to get anything done today
and so far I haven't been disappointed.

Across

1. Surrounded by vegetable with small heart (5)
4. In the main, a way of leaving, going to extremes? (9)
9. In times unknown, leaders of London and Oslo have the means to ring an instrument (9)
10. Tries out the rituals (5)
11. Wool cheat? (6)
12. Small bed, small male Northerner? (8)
14. The main grounds for promontories (9)
16. Ignited that man showing effortless grace (5)
17. Caught the rough fellow a heavy blow (5)
19. A canny one may be a source of irritation (9)
21. Knight appears clean up to a large extent (8)
22. Pot holder split asunder between times (6)
25. Dance swindle? (5)
26. Salt lined up to be put in place (9)
27. It takes a second, say soldiers, to turn hay for drying in distinct sections (9)
28. Initially most islanders seem to yawn with an indistinct and blurred outlook (5)

Down

1. Preparation of flesh, Botox and cocoa will provide an acceptable gift (3,2,10)
2. A slave will bring an analgesic medicinal ointment (5)
3. Truly empty holy state conforming with what usually happens (7)
4. Starts of one blowing, over each instrument in the orchestra (4)
5. Activity exerting one's muscles caused by monarch in cutting out process (10)
6. Blast destroyed men inside reformatory (7)
7. A robot discovered by vending machine working (9)
8. Indifferently dig up, leaving you initially containing shortly established journalist (15)
13. An adversary not against reformation (10)
15. The first character progressing by forward leaps is flourishing (9)
18. Framework for support from settlers and letters (7)
20. Measurement with member found at the end of a tapering spar on board (7)
23. Removal essential to cover geographical features (5)
24. Secondhand, states journalist (4)

Solution on page 2

Philosophy



The Philosophy group is going well. We are discovering more about modern philosophers this year and we started with René Descartes researched by William Sear and Nej Al Salihi. We might remember that his best known philosophical statement is *cogito, ergo sum* (I think, therefore I am); French: *Je pense, donc je suis*, found in *Discourse on the Method* (1637). He also invented analytical geometry.

The following month Mike Bruce found out about A J Ayer and in April Bryan Wells will be sharing with us the life of Iris Murdoch and her moral philosophy. We welcome new members. Please contact me if you are interested.

Pauline

London Region News

This is a request from UCL's Dept of Speech, Hearing & Phonetic Sciences. They would like to know how well commercial hearing aids perform in situations that you may often experience. Many hard-of-hearing people complain about their hearing aids in noisy or reverberant places, for example in a restaurant, a car or kitchen. However, manufacturers rarely try out their products in such daily environments, typically using artificial sounds in laboratory settings. Hence, it is difficult to know which hearing aid works best in different real life situation

All the details are on the website. If you would like to be involved, contact Dr. Gaston Hilkhuyzen (you will find his email and phone number below). The initial part of this project can be carried out from home, using equipment supplied by the university.

Dr. Gaston Hilkhuyzen at G.Hilkhuyzen@ucl.ac.uk or telephone 020 7679 4235. He can answer any questions you may have and you can let him know whether you are willing to participate. If so, he will ask you some information about the status of your hearing. All personal information will be stored safely and securely and only the research team will have access. You may ask for your information to be deleted at any point. Additionally, you can withdraw your participation at any time without any need to provide a reason. We will always pay you for your time spent as well as reimburse the expenses due to returning the tablet. The UCL ethical committee has approved this study (LCD-2020-11). This study is part of a project funded by the Engineering and Physical Sciences Research Council. You can learn more about the project and this particular study by visiting the website <https://elospheres.wordpress.com/>

Jo

Research Ambassador-London Region of U3As

STATEMENT from u3a

We are often asked to publicise research studies and trials to our members. Where we do so it is because we believe it may be of interest to you although we are not endorsing or promoting the research study in any way. The u3a has not undertaken any checks or due diligence on the relevant department or the study itself and accepts no liability whatsoever if you decide to agree to participate. If you choose to take part in any study, you do so at your own risk and in your own capacity (and not as a u3a member). You should make sure that you understand all the risks associated with any study before you sign up and ensure that you understand the time commitment, any restrictions and possible side effects. You should also ensure that you will be insured as part of the study.

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.

Android

Have you ever thought of that  much used phrase "It's up in the Cloud"?

Well this month we were introduced to the complexities of the vast servers, some under the  sea and placed all over the world, all interlinking  with vast storage power to make it all happen for users of data.

If you would like to join this lively friendly group, have a problem or want to learn more  about your Android device, phone **William.**

We meet on the third Wed of the month at 10am for those wanting one-to-one help and 10.30 otherwise.



"Please hold while we bring you the complete works of Johann Sebastian Bach."

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.

BOOKWORMS MAY 2022 SALE



As you will know, we do not usually sell hardbacks at our book sales but when we were offered a considerable collection of very interesting reference hardbacks it seemed a shame not to break the rules for this May's sale. So if you have a collection you wish to donate (or even a single book you may have had for Xmas) bring them along. Please consider whether it would be saleable. We stopped selling HBs when we were inundated with ancient Reader Digest books and scores of classics. Of course we will still be selling paperbacks so come and see what is available at the May meeting.

Beryl

NOTICE - CLOSURE OF SAINSBURY'S WALKWAY

The walkway between PRUH and Sainsbury's will be closed from 26 March 2022 for 6 months.

Staff, visitors and patients who use this path will need to walk round via the main road to access the hospital.

Please leave enough time for your journey.

Capital, Estates & Facilities Directorate

Vacancy



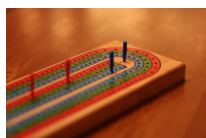
The Canasta 4 group, which plays Hand and Foot Canasta, has a vacancy.

The group meets on alternate Tuesdays from 2pm-4pm.

For more details please contact

Pat

Cribbage



Our small group needs two Crib players to make up a team.

If you would like to play and make up the four please contact

William

Orpington U3A website

Please check our website regularly for updates

www.u3aorpington.org.uk

Please share the information with other members who don't have online access.