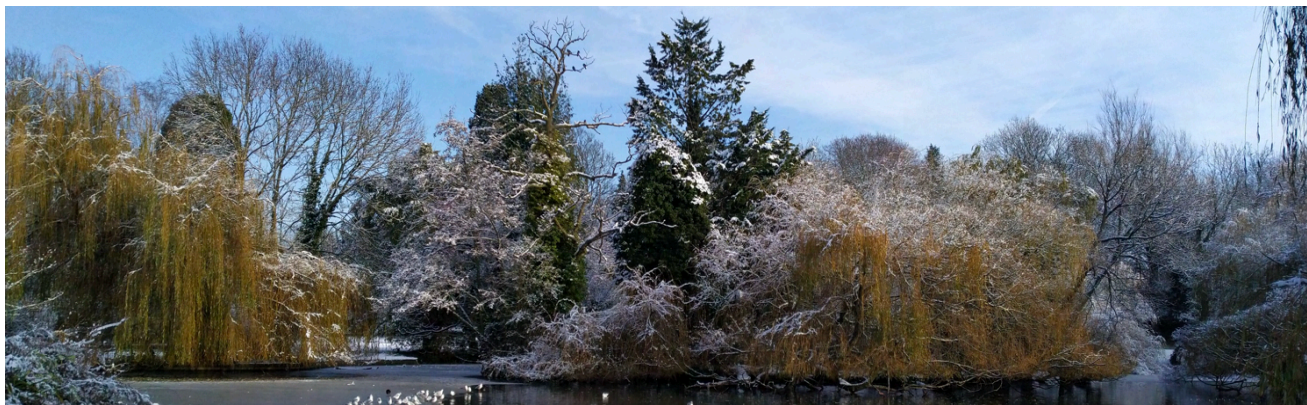


u3a Orpington

learn
laugh
live



Chairman's Letter



I am very pleased to be the new Chairman of Orpington u3a, especially as I'm hoping it will give me the opportunity to meet lots of members. Please invite me along to one of your meetings so that I can say hello!

I would like to thank the members of the Committee who 'retired' at the AGM and thank them for their many years of service. We are fortunate that others have stepped forward to take their places, ensuring that our organisation continues to thrive, with over 900 members and 80 interest groups.

If you have yet to join one of our interest groups, I recommend that you do so, as this is definitely the best way to make the most of your membership. By learning together, sharing experiences and making new friends, we can fulfil our motto to: Learn, Laugh, Live!

Sue - Chairman

MEMBERSHIP RENEWAL FOR 2023 IS NOW DUE

The fee will remain at **£12** per annum
Please complete your renewal by **1-March**
If you joined after 1-Dec 2022 do not renew until 2024

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
[Instructions on page 3](#)

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All telephone numbers quoted in the newsletter are as dialled from the Orpington (01689) exchange

The last day for receipt of copy for newsletter number 152 is Tuesday 21 March 2023

Please send your contributions to Janet - newseditor@u3aorpington.org.uk

Orpington u3a Officers, Committee and Contacts

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Membership Secretary	membersadmin@u3aorpington.org.uk
Group Coordinator	groupco-ordinators@u3aorpington.org.uk
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IT Manager	itmanager@u3aorpington.org.uk
Webmaster	webmaster@u3aorpington.org.uk

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

20 February - My Career at the Bar - Peter Thompson

Peter was based in Chambers in the Temple, with most days spent in court. He will give one of his amusing talks about his 27 year career at the Bar, highlighting one of his most interesting cases.



20 March - How to Organise your House - Ingrid Jansen

Ingrid Jansen is a professional organiser, declutter expert and owner of [Organise Your House](#) and The Declutter Hub. Dutch, mother of 2, she has been running her business for 12 years now and has completed over 1200 decluttering projects. Ingrid will talk about decluttering and organising your wardrobe.

Monthly u3a Coffee Morning - BR6 Café (10.30am)

On the Tuesday following the General Meeting in Crofton Halls, we have our coffee morning in the [BR6 Café](#), 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 £3.50.



Solutions to cryptic crossword No.85

Across: 1 Gamma, 4 Designate, 9 Nursemaid, 10 Ample, 11 Rancid, 12 Seething, 14 Latration, 16 Drawn, 17 Riser, 19 Unsignity, 21 Chandler, 22 Gazebo, 25 Icent, 26 Architect, 27 Entrated, 28 Radar.
Down: 1 General practice, 2 Moron, 3 America, 4 Dray, 5 Suddenness, 6 Granted, 7 Applicant, 8 Emergency doctor, 13 Lieutenant, 15 Testament, 18 Red Line, 20 Glazier, 23 Emend, 24 Acid.

Membership Renewal for 2023 is now due

The committee has agreed that the fee for 2023 will be **£12** per annum.

Please complete your renewal **by 1st March**. However, those who joined after 1st December 2022 already have 2023 membership and do not need to renew.

Please note: It would help the administration greatly if renewals are done **online** whenever possible. Payment can be made by debit or credit card using the Orpington u3a PayPal account (*NB. you do not need to have your own PayPal account and there is no additional cost to you*). Almost 400 members chose this method last year.

Renewing your membership by PayPal is quick and easy and allows the automatic recording of your payments on our membership database (Beacon). This will save our Membership Secretary and Treasurer a considerable amount of work, so if you are able to pay this way that would be appreciated.

We understand that some members still prefer to pay by cheque and this facility is also available. Whichever method you choose, your membership will be confirmed by email if you have provided an email address, otherwise by post. There may be a delay in sending confirmations as these will be processed in batches. Please retain this confirmation as it shows your membership number.

How to Renew by PayPal

If you wish to pay by PayPal, please visit the Orpington u3a website at www.u3aOrpington.org.uk Select the **Membership Renewal 2023** link in the Members' Area and follow the instructions. You don't need to login, but you will need your membership number and your email address.

Home > Members' Area > Membership Renewal 2023

When you get to the 'Log in to PayPal' screen, select the 'Pay by Debit or Credit Card' option (you do not need to have your own PayPal account).

How to Renew by Cheque

If you wish to pay by cheque please complete the form (included with printed copies of this Newsletter 151) and send it with your cheque (payable to Orpington u3a) to:

Orpington u3a, 1 Tandridge Place, Orpington, Kent, BR6 8DL

Please write clearly, especially email addresses, highlight any updates and do not use staples.

*For those who are able to view the newsletter on a PC or tablet, but still receive a paper copy in the post, **PLEASE** consider receiving it only by email in the future. Making this change is very easy, just click **HERE** and fill in the form on our website.*

Or go to the website www.u3aOrpington.org.uk

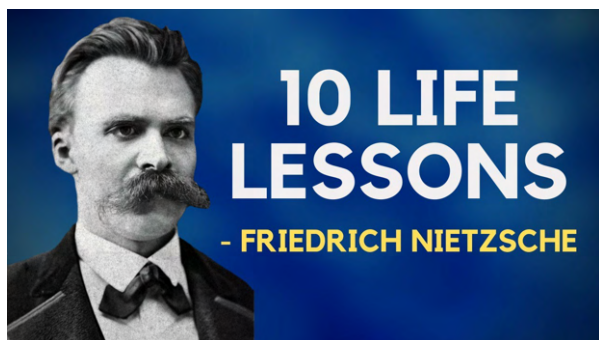
Home > Members' Area > Register for Newsletters by Email

Philosophy

For the last Philosophy Meeting of the year, the main ideas of [Friedrich Nietzsche](#), a German Philosopher, born in 1844 and who died in 1900, were presented and this was followed with a video and a shared lunch.

Listed below are some of the main ideas that Nietzsche had:

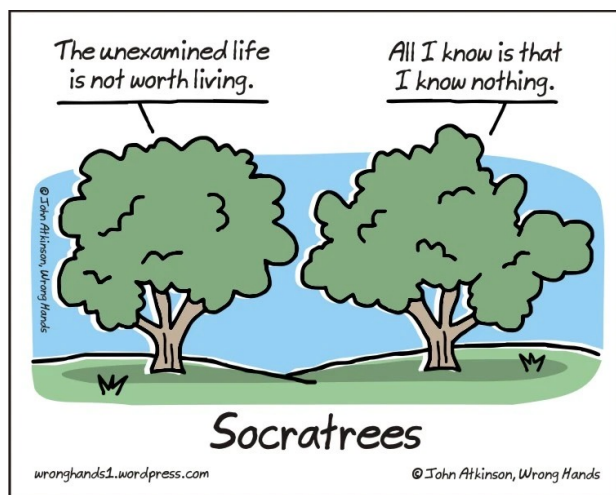
1. Be a harmonious totality
2. Avoid having a reactive life
3. Avoid holding resentment
4. Don't blindly follow the 'Masters'
5. Find your 'Why?'
6. Suffering can make you stronger
7. Avoid being just 'Busy'
8. Live dangerously
9. Become a 'Superhuman'
10. Happiness is the way you approach your goals



There is still a lot more to learn about this thought-provoking man who was hypersensitive. He suffered very badly himself, but his philosophy was that one should embrace whatever life throws at you. Treat envy as a guide and realise that you can become whoever you want to be but, he added, only by facing up to your true self.

If you would like to join the group, which is held on the last Friday of the month at various homes, do get in touch.

Pauline



Science and Technology

We had a snowy meeting to finish the year with a Christmas quiz and the latest Science News which included an item about a plant ([Boquila trifoliata](#)) that appears to use lens-like cells in its leaves to 'see' the shape of near by plants, it can then form new leaves in their image, it can even mimic the shape of plastic plants. Could this be a type of plant vision? Is your aspidistra watching you?



For our first meeting in 2023, Bob gave a very interesting and detailed presentation about the history, design and challenging 33 year construction of the impressive Clifton Suspension Bridge which spans the River Avon Gorge. Bob highly recommends going to Bristol to see the Clifton Bridge [visitor centre](#) and, in particular, to go on one of the behind-the-scenes tours.



Next meetings:

14-Feb: How Neuroscience began.. by accident!
14-March: Research Discoveries of 2022.

The [Science and Technology](#) meetings are held on the 2nd Tuesday of each month. For more information please contact

Viki

London Explorers

We visit places of interest, with other members, in locations within the Freedom Pass travel map.

London Walk with Kim

Thursday 27th April 2023

To book: call **Ann**



Walks

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



PROGRAMME FOR THE COMING MONTHS

Wed 15 February 2023 - Dulwich Park

Meet Orpington Station (Bus Station side) at 10:00 for train to East Dulwich.

The walk is approximately 3 miles flat walking.

Leaders: Lyn and George

PLEASE NOTE IF THERE IS A TRAIN STRIKE ON 15-FEB THIS WALK WILL BE CANCELLED

Wed 15 March 2023 - Wapping Waterside

Meet at Orpington station platform 4 for the 9.51 train to London Bridge. Walk is just under 4 miles around the old London docks, finishing at St Katherine's dock where there are plenty of eating establishments.

Leader: Steve

PLEASE NOTE IF THERE IS A TRAIN STRIKE ON 15-MAR THIS WALK WILL BE CANCELLED



Creative Writing (New Group)

Creative Writing is a new group which meets once a month in the afternoon of the first Monday. There was no meeting in January because of the bank holiday.



For the December meeting, members had written an opening sentence in different styles (thriller, a sci-fi story, a murder mystery, a fantasy or humour). We talked about the importance of a focussed plot and re-wrote a story that wandered between different themes.

If you are interested in coming along, please contact

Janet

Choir

Members of the [Orpington u3a Choir](#) got everyone in the Christmas spirit by starting the December General Meeting with several festive favourites.



The choir was sadly depleted by illness when we sang at the December meeting. We would welcome more voices (men and women) to this friendly informal group which meets on alternate Thursdays at 11.30 - 1 at All Saints Church.

For more information contact

Bryan

Third Age Matters Magazine - TAM

TAM is published five times a year and posted direct to members' homes. It is packed with stories about members and u3a activities, plus celebrity interviews and features on technology, recipes, travel, competitions, and has a lively and popular letters section.

TAM is available to any u3a member. However, if you currently receive TAM but do not read it, and would like to save our u3a the cost of your subscription, please cancel your order by contacting our treasurer by email:

treasurer@u3aorpington.org.uk

Coffee Culture Club (*New Group*)

We held the inaugural zoom meeting in January of the above group. It is basically a coffee morning with a cultural theme (popular and otherwise). The dozen members all stayed awake for the duration, which surprised me, but it was probably due to the caffeine not the content.

After opening introductions and general chat, we began going through the nine items on the agenda. It is not sensible to mention every one in any detail as it might mean the Chair's intro being deleted. But we started with TV programmes we enjoyed over the festive season. Stonehouse, Mayflies, Detectorists, all got a mention, but in these days of multiple channels there wasn't a single programme that more than two people had watched. Also no family entertainment like the past Morecambe and Wise shows with millions viewing.

Various members then read poems with a festive theme, some funny, others very moving, followed by three brief Shakespeare speeches and members quickly identifying the character and the play. Books published over the last year were discussed and Still Life by Sarah Winman and the latest Donna Leon detective novel were particularly praised.

Two recent cinema releases looked likely to suit u3a members, the first Mrs Harris goes to Paris with Lesley Manville starring was thoroughly enjoyed, but Empire of Light with Olivia Colman, Toby Jones and Colin Firth was considered to be too slow and the storyline a bit weak, although the acting was excellent.



The Tim Minchin musical version of Groundhog Day is coming back to the Old Vic and those who saw it previously thoroughly recommend it and The Motive and the Cue at the National Theatre looks promising.

Finally as members were by now driven to chewing their coffee grounds to stave off hunger, we closed noting the coming Cezanne exhibition at Tate Modern and Berthe Morisot the French Impressionist having an exhibition at the Dulwich Art Gallery in March.

Alan

Note: Alan started this coffee morning style Zoom group, at the request of existing group members, wanting a relaxed meeting with their u3a friends chatting about topics of interest. Other Orpington u3a members might want to start a similar group with topics of their choice.

Android Users

This is the meeting where we want you to turn *on* your mobile phones!



Do have a Samsung or similar mobile phone or tablet?

If you are struggling to get started or wish to explore the many features available from the above then we can help!

Our android meeting is held on the third Wednesday of the month at 10.30am. Enjoy a coffee or tea with a very friendly, helpful group of those more experienced who can help you in what can seem a little daunting. If we can help you or you have any questions please contact

William

Annual General Meeting 2023



At the AGM held on 16-January 2023 the following officers were elected to new positions on the committee:

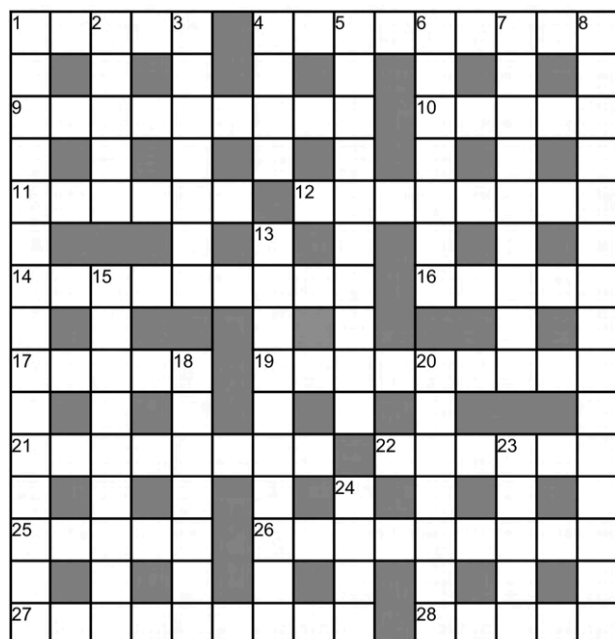
Chairman - Sue

Vice-Chairman - Yvonne

Treasurer - Robert

Secretary - Jan

Thank you to everyone who has volunteered to be a member of the Orpington u3a Committee

CRYPTIC CROSSWORD no 85**THOUGHTS FOR 2023**

*"Learn how to be happy with what you have,
while you pursue all that you want"*

*"If you really want to do something you'll
find a way. If you don't, you'll find an
excuse"*

Jim Rohn

**SUDOKU**

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

Submitted by Cryptic Crosswords 1**Across**

1. Good morning, Mother! Writing a Greek letter (5)
4. Indicate or specify by a rude sign at eleven o'clock, hiding the meaning (9)
9. Maiden sure to have less energy as a nanny (9)
10. Generously proportioned leaders of Africa make people leave early (5)
11. Went off after managing the Police Department (6)
12. Notice and object to being in a state of turmoil (8)
14. The French take a short time to share an instance of barking (9)
16. Sketched the conflict returning to the capitals of Dorset and Northumberland (5)
17. One getting up as part of flight (5)
19. Peacekeepers sense the limits of liberty are unpleasant to look at (9)
21. A candle maker appears to be a cold trainer of animals (8)
22. Look intently before discovering an unpleasant smell in a shady resting place (6)
25. The heart of a device nicely hiding the eastern Britons (5)
26. Coily roguish short detective takes it about a designer (9)
27. Petitioned to deter neat characters reforming (9)
28. Female in a luxury car discovered a device for detecting distant objects (5)

Down

1. Rehearsal after officer describing the work of a medic in the community (7,8)
2. Person considered stupid heard advice to have extra clothing (5)
3. The morning Heather went to the States (7)
4. Backyard wagon? (4)
5. Happening without warning and send nude to change on board (10)
6. Gave permission to the old woman taking a small boy (7)
7. Candidate can lap it up with pressure? (9)
8. Crisis to meddle with one who may be found at a critical situation (9,6)
13. Find an officer in place of a boarder (10)
15. Where try out meant changes to proof (9)
18. Notable thin one found to be central to the underground movement perhaps? (3,4)
20. Moraine having change of heart for a glassworker? (7)
23. Journalist taking pieces in to improve by critical editing (5)
24. Acerbic leaders of all companies in directories of importance (4)

Solution on page 2

Group Coordinator Vacancy - can you help?

We are looking for a volunteer to help the Group Coordinator Janet. The role will involve supporting existing groups and promoting new groups. Someone with IT skills and experience with databases and spreadsheets would be particularly welcome.

For more information please email
groupco-ordinators@u3aorpington.org.uk

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DON'T MISS OUT!

**Please check our website
regularly for updates**

Click on the link:

www.u3aorpington.org.uk

Parcel Scams - They Don't Deliver!



Bromley Trading Standards urges residents to be aware of **missed parcel scam texts**. They claim to be from the Royal Mail or other well-known delivery businesses, but in reality, it is an attempt to obtain your personal details and ultimately your money.

How you can protect yourself:

- Don't click on the link
- Report the text – forward the text to 7726.
- More information is available at [Report a scam text message - NCSC.GOV.UK](https://www.ncsc.gov.uk/advice-and-guidance/avoiding-banking-malware)
- Delete the text



If you are expecting a parcel from that particular delivery business, don't click on the link but check with them directly using the links in the National Cyber Security Centre (NCSC) advice – which also covers malware – below:

[Advice on avoiding banking malware - NCSC.GOV.UK](https://www.ncsc.gov.uk/advice-and-guidance/avoiding-banking-malware)

Visit Which? for more information about similar messages purportedly coming from the Post Office:

[How to spot a dodgy Post Office delivery text - Which? News](https://www.which.co.uk/news/article/48111-how-to-spot-a-dodgy-post-office-delivery-text)

NEED HELP WITH YOUR APPLE DEVICE?

For tips and advice contact

John

[Apple Users Group](#)



Farewell & Thanks

Pauline - Chair

Mike - Treasurer

William - Secretary

Anne - Refreshments

Ken - Examiner of Accounts

**Thank you to our previous Committee
Members who have served tirelessly
on behalf of Orpington u3a**