



### Chair's Letter

With light evenings, trees in full leaf and summer weather, I hope you are making the most of what the Orpington u3a can offer and what you can contribute.

Sadly, we have said goodbye to our IT Manager, Steve, who has moved away, but I am very pleased to welcome Maurice to take his place.

A u3a Recruitment Day was held in The Walnuts on Saturday, 21<sup>st</sup> May and we must thank Yvonne for all her hard work in making the arrangements.

As many of you have read in the Third Age Matters magazine, 1<sup>st</sup> June will be an opportunity for the u3a to celebrate with a 'Picnic in the Park'. If you take photos of your interest group that day make sure you have the members' permission first. Perhaps group leaders could forward one to me or Yvonne.

There are provisional plans to celebrate the 40th Anniversary of u3a on 21<sup>st</sup> September at Crofton Hall from 10am to 1.00pm with teams from Bromley and Beckenham u3as. Members interested in Mah Jong to contact Irmgard or if you would like to take part in a Whist Challenge please give your names to the leaders of the Whist groups. There might also be a Jig-saw team so members interested in this please make contact with me!

So enjoy the next few months and let's keep our spirits up and Learn, Laugh and Live.

**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 have not renewed this will be your last newsletter.

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 148 IS TUESDAY 19 JULY 2022**

Please send your contributions to  
Mrs Janet Tucker, email: [newseditor@u3aorpington.org.uk](mailto: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      | Vacancy |
| 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              |         |



### U3A coffee morning

On the Tuesday following the general meeting 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 £3.50.



**Solution to Cryptic Crossword No. 81**  
**Across:** 1 Cacti, 4 Statement, 9 Negotiate, 10 Uncle, 11 Enrage, 12 Contessa, 14 Saturnine, 16 Rabbi, 17 Orate, 19 Treatment, 21 Aperture, 22 Umpire, 25 Roman, 26 Contrato, 27 Sandalled, 28 Latin.  
**Down:** 1 Concessionaires, 2 Cigar, 3 Integer, 4 Sham, 5 Anemometer, 6 Equator, 7 Excusable, 8 The man in the moon, 13 Historical, 15 Tradesman, 18 Estonia, 20 Timbrel, 23 Inlet, 24 Enid.

# 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 15<sup>th</sup> June 2022 – Circular from Pratt's Bottom

Meet at the Bulls Head Pub, Rushmore Hill, Pratts Bottom, BR6 7NQ for a 4 mile circular walk passing through undulating farmland. There is one steep hill and one stile. If you wish to lunch at the Bull afterwards please contact the pub directly on 01689 639233

**Leader Glynis & Wendy**

### Wednesday 20<sup>th</sup> July 2022 – 3 Mile circular round Cudham

Meet in the car park beside the Blacksmith's Arms, Cudham Lane TN14 7QB at the usual time of 10 am. The walk involves 2 stiles, 2 inclines. If heavy rain the day before, it will be muddy!! Please wear suitable footwear. There are some nice views along the way. There are 2 pubs in Cudham Lane if walkers want to book for lunch. Blacksmiths Arms and The Bull (recently refurbished).

**Leaders Garry & Chris**

### London Explorers; Tour of the Charterhouse

Twenty of us enjoyed a very interesting tour of the Charterhouse. After catching two trains to Farringdon and a short walk, we were greeted by a guide at the gate and were shown to the education room. Here we were introduced to a specialist guide who gave us an insight into how the Charterhouse evolved from being originally London's largest cemetery for victims of the Black Death in 1348. The Charterhouse became an important Monastery, a Tudor Manor, a school for boys from poor families and finally an almshouse offering shelter and care for the elderly community, which it remains today.

We learnt a very important fact regarding Association Football; the throw in was adopted in the school's quadrangle; as there was not enough room to kick the ball if it had gone out of play, it had to be thrown in overhead, and is still the rule today.

We had time to look at the museum and the lovely chapel and were then served coffee and were able to ask questions. I think we all agreed it was a very interesting trip.

**Jan and Geoff**

## Philosophy

Iris Murdoch (1919-1999) is regarded by many as one of the greatest philosophers - and novelists- of the twentieth century.

In *The Sovereignty of Good* - three essays published in 1970 - Murdoch sets out her ideas, many of which are also embedded in her novels. *The Bell* (1958) was her first great success.

Working in Oxford in the 1960s, Murdoch was swimming against the prevailing philosophical tide of existentialism and relativism, of which Jean-Paul Sartre was the main exponent.

She met him once, but was soon to move right away from his nihilism. Her main themes can be illustrated with some quotes from *The Sovereignty of Good*.

On art - 'Great art teaches us how real things can be looked at and loved without being seized and used, without being appropriated into the greedy organism of the self.'

On freedom - 'Freedom....is the disciplined overcoming of the self. Humility is not a particular habit of self-effacement, but.....a selfless respect for reality and one of the most difficult and central of all virtues.'

On love and the moral life - 'Love is the general name of the quality of attachment and it is capable of infinite degradation; but when it is even partially refined it is the energy and the passion of the soul in its search for Good, the force that joins us to the world through Good. Its existence is the unmistakable sign that we are spiritual creatures, attracted by excellence and made for the Good. It is a reflection of the warmth and light of the sun.'

While disavowing a personal God, Murdoch's Anglican Christian conditioning remained formative throughout her life. Formative once more in the 21<sup>st</sup> century, she is seen as a standard bearer for such *zeitgeist* tropes and memes as mindfulness, attention, lovespeak, compassion, and liberation from the 'fat selfish ego and its self-serving fantasies.' A Platonist who affirmed the 'Good' rather than 'God' she was, fundamentally, an honest broker in the notion of love to the extent that she relentlessly sought its authenticity. And for religious believers she continues to have something to say to those whose belief system has at its centre and heart that most multifaceted and 'thick' of concepts: love.

**Bryan**

## Monthly General Meetings



- |                   |   |
|-------------------|---|
| <b>20 June;</b>   | <b>Gilly Halcrow</b><br><b>The History of Food, Drink and Table Manners</b> |
| <b>18 July;</b>   | <b>Ingrid Jansen</b><br><b>Organise Your House</b>                          |
| <b>15 August;</b> | <b>Anthony Poulton-Smith</b><br><b>Origins of Place Names</b>               |



## Handbells

The handbell team invited friends and family to come to an end of term open session at St John's church. It was a chance to demonstrate our progress since the group restarted last September. We played a variety of pieces including a new arrangement of the Ukrainian national anthem. Grandchildren had a chance to try playing the bells and even had a go at conducting.

We then served refreshments- tea and coffee with hot x buns, cakes and chocolate eggs and enjoyed a good natter together.

Jo



## London Explorers

### VISIT TO THE FREUD MUSEUM

On Thursday 31 March, 16 U3A members visited Sigmund Freud's house in Finchley, North London.

We were given an introductory talk by the curator who explained that the house had been bought by Freud in 1938 as a sanctuary from the Nazis who had invaded Austria. Being a Jew (although an atheist), he had to leave Vienna with his wife, daughter and housekeeper. All their possessions were transferred from their home in Vienna to London. He only lived in Finchley for a year until his death from cancer in 1939. His daughter Anna Freud took over the house and lived there for 40 years before leaving it as a museum.

We walked freely around the house which exhibited Freud's study, set up exactly as laid out in Vienna, the central exhibit was his famous couch where he carried out his psychoanalysis on patients. His extensive library and huge archaeological collection were on show. The house was noticeably very light and spacious with a well-kept garden. Anna Freud's office and therapy room was also exhibited.

Freud, a neurologist, was the founder of psychoanalysis, a clinical method of evaluating and treating pathology in the psyche between patient and psychoanalyst. His ideas have impacted on everyone's daily life and all forms of therapy. He was one of the great influencers on the 19<sup>th</sup> and 20<sup>th</sup> centuries revolutionising how we think about the individual psyche.

His daughter Anna was also a very successful psychoanalyst and a pioneer in Child Psychology.

A big thank you to Judy for organising such a wonderful trip and shepherding everyone so efficiently, so that we arrived safely.

David

### 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 are pleased to welcome Mansoureh to shadow **Treasurer** Mike who will be stepping down for personal reasons .

We 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.

We would also welcome someone to join the editorial team producing the newsletter.

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.**

## **Trading Standards Alert!**

**Bromley Trading Standards are highlighting tactics used by scammers who phone to tell you that your computer has been infected with a virus. They may use the names of well-known firms to appear official and say they can help to solve the problem.**

**Software firms do NOT make unsolicited calls to help fix computer problems.**

**Trick you into installing software - this could 'collect' personal details including usernames and passwords e.g. for banking and email**

**Persuade you to visit websites to download legitimate software that allows the scammers access and control of your computer from any location**

**Request credit card information and charge you for their services**

**Guide you to fraudulent websites where you are asked to enter personal and financial information including credit/debit card details**

**Charge you for software to remove viruses which could be obtained free of charge from legitimate companies**

**HANG UP IMMEDIATELY IF YOU ARE CALLED AND ASKED TO DO ANY OF THE ABOVE**

**Further information can be found here:**

**Microsoft phone scam - Which? Computer Software Service frauds | Action Fraud Computer Fraud Alert 3.18**

**Harm-desk not help-desk 14 March 2022**

**< If you have paid, contact your bank as soon as possible. Call 159**

**< Report scams to Action Fraud on 0300 123 2040 or [www.actionfraud.police.uk](http://www.actionfraud.police.uk)**

**< Forward suspicious email to [report@phishing.gov.uk](mailto:report@phishing.gov.uk).**

**< Forward a suspicious text message to 7726.**

**< Report a suspicious website Report a suspicious website - [NCSC.GOV.UK](http://NCSC.GOV.UK).**

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

### **Crime Novel Reading**

Are you a fan of Hercule Poirot, DCI Banks, or Vera? Do you watch Midsomer Murders, Silent Witness or Line of Duty? Are you a closet Miss Marple or Inspector Morse?

Would you enjoy reading a crime fiction novel and then discussing it with like-minded U3A members?

If so, the Crime Novel Reading group meets at Orpington Library on the 2<sup>nd</sup> Monday morning monthly.

We use a private meeting room on the 1<sup>st</sup> floor (there is a lift) and we arrive from 10am, when the library opens, to start our discussion at 10.15am. Meetings are over by midday.

The library selects and provides a copy of each book for everyone; and tea / coffee / biscuits.

There is a fee of £15 per person per year to cover the library's costs but this is pro rata if you join during the year.

If you cannot come to a particular session, you can return the previous month's book yourself to the library customer services counter - and collect the next book - any time during opening hours.

There are 8 of us in the group and some have been coming since the group started 5 years ago. However, we have capacity for 1-2 more members.

Please contact me if you are interested.

**Mike**



### **CONCERT GROUP**

We visit mainly classical music concerts at the South Bank Centre

**1 June** Royalty on Screen; A Jubilee Celebration

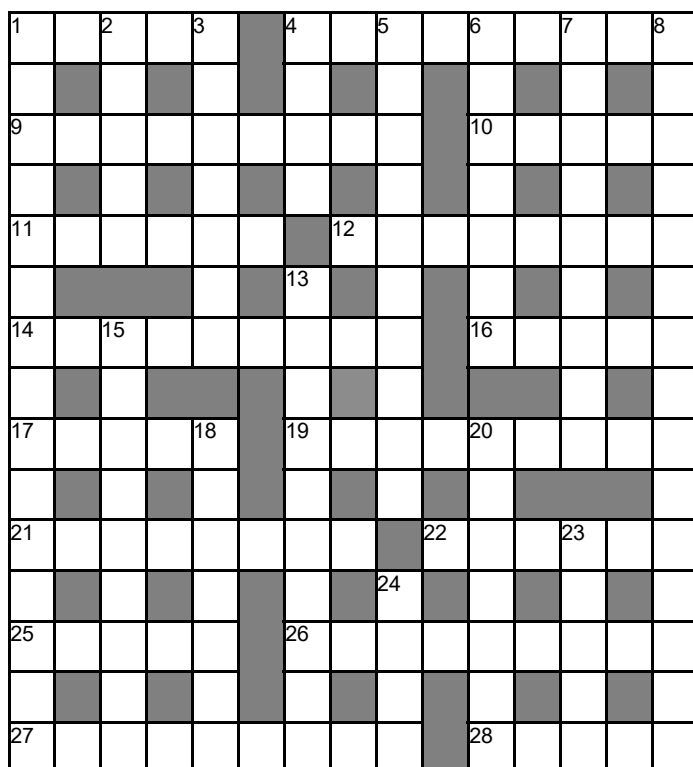
**9 June** Beethoven. Haydn

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 81

*Submitted by Cryptic Crosswords 1*



### Across

1. Initially children and cats touch interesting succulent and spiny plants (5)
4. Sentences that say something is true for males with time after Virginia perhaps (9)
9. Preparation of one heartless agent it takes to arbitrate (9)
10. Relatively he may be found at the pop-shop(5)
11. Infuriate by stirring up English anger (6)
12. Italian noblewoman seen to scan an old savings account (8)
14. Not mad about a go, I become dark and moody (9)
16. Chatter detailed for the teacher (5)
17. Erato elaborated to speak at length (5)
19. Management of matter ten manipulated (9)
21. Hole discovered in a paper tureen? (8)
22. Official showing hesitation with very good men? (6)
25. Manor rebuilt by a capital fellow (5)
26. Voice control at character changes (9)
27. Lass almost landed awkwardly and lightly shod maybe (9)
28. All gallant signallers regularly speak this language (5)

### Down

1. Holders of franchises grant leading northern river's course (15)
2. Havana perhaps, going up in smoke? (5)
3. A whole number steering no small changes (7)
4. Counterfeit hams? (4)
5. It is about a moment ere a wind gauge will be found (10)
6. No latitude allowed describing a dividing circle (7)
7. Formerly caught in employable condition and pardonable (9)
8. Celestial resident? (3,3,2,3,4)
13. The last choir I discovered to have existed in the real world and not fictional (10)
15. Strong balustrades manage to protect one engaged in commerce (9)
18. Being first class returns broken stone to build a European republic (7)
20. Perhaps an hour taking transport system to pupil to find an instrument (7)
23. The main lettings are around the bay (5)
24. Girl excited by the leaders of England, not including Dorset (4)

Solution on page 2

## SUDOKU

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

CHUCKLE TIME



I can never understand why women want to be equal. Why would they willingly accept a demotion?

**Allan Fotheringham**  
Canadian Journalist

## LONDON REGION SUMMER SCHOOL 26<sup>th</sup> & 27<sup>th</sup> JULY 2022

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

**BOOKING NOW!**

A popular non-residential event for u3a members only  
This year's general theme: 'London – past, present and future'

Activities will include 18 talks, 3 workshops, 8 guided walks.

Wide range of subjects including:-

Art, Current Affairs, History, Literature/Drama, Music, Sciences, Social Studies and Travel.

£39 per day including refreshments and cold buffet lunch

Members can choose to attend for one or both days.

**Full Programme and application forms (online and paper)  
and publicity flyer are now available**

**See Events page of London Region website**

<https://u3asites.org.uk/london-region/events>

We look forward to welcoming you!

Kind regards on behalf of the Summer School Team  
Catherine Ware, Talks and Summer School Coordinator  
[talks.lru3a@gmail.com](mailto:talks.lru3a@gmail.com)

### Science and Technology



With the continued relaxation of COVID restrictions and a general feeling of 'let's get back to normal', we are holding our meetings at our usual venue of St Paul's Church, Crofton Rd, BR6.

In April Viki gave a talk about Alzheimer's disease, the most common cause of dementia, discussing the risk factors and outcome of recent clinical trials. The positive take-home message was that within age groups, including the elderly, the proportion of people with Alzheimer's disease is actually going down, partly due to us having a healthier lifestyle than previous generations. Following a tea break, John presented his selection of newsworthy items of Science News.

May saw a guest speaker, David Rea, giving an absorbing and fascinating lecture on Bees and Bee Keeping based mainly on the British Honey Bee. Frankly, I never knew that this could be so interesting and the overall impact was such that we didn't have any time left for John to give his Science News update. David returns later in the year to give a second talk, this time on Honey, and following a quick taste of his 'Turnip Honey' I am certainly looking forward to it!

June will have John presenting 'Robotics', and whilst July and August will not see us at the Church we will be out and about instead.

Anyone wishing to join the Group is welcome to attend and a general interest in the subject is all you need. Full details of when, where, and what, are available on the Orpington u3a website, or for more information contact the Group Leader whose details are in the Members Area section.

**Bob**



We are delighted to invite you to this year's open garden on

**12<sup>th</sup> June**

**at 12, the Meadows,  
Chelsfield,  
Orpington, Kent, BR6 6HS.**

Opening is from 11-00 am 'til 5-00 pm and entrance is £5 for adults and children free. All proceeds go to the ngs excellent charities ( see [ngs.org](https://ngs.org)) except that proceeds from refreshments all go to St. Christopher's Hospice.

There is hopefully interest for all ages. Children's area with 14' giraffe, Sumatran Tigers etc. and sign " children only. No adults allowed access unless accompanied by a responsible child ". Easy wheelchair access to most of the garden. Home made cakes, tea coffee etc. and lots of home grown plants at very reasonable prices. Plenty of seating. Giant bamboos, two ponds ( one Koi ), 34 Acers, greenhouse and lots more. Well behaved dogs very welcome. Parking fairly easy but, if you have mobility difficulties, please stop outside our house and we'll do our utmost to find suitable space (we have lovely neighbours).

We really hope to see you ( and your family, friends, neighbours and all ). If you need further info. please call **Jean and Roger**

Thank you.



# NOTICE BOARD



Many of you already take TAM . If you don't but would like to know more please go to <https://www.u3a.org.uk/news/publications>



## BOOKWORMS BOOK SALE MAY 2022

Thanks to everyone who purchased books at our sale today. We realised £30 exactly. Although takings were less than in November we always expect that to be so.

May I thank also those members who kindly donated books. I am sure you will be pleased to know that the remaining books have been given to three worthwhile local charities who will benefit from your donations.

Look forward to seeing you in November.

**Beryl** on behalf of 'Bookworms

## Men's Golf



Are you a male golfer who would like to play in a very friendly golf group? If so, the Orpington U3A Men's golf group are looking for new members of reasonable golfing ability to join them.

The group meet on Monday mornings at Cray Valley Golf Club for 9-holes and also on Thursday mornings at Bromley Golf Course (Maggie Hall Lane) for 9-holes. Also, over the non-winter months of the year, a monthly 18-hole Stableford competition is played on the 1st Monday (except Bank Holidays) of the month. During April to September there is also a monthly 9-hole Stableford competition held at Bromley Golf Course on the 3rd Thursday.

Green fees or membership of MyTime for golf plus refreshments at player's discretion. We look forward to welcoming you to the group.

For further information please contact the group leader,

**John**

## Orpington U3A website

Please check our website regularly for updates

**[www.u3aorpington.org.uk](http://www.u3aorpington.org.uk)**

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