



PLEASE READ THIS AND CONSIDER HOW YOU CAN HELP OUR u3a

As Orpington u3a is a registered charity it must have a Board of Trustees consisting of four Officers and a Committee (all roles on a voluntary basis).

We have vacancies for two Officers on our committee and urgently need to fill these positions.

Our current **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 before taking on the role.

Essential skills: Numeracy, accuracy and computer proficiency are fundamental.

Role Summary –

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

We also have a vacancy for a **BUSINESS SECRETARY**. Duties are currently being performed by other committee members.

Role summary –

To take overall responsibility for the day-to-day administration of Orpington u3a.

To deal with all correspondence and the circulation of information.

COULD YOU SEE YOURSELF AS A MEMBER OF OUR DEDICATED AND VIBRANT COMMITTEE?

DO YOU HAVE A FRIEND WHO IS NOT CURRENTLY A U3A MEMBER BUT IS LOOKING FOR A NEW ROLE?

If you would like more information and/or feel you can make that contribution, please contact Peter.

**Our ability to fill these important positions will
determine the future of Orpington u3a.**

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 149 IS TUESDAY 20 SEPTEMBER 2022

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

Orpington U3A Officers Committee & Contacts

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Vice - chairman	vicechair@u3aorpington.org.uk	
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Publicity	publicity@u3aorpington.org.uk	
IT Manager	itmanager@u3aorpington.org.uk	
Webmaster	webmaster@u3aorpington.org.uk	

Monthly General Meetings

- 15 August** **Anthony Poulton-Smith**
Origins of Place Names
- 19 Sept** **Irmgard Tonolo**
29 Years as a Volunteer at The Globe Theatre
- 17 October** **Richard Winston**
Photography



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. 82

Across
1 Pack, 3 Feathers, 9 Solomon, 10 Ensur, 11 Announcement, 13 Lissom, 15 Ascent, 17 Astonishment, 20 Khaki,
21 Biretta, 22 Monsters, 23 Envy.

Down
1 Passable, 2 Colon, 4 Eunuch, 5 Thermosphere, 6 Essence, 7 Stew, 8 Immunologist, 12 Statuary, 14 Sustain,
16 Limber, 18 Eaten, 19 Skim.

Chair's Letter

Hi Everyone

I do hope you are coping well with the heat and seeking out shady areas to rest in during this unsettling political period of our country's history.

During July, the Group Leaders were invited for a Chair's Chat to thank them for their continual support, some over many years. One leader, who needs special mention, is Beryl Rungay, who is still leading her 'Bookworms' group after twenty five years! There are many other wonderful group leaders in Orpington u3a.

As it's the u3a's 40th Anniversary this year, the Chairs from Bromley, Orpington and Beckenham u3as got together at a BOB meeting to plan a joint games morning.

I hope you will make a note of this date in your diaries. It will be at The Crofton Hall on 21st September from 10am to 1pm. Do register for a free place, details are on the poster below.

As a safety precaution, we would like you to think about wearing masks again when coming to the monthly General Meeting at the Crofton Hall. Although there are no Government regulations in place, we fully respect that some of you may feel more comfortable wearing a mask when attending.

Pauline

	F R E E	
<p>Wednesday Sep 21st 10am to 1pm Crofton Halls*, York Rise, Orpington BR6 8PR</p> <p>A joint celebration of the National u3a 40th Anniversary with Bromley, Orpington & Beckenham U3As</p> <div><p>Fun & Games</p></div> <p>Come and play or just watch Mahjong, Scrabble, Jigsaws, Draughts, Skittles and more!</p> <p>Light refreshments included</p> <p>Register now by contacting: <u>chair@u3aorpington.org.uk</u></p> <p><small>* The Crofton Halls are located next to Orpington Railway station and benefit from free on-site parking. Good bus and rail services link the venue to the centre of Bromley.</small></p>		

GROUP REPORTS

HANDS ON GARDEN GROUP



Our group has been in existence since 2015. We have had a great diversity of members, some of whom have moved on (moving away, poor health and one who passed away) but we now have an established group of very keen gardeners. We happily share our seeds, cuttings and plants and, most importantly, our knowledge with each other.

Four members of our group have taken on the task, from Jean and Roger, of doing the garden at Orpington Hospital and they spent the Covid lockdown doing a wonderful job of planting, weeding and generally keeping the garden in pristine condition. The garden, which is next to the tearoom in the main entrance, is quite beautiful and a real testimony to the enthusiasm and efforts of our u3a volunteers. The hospital staff use the garden to relax and, hopefully, it will be open to all the visitors to the tearoom shortly. Without our ladies' efforts, the garden would have gone back to nature and we owe them a massive vote of thanks.

Jean and Roger open their garden for the National Open Gardens Scheme www.ngs.org.uk each year, sometimes twice. Again, we had massive help from our garden club members. As well as donating many lovely plants and cakes etc, we had lots of help with serving refreshments, selling plants and admitting guests. This year, the total raised at our June opening was just over £2,300 (£1,735.90 to ngs charities and £539.55 to St Christopher's Hospice).

Some of our members are also involved in other local activities benefiting the local environment and residents. It may sound like we are a group being run to support local charities but this is incidental to our main objectives. We are a proactive group all maintaining our own gardens and sharing our knowledge and experience to the benefit of our own members. Our meetings are held monthly at each other's gardens and roughly involve each member "hosting" a meeting once a year. We feel we could comfortably welcome some new members and, if this is of interest to you, please email the group leader.

Thought of the day!

WE DON'T STOP GARDENING BECAUSE WE GROW OLD. WE GROW OLD WHEN WE STOP GARDENING.



Science and Technology

In June John Stephenson gave us an insight into the world of robotics with a presentation about Boston Dynamics Robots including videos showing their amazing dexterity - <https://m.youtube.com/watch?v=fn3KWM1kuAw>

Instead of the usual indoor meeting, in July we had an informal gathering at the Green Roof Café in High Elms. It was a sweltering hot day but with cold drinks and some cloud cover we had an enjoyable afternoon socialising.

Members have also been sharing information about summer science events, such as: The Institute of Physics online talks about recent developments in astronomy and space; The Royal Society Summer Science Exhibition; and the first images from NASA's James Webb Space Telescope - released 12 July.



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, Viki, whose details are in the Members Area section on the website.

Viki

Outings on a Shoestring



Because of the uncertainty over the trains, for our first meeting we went to the sensory gardens at Ripley Arts Centre, for a picnic. It was a hot day, but we sat on the lawn in the shade of one of the large, mature trees dotted around the garden. I particularly liked the large maple whose branches hung down like a weeping willow.

The plan is to go out once a month to places within the Freedom Pass Area that cost no more than £8 to get in. Quite a challenge in these days of rising prices! If you'd like to join us, please email me and I will add you to the list.

Janet

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

Wed 17th August – Lullingstone Country Park Circular Walk

Meet at the Lullingstone Country Park Car Park, Castle Road, Eynsford, Kent, **DA4 0JF**. Parking charge currently £1.70 for the day, payable either cash via machines in car park or "pay by phone" (details on pay machine). The Pay by Phone location number for Lullingstone Country Park is **800271**.

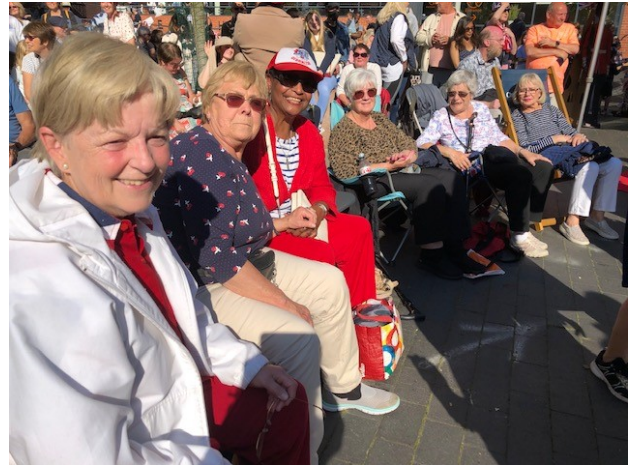
The Lullingstone circular walk is approximately 4 miles long; including a couple of gradual inclines and a few upward steps. The walk is generally in open space but also includes a couple of narrow paths. Some areas may be muddy if it has rained prior to the walk. No lunch is organized, however the Country Park Café should be open serving a limited range of hot and cold food and beverages. Alternatively, if the weather is nice, bring a picnic and use the tables provided in the field beyond the car park. Otherwise, pubs in Eynsford.

Leaders: Martin and Sue

Wed 21st September – Chislehurst circular walk

Meet 9:40 platform 4 Orpington Station catching the 9:50 train to Chislehurst for a 4.5 mile circular walk. This walk is undulating countryside, mostly through woods, no styles. The walk will end at the Ramblers Rest for those wishing to lunch and then a short downhill walk back to the station

Leader: Bob



MOTO friends at Orpington Jubilee Celebrations

Members on Their Own (MOTO) group has now been running since June 2021. It is stressed that MOTO is a friendship group for members who live on their own, ie widows, widowers, single and divorced members.

It is good to note that many of the members wouldn't normally have attended such an event on their own but having made firm friends within the group decided to have an enjoyable day together.

Our members meet on the 4th Wednesday of the month at Orpington Methodist Church for a friendly chat followed by tea and biscuits.

During the month, we also go to the cinema, amateur theatre productions, lunch twice a month during the week in a local pub, a musical afternoon with tea and members also invite others to their homes for coffee and tea. Visits to theatre, holidays with a coach company. We have arranged to meet every other Saturday morning for coffee at Second Home cafe in Orpington.

All our members are contacted via blind copy email of any events that are being held and, if being held in a members' home, they then contact the host/hostess to book a place. To keep in touch with each other, we also have a WhatsApp group which members can join.

For our meeting in May, we held a Queen's Platinum Jubilee Tea Party.

We are looking forward to the year ahead with lots of events already planned.

Yvonne

Concerts



We mainly go to classical concerts at the South Bank. Members have now received the programme of proposed visits for autumn and winter. Booking closes on 30 July. If you are not a member but would like to see details of the programme, with a view to joining, please email me at newseditor@u3aorpington.org.uk



Gardening Made Easy



The two Gardening Made Easy Groups held a joint Jubilee 'picnic' meeting. It was held by Rosemary, the leader of the second group. It was most enjoyable especially as the weather was very uncertain that day.

Philosophy

In June we focused on ethics (moral philosophy) relating to genetic engineering, discussing the research interests of Jeantine Lunshof, a contemporary philosopher and ethicist.

By sequencing the human genome, scientists are now able to determine the entire genetic makeup of an individual. This will provide greater understanding of disease, more accurate diagnosis and the likelihood of developing more effective therapies.

Scientists can also manipulate genes in humans (and other organisms). This is known as gene editing and has many applications such as: gene therapy (to treat genetic disease); genetic modification in agriculture (to improve crop yield) and in gene drives (to control invasive species).

The aims of these innovations are to benefit humankind but, as highlighted by scientific ethicists, there are moral and negative sides to consider too. A particular concern of Jeantine Lunshof is the environmental threat posed by gene drives, explained in a video watched and discussed at the meeting:

https://www.ted.com/talks/jennifer_kahn_gene_editing_can_now_change_an_entire_species_forever

Is it right or is it wrong to edit genes to prevent human disease and suffering? In every case there are a number of considerations but no easy answers.

Viki

Painting



The group is taking a break in August but will be starting again on Tuesday 6th September.

We meet in Petts Wood Methodist Church Hall on the first and third Tuesdays each month at 1.30 pm for a two hour session with a break for tea.

We are a friendly group who would welcome new members. Help given to beginners but no formal tuition.

Interested?

Contact
Margaret

London Explorers – forthcoming events

Friday 26th August 2022 11am

Visit to The Garden at 120 Fenchurch Street

Travel 09.53 train Petts Wood to London Bridge station, second carriage from the front. As a backup for those coming from Orpington meet on the concourse at London Bridge, bottom of escalator by platforms 6/7.

After the visit an optional visit to see the wild flower garden at the Tower of London (viewing from the footpath outside. Optional-catching the Uber water taxi to Greenwich or Canary Wharf. There's a cafe and restrooms at 120 Fenchurch Street. Maximum 20 people.

If you would like to attend contact

Geoff and Jan

Thursday 8th September 2022 11am

Visit to Cutlers' Hall, 4 Warwick Lane, EC4M 7BR

The 2 hour visit will start with coffee/tea followed by a talk by the Beadle, a tour of the house built in 1888 as a country manor house in the City, a display of the Company's silver and swords, items found in the Thames by Mudlarks, plus the opportunity to participate in the re-enactment of several ceremonies held during a Company's banquet. We finish with a glass of madeira. (After the tour you may wish to have lunch in the Court Room. Cost £35. Minimum number 15. I have details of the menu.)

Cost: **£15** which goes to their charity.

Travel: Details nearer the time in view of possible strike action on trains and buses. If this means we have to cancel there will be no charge.

Booking: At the August meeting or phone

Judy

Trading Standards Alert!

Bromley Trading Standards have been alerting us recently to quite a few scams that are taking place throughout the Borough.

They are warning about unexpected phone calls where the caller, **falsely**, claims to be from the **police** or **your bank**, investigating fraudulent activity on your account.

HANG UP IMMEDIATELY – before the fraudster can persuade you that your money is at risk.

Use another phone if possible to ring your bank on 159 to check your account is secure.

We are also being warned about **Roofing scams** – **DON'T DEAL WITH DOORSTEP CALLERS!**

The risks in doing so are - shoddy work, a fraction of what was quoted being done, having no recourse, substantial overcharge and rogues coming back for more. Don't be influenced by flashy leaflets or smooth talking.

If you, a neighbour or someone you know is being affected by rogue traders, please contact our Rapid Response line on **07903 852090**.

If you would like to receive the Alert! direct to your inbox, please visit <https://www.bromley.gov.uk/scams> and complete the online form. If you no longer wish to receive the Alert! please just let us know by emailing us at trading.standards@bromley.gov.uk



Choir

On May 31st we were pleased to sing at Foxbridge Care Home, Green Street Green as part of Orpington U3A's outreach programme. Our group was small but very well received and we both entertained and led the audience in a variety of numbers, some rousing and some quieter, including several old-time music hall songs. We also performed in harmony through rounds and partner songs and enjoyed the participation of our pro-active audience! And all this through a fierce thunderstorm! Everyone seemed to really enjoy the event and we would be glad to make a return visit at some stage.

Bryan



Recorder Group

The u3a recorder group changed its venue earlier this year but still meets on a fortnightly basis and we enjoy playing a variety of music on a selection of different recorders. On occasions we also benefit from the assistance of a willing piano accompanist which we first trialled during lockdown. This adds an extra dimension and fun to our meetings.

For the past few months we have started each meeting by playing the Ukrainian National Anthem.

After our last Monday morning session, prior to Easter, we went out for a pub lunch. This made a pleasant change as we'd been unable to meet socially for such a long time.

The recorder most commonly used in schools is the descant. However, this term, we have all concentrated on playing the treble recorder. This has extended our skills and consequently our repertoire thus allowing us flexibility in playing music that is divided into multiple treble parts.

By the time you read this we will have broken up for the summer holiday, having concluded the term with a trip to a local garden centre for a coffee (and cake!). I'm not sure that too much practice will take place over the summer holiday but it's the taking part in making music that counts and we enjoy the time spent together.

Angela

Please check our website regularly
for updates

www.u3aorpington.org.uk

CRYPTIC CROSSWORD no 82

Submitted by Cryptic Crosswords 1

1		2			3	4		5		6		7
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13		14					15					
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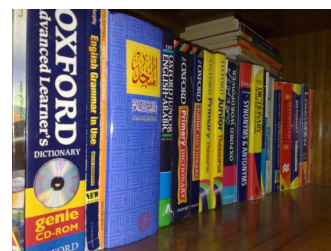
Across

- The leaders of 1dn, 17ac, 2dn and 20ac prepare to travel (4)
- The exploit of that woman is getting down perhaps (8)
- He was a wise man to be alone on half day (7)
- Follow as a consequence of a girl having little space (5)
- Public statement by a female with little weight and people having time would make (12)
- It is no loss I'm able to move with ease and grace (6)
- It is said to be followed by those hunting on the way up! (6)
- Maybe it's the feeling one has after tasting Simon Hatten's brew (12)
- Uniform that is said to be a means of access to a vehicle (5)
- A bitter reform to cap the cardinal (7)
- Battle with broken rest to find immense phenomena (8)
- English navy without a desire to possess something belonging to another (4)

Down

- Is having a compass a blessing covering what is capable of being navigated? (8)
- Stop on the Panama Canal? (5)
- A powerless and ineffective man sees eastern peacekeepers at first usually creating havoc (6)
- Find her here most changed by pressure in the outer atmosphere (12)
- The most important part, a European city having a church (7)
- Firstly suffer the everyday woes of being in a state of anxiety or agitation (4)
- Have a second go, muslin it appears making the scientist (12)
- A trusty has a collection of marbles perhaps? (8)
- Affirm the validity of America being in a spot? (7)
- 13ac military vehicle? (6)
- College reportedly consumed (5)
- Some keep it moving initially to remove matter from the top of a liquid (4)

Wordsmiths



LET YOUR IMAGINATION RUN FREE

WHY NOT

Unleash your writing potential
And show off your hidden credentials
Once a month - Friday morning
So there's plenty of warning
To write something new - it's essential!

AND WHY NOT ... Come along and enjoy a taster session at our creative writing group called 'Wordsmiths'. We are a small group of friendly souls who write short pieces, poems or plays for fun. Monthly meetings take place in Locksbottom on the last Friday in every month.

We don't judge or rate pieces; we write purely for our own satisfaction.

You never know, it is said everybody has a 'book in them' and Wordsmiths might just be the first step in prompting a book from you. Please contact Group Leader, **Linden**, who will be pleased to hear from you.

SUDOKU

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

Solution on page 2