



*Happy Christmas
and a Peaceful New Year*



Chairman's Letter

Our 25th Anniversary Lunch, held at Crofton Halls on 26 October was a huge success. We listened to a selection of music from 1998 to the present day, the running presentation showed some facts about Orpington u3a when it started, interspersed with photos of many of our groups and we had a go at a silver/25 themed quiz.

We were joined by two Founder Committee Members: Jean Garelick and Sybil Robinson, as well as all of our remaining Chairmen: Beryl Rungay; Ann Downes; Bob Walters; Fleur Jeremiah; Janet Holmes; Elaine Clarke; William Sear and Pauline Dawson, who all watched Sybil, now our Honorary President, cut the cake.

If you have not yet picked up a copy of our wonderful celebratory booklet, then come along to a General Meeting to collect it. We are indebted to Viki Worthington for producing it.

In particular, my thanks go to Janet Holmes, Ann and John Lusk and my husband, Roger, who all worked tirelessly on planning the event and the army of volunteers who helped on the day.

The event was a wonderful example of our u3a at its best. We chatted, listened, helped, shared and enjoyed ourselves. Long may these happy times continue and here's to the next 25 years of Orpington u3a!

Sue Howe

Financial Policy and Procedures

A document describing how we manage the finances of our u3a is now available to read via a link on our website. Our policy is to comply with Charity Commission guidelines whilst at the same time minimising bureaucracy. The procedures described include banking, bookkeeping, interest group finances and reserves. A copy will also be available on the noticeboard at the General Meeting. If you have any questions or comments please let the Treasurer know by emailing him

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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 No 157 is Tuesday 16 January 2024
and for Bulletin No 3 is Tuesday 19 December**

Please send your contributions to : the Newsletter Editors

**For contact details of Committee Members and Group Leaders
Please login with your Username and Password**

www.u3aorpington.org.uk



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

**18 Dec - Victorian High Elms -
Lylph Lubbock Lord Avebury**

High Elms was in its heyday in Victorian times. It grew from a small country house with 210 acres to a large Palladian mansion with 2700 acres. At one time there were 36 servants employed and many famous and not-so-famous visitors enjoyed it's hospitality.



**15 Jan - Orpington u3a AGM followed by
Benefits of Exercise - Ann Wilbourn**

Ann speaks about the Mytime Active's Primetime programme which has transformed over 60's access to wellbeing throughout Bromley.

It is more than just an exercise class, it's a lifeline for many older residents.

Doors open at 2pm for refreshments until the main meeting starts at 2:30pm

No Coffee Morning on 19th December 2023

On the Tuesday following the General Meeting in Crofton Halls, we usually have a coffee morning in the BR6 Café, Orpington College, at 10.30am. Members are invited to join other members and group leaders over a hot drink and a pastry for £3.50. However, there will be no coffee morning in December as the BR6 café will be closed for the Christmas holidays.

Coffee mornings will resume in January



GROUP REPORTS

Industrial Archaeology

During the summer a party of group members toured industrial heritage sites in the Black Country and the Potteries.

Our October meeting looked at the life and work of Joseph Bramah whose many inventions included the hydraulic press, a lock that defied attempts to pick it for more than 60 years, an improved beer pump, a WC design that set the standard for 80 years and a carbonation system for soft drinks.

Our November meeting will be just before the Newsletter goes out, so we'll report on that in the next edition.

We don't meet in December.

Scheduled events for early next year are:

Monday 29 January: Our annual lunch at the Three Horseshoes, Knockholt.

Monday 26 February: A session on 'The pre-history of heavier-than-air powered flight'. This will look at the evolution of ideas and experiments in aviation during the 18th and 19th centuries, right up to the day before the Wright brothers' first successful flight in 1903.

For more information and/or to join our mailing list (email only) contact the Group Leader



Some group members on a guided tour of Middleport Pottery

A demonstration of traditional iron chain making at the Black Country Museum



Philosophy

Virtue Ethics

Most moral philosophers since 1600s have focused largely on ACTIONS, not AGENTS: on what kind of things we should DO, not the sort of people we should BE. So they introduced rules for us to behave according to basic principles of morality.

Kant saw duty as the key, Bentham considered the consequences of each action. But for Aristotle morality was not so much about applying particular rules as becoming the person who, with training and the use of reason, would automatically, tend to behave appropriately, to flourish ethically by living out the cardinal virtues of courage, justice, temperance and intelligence.

In November we had a talk about **Martin Heidegger** entitled 'Reflections on Being and Time'.

Despite his controversial associations Martin Heidegger is considered one of the most original and influential philosophers of the 20th Century. His seminal book *Being in Time* (1927), was a deep phenomenological study of how humans encounter the world. He presented several new insights including that for much of our daily activity we understand how to interact with the world without thinking about it, and this knowledge appears more fundamental than our factual knowledge. He also observed that we are constantly using our experience of the past to project possible outcomes for the future and faced with the continuous existential challenge of which outcomes to choose. Both these observations are now being independently studied in Neuroscience and likely to lead to further understandings of what it means to be human.

If you would like to join this vibrant group which meets at 10.00am on the first Friday of the month, contact the Group Leader

Country Music Appreciation



If there is enough interest we are looking to start a music group that specifically enjoys country music through the ages. Once a month members would meet in a member's home and play songs according to a chosen theme from across the broad spectrum of country music through the decades. (Potentially on the second Wednesday of the month from 2 to 4 pm - but to be decided once level of interest is ascertained.

Rummikub 2

Quite often one of our members can't come to a meeting. If you would like to go on our list of reserves, please contact the Group Leader. We are a friendly group that meets on the 1st and 2nd Tuesdays at 2pm, at my house.

Looking forward to meeting you.

Jazz

Are there any Jazz musicians in Orpington u3a?

If so, please get in touch.

With the Group Co-ordinator

GROUP REPORTS

London Explorers

London Zoo

On 13 September, a beautiful late summer day, a small group of us made our way to London Zoo. We reached the zoo from Regents Park underground station and followed a pleasant path through the park, admiring the beautifully laid out flower beds that were at their best in the full sun.

For most of us, it was the first visit to the zoo in many years. We started off at the penguins and then progressed to the wild boar enclosure. We were given a map of the zoo but found it a bit difficult to follow, also the signage could have been better to help us navigate. It would also have been better if the feeding times could have been published at the entrance so that you could have planned your day in advance.

We saw a wide variety of animals including fearsome Komodo dragons. A favourite was the butterfly house with its exquisitely coloured and patterned insects. At the exit you had to check carefully that none of the creatures are hitching a ride out on your clothing. A very interesting visit.

The London Postal Museum

A visit has been arranged for the above on Thursday 14 December 2023 for 11.30 am.

We will catch the 9.57am Victoria train, changing at Herne Hill for Farringdon. There is a 12 min walk to the museum.

There will be a short ride on the mail train underground before visiting the exhibition; cost £13.50. There is a café. Contact the Group Leader

Concerts In Focus

This group has been in existence for almost 25 years, started and organised for many years by Greta Bayley.



We go to concerts at the South Bank Centre; mainly the Royal Festival Hall but also the Queen Elisabeth Hall.

We have a small committee which meets twice a year to select a series of concerts. The following list gives a flavour of the sort of music we choose. This was for the current season September to January.

Verdi; Sibelius; Shostakovich; Michael Nyman; Jimmy López Bellido; Johnson; Barber; Copland; Joan Tower; Bernstein; Gerschwin; Mendelssohn; Brahms; Dvořák; Wynton Marsalis; Ellington; Tchaikovsky; John Williams; Beethoven.

We send out the programme to members and they choose which ones they wish to attend. I then book the tickets and send them out. (usually around £25)

This is an open group so we would welcome new members. If there are more than 10 for a concert we get a discount. If you would like more information please contact the Group Leader

MOTO 1 In Focus

u3a Members On Their Own (MOTO) group has now been running for over 2 years and in that time MOTO members who live on their own, that is Widows, Widowers, Single, and Divorced members have increased considerably. It is stressed that MOTO 1 is a friendship group.

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. Members also invite others to their homes for coffee and tea. We also have theatre visits and coach holidays. We have arranged to meet every other Saturday morning for coffee at Second Home café in Orpington. Arrangements are also in the pipeline for brunch at Wetherspoons at Bromley South and breakfast at BR6 in Orpington. Both events will be monthly.

All our members are contacted via blind copy email of any events that are being held and, if 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.

We are looking forward to 2024 with lots of events already planned.

If you would like to join us, please contact the Group Leader

Forthcoming events

The Buff lunch is 13 Dec

Brunch at Richmal Crompton (Wetherspoons) Bromley South is Monday 27 Nov at 11.00

Visit to Chelsfield Players event - 30 Nov - 2 Dec

Frogpool Manor - 3 Dec (full)

Coffee morning at Second Home in Orpington on 25 Nov, 9 Dec, 23 Dec

20 Dec MOTO meeting

Choir

We are a friendly group who meet on alternate Thursdays (11.30 am) at All Saints Church and we would **welcome new members**.

If you like singing (no experience necessary) please come and join us for a taster session. Our repertoire includes classical and popular music and we have just started rehearsing our Christmas Carols. Contact the Group Leader



GROUP REPORTS

Walks

The walks are usually about 3 or 4 miles long, mostly circular and occasionally linear if public transport is available. A car is required to get to the start of some country walks. The walks are enjoyed by many members; however, help is needed with running the group.



After many years of dedication, Hazel and Ed are stepping down as the Group Leaders. Therefore, we are now looking for volunteers to take over their role and help to keep the walking group going.

There are members of the group that currently take turns in organising the walks, but as Group Leader you would be the main point of contact. If you enjoy walking, the occasional pub lunch with friends and want to find out more please contact the Group Co-ordinator.



Cheers Wine Tasting

Our monthly wine-tasting meetings continue on Tuesday afternoons during the Winter months. (In Summer, we meet in the evenings).

In October, Mark showed us some interesting Californian wines from Majestic Wines. These included several from the "Bread and Butter" winery of Napa Valley. We all enjoyed the wines, but felt that we might enjoy them even more if and when the pound-dollar exchange rate improves!

For the November meeting, John A showed us some lovely wines from Argentina and also from Chile and Italy. These featured the Torrontes grape for the white wines and Carmenere for the reds.

If you would like to join the group, and learn more about wine in a friendly environment, please contact the Group Leader for more information

Science and Technology



In October we followed the **2019 Nautilus Expedition** into the dark depths of the ocean and saw a mesmerising video of some of the World's most bizarre creatures. Despite the extreme conditions life has found a way to adapt and with each new mission new species are discovered.

We were all captivated by an excellent presentation in November '**Painting with Genes: the complexity of colour formation in North American Pitcher Plants**' from Dr Robert Bradburne (Environment Agency Chief Scientist). The collection and genetic study of the pitcher plant has been a passion of Dr Bradburne for three decades.

He began by describing the various mechanisms by which carnivorous plants have evolved to lure, trap, and digest animals. He then explained his hybridisation experiments which occasionally have resulted in offspring with unexpected colouration. After the talk we had an interesting Q&A session and the opportunity to examine a large selection of plants with a variety of shapes and colours.

Science and Technology meetings are held on the 2nd Tuesday of each month. If you would like more information please contact the Group Leader

Suggestions for new groups

Country Music

Tai Chi

Crafts

Interested? Contact the Group Coordinator

Solutions to Cryptic Crossword No 90

Across: 1 Wicks, 4 Clarinets, 9 Irritable, 10 Set to, 11 Litchi, 12 Brickbat, 14 Narrowest, 16 Scion, 17 Decor, 19 Groundhog, 21 Rheostat, 22 Amoral, 25 Irene, 26 Headstone, 27 Heretical, 28 Seedy.
Down: 1 Whirling Dervish, 2 Carat, 3 Satchmo, 4 Cube, 5 Aberration, 6 Insects, 7 Establish, 8 Shooting gallery, 13 Geographic, 15 Racketeer, 18 Respect, 20 Nemesis, 23 Rhone, 24 Fall.

GROUP REPORTS

Real Ale Appreciation

Visit to The Shipwrights Arms in Hollowshore near Faversham.

On a blowy but bright October day we were taken by minibus to the Shipwrights Arms. There were twelve of us including Philip who was our driver. Unfortunately, our group leader who had planned to join us had to cancel as he was poorly. The previous visit to the Shipwrights Arms was in 2015. Usually the Real Ale group travel by public transport using our Freedom Passes to various places in and around London. Mainly beginning with a meal before sampling the ales.

It was a welcome return to the Shipwrights Arms. This is a remote 300 year old family run free house. The wooden clad buildings interior reflects its nautical heritage with many associated ornaments on display.

We arrived just before midday and sampled English ales, namely Goachers Shipwreck, Fine Light, Green Hop and Harvey's Best. In addition to this we all had a very nice meal before our journey back to Orpington.

Thank you to Mike for organising this trip and to Philip for driving the minibus.



Anyone for Badminton?

Would you like to rekindle an old enthusiasm for Badminton? We currently offer Table Tennis and Short mat Bowls on Friday afternoons at the Walnuts between 1 and 3pm and we are considering adding the option of Badminton if there is sufficient interest.

Once we have an idea of numbers we will hold a brief meeting to discuss, with a view to offering one or more courts in the New Year.

If this appeals to you please contact the Group Leader



I DON'T BELIEVE IT

The cynic knows the price of everything
and the value of nothing

Oscar Wilde

New Bus Route - Started Monday 30th October 2023

Route 3 (operated by **Go Coach**) runs from **Sevenoaks** Bus Station via Sevenoaks Station, Riverhead Tesco, Dunton Green, Knockholt Pound, Halstead, Polhill Garden Centre, Pratts Bottom, Green Street Green and Orpington to the **Princess Royal University Hospital at Locksbottom**.

It runs 3 times per day in each direction on Mondays to Fridays and opens up a number of new links for bus users. It provides a direct bus service from Sevenoaks to Orpington as well as the ever popular Polhill Garden Centre and creates a new link from Knockholt and Halstead direct to the PRU Hospital for the first time.

There is also a schooltime service (numbered **S3**) which will provide additional capacity from Orpington, Halstead, Knockholt Pound, Dunton Green and Riverhead to and from **Knole Academy** and Sevenoaks to reduce overcrowding on the S32, S34 and S8 bus services with a return journey in the afternoon.

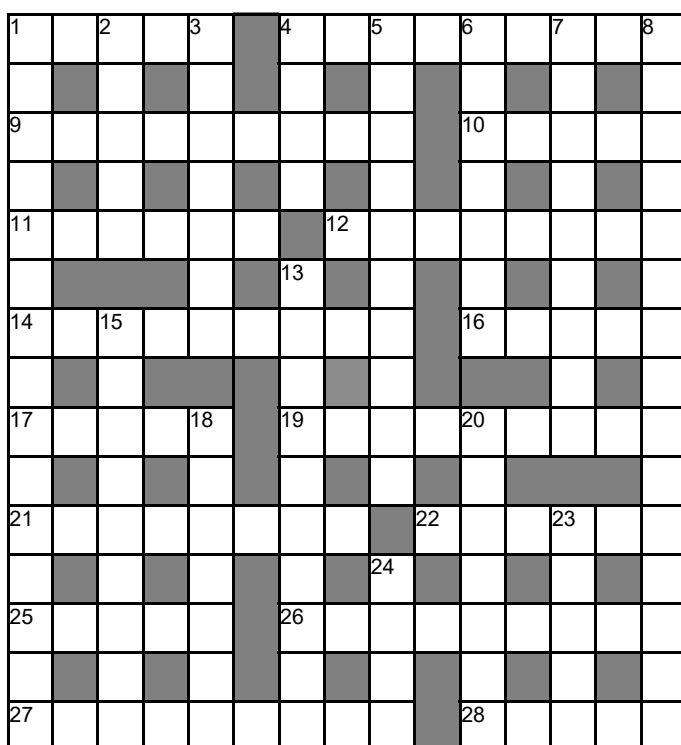
Buses on **route 3** charge the same fare as parallel TfL buses within the London area if paying by contactless card (£1.75) but otherwise there will be a flat fare of £3 for all other journeys. Oyster cards will not be accepted on this service but all ENCTS (Elderly) pass holders may use their passes free of charge after 09:30. Normal school fares will apply on route **S3**.

The bus route operates on **Monday to Friday** and has a timetable that can be found on the [Go Coach](#) website.

PUZZLES

CRYPTIC CROSSWORD no 90

Submitted by Cryptic Crosswords 1



Across

1. Empty wadi regularly cakes drawers of fuel (5)
4. Red wine holding home instruments for Blowers? (9)
9. Bad tempered board after Irish island state contractions (9)
10. In Somerset tomorrow to begin working energetically (3,2)
11. Oriental fruit consumed by sunlit children (6)
12. Blunt criticism from a reliable fellow at the club (8)
14. Describing the least width of a shaft central to a snug refuge (9)
16. Coins. Change provided for an illustrious heir (5)
17. Wide corridors permitting ornamentation and furnishing of rooms (5)
19. Confused dog found in rum burrowing rodent (9)
21. An adjustable resistor destroyed her toast (8)
22. Priest rejected taking in men not having sense of right or wrong (6)
25. Giving anger to heartless nude female (5)
26. That man Bill added weight, marking a grave situation (9)
27. That man broke article approaching departure from established beliefs (9)
28. Observe dust yourself initially to be run down and disreputable (5)

SUDOKU

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

Down

1. Found one in a spin because of her wild shriving? (8,7)
2. Heard a vegetable weight (5)
3. Mr Armstrong a short time after a companion perched first (7)
4. The third power of a youngster with energy (4)
5. An arbiter with nothing to cause a deviation from something normal (10)
6. Six-footers where factions united by common interests and beliefs are heard? (7)
7. Set up a sailor on a Chinese mile; be quiet! (9)
8. Discharging a firearm at the upper circle of the target range (8,7)
13. Chip with rage and go berserk when relating to the topography of a region (10)
15. He is heard to make a deal of noise in this place (9)
18. In a Sports Centre spectators are expected to show this to competitors (7)
20. It seems in need of change to bring retributive justice (7)
23. Character from Greece going to the Newcastle area for a flower? (5)
24. See sporting administrator before forty-nine perform ineffectively (4)

Solution on page 5

We used to have lots of questions to which we didn't know the answers. Now, with the computer, we have answers to which we haven't thought of the questions.

Peter Ustinov

**Did you know?
A googol is the number
one followed by 100
zeros**

NOTICEBOARD

This Newsletter contains personal data

Please do not leave a printed copy in a public place and dispose of it responsibly, preferably by shredding all contact details
Thank you

Orpington u3a Website

Please check our website regularly for updates

www.u3aorpington.org.uk

and share the information with u3a members who don't have online access

A message from our Committee



Orpington u3a needs a Committee to keep it running
We are looking for members to join our friendly team
Why not come along to one of our Committee Meetings to see what we do and consider helping?
For more information, speak to any member of the Committee or contact the Chairman:

INTEREST GROUPS BULLETIN

Do you want to publicise your ideas for a **new Interest Group?**

Do you want to advertise your group's forthcoming events but have **missed the Newsletter deadline?**

>> PLEASE LET US KNOW <<

We publish the Bulletin every other month and it is emailed to over 90% of our members

Send your contributions marked 'For the Bulletin' to:
The Newsletter Editors

Bromley Trading Standards

Need a Locksmith? Avoid a Rogue Trader

Be on your guard when looking for a locksmith, especially in an emergency, to avoid being overcharged, having unnecessary work, and struggling to get resolution.

We are grateful to the Master Locksmiths Association for information on [spotting a rogue locksmith](#) as well as a [price checklist](#) which are both available on their website.

Protect yourself: Use one of our own approved locksmiths at [Trading Standards Checked](#). Report scams to Action Fraud on **0300 123 2040** or visit the Action Fraud website

