



"Registered Charity Number



NEWSLETTER MAY 2024

EDITOR'S COMMENTS



Editor: In the newsletter, I always like to feature any information/comments/ outing feedback/group news from any members and if you want to contact me, my details are below.

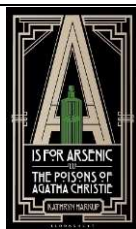
I would like to draw your attention to the role of Tina Harris who looks after 'Welfare' and her details are also below. We care about our members and if you, or any other member you know would like to hear from Tina, please let her know and she will do all she can to help.

Newsletter Editor	Phil Joiner	ww3aphil@gmail.com 07728 748 131
Welfare	Tina Harris	tina.rich86@gmail.com 020 8504 7626

In the next column please see details of how to renew your membership.

All newsletter contributions to be received by midnight on 19th May. Newsletter will go to the webmaster on 20th May

UPCOMING SPEAKER



SUBJECT: A FOR ARSENIC

Tuesday 7th May 2024 after the AGM.

At: The Memorial Hall, South Woodford.
209 High Rd, E18 2PA.

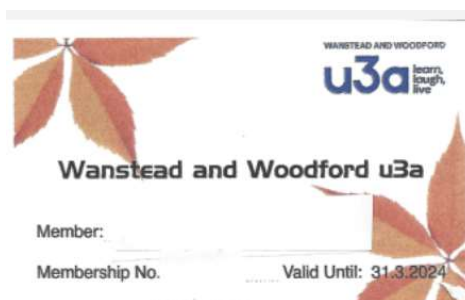
Speaker: Dr. Kathryn Harkup

Agatha Christie revelled in the use of poison to kill off unfortunate victims in her books; indeed, she used more poisons more accurately than any other crime writer. The poison itself often became a central part of the novel. This talk looks at how the writer used her extensive knowledge of drugs and medicines mixed with real life cases to create her brilliantly plotted crime novels. Her poisons were picked with care, often providing vital clues to the discovery of the murderer. We will look at *howdunnit* but *whodunnit* is for you to find out.

Our AGM is also part of this meeting. PLEASE NOTE IN YOUR DIARY THAT THIS MEETING WILL START AT THE EARLIER TIME OF 10.00 a.m. WITH THE DOORS OPENING AT 9.30 a.m. to give us time to have a Speaker as well. Details are above.

To achieve unusual results you must do unusual things.

RENEWALS 2024/2025



Diane Conway reminds us that our annual membership fee for the year from 1st April 2024 will be held at £18.00 per member or £36 for a couple for the third consecutive year. If you want to receive a monthly newsletter by post the additional cost will be £15.00 per member, as it is now. Anyone not renewing by 31st May will be deemed to be a lapsed member and no longer be able to participate in our activities.

Wherever possible please pay by internet banking as the alternative of paying by cheque has now been made even more difficult and time consuming than has been mentioned previously. You may also pay by telephone banking if you have subscribed to this service. We will accept cheques only as a VERY LAST resort and we URGE you to ask a family member, friend or neighbour to pay on your behalf if you are not able to use internet banking yourself. When paying by bank transfer, in the 'reference' box, please enter the word 'subs' followed by your membership number. If you are paying to receive the newsletter by post you should enter 'subs' followed by your membership number and then the word 'news' (no spaces necessary).

Please do the same if you are paying by any other means. This is very important because we have over 500 members and last year we spent hours unnecessarily trying to identify payments where no name or membership number was given. At the moment, the situation regarding whether to have annual or lifetime membership cards is still under consideration and we will inform you of our decision in due course. The committee are looking at other methods of delivering membership cards and members should use their 23/24 cards until further notice.

CURRENT VACANCIES

Boules	Bridge	Community Gardening
Film Group	French	History
Italian 1	Italian 2	Local Walks
Looking at Art/ Culture	Table tennis	Ten Pin Bowling
Trains, Boats and Planes		

Live by the rule that, if it's to be, it's up to me.

Page 1

WWU3A EVENTS



It would seem from feedback to the quiz in April that it went well. It was a good turnout so thanks again to Val and her team of helpers and to Sue the presenter. The winners were Table 9 and the team comprised Jenny and Rob

Wallis, Yvonne Wilson, Janis Webb, Maureen Norgate, Catherine Ford and Mary Martin. It is possible that we will have another quiz later on in the year.



SISTER ACT THEATRE TRIP

Janet Taylor lets us know that tickets for Sister Act at the Dominion Theatre Tottenham Court Road on Wednesday 26th June @ 2.30 matinee will be available to

be collected for those who have paid. Please come and see me at the next meeting. Should be a good show. Cost £40.00.



HENLEY ON THAMES AND BASILDON PARK

Sandra Reekie advises us of this trip on Thursday 9th May. If you have put your name down but have not paid, please do so at the meeting on 7th May or pay online.

Payment can be made by card using SumUp and our treasurer Diane will be by the stage. Or you can pay online or as a last resort by cheque. When signing up, I will need your name, telephone number and your U3A number, as well as your money please. All details are shown below.

Cost £36.15 NT Members £20.00 Our coach will leave The Hawkey Hall at 9.00a.m. We will drive to Henley on Thames where the riverside location is surrounded by a Chiltern landscape of wooded hills and green fields. A stop for some quirky shopping and lunch, maybe in the pub where Charles 1st drank, or visit a butcher who smokes his own meat. At 1.30 p.m. our coach will drive us the 15 miles to Basildon Park, an 18c Palladian-style Mansion, restored by Lady & Lord Illiffe after playing his part in both world wars, with formal gardens and 400 acres of parkland. Where we are dropped off, there is a 400 yard walk up to the house through enchanting woodland, although there is a golf buggy which can run those who wish. Also to reach the interior of the house there are 22 deep, shallow concrete steps and a wooden staircase to descend after the tour. A nice cup of tea in the tearoom can be got before our 5.00 p.m. departure. Sandra Reekie 07969430936.



LOCAL WALKS

Friddy Bishai writes: On Thursday, 9th May there is a walk in Wanstead to see the bluebells Please meet 10.30 a.m. at Wanstead Tube Station

for this walk. Toilets and coffee stop in the park. Lunch at the George in Wanstead if you so wish.

Page 2: **Egos are like tyres. Always inflated and easily punctured.**

WWU3A FEEDBACK

FPR1 FEEDBACK



Janet Taylor feedback: On a very grey day, 8 of us set out for a visit to Holland Park and Gardens. Our first stop was of course to the cafe, which sits in the stunning surroundings of Holland Park. The cafe hosts lots of dog walkers and young mums with tots, and of course U3A members !! Then some of us went off on a bit of a diversion to visit the gnomes, yes I did say gnomes, and very interesting it was, if you like gnomes !! But it was great fun and someone had certainly gone to a lot of trouble and effort. After the visit to the gnomes we walked on through the park, the rain holding off all the while to visit the Kyoto Garden. The Kyoto Garden was opened in 1991 and was a gift from the city of Kyoto to commemorate the long friendship between Japan and Great Britain. The garden is a traditional Japanese Garden with tranquil waterfalls and a serene pond full of Koi Carp. There are stone lanterns, Japanese maple trees and you might, if you re lucky spot a peacock or two wandering around.

From the Japanese Garden we wandered on through the park ending up at the sculpture of "Two Tortoises with Triangle and Time 2000" by Charles Arnold. We then took the tube from Holland Park to Wanstead to finish our day with a meal in the George at Wanstead. Apparently the George Pub is under offer to another pub chain, with rumours that it would become a gastropub, we will miss it. Our thanks to Lindsey and Lesley for yet another great day out.



FILM GROUP

Angela Barnes informs us: Our last meeting was on the same day as the quiz and as many members were keen to attend the quiz, we were a very select group to watch the chosen film. We watched the recent version of Mrs. 'Arris goes to Paris starring Lesley Manville and it was very much enjoyed by all of us. As a group we watched the Angela Lansbury version last year and it was interesting for me to compare the two versions. The other members had not seen either film so they just enjoyed a relaxing watch. Our next meeting will be on Wednesday 8th May when I will look forward to seeing all of our members. New members are still welcome. Payment for this term will be £16 to be paid at the next meeting.



THEATRE OUTING

Janet Taylor reports: Twenty U3A members enjoyed a memorable afternoon at the Bridge Theatre attending the matinee performance of Guys and Dolls. We all agreed it had been a great show, and if you get the chance to go I urge you to do so, you won't be disappointed. Look out for further outings to the theatre.

LONDON REGION EVENTS

SUMMER WALKS AND VISITS PROGRAMME

The link below details each event, plus a direct link to the relevant online Booking Form. Bookings now open although some events are already sold out. More information at <https://u3asites.org.uk/files/l/london-region/docs/lru3asummerwalksvisitsprogrammemay-july2024final3.pdf>

Remember, everyone seems normal until you get to know them

NEWS FROM U3A CENTRE



As you may know, this month, another newsletter has been launched: Friends Extra. This is a new website with offers and services exclusively for everyone signed up to the u3a Friends community. Details of this can be found online at <https://www.u3a.org.uk/news/newsletter>. FREE

LOCAL INFORMATION



The South Woodford Odeon is celebrating the building's history by creating a display of memorabilia. The building is 90 years old this year, and they invite anyone who has old photos, newspaper clippings or other items relating to the site to bring them in so they can copy them and add them to a display to be unveiled later in the year," said a spokesperson. The cinema on the High Road – designed by SB Pritlove in the Art Deco style – was opened on 5th November 1934 by Sir Winston Churchill and was originally called The Majestic. Remember Saturday mornings for kids?



LOCAL BUS CHANGES

TfL will be going ahead with the proposed changes to the W12, W13, W14 and 549 bus routes between Walthamstow, Wanstead and Woodford areas following a consultation last year. The changes are expected to take place in September, with all routes restructured and the 549 withdrawn and replaced by an extended W14 route. The new routes are available to view online. Visit swvg.co.uk/bus



HIGHAMS PARK SPRING FESTIVAL

Is on Sunday 19th May from 11.30 a.m. until 4.30 p.m. at The Highams Park, Henry's Avne. Includes Dog Show, Classic cars, Stalls selling a variety of goods, entertainments, refreshments, rides and live music. FREE to enter.

SPRING FLEA MARKET

Is on Saturday 11th May from 11.00 a.m. until 3.00 p.m. at Hale End Library, Castle Avenue, Highams Park. Antique finds, Bric a Brac, Plants, Vintage Fashion and Crafts. Hot drinks, cakes and street food available

ARTS TRAIL

From 10th to 26th May there are a series of events in and around Highams Park, including Open Studios, Live Music, Poetry, Family Events and Vintage market. Pick up a brochure with full details from a local shop. Café, or Hale End Library. Or go to www.tinyurl.com/HP-ArtsTrail2024

Saying a kind word is such a simple thing but it can change a life.

MORE LOCAL NEWS



CHURCHFIELDS SCHOOL

Former pupils and members of staff have been invited to attend a grand reunion event to celebrate the 150th year of Churchfields Infants' and Junior School. "This event is a testament to the enduring spirit of Churchfields,

and the school looks forward to welcoming back familiar faces as they celebrate our shared history and look ahead to a future of continued excellence. The school first opened to the children of Woodford on 5th January 1874, consisting of two schools, one for boys and a combined girls and infant school. The boys' and girls' departments were amalgamated to form a mixed junior school in 1937. The reunion – which will take place on 8th June from 11.00a.m. will include guided tours, refreshments and a performance by the school's choir. To register, visit swvg.co.uk/c150.

Editor: Both my wife and I attended Churchfields and I would be interested to learn whether anyone else from our U3A was a pupil there. Unbelievably, the picture above is from MY class in 1954 and I have drawn round Phil Joiner at Age 9! Unfortunately we are on holiday when the reunion takes place, but perhaps some of you may wish to go.



REGAL CINEMA, HIGHAMS PARK

Closed on Wednesday 11th September 1963. A new planning application has been submitted by Mammoth Capital for the Regal Cinema in Highams Park. The application includes: a two screen cinema and a café bar on the ground floor level, the retention and restoration of street frontage historical façade, the construction of a six storey building with 33 residential apartments on the floors above. Mammoth has been working on the new proposal, taking into account previous feedback from engagement with residents You can have your say on the updated proposals until Monday 25 March 2024 on the Waltham Forest Council planning website. Picture shows the planned development, but no date has yet been suggested for completion of the project IF it goes ahead.



PARKING IN REDBRIDGE

Pay and display parking machines across Redbridge are no longer operational, with plans for a new PayPoint service to be introduced. PayPoint is a widely recognised scheme offering the opportunity to pay for a range of goods and services at local retailers. Later this year, the machines will be physically removed and replaced by PayPoint, enabling people to pay for parking in cash," said a council spokesperson. RingGo will continue to be the main method of payment for parking, via the app

LONDON EVENT



INTO THE WOODS

John Fisher informs us that The Royal Academy of Music are staging Stephen Sondheim's Into the Woods on 27th & 28th June at 2.00 p.m. & 7.00 p.m. 29th June at 7.00 p.m. and 30th at 2.00 p.m. It will be in the modern Susie Sainsbury Theatre at the Academy, a short walk from Baker Street tube station. No group bookings, just book the seats you want direct. This is a student production but last year's Carousel was outstanding.

I fear my inferiority complex is not as good as yours

Page 3

HAVING A LAUGH



"I've figured out how to send e-mails and faxes, take photos, play games, and film videos, but what I'd really like to do is make a phone call."

They say 70 percent of the population is stupid. I'm so glad I am part of the other 40 percent.



BENEFITS OF WALKING

Doctors say that walking strengthens your heart, lowers disease risk, helps you lose weight, prevents dementia, helps boost vitamin D and gives

you energy. Most seniors never get enough exercise. In his wisdom God decreed that seniors become forgetful, so they would have to search for their glasses, keys and other things, thus doing more walking. I like long walks, especially when they are taken by people who annoy me and walk away. The advantage of exercising every day is so when you expire they'll say "well they look good don't they?" I try to have a long walk early in the morning before my brain figures out what I'm doing. I joined a health club last year and spent around £350 but I haven't lost a pound. Apparently you have to go there! Every time I hear the dirty word 'exercise', I wash my mouth out with lots and lots of chocolate. We get heavier as we get older, because there's a lot more information in our heads.



Johnny Nash once had a girlfriend named Lorraine, but met another girl called Claire who he wanted to date. Lorraine solved the problem by going away, so this inspired Johnny to write the song

'I can see Claire now that Lorraine has gone.'

ONLY JOKING!

When chemists die, they barium.
 They told me I had type A blood, but it was a Type- O.
 Why were the Indians here first? They had reservations.
 Energizer bunny arrested. Charged with battery.
 Broken pencils are pointless.
 I used to be a banker, but then I lost interest.
 I dropped out of communism class because of lousy Marx.
 Haunted French pancakes give me the crepes.
 Be kind to your dentist. He has fillings, too.
 The days of digital watches are numbered.
 I sued the airline over my missing luggage, but lost my case
 Memory is amazing I can't remember when I last forgot something.
 I got married in a public toilet. It was a marriage of convenience.
 A bachelor is a guy who never made the same mistake once.
 You know you're old if they've discontinued your blood type.
 Trying to see a dentist has become like pulling teeth.
 Man shot 3 times with upholstery gun. He is now fully covered.
 There's a nudist convention today. I might go if I've got nothing on.
 Somone stole my ladder. Return it before further steps are taken.
 I bought some bread, potatoes, rice and owls at a carb hoot sale.
 Ever since I was Lidl, I thought I was a supermarket
 New European underwear competition - Eurovision Thong Contest.
 My decorator painted my wife twice with cheese. Double glossed her!
 I went out with a girl who played Polo, but I had to chukka.
 My therapist says I enjoy vengeance. We'll see about that.
 I'm training my terrier to search for drugs. It's a Crack Russell.
 I asked the opinion of some eels. It was for a moray poll.
 I fired my masseuse today. She rubbed me up the wrong way.
 I accepted a job in Seoul, as it was a good Korea move.
 I finished a jigsaw in 2 days. Excellent as the box said 3-4 years.
 If you want to know how many bees Noah had, check the Ark Hives.



A very elderly but bright-eyed gentleman walks into an upscale cocktail lounge. He's very well dressed, with hair well groomed, great looking suit, flower in his lapel smelling slightly of aftershave. He

sits at the bar next to an elderly-looking lady dressed in a modest but very becoming cocktail dress. The gentleman walks over, sits alongside her, orders a drink, turns to her and says, "So tell me, do I come here often?"



There's a pretty big difference between cats and dogs. A dog generally thinks: "Hey, these people I live with feed me, love me, provide me with a nice warm, dry house, pet me and take good care of me ... you know what, they must be Gods!" A cat always thinks: "Hey, these people I live with feed me, love me, provide me with a nice warm, dry house, pet me and take good care of me ... you know what, I must be a God!"

WHEN THE DENTIST MARRIED THE MANICURIST THEY FOUGHT TOOTH AND NAIL!

LAUGHING OUT LOUD IS FORBIDDEN IN HAWAII BECAUSE IT'S A LOW HA STATE