



NEWSLETTER AUGUST 2024

EDITOR'S COMMENTS



Editor: Some terrific groups are not getting enough members attending. One in question is Trains and Boats and Planes and later on in this edition, I will be highlighting this group. If any group leaders would like to publicise their group to get more members,

then please send me some copy and I will feature it. Also if you just want to tell us about your group activities I will be pleased to include them in the newsletter.

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

NEXT GENERAL MEEETING



On Tuesday 6th August 2024
at 10.30 a.m.
At: The Memorial Hall,
South Woodford.
209 High Rd, E18 2PA.

Our August speaker will be the Colombian soprano Meliza Metzger-Gomez who recently graduated from the Royal Academy of Music. In 2016 she graduated from the Conservatoire of Bordeaux obtaining her Diploma of Musical Studies in voice. Meliza also holds a bachelor degree from the Universidad Los Andes (Colombia) in Music and Italian language and Cultural Studies. As an academy student with a big interest on bringing music to the community Meliza has taken part in community projects with the Open Academy, working mostly with primary schools and care homes. She continues taking part on outreach projects in Colombia working with children's choirs and the exploration of operatic repertoire. She has also participated in the Festival Lent in Maribor, Slovenia and the 31st international Festival Imago Slovenia in Ptuj, Slovenia.

Meliza will start with a brief explanation about opera and the classification of voices this will be followed by some film examples. Then we will be shown some examples of warm ups and breathing exercises. Afte which we will all do a very simple vocal warm up. Meliza will end with a performance of 6 pieces and briefly before each piece we will speak about its background and the story that's developing.

If you can count your money, you're not really rich

WWU3A NEWS

CURRENT VACANCIES

Boules	Bridge	Evening Dinner 1
Film Group	French	History
Italian 1	Italian 2	Looking at Art
Table tennis	Ten Pin Bowling	Trains, Boats and Planes

MUSIC APPRECIATION



Tina Harris writes: : The last MUSIC APPRECIATION meeting was a really excellent afternoon held at Salvation Army Hall, South Woodford. An inspiring music programme put together by Ian and run by Edna Edwards. The group meets on the 3rd Wednesday of the month from 2.00 to 4.00 p.m. New members welcomed. Next meeting September 18th, no meeting in August. Contact Edna 020 8504 6167 or just come along, doors open 1.30.

FILM GROUP



At our last meeting on 10th July we watched The Bookshop, a film starring Emily Mortimer as a young widow who moves into a quiet Suffolk town in the 1950's and decides to open the said bookshop in spite of opposition and strong reactions from some of the locals. It was a very slow and quiet film but enjoyable nonetheless.

We will not meet in August but will begin again on Wednesday 11th September. We will take payment of £16 for the term's films either online or rather more reluctantly by cheque. Looking forward to seeing our regulars but always happy to meet new potential members. We are a friendly and welcoming group with plenty of space. Come along and try us out. For more details contact Angela Barnes angelabarnes1972@gmail.com 07817904572



LOCAL WALKS GROUP

Meet at 10.30 a.m. on Thursday 8th August, at the Station Approach entrance to Snaresbrook station(Central Line) for a forest walk around Hollow Ponds and around Gilbert Slade There is an opportunity to have lunch at the Toby Carvery afterwards

REGRETTABLY, THIS IS THE FINAL WALK OF THE GROUP.

Friddy Bishai is 'retiring.' Her hard work in organising this group for so long has been well appreciated by many members.

I'll do anything for the working classes apart from mix with them Page 1

WWU3A GROUPS



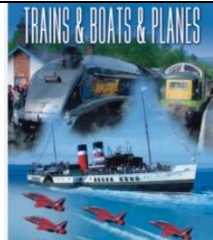
CHENIES MANOR HOUSE, GARDENS & CHAPEL

On Tuesday 13th August. Meet at James Hawkey Hall at 9.00 a.m. Cost £55.00. Includes Private tour of the Manor House, morning tea/coffee & mixed sandwich platter lunch. Editor: Please note that the cost is £55.00 NOT £45.00 as reported in the June newsletter.

Just recalling a visit to some places make you smile and Chenies Manor House is just such a place. Nestled close to the banks of the River Chess, which marks the boundary of Buckinghamshire and Hertfordshire, it has a rich history dating back to at least 1180, which includes visits by Henry VIII and Elizabeth 1st right throughout modern times by Nikolaus Pevsner and the Time Team. Chenies' picturesque architecture has also made it a favourite of TV and film makers and you may recognise it from *Midsummer Murders*, *Tom's Midnight Garden* or *Little Dorrit* to name just a few.

We will leave the Hawkey Hall at 9.00 a.m. to arrive by 10.30 a.m. where a cup of coffee will be waiting for us before we get divided into smaller groups for a private tour of the House. After which, it's time for our sandwich lunch before the House is opened to the public at 2.00 p.m. and the time is your own to explore the beautiful gardens, well house and so much more. Our coach will leave to return to Woodford at 5.00 p.m. Sandra Reekie 07969430935.

LAST FEW SEATS AVAILABLE



TRAINS AND BOATS AND PLANES

Editor: This is a wonderful group which I attend when I can, run by Richard Moules who carries out a lot of research in taking us to various places for the day. On September 10th for

instance, there is a good looking trip to visit the Croydon Tram link with lunch at Morden Hall Park, probably the only National Trust property accessed by a tram! There is no Mansion as at most NT properties, but the tensions of old mills on the river Mole and a terrific garden centre. As with all their trips, they will go by public transport by Central Line to Stratford, Elizabeth Line one stop to Whitechapel, and then Overground to Croydon returning by South West Trains to Waterloo, then "The Drain" to Bank and Central Line back to South Woodford, so they will experience quite a few of TfL's services! And all for free if you have a Travelcard! This is one of the objectives of the group, to show how easy it is to get around London without using the car! If you wish to join this wonderful group contact Richard at 0208 505 1784 or email him at moules51@yahoo.co.uk

WWU3A FEEDBACK



FREEDOM PASS GROUP

Joan Owen gives us this feedback. On Thursday 4th July, Cathy Daley, assisted by Mary Knights and Jackie Unwin, took the Group on a superb and interesting walk around Clerkenwell. From Farringdon Station, we made our way to the outside of St. John's Gate Museum and Gatehouse linked to the St. John Hospitalliers, but now to St. John Ambulance Brigade. After crossing Clerkenwell Green, we made our way to Farringdon Lane to view the original Clerks' Well. We had to climb up a little to see the Well which is behind a glass window. We stood outside St. Peter's Italian Church, reputed to be one of the most beautiful in London. Our next place was St. Alban the Martyr's Church, which was rather austere, but with a modern mural painted behind the altar and modern paintings of the Stations of the Cross. We travelled down Hatton Garden and down a narrow alley to Ely Place and entered into St. Etheldreda's Church the oldest Catholic Church in the country. This Church has the most magnificent stained glass windows. We passed St. Andrew's Church and St. Sepulchre Church but were unable to go inside. We saw London's oldest drinking fountain and the Watch Tower, built to prevent body snatching from the graveyard by students at St. Bartholomew's Hospital. We saw the only statue of Henry VIII above the gateway of St. Bartholomew's Hospital. We were unable to go inside St. Bartholomew the Great's Church but were able to go in St. Bartholomew the Less Church. We were extremely lucky with the weather, dry but not too hot, so much easier for walking. Our walk finished back at Farringdon Station. Our thanks go to Cathy for leading us in this interesting part of London.

SISTER ACT



SISTER ACT

Janet Taylor sends us this feedback: U3A members braved the warmest day of the year and the Central Line to see *Sister Act* at the Dominion Theatre. The lead was played by Alexandra Burke as Deloris who has a good voice. Personally I was disappointed with the show and found the casts' singing rather screechy, but it seemed to be enjoyed by the majority of the audience, so I wouldn't let my review put you off going to see the show, it is certainly an energetic show. Again a rather warm journey home on the tube, which thankfully was running well. Watch out for news of further theatre outings



LOOKING AT ART

John Lawrence gives us this feedback. Our group visited the North & South Serpentine Galleries. We took the tube to Lancaster Gate then a ten minute walk through the park to the North Gallery. There is an impressive modern building next door where we took coffee. Both galleries are free to enter and the North featured an exhibition by the American feminist artist Judy Chicago. Then on to the South Gallery which is a short walk across the bridge over the Serpentine and this featured an exhibition by Yinka Shonibane CB. We entered a room to see a complete Library of just book titles covered in many different colours of cloth. The titles were on the subject of war. An interesting visit to two contemporary galleries.

WWU3A NEWS



POETRY READING

Irene Davies writes: We have 2 vacancies. We read poetry using a different theme each month but we don't do much in the way of analysis. We enjoy the words and the pictures they evoke and occasionally a memory or discussion

BITS AND PIECES



BRIDGE LESSONS

Would you like to learn how to play this fascinating game? Are you already a player wishing to improve or maybe you stopped playing some time ago and wish to return? If so, we have an offer from a PROFESSIONAL TEACHER who is willing to give lessons to Wanstead and Woodford members. Please email Ron Prince at ronw_wu3a@hotmail.com and say whether you are a beginner, improver or wish to return to playing.



WESTMINSTER ABBEY

On August 14th, Westminster Abbey will host one of its occasional late openings, which, apart from seeing the Abbey in a very different light from daytime visits, are also cheaper than a daytime visit. Tickets to the Abbey Lates cost £19 (compared to the usual daytime charge of £29) The gates are open from 4:30 to 7.00p.m (last entry 6.00p.m. There will also be music in the cloisters, with two musicians on each of the two late openings. Tickets are on sale [here](https://www.westminster-abbey.org/abbey-events/lates/2024/july/creation-lates-summer-sessions). Or go to their website at <https://www.westminster-abbey.org/abbey-events/lates/2024/july/creation-lates-summer-sessions>



SO MANY PLACES

I have been in many places, but I've never been in Kahoots. You cannot go there alone, you have to be in Kahoots with someone.

I've never been in Cognito as no-one recognises you there.

I have however been in Sane. but was driven there.

I've been in Doubt. It's a sad place to go and I try not to visit

I've been in Flexible but only when I wanted to stand firm.

Sometimes I'm in Capable and I go there more as I age.

I may have been in Continent but only for a wee time.

I wanted to be in Ferno but it was too hot.

Misfortune: the kind of fortune that never misses

INTERESTING FACTS

In 1939, General Motors developed the world's first see-through car. The one-of-a-kind Pontiac Deluxe Six Plexiglas went on display at the New York World's fair that year, says Moss and Fog, and was designed to allow viewers to see the vehicle's inner workings. Known as the "ghost car", it is still believed to be in working condition. When last sold in 2011, it had only 86 miles on the clock.

It turns out that staring at a phone screen before bed doesn't harm your sleep, says The Times. For years, the general advice has been to limit evening screen use due to fears that "blue light" suppresses melatonin – the hormone that signals to the body that it's time to rest. Now bedtime boffins have changed their minds. "There's no evidence from 11 studies conducted across the world that screen light in the hour before bed makes it harder to fall asleep," says sleep psychologist Michael Gradisar. He thinks the only way devices might interfere with a good eight hours is by motivating people to stay up scrolling after lights out.

An afternoon nap boosts cognition, creativity, memory and supports a healthy heart, says Time magazine. So here are a few tips to catch the perfect siesta. Firstly, make sure to "pre-game" your naps with deep breathing or meditation – this will help you to relax and get a more restorative rest. Another tip is to caffeinate before falling asleep. Metabolising caffeine takes about 30 minutes – the ideal length of a nap – so if you down an espresso before nodding off you will wake up as it takes full effect. Finally, try building a "poor man's nap pod" by using a sleep mask with earplugs or headphones. And if you can, turn your room into a "cool dark cave" – the perfect environment for daytime rejuvenation.

A new study has found that women find men 21.5% more attractive when they see them with children. Researchers put it down to the "parental investment" theory that women look out for a nurturing partner.

It wasn't until 1841 that a person's occupation was entered on the UK census, says Shaun Usher in Lists of Note. By 1881, job titles were rigorously recorded, though without any explanation of what they meant, leading to some that "sound completely ridiculous" today, including: "budget bummer", "butt woman", "ponty sucker" and "sand badger". Also listed were "muck roller", "moleskin shaver" and the suspicious sounding "spilch dealer".

Cancer survival rates in Britain are 25 years behind other European countries, a new report has found. Women with cervical cancer in England today have a lower chance of survival than those diagnosed in Norway between 1992 and 1996. Similarly, the rate of men who survive prostate cancer beyond five years in England stands at 89%, compared to 95% in Sweden.

Windermere has been crowned the UK's most stunning view, says the Daily Mail. Of those surveyed, 36% voted the Cumbrian lake as the nation's top vista, closely followed by St Ives Bay and St Michael's Mount in Cornwall and Cheddar Gorge in Somerset.

For once, says BBC Ideas, here's some good news about things that don't, in fact, give you cancer. First, there is no evidence that sugar or artificial sweeteners contain carcinogenic nasties. If you like your tea sweet, good for you. Mobile phones, while probably not great for the attention span, are also not giving you cancer. The radiation they produce is far too weak to have any effect on health. And finally, burnt toast and other blackened or charred bits. Not cancerous. So if you like your bacon *really* crispy, tuck in.

History - people trying to do good things but something goes wrong Page 3

A DOG'S LIFE?

Anger management:
When angry with someone,
it helps to sit down and
think about the problem...



DID THE COCKAPOO PARTY WIN?

Spot the difference!



ONLY JOKING!

I've taken up glamping. Less intents.
Chip shop owner changed wedding vows 'for batter or for worse'
Snow White has only 7 followers on social media
She was only a whisky maker but he loved her still.
I tried to catch some fog, but I mist.
I want to watch Groundhog Day, but I may have seen it before.
A cartoonist was found dead at his home. Details are very sketchy.
The Cup Final between IKEA and Furnitureland ended in a drawer.
Why don't you ever see the headline 'Psychic wins lottery'?
I visited a lovely garden in France but didn't get my Monet's worth.
For peat's sake, don't get bogged down in detail.
My doctor said "You've got hypochondria." I said, 'Not that as well'
To learn about procrastination takes longer than you think.
I love my horse. We're in a stable relationship.
I became a barista at a coffee shop, but it wasn't my cup of tea.
I played Chess with my European friend. He is my Czech mate.
Most sheep get their hair cut at the baba shop.
Cage fighters never look rattled.
Ban pre-shredded cheese and make UK grate again.
A dishonest Kangaroo gave me a cheque but it bounced.
The bald man vowed to never part with his comb.
Should an angry train driver work for Crossrail?
I upset a hedgehog who became very prickly.
Are boomerangs making a comeback?
My brother's a lumberjack. Such a nice feller.
Codes aren't all they're cracked up to be.
I lied to my radiographer, but they saw right through me.
"What does surrender mean?' I don't know, 'I give up'.
Dead batteries can't be sold because they're free of charge.
I exercise very early before my brain figures out what I'm doing.
The knee specialist never bought fish. He cortisone.
The best time to buy a canary is when they're going cheep.
The Citroen recruiter was upset because he only got 2 CV's
I cut a sheep's wool by accident. It was a shear fluke.
I am a useless big game poacher, as I can't multi tusk



ANAGRAM

**KEIR STARMER VICTORY
= MAVERICKS TERRITORY**



A teacher asked her class what they knew about whales. One little girl spoke up and said that Jonah was swallowed by a whale. The teacher smiled and said she didn't think that was very likely because, even though

whales can be big, their throats are not big enough to swallow a man. But the little girl was adamant and maintained that Jonah was swallowed by a whale. The teacher became impatient and reiterated that this was physically unlikely. But the girl was unmoved, and said that when she got to heaven, she would ask Jonah. "But what if Jonah went to hell?" the teacher asked. The girl replied: "Then you ask him"