



NEWSLETTER SEPTEMBER 2024

EDITOR'S COMMENTS



Editor: In the newsletter, I always like to feature any information, comments, outing feedback and group news from any members. Contact me at Phil Joiner ww3aphil@gmail.com 07728 748 131

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

NEW MEMBERS

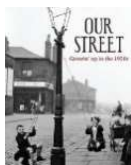
We welcome the following new members

Marion Bidmead, Rosie Casey, Hugh Clancy, Kim Clancy, Linda Corcoran, John Davies, Marie Davies, Marianne Delima, Julie Driscoll, Maureen Gale, Anne Griffiths, Lesley Hay, Sharon Jupp, Disha Kapoor, Elizabeth Lewis Jackie Manning, Kate Marks, Sue Mayne, Susan Meredith, Patricia Perrett, Michael Prescott, Adrienne Poole, Hilary Segall, Judy Smith, Irene Thomas, Amelia Watts, Tracy Young, Suha Zarifa.

WWU3A QUIZ REMINDER

The WWU3A Quiz plus refreshments and raffle is on Wednesday 18th September from 1.00 to 4.00 p.m. Tables of 8. Cost £5.00 per person. You can come as an individual or book a table of a maximum of 8. Contact Val Lord on 0208 529 1803 or 07806 093 533 or see her at the next General meeting. Let's get a full house!

UPCOMING SPEAKER



DAYS OF DOLLY BLUE AND IZAL

On Tuesday 3rd September 2024.
At 10.30 a.m.

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

Speaker: Brian Carline

Reflective nostalgia delivered with both poignancy and humour. It focuses on life in a typical industrial city in the 1940s and early 50s. Our Street - is a pictorial journey through street life in any large industrial city in the 40's and 50's. Anyone born in these times in the urban environment will identify with the images shown.

My favourite childhood memory is having energy!

WWU3A NEWS



come along, doors open 1.30 p.m.

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. We need new members who are very welcome to join. Next meeting is on 18th September. Contact Edna 020 8504 6167 or just

CURRENT VACANCIES

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

FREEDOM PASS 1



Feedback from Janet Taylor. On Thursday 1st August an intrepid six of us set out to visit Holland Park. The day was very hot and humid and thunderstorms were predicted, but in the end never came. Our first stop of course, was to a very nice outdoor cafe in Holland Park which we shared with dogs of all sizes and breeds, and mums with toddlers. Suitably sustained, we set off to see the Kyoto Gardens. The gardens were designed and built by an eminent Japanese Garden designer to celebrate the Japan Festival in London in 1992. Known for its iconic Zen rock garden, it is an oasis of calm in the heart of Holland Park.

We then had a gentle meander under the canopy of trees which was very pleasant and cool. We kept to the shade of the trees and a very enjoyable walk was had. As the weather was very hot we decided to come back to home territory to finish the day off with a meal. Four of us finally arrived rather hot and hungry to Wanstead, where we collapsed into Falika restaurant. Glasses of wine soon revived us and we spent a very happy couple of hours enjoying their excellent menu with more wine! Our thanks to Barbara and Laurie for taking on this jaunt on such a hot day.

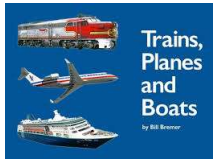
There are two ways for men to argue with women. Neither works! Page 1

MORE WWU3A



FILM GROUP

Angela Barnes writes: Our first film group of the autumn term is on Wednesday 11th September. Why not come along and join us if you would like to watch a film in congenial company? Put the second Wednesday of every month on your calendar, in your diary or your phone. We will take payment of £16.00 for the term's films, either online or rather more reluctantly by cheque. I have a variety of films to show including Woman in Gold, The Artist, Little Voice and One Life. Looking forward to seeing our regulars, but always happy to meet new potential members. We meet at the Salvation Army Hall in Daisy Road, South Woodford – a short walk from the station or a couple of minutes from the 179, W13, W12 bus stops. Do email or ring me if you need more details. Angela Barnes angelabarnes1972@gmail.com 07817904572



TRAINS BOATS AND PLANES

Just a reminder of this terrific group which has an outing on September 10th to visit the Croydon Tram Link with lunch at Morden Hall Park, probably the only National Trust property accessed by a tram! The travel will be on various underground lines and one of the objectives of the group is to show how easy it is to get around London without using the car! If you wish to join this great group contact Richard at 0208 505 1784 or email him at moules51@yahoo.co.uk



MRS DOUBTFIRE

Janet Taylor announces that she will be signing up at the next meeting for a theatre trip to see Mrs. Doubtfire on Thursday 14th November matinee show 2.30pm at a cost of £45.00. This is a show that Janet has already seen, but more than happy to see again. It's showing at the Shaftesbury Theatre, a very easy theatre to get to, just a short walk from Tottenham Court Station. She will start taking names and payments, preferably by sum up with your debit card or by cheque at the September meeting, so do come and see her and sign up.

LOCAL NEWS



REDBRIDGE NEW PARKING SERVICE

Over 100 retailers and businesses in the borough have signed up as PayPoint outlets to include parking payments. You can use them to pay by cash instead of RingGo. Here's how to do it.---

For the nearest PayPoint go to consumer.paypoint.com.

1. Park your car in a 'paid for' parking 'space'.
 2. Note location code displayed near to the space.
 3. Go to nearest PayPoint outlet.
 4. Tell the outlet you want to pay for parking.
 5. Give your location code and duration of parking.
 6. The PayPoint outlet will create your session.
 7. They will then charge you the correct amount
- Then go for coffee to rest or just pay by RingGo as usual!

Page 2: Scary movies with a PG rating are not my cup of tea

MORE U3A

CHENIES MANOR HOUSE



On a beautiful sunny day, a group of us went on Sandra's last trip of 2024 to Chenies Manor House in Buckinghamshire. On arrival, we were served coffee and biscuits and were given an introductory talk by the owner, Mr Macleod Matthews. Following this, we were split into 3 groups, each with a guide, to tour the chapel and the house. Our group first looked at the chapel, which is still in use today. It is a simple building but on one side, seen through windows along the wall, is the mausoleum which contains some amazing tombs. Members of the Duke of Bedford's family, previous owners of Chenies, are still buried there.

The house itself, Tudor in origin, is an amazing mishmash of collections, including a room with a large dolls house, porcelain dolls and other children's toys. The house has been lovingly restored by the Macleod Matthews family, who live there. Following our house tour, we were served a very nice sandwich platter lunch and we were then free to wander round the beautiful gardens. These are quite spectacular and I particularly like the sunken garden. After more tea, we wended our way home and we have to say a very big thank you to Sandra for organising such a wonderful day out. I would thoroughly recommend a trip out to see this beautiful house and gardens.



TABLE TENNIS TURNOUT

Following this popular event last year London Region are repeating it. This year it will be on 16th September, 10.30 to 12.30 and again it will be held at Bounce, Old St. If you as an individual member or as a representative of your 'team' are interested please complete the following form [here](#)

u3a learn, laugh, live Roding Valley

Prize: A bottle of wine per member of the winning team, up to a maximum of 5 people.

Groups of 10 are accepted, but the tables are designed to seat 8.

QUIZ

Quiz Night & Fish & Chips Supper

Friday 27th September
7.00 for 7.30
Theydon Bois Village Hall
Tickets are £15.00 per person

Pre order a glass of Chardonnay with your meal for only £2 a glass

HOW TO BOOK:

- At the RV u3a monthly meeting
- By postal booking (cheque) to RVu3a Social Events, c/o 9 Beech Place, Epping, Essex, CM165EJ

BANKSY IN WALTHAMSTOW



CAME AND WENT

You probably know that Banksy came to Walthamstow in August on the pebble dash wall of a fish and chip shop with a mural of 2 pelicans swooping. Unfortunately we can't visit it as the owner of the billboard had the latest creation removed for safety reasons. However he said he would donate it to an art gallery. (Editor: That would be a better place)

Life isn't tied with a bow, but It's still a gift

HOW INTERESTING



TRAVEL DISCOUNT

Members may know that if you book your holidays with Riviera Travel you get a 10% discount which is credited to our U3A. Mention at the time of booking that you are a member of Wanstead and Woodford U3A and they will do the rest. I have done it 3 times this year and our Treasurer will be receiving a decent amount of money. I have confirmed with Riviera that this offer still applies.

Paul Powlesland has become the first crown court juror to take the oath swearing on a river. The 38-year-old lawyer dipped his fingers into a cup of water from the River Roding in East London, where he lives on a houseboat, and declared: "I swear by the river Roding, from her source in Molehill Green to her confluence with the Thames, that I will faithfully try the defendant and give a true verdict according to the evidence."

Broad beans could be the cure to Britain's blues. The humble legume has been found to contain levodopa, a chemical used to treat a rare condition that makes sufferers unable to experience pleasure, and which has been linked to lasting improvements in mood and emotions. It is suggested that eating more of them would be a cheap and easy way to improve mental health

Climate change is making our days longer as the polar ice caps melt in Greenland and Antarctica. Hundreds of billions of tons of water are moving from the poles towards the equator. This effectively changes the shape of Earth itself – making it more oblate, or fatter – causing the planet to rotate at a slightly slower speed. The effect is absolutely tiny: just a millisecond or so per century. But scientists say that could still be enough to throw off navigation systems and even affect calculations for satellite launches.

The reason airline food tastes so bad isn't (just) because of the quality of the meal itself. Apparently the vibrations from the plane trigger a nerve in our middle ear, which distorts our perceptions of taste. Savoury flavours are unpleasantly enhanced, and our ability to detect sweetness is compromised. Combine that with the recycled air, which dehydrates both our olfactory senses and the food itself, and it's pretty obvious why "few of us have ever enjoyed a meal on a plane".

The recent plane crash in Brazil that killed all 62 people onboard was a reminder of just how rare such incidents have become. A recent study found that the fatality rate in aviation fell to 1 per 13.7 million passenger boardings between 2018 and 2022, down from 1 per 7.9 million in the decade or so before that. From 1968 to 1977, it was 1 per 350,000 boardings. Good odds for flying!

A new study has found that when men use navigation devices with a higher-pitched female voice, they are about 40% more likely to bust through an amber light than when it's a lower-pitched voice. The authors think it's because the men are trying to show off in front of their digital companion.

Your joints are a better forecast than the weather service

LONDON MUSEUM



PARADOX MUSEUM

A museum filled with optical illusions, including an upside-down tube station is, twisting the definition of what a museum should be as deftly as its illusions distort visitors' perceptions. Paradox Museum will have over 50 exhibits and 25 immersive rooms that will resemble an upmarket hall of mirrors from sea sides and funfairs, but will instead be in the heart of Knightsbridge. The organisers say that an average visit will last about 90 minutes, and highlights will include the Zero Gravity Room, where visitors can be seen roaming weightlessly like an astronaut or disappearing into the walls of the Camouflage Room.

As the UK's first Paradox Museum, the London site will host several specially themed rooms. The Reverse Room will twist the familiar sight of a London tube station by flipping it upside down. Meanwhile, the Throne Room invites guests to don crowns and take a seat upon its majestic throne, where perception bends, and fellow visitors appear to shrink and grow. Tickets are available [here](#), priced at £18.50 for adults and £14.00 for children. There is a waitlist at the moment before tickets go on public sale. The venue is directly opposite Harrods at 90 Brompton Rd, London SW3 1JJ

POETRY CORNER

CHATBOX

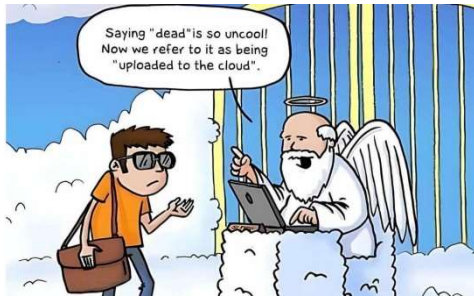
I'm a chatbox and my primary task,
Is to answer questions that customers ask.
A lot of people don't like me much,
They say they prefer the human touch.
In practice, the choice is not theirs to make,
My bosses want profit and all they can take.
We chatbots don't ask for perks and the like,
We're never off sick or are able to strike!
Next week it is the Chatbot convention.
I arranged it myself, I am proud to mention.
The venue of course, is up in the cloud
We can take as much time as we are allowed.
On the agenda is 'frequently asked ' questions
Where we give a report on customer suggestions.
Each year at the forefront, it has to be said
Is 'please can I talk to a human instead?'

PLAGUE OF THE CENTURY

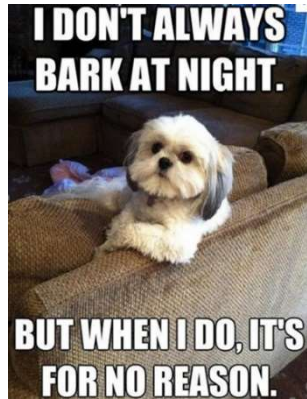
My husband has a new disease, to be completely fair,
It's been here since for ever and it's not exactly rare.
It seems to fit the elderly, but youngsters can succumb.
And it is mostly men that fall, but that's a rule of thumb.
It started a few years ago, he caught it from his Dad,
But then they didn't know its name, or the effect that it would have.
One could not vaccinate against this most pernicious bug,
Though sometimes it would go away with just a loving hug.
So we were at an impasse as to what this thing might be,
But I think I have found a name that fits it to a tee.
I'm calling it Oldmanonia and now we've got it pinned,
Perhaps we'll knock it on the head and get the blighter binned.

Never test the depth of the water with both feet Page 3:

HAVING A LAUGH



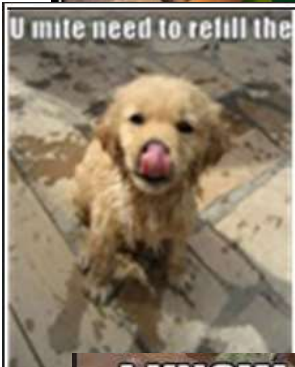
I'm insured with Churchill!



Essex Girl wins Crufts



Help. I'm stuck!



Nicest thing about the future is that it always starts tomorrow

ONLY JOKING!

If William Shakespeare was still alive and writing plays and sonnets about the recent 2024 UK election and results, he would, (with a little help from the WWU3A Editor) not have to re-write anything.

All that glitters is not gold (Any manifesto promises)
 Much ado about nothing (Both campaigns)
 All's well that ends well (for Labour)
 A Midsummer's night dream (For labour voters)
 As you dislike it (Conservative voters)
 Comedy of errors (Ousted Conservative government)
 Taming of the few (Changing Tory Voters back to Labour)
 Macbeth (SNP Tragedy)
 King Lear (Nigel Farage, Reform)
 Now is our winter of discontent (Removal of winter fuel allowance)
 Titus Chancellor (Rachel Reeves)
 To be or not to be, that is the question (Will things improve?)
 The course of true politics never did run smooth (All Governments)
 All the World's a stage (All politicians worldwide act in self interest)



Bobby was sitting on the porch talking to his grandpa when he innocently asked: "Grandpa, do you know how to make animal sounds?" "I sure do," Grandpa replied. "What sort of animal sound would you like to hear?" "How about a toad? Do you know how to sound like a toad?" "Sure", Grandpa said, cupping his hand to his mouth, "Croak croak, how did you like that?!" "Yippee!" Bobby screamed, jumping up and down. "We are going to Disneyworld!" "Huh?" Grandpa questioned. "Why's that?" "Because Grandma said so," Bobby patiently explained. "She said that after you croak we'll all go to Disneyworld!"



A man decided to go away for the weekend with his dog. However, he noticed that none of the hotels said if they were pet-friendly or not. So, being polite, he decided to write a letter to the small hotel he planned to visit. "I would very much like to bring my dog with me," he wrote. "He is well-groomed and very well behaved. Would you be willing to permit me to keep him in my room with me at night?" An immediate reply came from the hotel owner, who said, "I've been operating this hotel for many years. In all that time, I've never had a dog steal towels, bed clothes, silverware or pictures off the walls. I've never had to evict a dog in the middle of the night for being drunk and disorderly. And I've never had a dog run out on a hotel bill. Yes, indeed, your dog is welcome at my hotel. And, if your dog will vouch for you, you're welcome to stay here, too.



A vegetarian who's been leading a local plant-based eating group is disappointed he's never been able to eat pork. To avoid getting caught doing so, he decides to fly to a remote tropical island. Upon arrival, he immediately gets himself a table at a restaurant and orders the most expensive pork dish on the menu. As he's waiting for it to be served, he hears his name being called from across the restaurant. He looks up to see 10 of his loyal vegetarian group members approaching. Just his luck – they'd chosen the same time to visit the same location! Right at that moment, the waiter comes out with a huge silver tray carrying a whole roasted pig with an apple in its mouth. The vegetarian looks up sheepishly at his members and says, "Wow! You order an apple in this place and look how it's served!"

You aren't learning much when your lips are moving.