



# NEWSLETTER OCTOBER 2024

## EDITOR'S COMMENTS



Editor: Thanks for your monthly contributions regarding groups and outings. Please keep them coming! You can contact me, Phil Joiner, at ww3aphil@gmail.com or 07728 748 131

All newsletter contributions to be received by midnight on 19th October.

I hope those of you on email have received this newsletter and this method of communication will now be permanent each month. It will also mean that the committee can in future contact you by email if any messages need to be sent to members. Hopefully the newsletter will be sent to you by email on or about 23rd of each month.

## NEW MEMBERS

We welcome the following new members.

Linda Chalcraft, Elka Golding, and Elaine Sykes.

## UPCOMING SPEAKER



### A HISTORY OF LONDON SHOPPING

On Tuesday 1st October  
at 10.30 a.m.

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

Speaker: Caroline Piper

Caroline Piper is a London Blue Badge Tourist Guide, the highest guiding qualification available, and a Cambridge University history graduate. She is passionate about history, literature, architecture, design, films and finding the "off the beaten track" London gems. Marks and Spencer, John Lewis, Fortnum & Mason and Harrods – we take these brand names for granted now, but how did it all start and why were these brands so successful?

Explore the history of London's shops from its Roman remains, to medieval markets like Billingsgate and Smithfield, the development of luxury shopping districts, the growth of Oxford Street and the power of the department store, the development of destination shopping such as the King's Road and Carnaby Street, to fashionable and reinvented markets today. Discover why Britain is a nation of shopkeepers

*Women like silent men -- they think they're listening*

## WWU3A NEWS

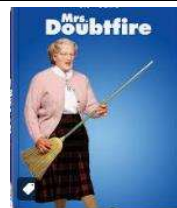


### TRAINS BOATS AND PLANES

Richad Moules advises that the next Trains, Boats & Planes trip will be on Tuesday 8th October to the North West Frontier of the Underground, Chesham! Meet at South Woodford Station (Lower George Lane) at 10:30 a.m. and then the group find a café for lunch in Chesham. Come along if you can.

## CURRENT VACANCIES

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



### 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 2.30 p.m. Cost £45.00. This is a show that Janet has already seen, but is 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 Road Station. She will take names and payments, preferably by sum-up with your debit card or by cheque at the October meeting, as there are still a few tickets left.

## LOOKING AT ART



John Lawrence informs us that this group will be going to The Canal Museum, New Wharf Road, London N1 9RT on Friday 27th September. Meet at South Woodford tube at 9.45 a.m. latest by the bench by the last carriage if you wish to come. No need to inform John beforehand.

The members will travel to Kings Cross and take coffee etc. at Costa Coffee, 26 York Way about 10.30 a.m. then its a short walk up to the museum, so should get there about 11.00-11.15 a.m.

Charges are £6.00 for over 65's, but you will need evidence. £7.50 if under 65. But if we can get 10 or more they would give us a group charge of £5.00 or £6.50 for under 65's. You would have to give John the entry charge on the day as they only allow one payee for groups.

*My mind and my heart will be open today*

## MORE WWU3A

### FILM GROUP



Angela Barnes reports: Our first film to start the autumn term was *Woman in Gold* starring Helen Mirren as an elderly Jewish woman who decides to challenge the Austrian

establishment to try to retrieve family possessions seized by the Nazis, among them the famous Gustav Klimt portrait of her aunt.

We had a good turnout of regular members and we all enjoyed the film. Some people had seen it before, but were happy to see it again in the company of others. Our next meeting is on Wednesday 9th October.

Why not come along and join us if you would like to watch a film in congenial company? Please put the second Wednesday of every month on your calendar, in your diary or your phone.

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, contact Angela Barnes [angelabarnes1972@gmail.com](mailto:angelabarnes1972@gmail.com) 07817904572

### WWWU3A QUIZ



Editor: I hope everybody enjoyed the quiz on 18th September. A very special thanks to Val for organising it and also to her helpers for the excellent refreshments and to Sue for her quizmaster skills. It was probably the closest quiz we have ever run, which suggests that the questions were set at a good level. I thought the overall knowledge was excellent. Please try to come to the next one (date unknown yet) and join in the fun!

## LOCAL NEWS



### NEW POLICE HUB

A new police hub on the Orchard Estate in Woodford is expected to

open by the end of September. The hub will house at least 20 police officers, who will work in partnership with council staff to prevent antisocial behaviour and support people across the west of Redbridge,

Safer Neighbourhoods Teams from Wanstead Park, Wanstead Village, South Woodford, Churchfields, Bridge and Monkams will use the hub, reducing travel time from their current base in Barkingside.

Page 2: *If I can change my thoughts I can change anything*

## LONDON REGION U3A

### LONDON REGION



London Region announces the launch of booking for their programme of events between 30th September and 17th October.

**Monday 30th September** - Guided Walk - Spitalfields: a melting pot for so many immigrants including Huguenots, Germans, and Jews.

**Wednesday October 9th:** U3A Wellness Day in the dance studio at Lift Islington: Enjoy talks and practical taster sessions led by qualified instructors in Yoga, Pranayama, Tai Chi, Qi Gong and Pilates.

**Thursday 17th October** - Guided Walk - London's Black history - Tyrants, Colonialism and Slavery . Black presence in the National gallery.

For further details and links to booking forms for each event. click on this link to the [Events](#) page of our website. Based on previous experience we expect tickets to sell quickly. Online booking is highly recommended to avoid delay and disappointment in booking at [bookings.lru3a@gmail.com](mailto:bookings.lru3a@gmail.com)

This Events page also gives details of a Wellness Day, Treasures of the Wallace Collection and a Christmas Concert should you be interested.

## LONDON TO VISIT



### THE OLD BAILEY

Tours of the Old Bailey courthouse in the London started last year. New dates for tours have been announced for October and November, as well as a bit of December. Anyone can enter the Old Bailey, if they want to watch a court case, as most courtrooms are open to the public.

Justice must be seen to be done, so they are public spaces. However, you can only go in to watch a court case, not to wander around the building for a look. So, if you want to wander the corridors and admire the incredible decoration, tours cost £27.80 per person, take place on Saturdays, and can be booked from [here](#)



### THE SKY GARDEN

Forget the Shard which charges up to £37.00 per person. Visit the Sky Garden which is London's highest public garden – a vibrant social space with 360-degree views of the city's iconic skyline. Access to the Sky Garden is **free of charge**, but spaces are limited. Visits must be booked in advance through this site, and can be made up to three weeks in advance

Here, you can experience London from a spectacular viewpoint. Enjoy lush greenery, exquisitely landscaped gardens, observation decks, and an open-air terrace.

Sky Garden is located in 20 Fenchurch Street – designed in 2004 by world-renowned Uruguayan architect Rafael Viñoly. With his distinctive design, the building is stunning on an aesthetic level – incorporating expansive sheets of glass, and growing larger as the eye travels upwards. <https://skygarden.london/>

*Lawyers write a 10.000 word document and call it a brief*

## HOW INTERESTING

Residents will be able to get their clothes and household items fixed for free with the return of the South Woodford repair café on Saturday 19th October. The event runs from 10.00 a.m. to 1.00 p.m. At Woodford Memorial hall, 207 High Road. From small electrical appliances to jeans and bicycles, there are plenty of items that can be salvaged from landfill and given a new lease of life. There will also be a toy swap, information stalls from local community groups and free refreshments available throughout the session. Visit [swvg.co.uk/repair](http://swvg.co.uk/repair).

Services are free. While you wait, have a free cuppa, and have a look at some of the stalls and toys to swap.

Creative hobbies are supposedly more beneficial for life satisfaction than having a job, says BBC News Boffins crunched data from a major national survey and found that those who regularly participated in crafty activities reported higher levels of happiness and life satisfaction, and a stronger sense that life was worthwhile. Apparently these effects showed up even after we accounted for things like employment status and level of deprivation". Time to dig out the old Airfix kit.

Anchovies are the ideal food for our age of climate consciousness and wellness: small, fast-growing fish that are packed with protein and Omega-3 fatty acids. And adding even half an anchovy to an otherwise simple dish can "turbocharge it to a new realm of flavour".

Paul Kagame, swept to victory in the Rwandan elections recently with a huge and not in any way suspicious 99% of the vote. The 66-year-old strongman, who has led the country since 2000, may have slightly boosted his winning margin by banning his top rivals from running.

Sharing your bed with your furry friend might not be as dreamy as you think, with a recent study suggesting cuddling up to your four-legged friend may be doing more harm than good when it comes to sleep quality. According to a study, about half of those asked admitted to sharing their sleeping space with their pets. Researchers then dug into the sleep patterns of both pet co-sleepers and those who snoozed solo. The verdict? People who cuddled up with their pets experienced poorer sleep quality compared to those who slept without their furry companions. Despite such findings, a whopping 93 per cent of those who snuggled with their pets believed their presence had either a positive or neutral impact on their sleep

Farrow and Ball, whose eccentric and much-loved paint names are apparently not "vegan friendly". Peta (People for the Ethical Treatment of Animals) have demanded the firm "update" the names of colours that it says "normalise the exploitation of animals", e.g. Dead Salmon, Smoked Trout and Potted Shrimp. The animal rights group suggests changing the colour Skimmed Milk White to Oat Milk and Dorset Cream to Dorset Vegan Cream. Elephant's Breath and Mouse's Back are apparently safe. For now! Woke rules again!

*What you get from life depends on how much you give*

## ENERGY SAVING TIPS

*With Energy prices rising again here are a few energy tips*

Electrical appliances are still using energy even when they're on standby. Before you go to bed try to switch them off at the wall.

Only charge your electronic devices when they need it. Even when they're fully charged, your mobile phone and iPads are still using energy if they are plugged in.

Wash and dry your clothes at 30 degrees. When the sun's shining, drying your clothes outside and leaving your dryer off could increase your savings even further. If you have a dishwasher, always make sure it's full before turning it on. Cutting out just one cycle per week will help you make a saving.

Turn your thermostat down by 1 degree If you're off on a winter holiday. Setting your thermostat to a low setting will provide protection from freezing pipes at minimum cost.

A shower is more energy efficient than a bath and can save money, as there's less hot water to heat. The shorter the shower, the bigger the savings.

Filling your kettle with just the amount of water you need will not only mean it boils faster, you'll use less energy too.

Energy saving or LED lightbulbs are a great way to save money on your electric bill, and they last longer too!

## POETRY CORNER

### KEEPING UP WITH THE TIMES

I started with my mobile by quickly learning how to text  
Then joined the hub of facebook, then twitter known as 'X'  
I've looked a bit at Instagram and aplso tried TikTok  
Plus many other platforms, but usually they're ad hoc.  
I have met a lot of people with their individual dreams,  
Some sad, or others hopeful with their life-enhancing schemes.  
So, how to find a friend from all the thousands that appear?  
If I only wanted numbers, I'd tick 'follow' for a year.  
But I only follow those who strike a chord within my heart.  
Though of course we've never met as we're living miles apart.  
With my real friends we can hug, have a laugh or shed a tear  
Go for coffee or a lunch, meet each other year on year.  
So I'll keep up with my followers, who are guided by the trends,  
But I'm happiest in the real world of my very special friends

### GREEN FINGERS



A garden is a lovely place. It brings us much delight.  
It also needs a load of work to keep it looking right.  
The weeds so quickly thrive to suffocate the flowers,  
Kneeling down to pull them out takes us many hours.  
The hedge needs a prune, the shed needs cleaning out,  
The leaves need raking and the weeds start to sprout  
Occasionally there's a lull in all the work to do,  
Allowing us to just sit back and revel in the view.  
With all the time we've spent, seeing the garden grow.  
Our reward is there to see, a personal flower show.

*I'm very clever as I know everything about nothing*

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## HAVING A LAUGH



**It's a humbling moment when you realize your pet has successfully trained you to do something.**



**They say marriages are made in Heaven. But so is thunder and lightning.**

~ Clint Eastwood

Bizwaremagic's Funny Quotes

**I'd like to live like a poor man - only with lots of money.**

~ Pablo Picasso

Bizwaremagic's Funny Quotes

**Want to know what God thinks of money? Look at the people he gave it to.**

~ Dorothy Parker

Bizwaremagic's Funny Quotes

**When I was a boy I was told that anybody could become President. I'm beginning to believe it.**

~ Clarence Darrow

Bizwaremagic's Funny Quotes

## ONLY JOKING!

To err is human. Blaming it on someone else is management potential  
 The problem with Socialism is that you run out of other people's money  
 Tax break for keeping fit is administered by Customs and Exercise  
 'Cookies disabled'. This silly computer command takes the biscuit  
 The IKEIR cabinet. Still in bits as it's been badly assembled.  
 Wine improves with age. I improve with wine.  
 Are barbers good drivers because they know all the short cuts?  
 Appetisers. Don't get me started on them!  
 If you sing whilst polishing a table do you wax lyrical?  
 I have a Doctor's appointment. Will swap for an Oasis ticket  
 I got a job as a puppeteer just by pulling a few strings.  
 Don't make 'end of the world' jokes like there is no tomorrow.  
 A good wife always forgives her husband when she's wrong.  
 A book fell on my head, but I've only myself to blame.  
 The biology and physics teachers split up. They had no chemistry  
 I'm reading a book about anti-gravity, but I can't put it down  
 An imaginary colour is probably the pigment of our imagination  
 An unjustly accused submariner had all the charges dropped  
 Don't date an airport carousel operator. Too much baggage!  
 Brace yourself if you are going to consult an orthodontist.  
 People are shocked when they find out how bad I am as an electrician.  
 Never trust atoms; they make up everything.  
 I was addicted to the Hokey Cokey, but then I turned myself around  
 I used to replace tyres at Kwik Fit but I couldn't stand the pressure



A woman walked up to a little old man rocking in a chair on his porch. "I couldn't help noticing how happy you look," she said. "What's your secret for a long happy life?" "I smoke three packs of cigarettes a day," he said. "I also drink a case of whiskey a week, eat fatty foods and never exercise". The woman said "How old are you?" "Twenty Six" he replied



A doctor of psychology was doing his morning rounds. He entered a patient's room to find him sitting on the floor, sawing at a piece of wood with the side of his hand. Another patient was in the room, hanging from the ceiling by his feet. The doctor asked his patient what he was doing, sitting on the floor. The patient replied in an irritated fashion: "Can't you see I'm sawing this piece of wood in half?" The doctor inquired: "And what is the fellow hanging from the ceiling doing?" "Oh. He's my friend, but he's a little crazy. He thinks he's a light bulb." The doctor asks: "If he's your friend, don't you think you should get him down from there before he hurts himself?" "What and work in the dark?"



A middle-aged woman has a heart attack and it leads to a near death experience while she's on the operating table. As she suddenly sees God, she asks: "Is this it?" God says: "No. You have another 30-40 years to live, my child." She recovers and decides to stay in the hospital and have a face lift, some liposuction, a breast augmentation, tummy tuck and have her hair dyed. She figures since she's got another 30 or 40 years she might as well make the most of it. She walks out of the hospital after the last operation and immediately gets hit by an ambulance and dies. She arrives in front of God and asks: "I thought you said I had another 30 or 40 years? God replies" Oh sorry, I didn't recognise you".