



## NEWSLETTER NOVEMBER 2024

### EDITOR'S COMMENTS



Editor: MORE articles please regarding groups and outings. Please keep them coming! You can contact me, Phil Joiner, at [ww3aphil@gmail.com](mailto:ww3aphil@gmail.com) or 07728 748 131.

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

### NEW MEMBERS



We welcome the following new members.

Peter Alldridge, Drena Irish, Brenda Miller, Terence Stokes and Catherine Smith

### UPCOMING SPEAKER

## Utterly Immoral

Robert Keable and his scandalous novel

On Tuesday 5th November at 10.30 a.m.  
At: The Memorial Hall,  
South Woodford 209 High Rd, E18 2PA.

Speaker: Simon Keable-Elliott

In his talk Simon Keable-Elliott discusses the extraordinary life of his grandfather Robert Keable and the story of his notorious novel. As a child, Robert Keable was an evangelical preacher. He became a priest, worked in Zanzibar and Basutoland as a missionary and gained a reputation as a writer of devotional books. He recruited black labourers to help with the war effort and in 1917 travelled with the men to France as their chaplain. His life was changed by the war and led him to write his bestseller *Simon Called Peter* – called 'Utterly Immoral' by Scott Fitzgerald who name checked it twice in *The Great Gatsby* – and to run away to Tahiti where he eventually married a Tahitian princess.

Simon is Robert Keable's grandson. He has been researching Robert Keable's life and work for the last thirty years. After retirement, after 25 years as a politics teacher, his first book *Utterly Immoral, Robert Keable and his scandalous novel*, came out in November 2022.

*Accept what is, rather than resent what isn't*

### WWU3A NEWS



Feedback from David Reekie. A baker's dozen of the Freedom Pass Rovers 1 group met at Westminster Station bound for the Florence Nightingale Museum. As is customary, we started with coffee and croissants, this

time at the Park Plaza Hotel, before heading to the Museum situated in St. Thomas' Hospital.

The Museum is quite small, but comprehensively details so much about Flo and her early life. For example she was the bane of her parents' lives who simply wanted her to make a "good marriage" like her sisters and settle down, although one of them married a member of the Hellfire Club and was a follower of the Marquis de Sade!

Florence never went to school but was tutored by governesses and later by her father. Her dedication to nursing and the immense influence she had is well documented and started when she was a child. Florence was a very private person and never sought the limelight which is probably why, when the Crimea War was over, she returned home under the name of Miss Smith. However she was a bit miffed that when her carriage came back on a later ship. It was greeted by a tumultuous throng.

Our outing concluded in Lower Marsh Market at an Italian Restaurant for lunch. An excellent day out, with a photo to prove it. A huge thank you to Jan Martin and Janet Taylor for organising it so well.

### LOOKING AT ART



On Friday 27th September, 6 of our group visited The London Canal Museum. It is only 5-7 minutes walk from Kings Cross and we stopped off at a Costa Coffee shop, which is adjoined to the Premier Inn in York Way. Not very busy and clean and comfortable.

The museum is based in New Wharf Road. Spread over 2 floors its original use was as an ice well in Victorian times. You can see a large hole where the ice was stored. There is a small replica barge where you can imagine the life of a bargee & family, plus there are films about canal life in London in the 1920's. It is situated in a basin near the Regent's canal. It is well worth a visit £6.50 entry for seniors.

*How beautiful it is to do nothing and then rest afterwards* Page 1

## MORE WWU3A



### NEW GROUP – SEQUENCE DANCING

A NEW GROUP, Sequence Dancing will be held at Loughton Methodist Church ( Wesley Hall) from 12.30 until 2.30 every Wednesday. Dancing has been proved to be the best form of fitness with music giving a feel good factor. Two accomplished dancers showing the way. £3.00 for a taster session then £15.00 for 5 sessions. The first session will be on the 6th November. Please contact Eileen Cowell for more information [eileencowell38@gmail.com](mailto:eileencowell38@gmail.com) Mobile 07775 994363

### CURRENT VACANCIES

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

### WWWU3A QUIZ



Editor: At the recent WWU3A quiz, the winners (with the smallest team of 5 people) were Pat Nelson, Maire Davies, John Davies, Hilary Segall and Dymphna Lerasle. Please try to come to the next

one (date unknown yet) and join in the fun!

### FILM GROUP



Angela Barnes reports: We welcomed new members to our film group last month, when we watched the contemporary silent film *The Artist* at the request of one of our members. Many of us remembered seeing it when it came out and there was a variety of views about seeing it again. Most of us agreed that the dog deserved an Oscar! Next month's film on Wednesday 13th November will be *One Life* with Anthony Hopkins starring as Nicholas Winton in the true life story of the young man who saved hundreds of children from Germany before the Second World War. You may want to make sure you have plenty of tissues with you.

## LOCAL EVENT



### COPPED HALL - DARK TALES AND STRANGE SOUNDS

Saturday 2nd November at 7.00 p.m.

A chance to experience a chilling night at the Mansion. Old tales told with haunting sounds and images with ghosts and dark deeds. The event will occupy a variety of spaces at The Mansion. Main storytelling will be in the upstairs Saloon and there will be other performances in the State Hall and other rooms. Event is not suitable for children. Tickets £22.00 available on 07749 397 932 or online by debit or credit card at [coppedhallevnts.ticketsource.co.uk](http://coppedhallevnts.ticketsource.co.uk)

Page 2: *Live life, love life. You're probably only here once*

## LOCAL NEWS



### OLDER PERSON'S FAIR

Some members may have been advised of this by Sir Iain Ducan Smith, that there is an Older Person's Fair on Friday 1st November between 10.00 a.m. and 12 noon at St Barnabas Church, Snakes Lane East, Woodford Green IG8 7HX. The idea of this free event is to bring together a mix of organisations and groups who can showcase how they can help. It is also an opportunity to meet Iain and his team to raise any issues you might have. Light refreshments will be provided.

### BUS ROUTE CHANGE W14



The W14 bus route in Walthamstow, Wanstead, and Woodford has been restructured and extended. The new route will run between Loughton Station and Whipps Cross Interchange, and will serve stops at Snaresbrook, Wanstead, South Woodford, Charlie Brown's Roundabout, Woodford, Roding Valley, and Buckhurst Hill. Editor: I believe the new route is now open.

## U3A LONDON REGION EVENTS



### LONDON REGION - 2 EVENTS JUST FOR U3A MEMBERS

#### TREASURES OF THE WALLACE COLLECTION

12th November 11.15-15.30

Hertford House, Manchester Square W1U 3BN

This event is designed as an introduction to the varied and intriguing Wallace Collection. Learn about the Adoration of the Magi, Rembrandt's -Titus, the Artist's Son Rosa Bonheur the 19th century animal painter and others talks showcasing the Treasures.

#### The Brandenburg Camino

a musical pilgrimage

### U3A CHRISTMAS CONCERT

Monday 9th December 14.00-16.00  
BRANDENBURG CAMINO SINGERS

St Margaret Pattens Church, Rood Lane, Eastcheap London EC3M 1HS

Join u3a for a concert of traditional carols enhanced by the gentle glow of mulled wine and mince pies. The concert will be introduced and conducted by Bob Porter. Please contact Rikki Wallman on behalf of the Events team [lru3a@gmail.com](mailto:lru3a@gmail.com) if you have any questions.



We have been invited to join the U3A London Region's zoom talks from 17.30 to 18.30 (login from 17.00) on the 'SECRETS OF THE HUMAN BRAIN' on 4th November and



'WOMEN TRAVELLING ALONE' on 2nd December. Register your internet interest for either event on [www.u3asites.org.uk/londonregion](http://www.u3asites.org.uk/londonregion). For assistance please email: [talks.lru3a@gmail.com](mailto:talks.lru3a@gmail.com)

*Don't try to keep up with the Jones's. Drag them down to your level*

## HOW INTERESTING

Medical opinion suggests that when flying, avoid fizzy drinks, coffee, tea and alcohol if possible, plus eating only in moderation. Wear loose and comfortable clothing and if possible take hourly walks during the flight to prevent cramp and swelling. To minimise jet lag, if travelling East, on the morning of arrival stay indoors out of natural daylight and rest until the afternoon to help advance your body clock. If travelling West, follow the same sleep timetables of the locals. Scents of lavender in a bath may help.

For those of you who watch what you eat, here's the final word on nutrition and health. The truth is that the Japanese eat very little fat and suffer fewer heart attacks than Brits. The Mexicans eat a lot of fat and suffer fewer heart attacks than Brits. The Chinese drink very little red wine and suffer fewer heart attacks than Brits. The Italians drink a lot of red wine and suffer fewer heart attacks than Brits. The Germans drink a lot of beer and eat lots of sausages and fats and suffer fewer heart attacks than Brits. **CONCLUSION:** Eat and drink what you like. Being British is apparently what kills you!!

The travel site Hotels.com has compiled a list of some of the weirdest items hotel guests left behind in their rooms last year, including a pet lizard, 2 full-leg casts, a £6m watch, a rice cooker, construction pipes and a car tyre. The most peculiar room service requests included burnt toast, a caviar hot dog, fresh goat milk, 4lbs of bananas, and an Evian-filled bathtub for their child to bathe in.

A stab proof vest made by Banksy, is expected to sell for up to £300,000 at auction this month. Crafted from a former police issue garment, the Union Jack-embazoned vest is identical to the one worn by the rapper Stormzy during his headline set at Glastonbury in 2019 to highlight a surge in knife crime. It's due to go under the hammer this month at Sotheby's, where one of the street artist's most famous works, Girl With Balloon, shredded itself moments after being sold for £1.4m in 2018. The half-destroyed piece returned to auction 3 years later as Love Is In The Bin, this time selling for a record £18.6m. Has the world gone mad?

One surprise among the first excerpts from Boris Johnson's forthcoming memoir, Unleashed, is that the former PM once proposed invading Holland. At the height of the pandemic, doses of the AstraZeneca vaccine got jammed up in a cross-Channel export row, so Johnson asked military top brass about sending in a crack team to "navigate up the canals" under cover of darkness and retrieve the jabs. The only trouble, he was advised is "if we are detected we will have to explain why we are invading a longstanding NATO ally".

Kindness may be the key to being more attractive. A study by Tel Aviv University presented participants with photos of smiling men and women alongside descriptions of them – explaining that they were funny, clever, or worked in a soup kitchen – and asked them to rate their physical attractiveness. Across 10 experiments, participants judged those deemed kind to be more physically beautiful, far more than the other traits. "At an individual level," said the beauty boffins, "engaging in kind and helpful acts could leverage more favourable evaluations of one's looks."

*Trust yourself and follow your instincts*

## HAVING A LAUGH

## LONDON NEWS



### POTTED PANTO

The West End's longest-running pantomime, Potted Panto is back! Playing at Wilton's Music Hall from 4th December to 4th January, expect hilarious humour, a combination of all your favourite pantomimes, and a host of

eclectic characters to create a manic but magical show. Bringing some extra sparkle this Christmas, why see one panto when you can see them all? This must-see pantomime combines seven of your favourite pantomimes, bringing together the biggest and silliest stories for 80 minutes of hilarious laughter. Our dastardly double act rushes from rubbing Aladdin's lamp to exploring the golden streets of Dick Whittington's London and ensuring Cinderella gets to the ball. Contact <https://londontheatredirect.com/venue/wiltons-music-hall-london>. Tickets cost about £15.00



### PENSIONERS MUSEUM

London is getting a new museum, dedicated to the history of the Chelsea Pensioners, and it's inside their recently restored stables block. The stables block isn't just a former horse stables though

(although it was), but a grand set of stables designed by Sir John Soane, and they've undergone a £12.2 million refurbishment project. As part of that, the stables now include a new museum, which will be free to visit six days a week. It is candidly a fairly small museum – more of an appetizer than a main course of the Pensioners' history. Opening with a representation of the all-important communal main meal, the rest of the museum fills some of the old horse stables with snippets of the history of the Pensioners and the life of a Pensioner. A large video room with touchscreen displays mounted on a replica of an early pensioner room starts the walk through the museum, which is mainly filled with a lot more video and oral history. One stable tells a bit of the story about the famous red tunic and less famous but more often worn dark blue uniforms. One stable has a small number of actual artefacts, including some Dead Man's Pennies – large medallions given to the relatives of those killed in WWI. Free. [Chelsea-pensioners.co.uk](http://Chelsea-pensioners.co.uk)

## POETRY CORNER

### HAVE YOU HEARD THE NEWS?

Fairy tales and Shakespeare are now issued with a warning  
But why not when the news is on, first thing in the morning?  
You may wake feeling happy, glancing round a sunlit room,  
Just to switch the TV on and be filled with doom and gloom.  
So wouldn't it be wonderful to have a special channel  
Which will only broadcast good news instead of tawdry scandal  
It would make us all look forward to every bright new day,  
And also help prepare us for whatever comes our way.  
If people felt more cheerful, they might smile at one another.  
Instead of staring at their phones 'cos a smile is too much bother.  
Things would feel much better, if we could be light-hearted,  
So maybe soon some clever person, could get this channel started

*Seize the day whilst there's still time*

**'PART OF THE SECRET OF A SUCCESS IN LIFE IS TO EAT WHAT YOU LIKE AND LET THE FOOD FIGHT IT OUT INSIDE.'**  
-MARK TWAIN

Not in jail, not in a mental hospital, not in a grave - I say I'm having a very good day.

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One day, you'll be able to tell your grandkids, "I survived the Great Toilet Paper Shortage of 2020."

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I think the worst time to have a heart attack is during a game of charades.

~ Demetri Martin

Bizwaremagic's Funny Quotes

A person with a sharp tongue will eventually cut themselves.

~ J. Robson Koenig

Bizwaremagic's Funny Quotes

**Just about had it with Amazon.**

**Every time I order chicken pellets and grain, they email me three days later asking for their feed back.**

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## ONLY JOKING!

I only eat roast potatoes as they're not mash produced.  
Was the administration of Tupperware already sealed.  
Crosswords are difficult, but I won't get 2 down.  
Aged 80 I have all the answers, but nobody asks the questions.  
How does Moses make tea? Hebrews it.  
I don't believe in sceptics.  
I re-labelled our spice rack. OK for now but the thyme is cummin.  
I played 'Mama Mia' on a didgeridoo. Is that ABBA-riginal?  
Buckingham Palace guards. Have been there over a Sentry.  
Becoming a steeplejack is something to aspire to.  
I left my credit card on a desk and someone swiped it.  
My bag of nuts was not all it was cracked up to be.  
Do bad plasterers just paper over the cracks?  
Cleaning mirrors is a job I could see myself doing.  
I hate having to explain myself. Don't ask me why.  
The keyboard player had an electric shock Was it organ failure?  
I went to the paint store to get thinner. It didn't work.  
How much does a chimney cost? Nothing, it's on the house. .  
Today was just the tip of the iceberg. Tomorrow remains to be seen.  
A friend bragged about his bird puns. Toucan play at that game.  
Is hanging around in a marquee loitering with intent?  
Was the nude man at the barbecue called Bear Grylls?  
The lollypop man at the local school really makes me cross.  
My postman was lying outside. I asked him to stand and deliver.  
I fell down carrying a pot of paint. It was very emulsional.  
I was going to buy some slippers, but then I got cold feet.  
A girl had a botched collagen injection, but kept a stiff upper lip.  
Cadbury's sell a chocolate bar in Asia called 'Chinese Wispa'.  
The peer was soaking wet. His wife said My lard, you're dripping.  
The car driver was sobbing. Is he heading for a breakdown?  
After they retire, some metallurgists get a bit rusty.  
This bloke threw hot ash on me. I was incensed.  
Someday I'll get round to being a procrastinator.  
I had amnesia once - or was it twice?  
The awful orchestra conductor didn't want to face the music



A couple in their nineties were experiencing some forgetfulness, so they consulted their doctor. The doctor assured them that they were both in good health, but suggested they write things down to aid their memory. One evening, while watching TV, the husband decided to get a snack from the

kitchen and asked his wife if she wanted anything. Could you bring me a bowl of ice cream? she requested. Sure, he answered. Shouldn't you write that down to remember it? she asked. No, I can remember that, he assured her I'd like some strawberries on top. Maybe jot that down? she suggested. No, I've got it: ice cream with strawberries," he replied, a hint of annoyance in his voice. And some whipped cream on top. Are you sure you can remember all that? The doctor did say to write things down, she reminded him.

I've got it, I've got it! Ice cream with strawberries and whipped cream, he reiterated, clearly frustrated. He headed to the kitchen. About 20 minutes later, he came back with a plate of bacon and eggs. His wife looked at the plate for a moment then said, Where's my toast?

*Those who can get on with it. Those who can't just moan*