



## NEWSLETTER DECEMBER 2024

### EDITOR'S COMMENTS



Editor: Good response this month, but I still need MORE articles in future for the newsletter regarding groups and outings. Please keep them coming! You can contact Phil Joiner at [ww3aphil@gmail.com](mailto:ww3aphil@gmail.com) or 07728 748 131. All newsletter contributions for next month to be received by midnight on 19th December please.



Don't forget our local Christmas markets for buying those last minute presents! at Wanstead High Street on Sunday 1st December and in George Lane, South Woodford on Sunday 15th December



#### WWU3A QUIZ

We are running another quiz on Tuesday 25th March 2025. Please put the date in your diary! Ticket details to follow.

### NEW MEMBERS



Terry Allen, Silva Chamberlain,  
Penny Foot, Margaret Hall,  
Mary Leedham-Green,  
Laraine Leuillette, Anne Quade,  
Cheryl Robertson, Davis Rowley,  
Susan Rowley.

### UPCOMING SPEAKER



On Tuesday 3rd December at 10.30 a.m.  
At: The Memorial Hall,  
South Woodford 209 High Rd, E18 2PA.

No Speaker but we welcome  
the Modality Voices,

Who are a friendly, diverse mixed voiced Choir. They have a reputation for imaginative performances, great harmonies and a quality blended sound.

They have won the Stratford and East London Music Festival several years running, and sing at events both locally and in London. They sing everything from jazz, pop and musical theatre, to classical and for our December meeting they will be performing a selection of carols and Christmas music, during which there will be plenty of opportunity for us all to join in. **The entertainment will be followed by seasonal refreshments. Please come.**

Getting older is a privilege we should enjoy

### GROUPS



#### ARE YOU A GRUMPY OLD MAN?

– Your u3a needs you

**We men sometimes feel outnumbered so we are going to start a group "Just for men" where we can discuss topics that interest men.**

Ron Prince writes: If you are interested in joining (grumpy or happy), please email me at [ronw\\_wu3a@hotmail.com](mailto:ronw_wu3a@hotmail.com) and include your name and phone number. When I see the response, I will arrange a first meeting, by email, to discuss how the group will run. Please note this is a cooperative group together with Wanstead and Woodford, Redbridge, and Roding Valley. It will be filled on a first come first joined, and no group will have priority.



#### 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. Contact Eileen Cowell for more information. Mobile 07775 994363 or at [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	Sequence Dancing
Table Tennis	Ten Pin Bowling	Trains Boats and Planes

#### RODING VALLEY U3A JOINT GROUPS

Roding Valley U3A have Group vacancies that members of WWU3A can also join. These are Cryptic Crossword and Current Affairs. If anyone is interested please could they please contact Angela Scales [angela\\_scales@hotmail.com](mailto:angela_scales@hotmail.com) or Val Lord: [lordval99@btinternet.com](mailto:lordval99@btinternet.com)

When you have exhausted all possibilities, try again Page 1

## MORE WWU3A

### LOOKING AT ART



John Lawrence advises: Our next visit will be to The Design Museum at 224 Kensington High Street on Friday 29th November. It is free to enter. Travel- Meet me at 09.40 for a 09.45 departure from South Woodford Station. Usual meeting place i.e. the bench by the last carriage of the westbound platform. We should arrive there about 10.30-10.40 when we can take coffee etc. in The Design Cafe on the ground floor. Please let me know if you would like to come along. P.S. If you are interested there is an exhibition on at the museum about "Barbie" for which you have to pre-book tickets.

### FREEDOM PASS ROVERS 2



Sue Hitchen gives us this feedback. The FPR2 Group had a really fun outing in November - partly by the relatively new Superloop Bus, which was amazing - so fast and direct! It was a great adventure(!), the journey was totally new and different for most of us, and it was fascinating to see areas we've never really been aware of before.

Superloop 2 bus from South Woodford or Gant's Hill, Woolwich Ferry, then another bus to the National Maritime Museum at Greenwich. And all free with our Freedom Passes! There were various options for returning home - I walked through the Foot Tunnel under the Thames to Island Gardens DLR station to return via Stratford. A true Freedom Pass Rovers day out!

The 'Women of the RNLI' Exhibition at the National Maritime Museum at Greenwich was very moving. It was based on superb photos of women life-boat staff and volunteers, taken by one photographer who had travelled all around the UK over the space of a few years and collated by him. There was an excellent video and many old historical photos of women from the past fulfilling various volunteer roles, when women weren't allowed to work on the life-boats. The Exhibition (free) runs until Sunday 1st December - well worth a visit, even if you don't go by the Superloop bus!



Janet Taylor reports: 20 members of the WWU3A enjoyed an afternoon at the theatre to see the show Mrs Doubtfire. Again we had very good seats, but one comment

I would make is that space between rows is somewhat limited at the Shaftesbury Theatre. However the show itself is joyous. Mrs Doubtfire features all the hilarious moments you love from the movie, plus fabulous new songs and some dazzling dance routines. Put it all together, and you have an exuberantly fun afternoon out. If you haven't seen this show I urge you to do so. The Central Line was behaving, seats obtained on the way home, a bonus, so all in all a very enjoyable way to spend a grey November day. Watch out for further shows in the New Year

Page 2: I like work. I can sit and look at it for hours

## LONDON REGION

## MORE WWU3A

### FILM GROUP



Angela Barnes writes: At our November meeting, eighteen of us watched One Life with Anthony Hopkins portraying Nicholas Winton, who saved hundreds of children from Germany before the Second World War. We all found it very moving and well worth watching.

At our next meeting on Wednesday 11th December, we will be watching a Christmas themed film. I haven't actually got one yet, but I hope to remedy that soon!

### TRAINS BOATS AND PLANES



Ann Speed gives this feedback. Richard Moules, Convenor of Trains, Boats and Planes led his group twelve to the RAF Museum at Colindale on Tuesday 12th November. Luckily the weather was fine blue skies and the journey was excellent via Stratford on to the Elizabeth Line to Farringdon then Thameslink to Mill Hill (as Colindale station is closed), then took route 303 bus to the museum and returned the same way. The museum is free, though there are guided talks that take place at times that require a fee.

As usual we all made for the substantial café and enjoyed a coffee or a snack for an early lunch. Most of the group made for the exhibition of the 'RAF in the Age of Uncertainty' - that is now! The planes are truly impressive, Lancaster bombers to modern jet fighters and the stories of bravery often of the very crew often heart breaking. A wonderful day out.

## OTHER U3A'S

### BUCKHURST HILL U3A EVENTS

[Buckhurst Hill U3A have kindly invited our members to various outings](#)

Promenade Concert with the Sid Bolan Big Band on Friday 29th November at the Roding Valley Hall, Buckhurst Hill.

Christmas light show in Essex on Thursday 5th December. Venue: The Mount Epping Road Roydon Harlow Essex CM19 5HT Open: 5.00 p.m. - 8.00 p.m. Cost per person: £10.00.

A trip to Arundel Castle's Tulip Festival on Wednesday 9th April 2025. Also visiting the Castle, Keep and Gardens.

To book a place on any of these events please contact Christine Slade on 020 8505 1005 to get more details and she will then ask you to complete a form by post (and/or explain the booking procedure) and tell you how to pay.

### TRIP TO RHS BRIDGEWATER

[WALTHAM FOREST U3A](#), through Airedale Tours, are arranging a 3 day, 2 night trip starting Sunday 11th May 2025 to RHS Bridgewater M28 2LJ which offers a stunning opportunity to explore their impressive gardens projects, and unique horticultural displays. filled with breathtaking landscapes. Cost is approx. £305.00 with a £75.00 deposit. Included is return coach travel from Chingford area, 2 nights half board at the Mercure Hotel, Haydock, visit to RHS Bridgewater (admission charges for non-members) and cancellation protection. Contact Val Lord [lordval99@btinternet.com](mailto:lordval99@btinternet.com) Mobile 07806 093 533 or Joy Pankhurst [jjpankhurst@btinternet.com](mailto:jjpankhurst@btinternet.com)

Lost causes are probably the only causes worth fighting for

## LONDON REGION - EVENT JUST FOR U3A MEMBERS

The Brandenburg Camino  
a musical pilgrimage

### U3A CHRISTMAS CONCERT

Monday 9th December 14.00-  
16.00

#### BRANDENBURG CAMINO SINGERS

At: St Margaret Pattens Church, Rood Lane,  
Eastcheap London EC3M

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  
U3A London Region's zoom talk  
'WOMEN TRAVELLING ALONE'  
on 2nd December  
from 17.30 to 18.30

Register your internet interest on  
[u3asites.org.uk/londonregion](https://u3asites.org.uk/londonregion). Or on

email: [talks.lru3a@gmail.com](mailto:talks.lru3a@gmail.com)

## SNIPPETS

Before long, AI bureaucrats will be making massively consequential decisions about our lives. AI bankers will decide whether to give you a loan. Also, in the education system AI will decide whether to accept you to university. Employment AI's will decide whether you get a job, AI judges will decide whether to send you to jail, military AI's will decide "whether to bomb your home". These algorithms may well make the world fairer and more efficient. But if things go wrong, "the results could be disastrous". Just look at social media algorithms. By pursuing the very narrow goal of driving user engagement, these primitive AI's have made the "dangerous discovery" that what really grabs human attention is "greed, hate and fear". That discovery has "reshaped the world", driving the current epidemic of conspiracy theories, fake news and social unrest. It's a telling example of what can happen when you hand power to the algorithms.

The oldest surviving wooden church in the world isn't in some "remote corner of the Peloponnese", it's in Essex. Built around 1,200 years ago, St Andrew's in Greensted in Ongar is the only Anglo-Saxon timber church left. You can still make out the 51 split logs that form the walls of the nave.

Geoff Hurst, the last surviving member of England's World Cup-winning 1966 football team, once noticed a cabbie staring at him in the rear view mirror on the way to Heathrow. As they got closer to the airport, the driver broke the silence: "Oi, mate," he said, "give us a clue." Hurst sighed and announced grandly: "My name is Sir Geoff Hurst. I played for West Ham and England and scored a hat-trick in the World Cup final." The cabbie wasn't impressed. "Don't be a prat," he replied. "Which terminal do you want?"

**Be positive - Don't let negative thoughts take over**

## RADIO STATION

### BABY BOOMERS BACK IN TIME

BOOM  
radio

Rose Blitz suggests: Try an excellent Radio station called BOOM, which is targeted at 'baby boomers' (like us) There is also BOOM light- easy listening and 50's music BOOM Rock- Rock Music. It's easy to get BOOM on DAB radio as well as many other sources like Alexa and Google speaker, phone App and tablets as well as TV Freeview on channel 277, and your car radio. DJ's broadcast from their own homes and are names you will instantly recognise like 'Diddy David Hamilton', Graham Dene, Judy Spiers, Nicky Horne, Simon Bates and many more. They all play music and have features suited to their audience. One of the best things about them is that they advertise and promote U3A. If you haven't already listened to BOOM, give it a try.

## INTERESTING EVENTS



### NATURAL HISTORY MUSEUM

Taking place on Friday 20th December, you can explore the galleries while a harpist fills the Museum with the sounds of Christmas or visit the Wildlife Photographer of the Year and Birds:

Brilliant and Bizarre exhibitions after hours. Sip mulled wine while you hear about the Museum in a whole new light from one of the scientists at the winter-themed science stations dotted throughout the galleries. Learn about their petrology collection at Jingle Bell ROCKS station, genomes of Christmassy animals at the Darwin (Christmas) Tree of Life Project station, marine reptile fossils at the Holy Bones station, and the amazing adaptations some animals have evolved to make it through Winter - like frogs who freeze solid for the season - at the Winter Survival station. from 6:30pm to 9:30pm. Tickets £27 and are available at website <https://www.nhm.ac.uk/events/christmas-at-the-museum.htm>



### SNOW QUEEN

Redbridge Drama Centre presents "The Snow Queen" at Redbridge Drama Centre from 2nd to 31st December. £16.50. Child and Concession £15.50.

With magic, mystery, live music and lots of laughs, Redbridge Drama Centre brings you a modern adaptation of this classic tale!

## POETRY CORNER

Editor: After my own Shakespeare quotes last month (which incidentally were subsequently published in The Daily Mail) here is another version.

### AS HE LIKES IT

Is it much ado about nothing, or a more sinister indication,  
That our prime Minister Sir Kier, is removing icons of our nation?  
Maggie Thatcher was the first to go, with her gaze so resolute and firm.  
Literally looking down on him, no wonder it made him squirm.  
Elizabeth the First was next, a legend who was wise and strong,  
To consign Good Queen Beth to storage was traitorous and wrong.  
Sir Walter Raleigh soon followed on, a sailor with a fleet of ships.  
He introduced us to potatoes, now poor Walt has had his chips.  
William Gladstone, some people say, was the greatest PM we've known  
That hasn't helped him with Sir Kier, as into storage he's been thrown.  
And all's not well that ends well, as Will Shakespeare too has gone.  
England's most renowned playwright, the one and only Bard of Avon.  
What has induced PM Sir Kier to set these icons adrift?  
Could it be that in their place, he'll put his pop idol Taylor Swift?

This poem was written by Janet Byrne of Harrow, Middlesex and published in The Daily Mail on 24th October 2024

## HAVING A LAUGH

TAKING STEPS TO  
OVERCOME MY  
HIKING ADDICTION  
I'M NOT OUT OF  
THE WOODS YET

FRUIT FARMERS EAT  
WHAT THEY CAN  
AND CAN WHAT  
THEY CAN'T

I FINALLY WATCHED  
THE DOCUMENTARY  
ON CLOCKS  
IT WAS ABOUT TIME



Page 4: **I'm in control of how I see myself**

## YOU MUST BE JOKING

They say marriages are made in Heaven, so is lightning and thunder.  
Go to other peoples funerals, otherwise they won't come to yours.  
A bachelor is a guy who never made the same mistake once.  
You know you're old if they've discontinued your blood type.  
The computer said 'Hello.' It must be A Dell  
His finest hour lasted a minute and a half.  
The Black Death. Avoid it like the plague!  
Adam had the first computer. An 'Apple'. It had Just one byte.  
I changed my iPad's name to Titanic. It's syncing now.  
Glen Campbell was very thin. I think he was a Nine Stone Cowboy.  
I said the quiz answer was Aswan, but it was Hoover. Dam bad luck!  
It is tough to do inventories in Afghanistan because of the tally ban.  
I come from a very musical family, even the sewing machine's a singer.  
Due to social distancing, farmers are struggling to make hens meet.  
I can't get to sleep worrying about my insomnia.  
People who believe in reincarnation should really get a life.  
I used to be great at wordplay, once a pun a time.  
If one door closes and another door opens, you are probably in prison.  
To me, "drink responsibly" means don't spill it.  
Age 60 might be the new 40, but 9:00 p.m. is the new midnight.  
The older I get, the earlier it gets late.  
I remember being able to get up without making sound effects.



Four men are in the hospital waiting room, eagerly awaiting news as their wives give birth. A nurse walks up to the first man and says "Congratulations! You're now the father of twins!" The man chuckles and says, "What a coincidence — I work for the Minnesota Twins!" The nurse then moves to the second man and says, "Congratulations! You're the father of triplets!" The man laughs, "That's funny — I work at 3M!" Next, the nurse tells the third man, "Congratulations! You're the father of quadruplets!" He replies, "Well, that's surprising — I work for the Four Seasons hotel!" Suddenly, the fourth man starts groaning and banging his head against the wall. The others turn to him and ask, "What's wrong?" He sighs, "I work for 7 Up!"



A driver found himself stuck in a ditch in a remote area. Fortunately, a local farmer arrived with his strong horse named Buddy to help. The farmer attached Buddy to the car and shouted, "Pull, Nellie, pull!" but Buddy didn't budge. He then cried out, "Pull, Buster, pull!" yet Buddy remained still. He tried again, "Pull, Coco, pull!" but still no movement. Finally, the farmer calmly said, "Pull, Buddy, pull!" and the horse successfully pulled the car from the ditch. The grateful motorist was puzzled and asked the farmer why he called the horse by different names. The farmer explained, "Oh, Buddy is blind, and if he thought he was the only one pulling, he wouldn't even try

## TOPICAL ANAGRAM

Donald Trump takes America = It spurned Democrat Kamara

**Democracy is being able to choose who to blame**