



## NEWSLETTER FEBRUARY 2025

### EDITOR'S COMMENTS



Editor: I would like to have 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 February 2025 please.

### STILL SMILING

#### Christmas 2024/New Year 2025

I hope you enjoyed 'Still Smiling', if you found time to read it and also attempted the quizzes. It is still available to read online at [stillsmiling2024.tiiny.site](http://stillsmiling2024.tiiny.site) All being well, I'll produce another edition next Christmas.

### UPCOMING SPEAKER

On Tuesday 4th February at 10.30 a.m.

(Doors open at 10.00 a.m.)

At: The Memorial Hall,

South Woodford 209 High Rd, E18 2PA.

Title: "Markets, Medicine and Monasteries:  
The Stories of Smithfield"

Speaker: Sally Horton

Sally has worked in the legal sector as a professional trainer and coach in several different parts of the City over a number of years. She has always been fascinated by the sights and stories of the modern and historic City. Since qualifying as a City of London Guide when first coming to London, she has kept a lively interest in our ancient capital and the changes it has undergone in the last few decades. She now shares her passion for its hidden and better-known history, from the earliest times to today's new and exciting developments.

### WWU3A QUIZ

A reminder that we are running another quiz on Tuesday 25th March 2025 from 1.00 p.m. to 4.00 p.m. Tickets for groups or singles are available,

preferably at the next General Meeting or contact Val Lord. (See details on the Committee page of the newsletter)

I don't need to put someone down to build myself up.

### MORE WWU3A

#### GRUMPIES



Ron Prince advises: This exciting new group had the first, very enjoyable, meeting at the beginning of January. As we were told that we were not allowed to call it "grumpy old men", as all groups must be fully inclusive, we decided that THE GRUMPIES would be acceptable. Although I did have second thoughts after the meeting as the volume of laughter rather belied the name. We will normally be meeting at 3.00pm on the 1<sup>st</sup> Thursday of each month, the next meeting will be in South Woodford, the venue being decided on a monthly basis. For more information please email [ronw\\_wu3a@hotmail.com](mailto:ronw_wu3a@hotmail.com)

### NEW MEMBERS



John Carroll, Jim Marlowe, Marion Mehta  
Edmund Niman, Christopher Pleasant  
Julia Ridley

### CURRENT VACANCIES

Boules	Bridge	Bridge Tuition
Canasta and Cards	Film Group	French
History	Basic Italian	Local Walks
Looking at Art	Music Appreciation	Racket Ball
Sequence Dancing	Sunday Scrabble	Table Tennis
Ten Pin Bowling	Trains, Boats and Planes	



### ITALIAN GROUPS

Please note that Italian 1 is now titled Basic Italian. It is being run by Eleanora Spencer from 2.30-4.30 p.m. on alternate Wednesdays at 8 Dene Road, Buckhurst Hill IG9 6BP. A small knowledge of Italian is required. There are current vacancies.

Italian 2 is now named Conversational Italian and is being run by Lilliana Perry on alternate Wednesdays from 2.00 - 4.00 p.m. There are no current vacancies.



### RACKET BALL

Judy Brown reports: There are vacancies for this excellent group every Monday from 10.00 a.m. to 11.00 a.m. Cost for a session is £7.00 which pays for the courts. Give it a go, whatever standard you are or may be! Contact Judy at 0208 508 6420 or [judith.655brown@btinternet.com](mailto:judith.655brown@btinternet.com)

I am thankful for what I have even if it's not perfect

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## MORE WWU3A



### SEQUENCE DANCING

Is being 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 with two accomplished dancers showing the way. £3.00 for a taster session then £15.00 for 5 sessions. Contact Eilen Cowell for more information. at Mobile 07775 994363 or [eileencowell38@gmail.com](mailto:eileencowell38@gmail.com)



### BRIDGE TUITION

Ron Prince advises: BRIDGE Is a sociable and friendly game and at WWU3A we are fortunate in having 2 bridge groups

running. The first group meets every Wednesday at Wan library from 10.45 a.m. until 12.45 p.m. This is a very friendly social group and the players seldom keep scores. For information contact Friddy Bishai on [friddybishai@gmail.com](mailto:friddybishai@gmail.com).

Alternatively, for those wishing to learn how to play this fascinating game, return after a long absence or just improve their skill second group is for you. We have a very experienced and qualified English Bridge Union teacher. The sessions are held at South Woodford from 10.00 a.m. until 12 noon every Friday morning. If you wish to join this group, please contact Ron by email at [ronw\\_wu3@hotmail.com](mailto:ronw_wu3@hotmail.com)



### OLIVER (BAD NEWS)

Janet Taylor reports: Unfortunately, I have been unable to secure seats for Oliver. Speaking to Theresa at Groupline, she explains that the show is only running till September and as it's playing at the very small Gielgud Theatre, they only release a very small amount of tickets at reduced prices, especially at matinee shows which is what we need. Oliver moved from Chichester to London's Gielgud for a Christmas run, which has been extended till September. April is sold out completely, so I will have to find another show.



From February, a new shared group will be created between Buckhurst Hill, Roding Valley and Wanstead and Woodford. It will meet once a month on a Friday from 1.30 p.m. until 3.30 p.m. at Loughton Bowls Club. There is plenty of parking at that venue. Each month a different u3a will host the

quiz and set the questions. Tables will be of 6 players. Come with a group or come and make new friends!! There will be 6 rounds of 10 questions plus a Marathon round!! The cost will be £2.00 to cover the hire of the hall. The first meeting will be on 21st February, hosted by Buckhurst Hill. For more information contact Val Lord - [lordval99@btinternet.com](mailto:lordval99@btinternet.com)

Page 2: Don't have regrets. Make more memories

## OTHER EVENTS

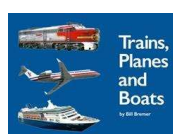
## MORE WWU3A

### FILM GROUP



Angela Barnes writes: At our January meeting we watched Kinky Boots. This film tells the story of a reluctant son inheriting an unprofitable shoe factory and how its fortunes were changed by a series of events that led to them beginning to manufacture boots and shoes for drag queens and transvestites. It was all entertaining and well-acted, but for me the star performance was Chiwetel Ejiofor as Lola. Many of the group had already seen the film, or the stage musical, but were happy to have a dull January afternoon brightened by watching it again.

I have a number of films to consider for the next meeting - Mrs Lowry & Son, Little Voice (at the request of a member) or All is True starring Kenneth Branagh and Judi Dench. Come along to help me choose! Next meeting is on Wednesday 12th February. Many members successfully paid their subs using the Sum up machine at the general meeting. You can pay by bank card on the Sum Up machine at the u3a general meeting, or by bank transfer, or by cheque (as a last resort) at Film Group.



### TRAINS, BOATS AND PLANES

In January, the group enjoyed watching some DVDs of trains (and some boats & even a bus!) in mountains around the world. We will be going outside somewhere in February.

## LONDON REGION

The London Region Events Team are pleased to announce that their Monthly Online Talks programme will continue until March.

As usual, the talks will be delivered via Zoom on the first Monday of each month 17.30-18.30 p.m. (log in from 17.00 p.m.).

Monday 3rd February: "Our human instinct for language".  
Monday 3rd March: Debate "Brave New World" vs "1984"

Please view the Events page of their website for detailed information on these sessions and links to the booking forms.

Please register early as bookings will close 48 hours prior to each talk. [Bookings.lru3a@gmail.com](mailto:Bookings.lru3a@gmail.com) Website <https://lru3a.u3asite.uk/>

International Gilbert and Sullivan Festival at The Coram Campus near Brunswick Square. The event will comprise four talks illustrated with sound and video recordings from professional shows. Ticket cost: £31.00 including teas/coffees throughout the day. Lunch not included, but there are plenty of food outlets nearby, For further details and link to application form click [Gilbert and Sullivan](#)

## POETRY CORNER

Who doesn't welcome a party, with food ,drink, & company hearty,  
Whether guest or host who enjoys it most?  
Wearing clothes not worn for years,  
With jewellery dripping from necks & ears,  
What does a dress look like we voice, Trousers & tops our normal choice,  
But now, a party invite, oh boy Just get out there & enjoy.

Poem by our member [Jacqueline Raine](#)

Never have children. Just have grandchildren, they are more fun

## SNIPPETS

CEO of Indian food delivery firm Zomato, advertised a chief of staff job, for which the successful applicant would receive no pay for the first year and would instead have to donate \$23,700 to charity. Goyal said the role would provide "10x more learnings" than a management class, before claiming it was all a stunt to "filter" out uncommitted candidates. He got more than 18,000 applications.

Cher announced that she was publishing her memoir in two parts, It turns out there may not be "enough paper in the world" to contain a life as ludicrous as hers. The pop star's big break came at the tender age of 16, when she met her future husband Sonny Bono, who was 27, in a coffee shop. Bono was working with record producer Phil Spector at the time, so Cher began hanging out in his studio.

One day, the singer Darlene Love was late for a session, so Spector put Cher behind the microphone – and "that was that". Sonny & Cher were a resounding success with records sales that rivalled Elvis and the Beatles.

Donald Trump has vowed to return to the White House, a bust of Winston Churchill A gift to President Lyndon Johnson in 1965, the bronze has caused a certain amount of fuss in recent years. It took pride of place in the Oval Office until 2009, when President Obama replaced it with one of Martin Luther King Jr. Trump, an avid Churchill fan, immediately brought it back when he was elected in 2016 – only for it to be removed by Joe Biden. Sources close to the president-elect say bringing the bust back is "one of the first things he will do" on taking office, "as a mark of respect".

A lock of George Washington's greying hair, is going up for auction alongside a slew of other rare Presidential memorabilia soon. The oval-shaped pendant containing the storied strands was a present to a family friend of the first US president and has been passed down the generations. The latest owners will see their hairy heirloom go under the hammer with bids starting at \$15,000. Other items in the lot include the star-spangled banner that covered Abraham Lincoln's coffin after his assassination (expected to fetch more than \$1m), never-before-seen Presidential portraits and a 49-star flag from 1959 before Hawaii was declared a state. Perhaps also the bullet meant for Donald Trump!

Few names from fiction are more recognisable than Miss Moneybags but Ian Fleming's famous M16 secretary was nearly called Miss Pettigrew, in homage to the real woman who inspired the character. Kathleen Pettigrew was a woman who served as secretary to five successive heads of M16 from the 1920s to the 1950s. Pettigrew seems to have felt little need to pander to the egos of the men she worked with. She was described by one Foreign Office adviser as a "formidable grey-haired lady with a square jaw of the battleship type". Effectively the "guardian of all clandestine communications" during World War Two, she was chauffeured to Bletchley Park each day bearing intelligence reports designated "ultra secret". "I was Miss Moneybags," she once said, "but with more power."

Britain has long been a pioneer in telecoms. We built the first commercial telegraph in 1837, made the first transatlantic phone call 90 years later; and sent the first text message to a mobile phone in 1992. But today the industry "lags rather than leads", says The Economist. According to new research, Britain ranks 46th for mobile network download speeds out of the 56 developed and developing countries for which data exists – "the worst mobile service in the rich world".

## PIANO RECITAL



By Nicolas Ventura. At Holy Trinity Church, South Woodford on Friday 28th February at 7.30 p.m. Nicolas has played throughout Europe. Recent appearances include the Jacqueline Du Prei Music Building in Oxford, Duke's

Hall, the Brazilian Embassy in London, and Budapest among many others. Tickets £10.00 at <https://www.htsw.org.uk/>

## 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, a 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)

## NEW YEAR RESOLUTION



I came across this article. Don't you think it is so true? We're only a month into the New Year and already between 87 and 92 per cent of us have broken every single one of their New Year's Resolutions. This is according to official peer-reviewed

research data from DOCMUS, the highly-respected, incontestably accurate and 100 per cent reliable Department Of Completely Made Up Statistics

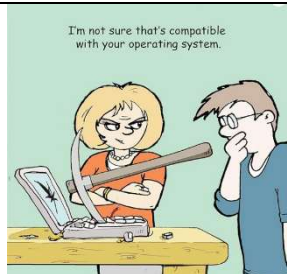
As each New Year approaches, we all become seized by the exhilarating prospect of using the occasion as an opportunity to commit to some form of personal renewal. Self-improvement has long been the predominant theme as people vow to make things better, both for themselves and – time permitting – for those around them. Some even go further, promising to cease being so self-centred to instead focus all their efforts on helping the community, doing volunteer work and offering unsolicited advice to others about how they can be better people. This occurs when cornered at parties with no viable means of escape.

To those who manage to stick to their New Year's Resolutions and create better versions of themselves, congratulations. We admire you, we praise you, we sanctify you and, most of all, we despise you with every fibre of our being. That comes from the heart.

Do what you do well, unless you're a criminal or a murderer

## YOU'RE HAVING A LAUGH





**I'm not saying I order from Amazon a lot, but I just received a wedding invitation from one of their drivers.**



**Cable repairman was on my street and asked me what time it was. I told him it is between 8 am and 1 pm**



## YOU MUST BE JOKING

I've started blindfold archery. You don't know what you're missing.  
In an RAC van the driver was sobbing. He's heading for a breakdown.  
I fell through some theatre doors. Just a stage I'm going through.  
The couple who were pushing a baby in a buggy were prambulating.  
A note on my car windscreen said, 'Parking Fine.' That was nice..  
Some cutlery stuck in my throat. I think I need my utensils taken out.  
Sometimes I thought I'm a Mexican, but I was having Hispanic attacks.  
In 2000 I joined a group for procrastinators. We've not met yet.  
The British are becoming more cynical. Can you believe that?  
I was born to be a pessimist. My blood type is B Negative.  
A forger got a lesser sentence because he used re-cycled paper.  
A doctor told a kleptomaniac to take something for it.  
I saw a cloud formation of 22 over 7, but it was only Pi in the sky.  
I can't remember what I'm trying to forget.  
Heard at the White House. We're not Putin up with this man  
Prisoners call each other with Cell phones.  
Long engagements are best. It makes marriage shorter.  
Tom Daly's football career started badly. He was sent off for diving.  
Every time the farmer tried to count his sheep he fell asleep  
I asked my optician. "Haven't you got an eye chart in English?"  
A duck in a shop when asked 'Cash or Cheque' said 'Stick it on my bill'.



A big boss with a piece of paper in his hand comes into an office where another man is sitting next to a shredding machine. "Do you know how to operate this thing?" he asks. "I have an important paper here and I want to make sure this is done right." "Sure," the other man answers. "Just put the paper in here and press this button." The first man does so, saying: "Great. And where do the copies come out?"



A man walked into a doctor's office and the receptionist asked him what he had. He replied: "Shingles." So she wrote down his name, address and phone number and told him to have a seat. Fifteen minutes later a nurse came out and asked the man what he had. The man said: "Shingles." So she wrote down his height, weight, a complete medical history and told him to wait in the examining room. A half hour later a nurse came in and asked him what he had. The man said: "Shingles." So the nurse gave him a blood test, a blood pressure test, an electrocardiogram, and told him to take off all his clothes and wait for the doctor. An hour later the doctor came in and found the man sitting patiently in the nude and asked him what he had. The man said: "Shingles." The doctor asked: "Where are they?" The man answered: "Outside on the truck. Where do you want me to unload them?"



A young banker decided to get his first tailor-made suit. He went to the finest tailor in town to get measured, and a week later he returned for his first fitting. He put on the suit and he looked fabulous. As he was preening himself in front of the mirror he reached down to put his hands in the pockets and to his surprise he noticed that there were no pockets. He mentioned this to the tailor who asked him: "Didn't you tell me you were a banker?" The young man answered: "Yes, I did". To this the tailor said: "Whoever heard of a banker with his hands in his own pockets?"