



NEWSLETTER MARCH 2025

EDITOR'S COMMENTS



Editor: You can contact Phil Joiner at ww3aphil@gmail.com or 07728 748 131. Contributions for next month to be received by midnight on **19th March** 2025 please.

I have been informed that Tai Chi is no longer a WWU3A activity and existing members have been advised.

Also, Sequence Dancing has not taken off and will no longer be a Group.

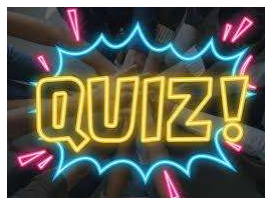
Jane Brown informs us. "Having recently had a hip op. I now have some items given by both NHS and social services that I no longer need. I have just found this site below which will recycle them. It occurred to me that there are probably other members who have crutches and other aids they don't know what to do with. Waltham Forest is willing to recycle unused health equipment, so it can be passed on to someone in need. This can be walking sticks, bath hoists, commodes or specialist equipment. To arrange for a free collection call 0300 100 0253 or email enquiries@london.nrs-uk.net

UPCOMING SPEAKER



On **Tuesday 4th March** at 10.30 a.m.
(Doors open at 10.00 a.m.)
At: **The Memorial Hall,
South Woodford 209 High Rd, E18 2PA.**
Title: "Making of the Wizard of Oz"
Speaker: **David Allen**

A wonderful insight into this Judy Garland classic, with all the backstage secrets; the search for Dorothy, the original Tin Man, the poisonous makeup, Toto, the ruby slippers, and of course, THAT magnificent song! A PowerPoint presentation with clips from the film and wonderful photos.



WWU3A QUIZ

A reminder that we are running a quiz on **Tuesday 25th March** 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) Great news is that we have 60 people already signed up, so please apply quickly as we may be full soon.

OUR U3A

WELCOME TO NEW MEMBERS



Sandra Baird, Maggy Campbell, Kim Lowe, Anthony Faulkner, Toni Fitzgerald, Dilip Patel, Pat Macnair, Charles Macnair, Sheila Patel, Jeannette Plumb, Julia Poste, Marilyn Stein, Ros Watling.

CURRENT VACANCIES

Boules	Bridge	Bridge Tuition
Canasta and Cards	Evening Dinner 1	Film Group
French	History	Basic Italian
Local Walks	Looking at Art	Music Appreciation
Racket Ball	Sunday Scrabble	Table Tennis
Ten Pin Bowling	Trains, Boats and Planes	



BRIDGE GROUP

This photo is of the Bridge group at Wanstead Library which meets weekly on **Wednesdays from 10.45 until 12.45**. Come and have an enjoyable and friendly experience.

CANASTA AND CARDS



If you enjoy playing cards, then come and play with this friendly group. We share the same space as Bridge - Wanstead Library from 10.45 until 12.45 on the 2nd and third Wednesdays of the month.



FILM GROUP

Angela Barnes writes: At our February meeting we watched Mrs Lowry and Son. The film is a fictionalised story of the painter and his snobbish mother. She hated every aspect of her life in a working class suburb of Manchester. She was bed bound, and her son came home from work every evening, and was a patient and good humoured carer for her. She resented that he found solace in painting in his attic every evening after his grim day. It was beautifully acted by Timothy Spall and Vanessa Redgrave and we all very much enjoyed it, but we all agreed that Mrs L was really vile to her son! Nobody had seen the film before, but we decided that was probably because it was released in 2020! Our next meeting will be on **Wednesday 12th March**.

OUR U3A



HEVER CASTLE

Lynne Stillwell advises: On **Friday 25th April**, I am organising a trip to Hever Castle. The price is £40.00, which includes not only entry to the Castle and Gardens, but also to the exhibition of the costumes for Wolf Hall and The Mirror and The Light. Also, there is the Military Museum, the Miniature Model Houses, the Maze, and you can join one of the gardening team for a tour of their Celebration of Spring, and get gardening tips and advice or you can go on a self-guided tour at your own pace. Plenty to see and do. The coach will leave Hawkey Hall at 10.00a.m. and we hope to be back for 18.00p.m. There is a café for lunch where you can either eat in or take away, or alternatively bring your own picnic to have in the facilities provided. Please be aware that, due to the historic nature of the building, they are unable to accommodate motorised wheelchairs or mobility scooters inside the Courtyard or Castle. However manual wheelchairs are available for a refundable deposit of £25 at the Hever Shop. We recommend booking these in advance, so if anyone wishes to book a wheelchair, please let me know and I will tell Hever Castle. I will be taking bookings for this trip at the March meeting so please bring your debit/credit card or cheque book to secure your place, or alternatively you can pay online, but please let me know.



FIDDLER ON THE ROOF

Janet Taylor gives us this good news. I am pleased to be able to tell you that I have tickets for Fiddler on the Roof. This show has transferred from a sell out season at the Regents Park open air theatre. It is now playing at the Barbican for a limited time only. I have tickets for a matinee show on the **12th June** at 2.30p.m. at a cost of £55.00 for seats in the stalls. It's a long way off I know, but these popular shows get booked up very quickly, especially when on a limited run. Please come and see me and put your name down, There will be no money needed until April.

Also, they have extended the run of Oliver, so I may be able to get tickets for this later in the year. I'll keep trying as we do get our tickets at a very favourable price.



LOOKING AT ART

John Lawrence gives us this feedback: On **Friday 7th February**, eight of our group visited Tate Britain art gallery in Millbank- nearest station is Pimlico. We called in first at the lower ground cafe and we had coffee and the cakes were rather expensive. Lots of galleries to look at when we noticed there was a free guided tour at 12.00. A guide from the Tate took us to four different paintings exploring the subject of "Women painted by Women". We started with a work by Angelica Kaufman and finished with one from Pauline Boty in the 1960's. An interesting visit and well worth it if you can catch a guided tour.

OUR U3A



FREEDOM PASS ROVERS 1

Janet Taylor writes: On a beautiful winters day 10 of us met at Bond Street Station. Just a short walk and we reached The Wallace Collection in Manchester Square. Our first stop of course was to the courtyard cafe for coffee and cake. Suitably refreshed, we split up and went our separate ways to explore the many treasures of the Wallace Collection. Among the must see items are of course The Laughing Cavalier, a portrait by the Dutch Golden Age painter Frans Hals. We always think he is smirking, but the guide who was very knowledgeable about the painting said it was in fact just the moustache that gave him the appearance of smirking. I prefer to think he was smirking about something !!! Who knows what?

Another must see painting is The Swing. Painted by Jean-Honoré Fragonard, the risqué subject was chosen by a man believed by some researchers to be the Baron de Saint-Julienne, who wanted a portrait of himself with his young mistress. This man is the lover concealed in the shrubbery, and according to the guide the painting represents infidelity, rebellion, and erotic love, who knew !!! There was so much to see, I think another visit is called for.

We met up and walked the short distance to the Zizzi restaurant just round the corner from Manchester Square. We spent a very enjoyable couple of hours here, before making our way home on the Central line, which thankfully was behaving. Our thanks to Beryl and Anne for arranging this very enjoyable day out.



TRAINS,BOATS AND PLANES

Richard Moules advises: 10 members of the group braved the cold weather yesterday to enjoy a warm welcome at the Musical Museum, near Kew Bridge.

We were given a guided tour & demonstration of their wonderful collection of machines for making music, ranging from the 18th century Swiss invention of the musical box through all sorts of ingenious engineering to the modern CD player and music on your phone. We were then entertained to a short recital on the mighty Wurlitzer cinema organ from the Regal Kingston, complete with lift into a pit below the stage!

Patti Brooks emailed Richard about the above trip Thanks for the trip yesterday, I loved it, thought it was a gem of a Museum, the tour was very good, and the Wurlitzer amazing, in that lovely room with a spring floor, great building to show all the collection. Was wondering apart from all that great machinery, who made all those beautiful wooden carved cases for everything, a treat to see in themselves, such skill, especially the scale of some of the pieces.. We enjoyed our coffee and cake in the café and the man who played the Wurlitzer came over to talk to us and thanked us for our appreciation of his demo. Emailed Ann this morning and told her all about it, and hoped she feels better soon. She was on the first trip, so I was glad to see it this time

Richard announces that their next trip will be on **Tuesday 11th March**, to the Museum of Docklands at Canary Wharf.

OUR U3A



FREEDOM PASS ROVERS 2

Sue Hitching lets us know: This group had a fascinating day out in January, entitled 'The Body Snatchers of London'. The day was led by an excellent London Guide who took us round various areas of Clerkenwell, especially the Italian quarter, where our Guide had found a good coffee-stop to start our day! She told us how in the mid 19th century the trade in bodies for the medical schools such as Bart's was rife. We followed in particular the story of a particular young Italian boy and the trial of the three men suspected of kidnapping and killing him. We visited some of the old graveyards and churches and learnt about the area and the trade, which was linked with the Smithfield meat market. All in all, a very good day out.



A new shared quiz group has been 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. Tables will be of 6 players. Come with a group or come and make new friends!! 6 rounds of 10 questions plus a Marathon round!! Cost will be £2.00. Next quizzes will be on **Friday 21st March**, hosted by Roding Valley and **25th April** hosted by us. For more information contact Val Lord - lordval99@btinternet.com



FREE TICKETS FOR KEW GARDENS

We have available 120 free tickets for members of our U3A, for entry to Kew Gardens. Allocation will be limited to one per person. You will need to supply your current U3A number. The scheme runs from **1st November 2024 to 31st October 2025**. Tickets must be collected at our monthly meeting, as you will not be admitted to Kew without the paperwork showing the membership number. Tickets will be available starting at the March monthly meeting. The ticket will not cover special events such as the orchid festival.

LOCAL EVENT



Sophia Kannathasan



Elisabeth Tsai

MUSIC ON THE HILL: MONTHLY MUSIC RECITALS AT HOLY TRINITY CHURCH

The violin and piano recital will take place on the **28th March**. Doors open at 6.30p.m. for an

hour of socialising (bar available) before the performance. Tickets: £10.00 and for under 18's £5.00 Visit htsw.org.uk

POETRY CORNER



Valentines Day (14th February) may have passed, but here is a poetic reminder

Saint Valentine has a lot to answer for, on the 14th, no postman at my door.
When I was young I used to care, my friends waving cards in the air,
To prove their love was real, not something you feel.
But in later teens, true love means commitment not a passing fling,
Nor a whim, but a very lasting thing.
You don't need proof to show, when it's real you truly know,
And in Leap Year there's someone there that she can ask her life to share.



However St. Patrick's Day (17th March) is yet to come.

Of all the places I have been, there can't be many more shades of green.
For me, it's one of the very best. You can certainly keep all the rest.
The scenery, people & humour great, not forgetting the food on your plate.
The welcoming pub, the village hub,
A laugh on telly with Father Ted, before wending sleepily to bed,
I haven't named this country or inferred,
It's Ireland of course, in a single word.

Both poems from our member Jackie Raine.

OTHER U3A NEWS



The London Region Events Team are pleased to announce that their Zoom talk on **Monday 3rd March** will be Debate "Brave New World" vs "1984" Please view the [Events](#) page of their website. Booking forms can be obtained at

Bookings.lru3a@gmail.com <https://lru3a.u3asite.uk/>

There is an International Gilbert and Sullivan Festival at The Coram Campus near Brunswick Square on **Friday 7th March** from 10.15 a.m. to 3.30 p.m. Ticket cost: £31.00 including teas/coffees throughout the day. Lunch not included, but there are plenty of food outlets nearby, For link to application form click [Gilbert and Sullivan](#)



Pam Phillips of Waltham Cross U3A has informed that Lee Valley Regional Park Authority has offered to host another kayaking initiative for 2025. Lee Valley White Water Centre is offering 6 hours of coaching for 18

U3A members, spread over six consecutive weeks from **Wednesday 14th May**, 11.00a.m. - 12noon at the Lee Valley White Water Centre, Waltham Cross, EN9 1AB.

All instruction will be via experienced and qualified coaches, and will be offered at the hugely reduced cost of £5.00 per session. This will include all water wear and equipment. The sessions will be on the lake and designed for senior beginners who have little or no kayaking experience. Kayaks are the smaller boats that are 'sat in' rather than 'sat on'. You do not need to be a strong swimmer at all, but you do need to be comfortable in water, as falling in is definitely a possibility! If you think that this is something you might like to try, please email Pam at pam.phillips22@gmail.com or give her a call on 07932 038159. Pam looks forward to hearing from you!

MORE U3A NEWS



Redbridge and district has a few tickets available for the musical **The Devil Wears Prada** at The Dominion Theatre. Featuring songs by Elton John and starring

Vanessa Williams in the iconic role of Miranda Priestly, Georgie Buckland as Andy, Amy Di Bartolomeo as Emily, and Olivier Award-winner Matt Henry as Nigel this new musical is based on the Blockbuster film and best selling novel.

The performance is on Wednesday 14th May 2025 at 2:30 and our seats are in the stalls (Row Q) Tickets are £47.50 (reduced from £79,50 If you would like to join Redbridge U3A please email Lennart Christensen at lennart@u3aredbridge.org.uk and you will receive the payment details as soon as possible.

CARTOON CAPERS

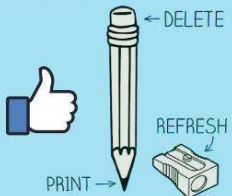


"If you don't think you can make it in work tomorrow, give me a call."



ALEXA...WHAT DID I COME IN HERE FOR?!

When I was a kid, this was my computer.



Before we work on Artificial Intelligence...

Why don't we do something about Natural Stupidity?

Amal & Juan are identical twins. Their mom only carries one photo because if you've seen Juan you've seen Amal...

My wife and I decided we don't want to have children.

We will be telling them tonight at dinner.

Chocolate is vital for our survival. Dinosaurs didn't have chocolate and look what happened to them...

AS A KID, I USED TO WATCH THE WIZARD OF OZ AND WONDER HOW SOMEONE COULD TALK IF THEY DIDN'T HAVE A BRAIN. THEN I GOT SOCIAL MEDIA.

YOU MUST BE JOKING

I've just begun a course in upholstery. Sofa, so good.
I cook with wine, sometimes I even add it to the food.
I became a coin collector. I thought the change would do me good.
An Eastern European cleaner was tardy. She was a Slovak.
I killed a man with sandpaper. Only intended to rough him up a bit.
I have a bad pain in my toe, no gout about it!
The King was only 12" tall. Rubbish King but he made a great ruler.
Old professors never die. They just lose their faculties.
I saw a robbery at an Apple Store. I was an I-Witness.
I was so tired I ran into a pane of glass. I was shattered.



A mechanic was removing a cylinder head from the motor of a car when he spotted a well-known cardiologist in his shop. The cardiologist was there waiting for

the service manager to come and take a look at his car, when the mechanic shouted across the garage, "Hey doc, want to take a look at this?" The cardiologist, a bit surprised, walked over to where the mechanic was working. The mechanic straightened up, wiped his hands on a rag and asked, "So doc, look at this engine. I opened its heart, took the valves out, repaired or replaced anything damaged, and then put everything back in, and when I finished, it worked just like new. So how is it that I make £48,000 a year and you make £1.7 million, when you and I are doing basically the same work?" The cardiologist paused, leaned over and whispered to the mechanic... Try doing it with the engine running"



A newlywed couple moves into their new house. The husband comes home from work and his wife says, the lawn is getting long. Can you mow it? "The husband says, "Who do I look like? Green Thumb?" Next time he comes home his wife says,

The tyre is flat. Could you change it for me?" He says: "Who do I look like? Lewis Hamilton? Days go by, and it's raining hard. The wife finds a leak in the roof. She says, "Honey, there's a leak on the roof! Can you please fix it?" He says, "Who do I look like? Bob The Builder?"

Next day the husband comes home, and the roof is fixed. So is the plumbing and the car. He asks his wife what happened. "I had a handyman fix them," she says. "Great! How much is that going to cost me?" he snarls. Wife says: "Nothing. He said he'd do it for free if I either baked him a cake or slept with him." "Uh, well, what kind of cake did you make?" asks the husband. Who do I look like?" she asks, "Mary Berry?"



A man died and went to the afterlife, at which his soul was to be judged for his deeds. At the pearly gates, an angel spoke to him and told him, "Before you meet with God, I should tell you — we've looked over your life, and to

be honest, you really didn't do anything particularly good or bad. We're not really sure what to do with you. Can you tell us anything you did that can help us make a decision?" The newly arrived man thought for a moment and replied, "Yeah... Once I was driving along and came upon a person who was being harassed by a group of thugs. So I pulled over, got out a bat, and went up to the leader of the thugs. He was a big, muscular guy with a ring pierced through his lip. Well, I tore the ring out of his lip, and told him he and his gang had better stop bothering this guy or they would have to deal with me! The angel said, "Wow that's impressive! When did this happen?" "About three minutes ago," came the man's reply.