



NEWSLETTER MAY 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 May. Keep the articles coming please.



About 11% of people in the World are left-handed and many of them are geniuses or high achievers. Many well known left-handers are born during January to March owing to hormone imbalance in the colder months. They include Amadeus Mozart, Barak Obama, Pep Guardiola, and Bill Clinton (January), Charles Darwin and John McEnroe (February) Albert Einstein and Van Gogh (March).

The only British Prime Minister to fit this bill in the 20th or 21st Century is James Callaghan (P.M. from 1983 to 1987) who was born in March. Donald Trump was born in June. Keir Starmer in September and Vladimir Putin in May, none of whom are left handed! I am left-handed, but I probably don't have the genius gene as I was born too late in April



COMMITTEE APPEAL

The Wanstead and Woodford u3a Committee are looking to recruit two new Committee Members. One would hold the position of IT Coordinator and also help out with Technical Support. The other would take on the role of joint Group Coordinator working closely with Val Lord, our existing Group Coordinator. Interested members are invited to contact one of the Committee Members for further details.

MEETING FOR ALL WANSTEAD AND WOODFORD GROUP CONVENORS

On Tuesday 3rd June, after the talk by Paul Barwick all Wanstead and Woodford u3a Convenors are invited to remain at the Memorial Hall for a meeting which will take place from 12.00p.m to. 1.30p.m. Richard Barnes Chair, Val Lord Group Coordinator and other Committee Members will be in attendance. The meeting will give Group Convenors the opportunity to discuss their role, any concerns they may have and make plans for the future.

The Committee would very much appreciate the attendance of as many Group Convenors as possible.

UPCOMING MEETING

On Tuesday 6th May at 10.00 a.m. (note earlier time)
(Doors open at 9.30 a.m.)

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

ANNUAL GENERAL MEETING



Followed by Speaker Gerard Greene.
A short history of South Woodford.

OUR U3A

HELLO!

New Members!

WELCOME TO OUR NEW MEMBERS

Virginia Bernard, Barbara Foreman,
Marilyn Hendleman, Graham Kane,
Kay Lester, Gillian Offord, Nora O'Leary,
Erica Selby, Penelope Stevenson and Laurel Townsend

CURRENT VACANCIES

Basic Italian	Boules	Bridge
Bridge Tuition	Enjoying Opera	Evening Dinner 1
Film Group	French	Local Walks
History	Looking at Art	Music Appreciation
Ten Pin Bowling	Trains, Boats and Planes	

FILM GROUP



Angela Barnes writes: Our April meeting was well attended to watch 'All is True', an exploration of the human story behind the little known period at the end of Shakespeare's life when he returns to his family in Stratford on Avon. Everyone seemed to enjoy it.

We will begin a new term in May and the fee will be £12 payable online or by Sum up machine at the general meeting on Tuesday 6th May or at the first film group meeting on Wednesday 13th May.

I have a number of films to consider for the next few meetings including Fried Green Tomatoes, and Erin Brockovich. I am always pleased to take suggestions and requests and more than willing to repeat films we have shown over the years since we first began in May 2017! Do get in touch if you have any thoughts, ideas or requests. Angela Barnes 0781 790 4572 angelabarnes1972@gmail.com

OUR U3A

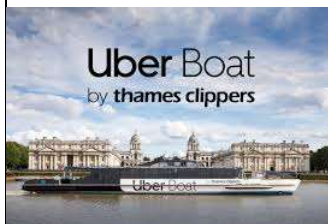
OUR U3A



LOOKING AT ART & CULTURE

John Lawrence writes: On the 28 March our group visited The Royal Academy of Art Gallery. We took coffee etc in their delightful

cafe. Some of us then visited the collections gallery to see a full scale copy of Da Vinci's The Last Supper. It is a copy of his great work by some of his pupils. Well worth a visit and it's near to Picadilly Circus.



FPR1 GROUP

Janet Taylor sends us this report. On a glorious sunny day, 13 members of the FPR 1 group met at Mile End tube station for our latest adventure. We made our way via the District Line to Tower Hill, where we stopped at 'Paul Le Café' at Three Quays for our

coffee stop, and I have to say the most delicious cakes and pastries that I have seen (and eaten) in a long while. Suitable refreshed, we set off for Tower Pier to pick up an Uber Boat, where incidentally you can use your Freedom Pass and receive a reduced fare.

The Uber Boat ride from Tower Hill to Woolwich Arsenal offers a unique and scenic way to travel along the River Thames in London. This river bus service provides a refreshing alternative to the traditional modes of transport, such as buses or the Underground. The journey begins at Tower Pier, located near the iconic Tower of London and Tower Bridge, and meanders along the river, offering passengers stunning views of London's skyline, landmarks, and waterfront attractions. The route takes you past major attractions like the Shard, the historic Borough Market, and the modern Southbank Centre, making it a visually captivating experience for tourists and locals alike. As the boat heads downstream, passengers can enjoy a relaxing ride while observing London's diverse mix of old and new architecture. The ride provides a distinct perspective of the city, with the wide-open views of the river and the constant buzz of river traffic. The journey to Woolwich Arsenal also takes you past the Greenwich Peninsula, home to the Cutty Sark and the Greenwich Observatory, as well as the O2 Arena, which looms large on the horizon. The service offers comfortable seating, and onboard amenities make the experience more enjoyable, whether you are commuting or sightseeing.

Woolwich Arsenal, the final stop, is located in the southeastern part of London and is a historic maritime and military site. It marks the end of a pleasant, if occasionally brisk, boat ride, which provides a clear contrast to the hustle and bustle of the city's core. Woolwich itself is known for its history, especially its role in armaments production and military training, but it is also undergoing revitalization, with new restaurants, cafes, and residential areas popping up along the waterfront. Taking the Uber Boat from Tower Hill to Woolwich Arsenal not only offers a convenient mode of travel but also an opportunity to soak in some of the best views of the city, making it a must-try experience for anyone looking to explore London from the Thames.

We ended our wonderful day out with a meal at Dial Arch at Woolwich Arsenal. Our thanks go to Lindsey and Lesley for finding such an interesting day out for us all.



HELEN MCPHERSON'S LONDON WALKS

Cathy Daly writes: In February, Helen took a group of us on her third tour of the City churches. After congregating at Aldgate Station, we set off to visit those churches which were open. Some of them really stood out and I will concentrate on two of these.

The first was St Olav's in Seething Lane, dedicated to King Olaf 11 of Norway who helped Ethelred the Unready to defeat the Danes by pulling down London Bridge - hence the rhyme "London Bridge is falling down". In the Great Fire of London, the church was saved by Samuel Pepys and the father of William Penn (of Pennsylvania fame), by creating a fire break. Pepys and his wife are buried in the nave and there is a bust of his wife Elizabeth that he had placed in the church when she died.

The other church that I felt was of particular note was All Hallows by the Tower, another church saved by Pepys and Penn. This church has a beautiful font by Grinling Gibbons, a wooden cross from the Cutty Sark and an ivory figure of Christ from the flagship of the Spanish Armada. In the crypt there is a Roman pavement. There are many other interesting artifacts including model ships. This church is worth an extended visit as there is so much to see and there is a very nice coffee place next door, always good on a cold morning! We visited many more churches, too many to record here, but all worth a visit. Many thanks to Helen for another well researched and interesting walk and to John for the lovely photograph.



FIDDLER ON THE ROOF

Janet Taylor advises: Tickets for Fiddler on the Roof can be picked up at the May meeting, if you haven't already done so. We are going to the matinee performance at 2.30p.m. on Thursday 12th June at the Barbican Theatre. Nearest tube is the Barbican and from there it's just a short walk. The theatre is well served with various places to have a coffee, also no shortage of toilets. So see you there..



I hope those who attended our own quiz in March enjoyed it. The winners were table nine, comprising John Davies, Laura Davies, Dymphna Rasle, Peter Rasle, Samuel Blitz, Judith Pattison, Jin Goodfellow and Ron Prince. We are intending to run another quiz on Tuesday 23rd September, so please put this date in your diary.



BLISTER PACKS

I have been informed that you can now re-cycle your blister packs at any Boots chemists.

MORE WWU3A



TRAINS BOATS AND PLANES

Ann Speed provides this feedback. Perfect weather greeted a group of Trains and Boats and Planes members as they set off from South Woodford Station for a great day out at the Brighton Toy and Model Museum. We travelled via Mile End to Blackfriars and caught a Thameslink train to Brighton. The day return fare was a fantastic deal at £13 with a rail card.

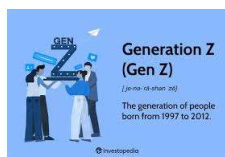
Upon arrival, the sound of shrieking seagulls welcomed us and after a quick coffee at the station we found our way to the museum conveniently situated under the station. The museum (£7.00 entry) was packed full of all the toys of our childhood. Construction sets like Meccano to Lego, complete sets of dinky toys, painted soldiers, Pelham puppets and the ugliest wax doll called 'Crazy Alice'. It was nostalgia overload; these playthings were lovingly collected and treasured over a lifetime. Of course, the train sets were a highlight - huge layouts, large numbers of engines and carriages all set up and raring to go and some did. The museum is still developing and needs more space for its extensive collection.

The next outing of Trains, Boats and Planes will be on Wednesday 14th May (it's not open on Tuesday) to Bentley Priory, headquarters for Fighter Command during the second world war. If interested contact Richard Moules (convenor) for further details.

SNIPPETS



James Harrison was an Australian blood donor known as "The Man with the Golden Arm", who died recently aged 88. Harrison's plasma contained a rare and precious antibody called anti-D, which is used to prevent a potentially fatal condition in newborns called rhesus disease. He began giving blood as soon as he turned 18, and didn't miss a single fortnightly session until he hit the maximum donation age of 81. Doctors say he likely saved the lives of 2.4 million babies.



Generation Z (Gen Z)

The generation of people born from 1997 to 2012.

The youngsters know that we Boomers had it better. They're obsessed with "Woolworth's, Pick n' Mix, VHS tapes, Sony Walkman cassette players, Rubik's cubes, Blockbuster Video stores and making mixed tapes. Some 60% of Gen Z (born 1997 to 2012) say the Eighties is the decade they'd most like to have lived through. Gen Z would do well to embrace the Eighties-style love of free speech, because their "censuring and censoring" is ruining all the fun.



An emperor penguin that made it to Australia, 2,100 miles from its home in Antarctica, was the longest journey ever recorded by the species. The oceanic adventurer (pictured) was discovered on the beach in the resort of Denmark, around 267 miles south of Perth.

Say something nice to everyone you meet

LONDON PLACES TO VISIT

These are the selected events this month for interesting visits
Please visit any of the websites for further details

GRAYSON PERRY AT THE WALLACE EXHIBITION

<https://www.wallacecollection.org/whats-on/exhibitions-displays/grayson-perry-delusions-of-grandeur/>

TUTANKHAMEN EXHIBITION

<https://tutankhamunexperience.com/london/>

EDVARD MUNCH EXHIBITION

<https://www.npg.org.uk/whatson/exhibitions/2025/Edvard-munch-portraits/>

TOUR OF THE MANSION HOUSE

<https://www.eventbrite.co.uk/e/tour-of-the-mansion-house-tickets-43017987960?aff=ebdssbdestsearch>

TOURS OF LONDON RAILWAY STATIONS

<https://railway200.co.uk/activity/station-tour-of-london-victoria/>

V&A CARTIER EXHIBITION

<https://www.vam.ac.uk/shop/ticket?cgid=405>

LONDON TICKET ALERT (LOADS OF EVENTS)

<https://www.ianvisits.co.uk/articles/category/ticket-alert/>

LOCAL EVENTS

HIGHAMS PARK ARTS TRAIL

FRIDAY 2nd MAY – SUNDAY 18th MAY

Events and exhibitions in and around Highams Park.
Details on www.tiny.url.com/hpArtsTrail25

SPRING FLEA MARKET

SUNDAY 10th MAY 11.00 a.m. to 3.00 p.m.

At **Hale End Library, Castle Avenue, Highams Park**
Antique Finds, Bric a Brac, Plants,
Vintage Fashion and Crafts

THE HIGHAMS PARK SPRING FESTIVAL IN HIGHAMS PARK. FREE ENTRY

SUNDAY 18th MAY 11.30 a.m. to 4.30 p.m.

Live Music, Rides, Brass Band, Stalls,
Food, Refreshments

COPPED HALL

www.coppedhalltrust.org.uk

GARDEN AFTERNOONS £7.00 online

On 4th May, 6th July, 3rd August and 7th September.

Note: Garden afternoon on 6th July will include a Teddy Bear's picnic

GUIDED TOURS - £12.50 online

On 18th May, 15th June, 20th July, 17th August,
21st September, 19th October and 16th November.

Nothing is worse than other people's luck.

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POETS CORNER

Thank you to Patricia Nelson who shared this poem with us.

I knew a place called Yesterday, Where once I used to live.
Nobody there would turn away Their time, they'd always give.
Everyone looked out for you ,As you did the same for them,
In that place called Yesterday, I can still remember when.
People never had anything much What they did have, it was shared.
They always waved and gave a smile, That's how we knew they cared.
We used to call it mucking in, That's what it was all about.
It was easier to help each other When all you had was nowt.
Now I live here in the Present, In a street of those unknown,
Whose life is so much easier they keep it close to home.
Yes, I was raised in Yesterday Where we always had respect.
Here in this place called Present I find it suffering from neglect.



INTERNATIONAL TEA DAY MAY 21st

Tea deserves this day of its own ,
And the global plantations where its grown
Whether bag or leaf with a sigh of relief,
When we've had a tough day
Let's put the kettle on, is the first thing we say
However we make ,with biscuit or cake,
Think where it's planted,
And never take that cuppa for granted

MAGNOLIA TREE

The magnolia tree along our street,
A carpet of blossom beneath our feet,
But oh my goodness when the wind blows,
It scatters it's petals as everyone knows,
Dropping its blossom after week or two,
Is it worth growing ? I can only ask you !

Poems from our member Jackie Raine.

COMIC CAPERS

THE BIGGEST JOKE
ON MANKIND IS
THAT COMPUTERS
HAVE STARTED
ASKING HUMANS
TO PROVE THAT
THEY AREN'T A ROBOT.



Page 4 Just being alive when you wake up is amazing

YOU MUST BE JOKING

Losing your temper is all the rage
Stress spelled backwards is desserts. (Much better)
A convicted thief offered to pay the fine from his next robbery.
They enjoyed singing with each other, but it was an achoired taste.
PC World – you've got to be careful what you say in there.
I was burgled and rang 999 but there was a 2 year waiting list.
What did the Spanish farmer say to his chickens? Oh-lay.
I bought a seaside postcard - - nothing to write home about.
I was trying to figure out how lightning works, but then it struck me
The cheapest way to trace your family tree is to run for high office.
Becoming a vegetarian is a big missed steak.
Doorbells have a lot to answer for.
How do you organise a space party? You planet.
I Googled "how to start a wildfire." I got 48,500 matches.
The physics and biology teachers broke up. There was no chemistry



Reaching the end of a job interview, a human resources worker asked a young engineer fresh out of university what starting salary he was looking for. The engineer said: "In the neighbourhood of £100,000 a year, depending on the benefits package". "Well, what would you say to a package of five weeks holiday, 14 paid holidays, full medical and dental, a company matching retirement fund for 50 per cent of your salary, and a company car leased every two years... say, a red Corvette?" the interviewer replied. The engineer sat up straight and said: "Wow! Are you kidding?" And the interviewer replied: "Yeah, but you started it."



One night, as Tim was walking home, a thief suddenly violently attacked him. Tim and the thief wrestled fiercely, rolling on the ground as Tim put up an incredible fight. Eventually, though, the thief managed to pin him down. He searched through Tim's pockets and found only a 50 pence piece. Shocked, he asked, "Why did you fight so hard for just 50 pence?" Tim replied, "Oh! I thought you were after the five hundred pounds I've got in my shoe."



A Texan farmer goes to Australia for a vacation, there he meets an Aussie farmer and gets talking. The Aussie shows off his big wheat field and the Texan says, "Oh! We have wheat fields that are at least twice as large." Then they walk around the ranch a little, and the Aussie shows off his herd of cattle. The Texan immediately says, "We have longhorns that are at least twice as large as your cows." The conversation has almost died when the Texan sees a herd of kangaroos hopping through the field. He asks, "And what are those?" The Aussie replies with an incredulous look, "Don't you have any grasshoppers in Texas?"



A man asks his wife: "if I die, would you consider getting married again?" The wife shot back rather quickly, "Of course." The man digs. "Well would you let him live in this house?" "Well sure. I love this house." Feeling more upset he continues, asking, "Would you let him use my golf clubs?" "Never." she says, "He's lefthanded."

If you are happy and content, don't grumble about anything