

THE THIRD AGE TRUST



THE UNIVERSITY OF THE THIRD AGE



## Bishop's Stortford Branch Summer 2018 Newsletter

Registered Charity Number 1132055

Website <http://u3asites.org.uk/bishops-stortford>

## Committee Members



	<b>Chairman</b>	<b>Keith Hicks</b>	<b><u><a href="mailto:keith.hicks123@hotmail.co.uk">keith.hicks123@hotmail.co.uk</a></u></b>  <b>01279 832136</b>
	<b>Treasurer</b>	<b>Jack Treves</b>	<b><u><a href="mailto:trevesat99@supanet.com">trevesat99@supanet.com</a></u></b>  <b>01279 653012</b>
	<b>Secretary</b>	<b>Kim Shaw</b>	<b><u><a href="mailto:secretary.bsu3a@gmail.com">secretary.bsu3a@gmail.com</a></u></b>  <b>01279 501362</b>
	<b>Membership Secretary</b>	<b>Kath Hird</b>	<b><u><a href="mailto:Kath.hird@talktalk.net">Kath.hird@talktalk.net</a></u></b>  <b>01279 722399</b>
	<b>Website Administrator and Assistant Diary Compiler</b>	<b>Alan Draper</b>	<b><u><a href="mailto:alanbsu3a@gmail.com">alanbsu3a@gmail.com</a></u></b>  <b>01279 656255</b>
	<b>Speaker Co-ordinator</b>	<b>Jim Paterson</b>	<b><u><a href="mailto:Jim_paterson@ntlworld.com">Jim_paterson@ntlworld.com</a></u></b>  <b>07504 104679</b>

	<b>Groups Manager</b>	<b>Sandra Baker</b>	<b><u><a href="mailto:Sandrajbaker1@googlemail.com">Sandrajbaker1@googlemail.com</a></u></b> <b>01279 370109</b>
	<b>Committee Member</b>	<b>Rene Locke</b>	<b><u><a href="mailto:davidhlocke@gmail.com">davidhlocke@gmail.com</a></u></b> <b>01279 651907</b>
	<b>Committee Member</b>	<b>Carole Scott</b>	<b><u><a href="mailto:Carolescott9@gmail.com">Carolescott9@gmail.com</a></u></b> <b>01279 505214</b>
	<b>Committee Member</b>	<b>Ken Wheatley</b>	<b><u><a href="mailto:ken@birchanger.com">ken@birchanger.com</a></u></b> <b>07817 585174</b>
	<b>Committee Member</b>	<b>Rosalind Howlett</b>	<b><u><a href="mailto:Beechlands45@yahoo.com">Beechlands45@yahoo.com</a></u></b> <b><u><a href="tel:01279657433">01279 657433</a></u></b>
<b>Non-Committee Member</b>	<b>Diary Compiler</b>	<b>Jean Hootton</b>	<b><u><a href="mailto:j.hootton@ntlworld.com">j.hootton@ntlworld.com</a></u></b> <b>01279 654095</b>
<b>Non-Committee Member</b>	<b>Newsletter Editor</b>	<b>Lesley Mishan</b>	<b><u><a href="mailto:Lesley.mishan@phonecoop.coop">Lesley.mishan@phonecoop.coop</a></u></b> <b>07807 156774</b>

**Important Committee  
Notices:  
Please read.**



- 1) Lifts and Refreshments** – With effect from the 1st July this policy will be amended:-
- a. Anywhere in Bishop's Stortford £1.00 (as current)
  - b. To surrounding villages £2.00 (was £1.75)
  - c. To other destinations £3.00 (was £2.75)
  - d. Home refreshments – 50p (was 30p) donation is recommended for refreshments of tea and biscuits if a group meets in a U3A Members home. This should be varied by agreement within the group.

- 2) Centralised Bank Accounts** - During 2017 we were required to make some financial changes to the way we administer our U3A resulting from various amendments introduced in the last few years by The Charity Commission, the effect that these changes had had on the rules and regulations of The Third Age Trust and the requirement to abide by our own constitution.

In May 2017 we had a meeting which was attended by the Bishop's Stortford committee, group co-ordinators (and their treasurers) and two senior officials of The Third Age Trust. We were told that only U3A trustees (committee members) may operate U3A bank accounts and, as a result, and with the assistance of group co-ordinators, steps were taken to close the bank accounts operated by various groups and to transfer the balances into a bank account maintained by the committee. The funds in this account have been ring fenced and held for the account of each group. In effect, this means that the committee acts as the groups' banker.

Receipts into, and payments from, this account are satisfactorily dealt with by regular contact between the group co-ordinators and myself.

Although this new arrangement is more long winded than that operated by the various groups in the past, group co-ordinators responded effectively to this change with the result that this new system is working very well indeed and we are now abiding by the new rules and regulations of The Charity Commission, The Third Age Trust and our own constitution.

**Jack Treves -Treasurer**

**3) BEACON** - In 2014 the National U3A Executive Committee's IT committee realised the potential for an online Membership Management System to help U3A committees manage their U3A's and communicate with members. Some U3A's were already using commercial online systems such as Wild Apricot. The IT committee chair invited members interested in the subject to a meeting in London in January 2015. Some of the attendees had already created online systems for use by their own U3As. They agreed to come together to create a system that any U3A could use. This was the beginning of the BEACON Project.

Bishops Stortford registered an interest in this Project but agreed not to join as we were concerned about some of the bugs and weaknesses in the system. We have now decided to join as a lapse of two years has sorted the problems out.

We are now running the BEACON system in parallel with our existing procedures and planning to cross over completely in April 2019.

**Alan Draper**

**4) Data Protection – GDPR –**

Keeping it Legal. - What changes in the data law mean to you and Stortford U3A

On 25th May a new law on data storage and use came into effect. Known as the General Data Protection Regulation (GDPR) the law is designed to protect our privacy at a time when the abuse of data is very much in the news. Data breaches, i.e member information falling into the wrong hands, will be punishable by significant fines so it is worthwhile

members spending a few minutes reading this article and implementing the action points.

Members have the right to know what personal information we hold, what it is used for and provide their consent for the intended use. Although we do not need to backdate consent new members joining will be asked to provide this consent as part of the joining process.

If people do not provide or refuse their consent to basic information then they cannot join the organisation.

Information on members is kept both centrally by committee members and by various group leaders across Stortford U3A. If you hold such member information then you must adhere to the following:

- Make sure that member details are password protected. Change password regularly.
- If e-mailing member information make sure file is password protected or preferably encrypted.
- Use the latest version of security software such as Norton or McAfee
- Photographs are considered part of member's data and as such you need to obtain specific permission prior to publishing.
- When sending a group e-mail you should send it to yourself and BCC the recipients. This way you are not sharing e-mail addresses without the members consent.
- Paper files are covered by the act and they should be kept under lock and key.
- When members leave their details should be deleted as the information is no longer relevant to the U3A. Unless specific consent is received from the ex -member.
- Any data breaches, loss or theft, must be reported in the first instance, to a member of the committee

For further information please contact **Jim Paterson** on [jim\\_paterson@ntlworld.com](mailto:jim_paterson@ntlworld.com) or 07504 104679



THE UNIVERSITY OF THE THIRD AGE

## Our U3A Ethos



THE UNIVERSITY OF THE THIRD AGE

### Bishop's Stortford U3A

Is a self-help organisation run entirely by volunteers, relying on everyone making a contribution of some kind.

We look to members to give time and effort as well as to receive the informal learning, enjoyment and friendship that the various activities provide. Our U3A can only thrive if all members accept this principle.

A new group only comes about when a member expresses an interest in a particular area and others join to form the group and run it themselves with support from the committee.

Everyone can play some part in our U3A, whether it be leading or taking an active part in a group, serving on the committee or volunteering to help in some other capacity.

### Courtesy & Common Sense Reminders

#### For U3A Group Members

The U3A is run by volunteers who give their own time freely for the benefit of our groups so:

#### Please

Take note of the organiser's phone number and/or email address in order to let the leader know if you are unable to attend a meeting.

Let the leader know if you wish to leave the group, as there may be a waiting list.

If you miss three sessions in a row without contacting the leader, it will be assumed that you no longer wish to be a member of that group.

Arrive at the group meetings in good time.

Make a note of meeting dates and times.

Remember that individual groups are self-funding, so contributions may be requested when there are expenses to be covered.

Thank you

## Message from the Editor



Firstly I would like to offer our thanks and appreciation to Colin Reed on behalf of myself and all the U3A members for the outstanding work he has done as the previous editor over the past few years. I only hope that I can fill the gap he has left.

I very much look forward to receiving your articles and photographs, as well as your advice and comments about how you would like your newsletter to look. If you have any ideas or suggestions please do let me know and I will try and incorporate them. Your newsletter can only be as good as the articles it includes so get thinking and get writing even if it is just a small piece, or send a photograph of your interest group.

I do, however, reserve the right to edit articles and photographs so that they can fit within the overall layout of the Newsletter.

I should also point out that any views expressed in the Newsletter are not necessarily those of the Committee.

Please email articles to me, preferably in Word, with images sent separately, to arrive by Friday 23rd November 2018 for inclusion in the next newsletter. Please note: one page is about 350 words, two pages could be about 550 words and a photo. Handwritten articles should be sent to Jenny McGregor.

**Lesley Mishan** [lesley.mishan@phonecoop.coop](mailto:lesley.mishan@phonecoop.coop)

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**The front cover photograph of a salmon leaping at Stainforth Force was taken by David J during the Brisk Walking Group holiday to Yorkshire in October.**

## What a Wonderful World!



I was speaking to one of our U3A Ladies; Linda Smith, who belongs to the Baptist Church in Bishop's Stortford. They hold flower arranging classes and if there are any flowers or foliage left over after the end of the class, they tie a few flowers along with foliage and a bow and a little note saying "*I am a lovely bouquet , please take me home*". Linda then leaves them in various places like bus stops, park benches or anywhere people pass, she even just gives them to people, she then sits away from the spot and watches people read the note, smile, and then picks up the bouquet.

This gives her great pleasure to see the smile on someone's face as they take the flowers home, after all these are the left over from the class.

What a lovely idea and it just shows that there are some lovely people in this town of ours.

## Rose Anderson

## Plants and Gardens



What do you call a mushroom that buys everyone drinks and is the life and soul of the party?

A fun-gi

What insect is musical?

A humbug

## **Combined Garden Groups Flower, Vegetable, Crafts and Photography Show 2018**

The Bishop's Stortford U3A Annual show will be held at the Markwell Pavilion on Tuesday 21st August. This is our 24th show and is one of the highlights of the U3A calendar. We are eager to maintain the success of this annual event and are hoping for a record number of exhibitors and visitors this year.

This is your cue to start preparing your entries: there are forty-nine categories to choose from, including vegetables, plants, fruit, flowers, art, crafts, cookery and photography.

We are hoping to exceed 200 exhibits at this year's show and are relying on our members to showcase their skills and talents by submitting an entry (or entries) into one or more categories.

This year we have a new trophy named in honour of Beryl Jones (right) who was the founding member of the Bishop's Stortford U3A over 30 years ago.

The 'Beryl Jones Shield' will be awarded to the competitor with the best arts and crafts entry in the show.



Any Bishop's Stortford U3A member is welcome to submit an entry, not just specific group members.

Exhibitors are required to deliver their exhibits between 9.00am and 11.00am on the day for judging to take place. Please complete an entry card for each exhibit (each entry will cost 30p).

The doors open to all members and guests at 2pm until 4.15pm when an awards presentation and raffle will take place.

The entrance fee for visitors is £1.50 inclusive of refreshments.

For further information, contact:  
Debbie Monkhouse on 01279 653832,  
Mobile 07870 490025,  
email [debbie@monkhousefamily.co.uk](mailto:debbie@monkhousefamily.co.uk)  
or go to <http://u3asites.org.uk/bishops-stortford>

**Show schedules and entry cards available at the monthly Monday meetings and Bishop's Stortford Tourist Office**

**Debbie Monkhouse - Annual Show Coordinator**



**Photograph of Beryl Jones by Mike McGregor  
Photograph of Award winning flowers by Debbie Monkhouse**

## 2018 Monthly Speakers



During the first half of 2018, Bishop's Stortford U3A has enjoyed a wide variety of speakers at the monthly meeting. The speaker meetings are held at the Methodist Church, South Street on the second Monday of the month, commencing at 2.30pm.

In **January** we heard from **Bill Hamilton**, about his career as a News Reporter working for local newspapers and then for the BBC in London.

A Valentine special in **February** saw **Tricia Thompson** give some insights into the history and traditions of Valentine's Day.

**March** saw the **AGM** and a presentation by **Age UK** on the work they do. Speaker **Simon Marlow** managed to obtain a couple of volunteers from the session.

In **April** there was an unforgettable art demonstration by the very talented local artist **Karen Adams** (right).



In **May** we heard about the training and use of Specialist search dogs by ex-police handler **Len Little** who worked for Hertfordshire Constabulary and the Metropolitan Police.

A presentation on the benefits and pitfalls of financial planning in retirement is earmarked for **June**.



The remainder of the year sees local author **Clair Mulley** (left) give a talk on her best-selling book '*The Spy who Loved*' in **July**. Clair's latest book '*The Women Who Flew for Hitler*' is also doing well.

In **August** we hear from local entrepreneur **Jane Malyon**, founder of the English Cream Tea Company. Jane will talk about her life, and how being adopted gave her the attitude to succeed in life.



**September** brings **Lynne Garner** from the **Herts Hog Line** to see us. Lynne will talk about the work they do in safeguarding the local hedgehog population.

**October** sees **Jenny Gibbs** visit. Under the heading of '*A Turkish Shirley Valentine*', Jenny's true story of embarking on her new life of adventure in Turkey at the age of fifty, meeting the man of her dreams and the unusual and surprising stories of a culture so different from her own.

In **November** **Bernard Lockett** provides a presentation on the musical theatre of Gilbert and Sullivan and the year comes to a close in **December** with a visit from **Danielle Barnett** who provides a fun look at the weird, wonderful and somewhat wacky Christmas traditions all over the world!

I hope there is something of interest in the programme for all our members and I look forward to seeing you at the meetings.

**Jim Paterson - Speaker Secretary.**

## Up and Coming Outings & Events



**6th June Whisky Galore**  
Carole Scott

**13th June Southwold**  
Christine Miiller

**13<sup>th</sup> June Induction for new committee members**  
Jeff Poynter

**29th June "Lichfield/The National Memorial Arboretum"**  
Dave Branchflower

**19th July Lincoln**  
Kay Poynter

**8th August The King & I**  
Derek Francis

**21st August Annual Show**  
Debbie & David Monkhouse

**5th September Canterbury**  
Maria Jackson

**13th September Barnsdale & Easton Walled Gardens**  
Barbara Chappell      NEW

**10th-11th September Liverpool/Terracotta Army**  
Richard Cawse

**4th November Brighton**  
Mike McGregor

**6th December Joint Christmas Lunch (groups 1,3 &  
International 1 & 2)**  
Gwenda Deal /SusanShaw

## Coffee Mornings



We started coffee mornings about 3 years ago, the first meeting being held at Café Rouge. Weather wise it was an awful day, but we had about 12 people come, so it was a good start.

By the next month, Café Rouge had closed!! I don't think it was anything we said!

So we asked Baroosh if they could accommodate us and they were more than pleased to do so, and we have been meeting there ever since. We get between 15 and 25 people come along.

If you haven't been, please come and give it a try. We meet at Baroosh, every 3rd Tuesday in the month from 10am. Lots of chatting and hopefully making new friends.

Hope to see you soon!

**Jenny Mcgregor**

## Plants and Gardens



Gardening can be fun and we from Bishops Stortford Plants and Gardens enjoy our time in them so I thought I would share some humour with you all:

I was in my garden with my five year old granddaughter when she was helping me dig up potatoes. 'What I want to know,' she asked me 'is why you buried the things in the first place'.

What do you call a country where the people only drive pink cars?'

A pink carnation.

**Keith Hicks**

## Go-Kart Experience



On Thursday 10th May, 9 members – Mike McGregor, Hazel Fricker, Trevor Parsons, Chris Morris, Roger Hathersich, John Oliver, Alan Anderson, Rob Cann & David Locke (and me!) gathered at 'Team Sport Indoor Go-Kart' track at Harlow.

It is fairly new and is run over 2 floors which makes it more interesting.



After booking in, they all got kitted out in their racing overalls and a balaclava. Very fetching!

There was a video briefing, telling them what to do for various colour flags, how to get on and off the track, and also, what not to do! The Karts will do up to 40 mph which looked pretty scary to me. Apparently the karts are wider at the rear than the front, and looking around at us all, I thought we matched fairly well!! Then off they went to get their gloves and helmets and numbers of the karts they would use.



Then came the first 15 minute race, which doesn't sound long, but they all looked quite exhausted after it. After a 15 minute break, the next 15 minute race started, with different karts to those they had before. By now everyone had the hang of it and the competition was fierce.

Everyone got a printout at the end of each race. As a spectator, I watched all the scores as they were happening, whilst sat in the viewing area.

Finally, it was time to leave.

A good time was had by all.

**Jenny McGregor**

**Watch out for the next 'experience'.**

**Clay pigeon shooting or Archery has been suggested.**

**Capital Wanderers**  
explore the  
**Bloomsbury Area of  
London**



On a cold but bright March morning, the 'Capital Wanderers' set off on their first walk of 2018. After the mandatory stop for breakfast at Wetherspoons (Liverpool Street), we headed for Tottenham Court Road where the walk commenced.

Bloomsbury is an area of the London Borough of Camden, between Euston Road and Holborn. It was developed by the Russell family in the 17th and 18th centuries into a fashionable residential area. It is notable for its garden squares, literary connections, and numerous cultural, educational and health care institutions.

As we walked along quiet streets and through pretty gardens showing the first signs of spring, it was difficult to imagine that we were in the heart of our capital city.

Highlights included the beautiful Bedford, Russell, Bloomsbury, Gordon and Tavistock Squares, showcasing attractive architecture and tranquil oases of trees, lawns and flowers. In sharp contrast, the concrete monolith of Senate House, so different from the beautiful Georgian town houses surrounding it, was once the tallest building in London at 210 feet. It was occupied by the Ministry of Information during the Second World War and now houses the University of London library.

Famous residents of the area are recognised with the placing of numerous London Heritage blue plaques. These include Millicent Garrett Fawcett, Virginia Woolf, Charles Darwin, T.S. Elliott, Charles Dickens, Oscar Wilde, George Orwell and W.B Yeats, to name but a few.

We stopped for the obligatory photo shoot by a curious green shed in Russell Square. This is one of London's 13 taxi shelters, established by various Victorian philanthropists at the end of the 19th century, to provide cabbies with a place to eat and drink away from the temptations of the public house. It is now a small café and is still used by taxi drivers and members of the public.



Other highlights included Coram's Fields and the site of the old Foundling Hospital, Dicken's House (which now houses a small museum), the British Medical Association, Great Ormond Street Hospital and the British Museum.

A relaxing day out - enjoying a leisurely walk and exploring a hidden corner of our wonderful capital.

**Debbie Monkhouse**

## The People's Post History Group 1

Study Day  
March 2018



With thoughts of snow and bad weather behind them, all 47 U3A members arrived

punctually for our visit to learn of London's postal past. Andrew, our Lodge's coach driver, used all his knowledge of London's roads for us to meet our guide, Marion, close to the Museum of London, as expected at about 10:30.

Our morning was given to a leisurely guided walk exploring the local area as it related to all things postal. Postman's Park never ceases to impress. It is a haven of peace in the midst of the city rush with spring flowers and shrubs already in bloom. A blue plaque is inscribed:- "Near this spot the General Letter Office stood in Post House Yard in 1653-1666. Here were struck in 1661 the first postmarks in the world." We spent time at the memorial wall to read, on beautiful tiles, the sad stories of lives lost by very brave folk who had saved others in great difficulty but had sadly died in so doing.

One of our group, Maggie Simmons, showed us a tile which was very special to her as it told the story of her great-great aunt, Mary Rogers, who, as a stewardess, had volunteered her life-belt to save the life of a passenger aboard the "Stella" as it sank on March 30th 1899. She was lost at sea.

Postman's Park, opened in 1880, and was so called because of its proximity to London's former Main Post Office on the opposite side of King Edward Street and its popularity with postal workers, who came to share their lunch-time sandwiches with the pigeons. From here, looking across King Edward Street, we could see the site of the old postal museum now moved to Phoenix Street. Between King Edward Street and St Martin le Grand is a building once known as GPO North. On the wall a plaque told us that Marconi made the first transmission of radio signals from here in 1896.

London's Chief Post Office was later built on the site of Christ's Hospital on the west side of King Edward Street and the foundation stone was laid by King Edward VII in 1905. This building was sold in 1997 and parts incorporated into a new Financial Centre, completed in 2002.

Our walk took us past a variety of post boxes, one painted in the original green, and an impressive statue of Sir Rowland Hill which stands outside the old National Postal Museum. He is famous for his invention of the adhesive postage stamp during the early 19th century when payment for postage changed from being the responsibility of the recipient to become that of the sender, as it is today. The famous Penny Black stamp, issued in 1840, our first, was soon changed to red as black ink, used to frank it, did not show on the black stamp. We are the only country not to have our country named on our stamps as we were the first to use stamps.



We returned to the coach for a short journey to Exmouth Market where we had time to eat and stroll through the market. Our afternoon visit to the Postal Museum followed. The Museum exhibits use stories, records and factual accounts to retell the story of letter writing and delivery in the British Isles from Tudor times.

Imagine a time when deliveries were made six times a day! A letter posted in the morning could be delivered that day!

How did war-time postmen manage to be only a day late after the unrelenting bombing in the East End in WWII?

What must the heavy woollen great coats worn in the 20th century as standard uniform have felt like?

What would the post round have been like using a penny-farthing bike with four fairly large additional wheels for stability?



There was so much to see and imagine from years gone by that our time was soon gone and we grouped to take our ride, 70 feet down, in a very small train once used to ferry mail across the city.

When in use by the Royal Mail these trains were driverless but today, thankfully, were not.

Work on this railway began in 1913 but was delayed by WWI and recommenced in 1924. The freshly dug tunnels housed the Rosetta Stone and paintings from the Royal Academy during WWI. The railway finally opened in 1927, costing twice as much as expected. It is 6.5 miles long and runs from Paddington to Whitechapel, originally connecting six sorting offices. It once carried 30,000 bags of mail a day and had 50 trains, which were electrically powered. Travel was possible at 30 mph compared with a 6mph road average. It closed in 2003 as part of necessary economies and the closure of district post offices. Technology had arrived!

We made our way home at 4:30 after a very full and varied day with so much interesting information.



Thanks were given to Marion, Andrew and David for making this possible.

If you enjoy history I would recommend a visit to the Postal Museum.

**Pat Branchflower**

**Photographs by Mike McGregor**

## Discussion and Debating Group



Do you have an interest in what is happening locally and nationally?

Do you enjoy expressing your opinion on the issues of the day?

If the answer to these two questions is 'Yes' then the Discussion and Debating Group could well be for you.

The Discussion and Debating Group is an informal gathering where members raise a topic, perhaps from a newspaper or television news, and seek the opinions of the other members.

The discussions therefore range from local bin collections to Presidents Trumps latest outpourings.

The group meets monthly, at 2pm on the first Thursday of the month at the Havers Community Centre and is keen to hear from potential new members.

For further information please contact **Jan Dawson** on 835116 or e-mail [jmdawson@ntlworld.com](mailto:jmdawson@ntlworld.com)

## Plants and Gardens



A woman applying for a job in a Florida lemon grove seemed way too qualified for the job.

"Look Miss," said the foreman, "have you any actual experience in picking lemons?"

"Well, as a matter of fact, "yes!" she replied. I've been divorced three times."

## IT and Computer Group

The Digital Presentation workshop held by the IT/Computer Group on April 16th went with a bang! The twenty-two members (some from Thorley) who attended did not hear the bang but they felt the power cut as none of the machines worked. What a start, but very quickly power was restored and we were able to commence.



The programme consisted of a YouTube video showing how to connect the Epsom projector to a computer. Members were invited to use the three projectors that were there for them to practice on.

This was followed by a practical demonstration of using PowerPoint software to produce slides for a presentation with members having to make their own slide show.

The workshop finished with a quick introduction of other types of software including Magix Movie Edit PRO and Adobe Premiere Elements.



Members at the workshop in the Markwell Pavilion

**Jeff Poynter**

## Poetry Corner



### Legacy

Today, my father looked out of  
my daughter's eyes  
in his old questioning way.  
As if he'd made a proposal  
and was wondering what I'd say.

And I remembered: the midnight DIY  
at our first house.  
Taking it in turns to "hold the hammer".  
Lying exhausted on the sofa  
whilst he plastered on.

I remembered: the times he'd arrive  
in his white charger of a Fiat.  
To save me, drooping by the roadside.  
The zips he'd mend on the sewing machine  
to triumphantly throw the clothes back, new.

I remembered: him using his retirement money  
to take us all abroad.  
A whistlestop tour of Italy, Sicily, Malta.  
A whirling kaleidoscope of culture.  
Both Florence and Venice in one day.

Though I can never fill  
the chasm left by his death,  
his legacy of love is eternal.  
It gleams out of my daughters' eyes.



**Kim Shaw**

Prizewinning author Adrienne Tinn was born in Ongar, Essex but spent most of the first twenty years of her life in London.

She has written poetry and short stories all her life and as a teacher produced plays and dramatic productions for children to act.

Adrienne now lives in Lower Sheering on the Essex-Hertfordshire border together with her photographer husband, Malcolm.

Besides being secretary of the local writing group, she is also secretary of two local bridge clubs and plays bridge for Hertfordshire. She is a member of the Bishop's Stortford U3A.

She has won first prize for writing a children's short story in a national magazine as well as various poetry competitions. She has also been published in a variety of anthologies and magazines both in England and abroad. She has presented her poetry at Harlow Playhouse, The Victoria Hall Theatre, the Central Library, Harlow and the Civic Centre.

Adrienne has produced her third anthology of poetry called *Rendezvous Street*: the profits from which are being sent to Grove Cottage Mencap in Bishops Stortford.

The anthology may be obtained from Adrienne via [shine@adriennetinn.me.uk](mailto:shine@adriennetinn.me.uk)

**Jeff Poynter**

## **Songs of Nature**

Hear the song of the birds in the morning  
as they rest in their homes in the sky  
and the song of the bees  
as they buzz round the trees  
gathering pollen nearby.

Hear the song of the rain that is falling  
beating tattoos on the ground  
and the song of the earth  
as this moisture gives birth  
to seeds buried deep underground.

Hear the song of the wind in the treetops  
casting the leaves to float free  
which when landing below  
look like russet-red snow  
to rustle in pure harmony.

Hear the song that the salt sea is singing  
with waves breaking soft on the shore  
and the smooth rounded stones  
and the long-lost bleached bones  
making music upon the sand floor.

All the songs that are nature around us  
make a world for us all to enjoy.  
Why must man hunt for more  
with his hatred and war  
in his need to corrupt and destroy?

**Adrienne Tinn**



## Fitzrovia by City Trekkers

### March 2018

We started with coffee at the Welcome Collection café in Euston Road with its Antony Gormley figure walking across the ceiling near the entrance.

Fitzrovia is roughly bounded by Oxford Street, Great Portland Street, Euston Road and Gower Street' with a mix of homes, commercial premises, medical and educational institutions. The district is frequently described as an urban village having a bohemian history, upmarket and home to some celebrities. In 2016 The Sunday Times named the district as the best place to live in London. It has been a notable artistic and bohemian centre from the mid-1920s until the present day. Amongst those known to have lived in Fitzrovia are Augustus John, Quentin Crisp, Dylan Thomas, George Orwell, Thomas Paine, Edmund Burke, Richard Wilson, John Constable, Walter Sickert, Ford Madox Brown, Whistler, George Bernard Shaw, Virginia Woolf, Charles Laughton, etc.



The area is absolutely teeming with places of interest, starting at the eastern boundary is UCL and within Fitzrovia is University College Hospital, the 1906 Cruciform Building built in the shape of St. Andrews Cross, the magnificent pedestrianised Fitzroy Square much to Robert Adams design. BT Tower, the Cleveland Street Workhouse that inspired Charles Dickens to write Oliver Twist, now being redeveloped into apartments (what happened to Flats). Pearson Square, the site redeveloped from the old Middlesex Hospital site with the most beautiful room in London at its heart - Fitzrovia Chapel. In Chenies Street the entrance to the Deep Level Shelter Tunnels that were General Eisenhower's wartime headquarters, Colville Place - one of London's oldest surviving residential walkways. The Fitzroy Tavern said to give its name to Fitzrovia – where the bohemians met and which is still a great pub with good food and pictures of people.

About 250m from Oxford Circus is the hidden gem of All Saints Church. It was designed in 1850 by William Butterfield, an architect strongly associated with Gothic revival church building and the Oxford Movement. Completed in 1859, the red brick church was built around a small courtyard with an adjoining vicarage and a choir school. The interior is noted for its rich decoration and beautiful fittings. Sir John Betjeman, said of All Saints: "It was here, in the 1850s, that the

revolution in architecture began...It led the way, in church building." In January 2014 All Saints was chosen by Simon Thurley, head of English Heritage, as one of the ten buildings that have changed the face of Britain. Today the church enjoys Grade 1 listed building status. The church has a strong music tradition, the first organist, Richard Redhead, is remembered today as the composer of Rock of Ages and Bright the Vision. All Saints has an important link to Rachmaninov: Vale (a church organist) arranged Rachmaninov's Mass with English words, which the composer came to hear twice, in 1915 and 1923, declaring himself pleased with the result. It is still sung on Palm Sunday.

It is worth visiting the photo gallery on their web site under History tab [www.allsaintsmargaretstreet.org.uk/history](http://www.allsaintsmargaretstreet.org.uk/history)



There is All Souls Church, Langham Place designed by John Nash next door to BBC Broadcasting House (Grade II listed), and this Art Deco building was built in 1932 as a purpose built broadcast Centre.

Now we head out of Fitzrovia along Wigmore Street, passing Cavendish Square, Harley Street, Wimpole Street on to Wigmore Concert Hall, with near-perfect acoustics, it was built between 1899 and 1901 by C. Bechstein Pianofortefabrik, the German piano manufacturer. Opposite, dating from the early 20th century, is a regal building clad in Carrara tiles, built for Debenhams but since sold.

Heading towards the last site we turn south through St Christopher's Place, a buzzing quarter, home to charming boutiques and sensational restaurants and through a five foot wide gap into Oxford Street that we cross to the old Duke Street electricity substation built in 1906. This has on its roof the delightful 950 Sq. m Brown Hart Gardens together with a café, just 100m from Selfridges.

**Alan Draper**

## Trip to RHS Wisley



The Royal Horticultural Society provide BSU3A with The Banksian Medal for our annual show which allows free entry to any RHS Garden for up to 50 people hence our visit on what was a beautiful day after a long, wet and windy winter. The sky was blue as we all gathered at our many pick up points to await the coach. We all packed unnecessary winter coats as though we were expecting to be in the Arctic Ice Flows. Your chairman was last to arrive at 8.59.59 proudly declaring he was not late blaming the traffic, the government, royalty anybody but himself. The journey of eighty miles commenced fairly uneventfully, except for the continuous jams on the M25. The highlight for me was watching one of our members nearby knitting a scarf that went from one inch to six inches in the course of two hours.

The coach pulled up in the car park and we were held under coach arrest while Barbara our wonderful organiser went to obtain our tickets. We were however, treated to some cabaret by a vertically challenged (her words) official confidently advising us where the toilets were, where to eat, and the must see places like the glasshouse, Riverside Walk and the Orchard.

On receiving our tickets there was a stampede to the nearest refreshment centre where copious amounts of tea and coffee were drunk and chocolate cake devoured, after which we all made it into the most beautiful gardens you could imagine along with many thousands of other visitors. With the temperature moving towards nineteen degrees centigrade we were wishing we had left our winter overcoats in the coach and many of our members were in various stages of undress.

We aimed for the glasshouse, passing Oakwood with many trees, ferns and bluebells in an array of colour, the rock garden where members were practicing their rock climbing skills to see the most delicate and small plants. Passing many food outlets

we were enticed by an old fashioned catering van selling pulled pork rolls and home-made mint lemonade at a price requiring a mortgage to pay. They really did have a cabaret here with a jazz band to entertain us.

After lunch we scoured the map we had been provided with and found a picture of a shuttlecock, so we followed the map to the sign intending to play badminton only to find it was a lovely view and below us was a wooded area with some gorgeous late spring flowers which we explored and got lost in.

Eventually finding our way out we discovered the craft and design fair and having visited the silver fair earlier in the day were prepared for very high prices. In the silver exhibition some of the items were around four thousand pounds each. The standard in both exhibitions was exceptional, being individual and contemporary. Most of the designs were based around the solar system because the prices were out of this world.

Following the exit signs you are guided through their shop and encouraged to look at their extensive plant section so I put them to the test. I asked if they had any Tithonia, which is a Mexican sunflower and they were stumped. They knew what it was but did not stock it.



We were all making our way back to the coach; many coming back with bags full of plants which were stashed away in the boot to fill someone's back garden tomorrow.

Traffic was heavy with many jams, stops and starts; all very hot and tired but I did notice the scarf had reached four feet long.

A big thankyou to Barbara and Rene for organising the day and booking the lovely weather.

Do please carry on supporting the gardening groups and come on the outings. **Keith Hicks**

## The London Explorers Head West

When our group of 19 spontaneously broke into song to sing “Rule Britannia” I thought maybe they are enjoying this walk!



We had headed further west than ever before to start our walk at Hammersmith and were walking along the Thames Path to Chiswick House and Gardens. We had stopped at the Dove public house where a sign told us that “Rule Britannia” had been composed here in 1740 by Thomas Arne. The group gave a splendid rendition of same, much to the amusement of some passers-by. We learnt too that Charles 11 and Nell Gwynn had cavorted here and that it was the favourite hostelry of writers and painters over the centuries.

Many grand homes bordered the river close by our path and we speculated that, even if we chipped in together we could not afford one. William Morris’s home was notable among them.

Rowing clubs were also much in evidence with members such as Roger Bannister and Sir Peter Scott participating in their youth. The Boat Race of course passes by here and underneath Hammersmith Bridge. This must be the most beautiful bridge over the Thames with many repairs carried out over the years to strengthen and improve it. It was also a favourite target for the IRA who made several unsuccessful attempts to destroy it after two of their members were caught and imprisoned after the first attack on it in 1939.

In Chiswick we saw the tomb of artist and philanthropist William Hogarth who had a country home here – yes, this area in the late 1700s was very much in the country. After climbing up the slope away from river through a very attractive area said to be the inspiration for Thackeray’s “Vanity Fair” we came across the vast ugly concrete structure of the Chiswick Flyover bringing us very much back into the 21st century. This contrast led us to wonder if today’s creations would be as much admired in 300 years-time.



However, across the highway we soon regained our equilibrium in the grounds of Chiswick House which we explored after lunch on a lovely afternoon. 400 acres are there to be seen but we just saw highlights – lots of camellias, burgeoning trees and wild life. Surely this garden is one of the best in London. The centrepiece of the park is of course the Palladian style mansion built by bachelor Lord Burlington in the 1725 to entertain his friends at the weekends. Several of the party visited it and marvelled at the beautiful interiors. Apparently, at one of his parties for a modest 3000 people, he had imported 3 giraffes to parade around the grounds. We however wondered if this was just a tall story!

**Derek Crowther and Gwenda Deal .**

## Plants and Gardens

What insect is musical? A humbug



What do you call it when worms take over the world?

Global worming.

## Science and Technology Group 1



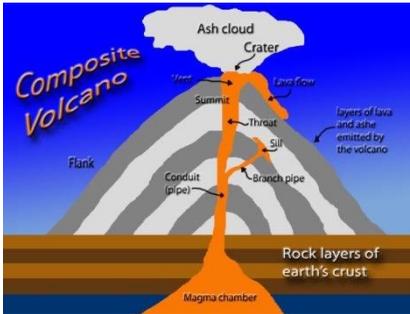
The group was formed in November 2011 as a result of requests from the Committee to suggest new groups. A second group was formed later, coordinated by Roz Howlett, because of continuing interest from U3A members. Since we usually require access to a TV and a DVD player, we have to meet in member's houses and therefore need to restrict membership to a level that can be accommodated. The group currently consists of 10 members. Group 2 currently has 14 members; meets in members' houses and members take it in turns to present topics of interest.

Members have been previously employed in a wide range of occupations appropriate to the nature of the group, though we have never made this a requirement. Meetings normally involve watching recordings of BBC science programmes which are mostly of a consistently high quality. They usually lead to an interesting discussion of topics from the programme and members' related experiences.

Over the years we have enjoyed a very wide range of scientific topics. In Astronomy, a subject providing much interest with space exploration uncovering new secrets every year, we have seen fresh things about the Moon and the planets, and discussions about those mysterious objects called asteroids whose size, movements and velocity make them a possible long term hazard to the Earth.

In Biology and Medicine there have been programmes about the strange world of mushrooms, about how things decay, about how some modern medicines, like penicillin, have been developed from unlikely sources, about blood and about human parasites. Recent developments using comparatively rare chemical elements in the fields of electronics and metallurgy have highlighted their very great importance and the need for

their conservation. Helium, used in airships and balloons and in advanced X-Ray equipment, has few natural sources and the nature of its uses means that stocks will eventually run out.



A very interesting series of DVD's about the origin and composition of the Earth discussed its formation, its geology, the ice ages, volcanos, and plate tectonics (how the continents formed by moving over the molten core). Two of the group have a particular interest in geology and might start a

new group to spread that interest.

There were fascinating programmes about materials - metals, plastics and ceramics.

In Physics we saw a very good series about the development of the understanding of the nature of electricity and its fundamental importance to civilisation. Some of us even understood programmes about quantum theory.

Apart from the DVD's, a member took us to a laboratory near Newmarket where samples taken from racehorses are tested for drugs etc. Another member successfully demonstrated water divining and also the high amount of cosmic radiation which continuously passes through the atmosphere from outer space, and through us, and which, presumably, for better or worse, has helped to make us what we are.

The nature of the subject and continuing access to a wide variety of information sources, suggests that the two groups will continue to have a successful future.

**Derek Bolger – Group 1 Coordinator**



### Regent's Park in the Spring.

Regent's Park is a masterpiece of landscape and town planning providing a most pleasant and enjoyable walk in springtime, especially if the sun is shining. The trees will be showing a variety of colours as they come in to leaf. In early spring the bulbs will still be in flower, while later the spring flowers will be in bloom. The lilacs and other shrubs will be adding their colours. It is a favourite with strollers and walkers (some with dogs), with nannies with prams, with joggers and runners, with sun worshippers and fitness enthusiasts, etc., etc. There are places to eat within the Park or it may be more convenient to bring a picnic. Benches and deckchairs are available.

Originally Regent's Park was known as the Forest of Middlesex with the area being taken over by Henry VIII at the Dissolution to become Marylebone Park. It was enclosed to become a deer park and to keep poachers out. After the Restoration it was split into farms, leased to tenants, who supplied London with milk and hay. The leases expired in 1811, when the Prince of Wales became the Prince Regent. By which time the development of London had reached what had once been isolated farm land.

John Nash put forward a plan to build 68 detached villas in a parkland setting with elegant terraces around the sides and a central circle. The park would be approached from Portland Avenue and linked to Carlton House by Regent's Street. Work was delayed by the Napoleonic Wars and not all of Nash's plans materialised. Only 8 villas were built. The terraces around the

Inner Circle was never constructed. However, by 1830 the terraces around the Park, plus the lake, had been finished. The north side was left for its views of Hampstead and Highgate. The Royal Botanical Society was given the area inside the Inner Circle but in 1932 it was taken over and named after Queen Mary, wife of George V. The Jubilee Gates were added in 1935. Much damage occurred to the various terraces in WW2 due to bombing and neglect but fortunately they were restored later.

Before entering the peaceful Regent's Park, the busy and noisy Marylebone Road has to be crossed. The terraces with their cream stucco and white paintwork with black railings can be seen. Most are named after titles held by the Prince's family.

Further along the Outer Circle can be found the home of the Royal Foundation of St. Katharine. This was established in 1148 near the Tower of London by Matilda, wife of King Stephen. It remained at the Dissolution of the Monasteries with Katharine of Aragon being its patron. Its aims were to care for the old sick and to provide education and hospitality to strangers. However, covering some 23 acres it had become a mass of narrow lanes with houses of the lowest class, with some 11,300 inhabitants, at the end of the 18th century, when the area was cleared for the construction of a dock and warehouses. Those people were disposed in an act of vandalism without compensation. This is when the Foundation built a chapel, school and houses, in Tudor Gothic stone and brick at Regent's Park. Over a century later, after WW2, the Foundation returned to its natural habitat, the East End, at the former vicarage of St. James of Radcliff. St. Katharine's Dock is now closed!

Of the various villas the Holme is now a private residence. Winfield House was presented to the US Government for the use of the American Ambassador. Another once housed London University's Bedford College. This was the first higher education college in the UK for women. It is now Regent's Park University. Memories were brought back to one of our very active members, who obtained her degree at Bedford College in the 40s, followed by a PGCE at London University, before taking up a career in teaching. Other villas are occupied by the British American College and the European Business School.

The Park's lake, which is fed by the River Tyburn, offers a sanctuary to many passing migrant birds and to winter visitors. Its heronry has over 30 nesting pairs each year. From its banks the minaret of the Central London Mosque is a highly visible land mark.

Entering Queen Mary's Garden over a bridge and the Inner Circle there is a large rose garden with approx. 12,000 different rose bushes. The garden also houses the Open Air Theatre amongst its other displays.

Sources – [www.london-footprints.co.uk](http://www.london-footprints.co.uk)

A Highly Recommended Walk.

**Original London Walks Group**

**Dave Branchflower**

## Monthly Brisk Walk Group – October Holiday in the Yorkshire Dales



Malhamdale was the destination for a party from the Brisk Walk group in October. For the more veteran members amongst us it was the third visit with the group and a popular choice, such is the quality of the walking. The walks were led by David and Helen who seem to know them all like the backs of their hands. OS Explorer OL2 was scarcely necessary. Newer members of the group enjoyed a perfect introduction to this lovely part of the Yorkshire Dales.

***Won't you join us?*** A four mile introductory walk sticking close to the River Aire to Airton, then through the countryside back to base, ensured that several of the group was walked in and ready for the serious business of the next three full days, each involving a walk of between 10 and 12 miles, as is our wont. Some took the alternative of an hour's leg-stretcher organised by one of the leaders at the HF Holidays hotel where we enjoyed our four night stay.

The first must-see sight near the village of Malham was the atmospheric Gordale Scar, a deep cleft in the limestone hillside with waterfalls from the stream of Gordale Beck. A steady climb followed until we reached the approach to Malham Tarn, one of the country's most attractive lakes lying in open land at an altitude of some 375 metres (1230 feet) above sea level. Set in a national nature reserve of 137 hectares, the tarn contains ancient water plants called stoneworts and is home to rare snails and insects such as the strange flightless caddis fly at its only breeding location in the UK. We didn't see any not flying or breeding. Having completed a circuit of the lake, the group headed back via a precipitous and rocky ravine, which must have once been a steep water course, before arriving at the spectacular limestone pavement at the top of Malham Cove, 91metres high) (or 300 feet if you prefer that as measure of its scale).

***"I'm on the pavement"*** When you get up close and personal with this massive waterfall, now dry but once fuelled by melt-waters of the Ice Age, you realise that the fissures, called grykes and a habitat for rare wild flowers, are deep enough to be quite an injury hazard. Most of us picked our way gingerly across the clints of the pavement to the relative safety of a downward path to join the bank of Malham Beck; it didn't deter some young people from walking across the top of the cove while chatting on a mobile phone or walking a dog.

These words by Cumbrian poet Norman Nicholson, displayed on a board at the top of the cove, convey something of its aura. "Where flinty clints are scraped bone-bare, a whale's ribs glint in the sun."

***Wet or what*** The north west of England experienced a month's worth of rain in a day during our stay, and we certainly had our share of it. The day's walk proceeded, nonetheless, and may be memorable to many of us for its wetness more than anything else. It comprised a trek along an undulating section of the Pennine Way to Gargrave, followed by the level ground of the Leeds and Liverpool Canal for a few miles, then a circular walk taking us back to the hotel. First stop: the drying room.

***Quad do you know?*** Pausing at Priest Holme Bridge two of the group decided to turn back. Before retracing their route, they took out their flasks for a coffee break sitting on the curved steps leading from the canal to the road above. Hearing the sound of a motor they looked up in some surprise to see a man turn on to the steps and bounce past them on a quad bike. A few minutes later he reappeared from the towpath and rode up to continue on his way.

***Aladdin's garden shed*** Tea was taken at a small cafe crammed with garden tools, ornaments and all sorts of knick-knacks too numerous to mention but included a rack made of dinner forks with bent tines which was actually an item for sale and not meant for customers to hang their wet gloves and caps on! There weren't any precious metals or jewels there but it would not have been too surprising to discover a magic lamp in a dusty corner. This shop is also notable for its fine Victorian lavatory fittings.

***Smile please*** Mentioning this last point reminds me of the public smallest room at our hotel, Newfield Hall, where patrons were looked down on by a reproduction of Mona Lisa. The smile was nowhere near as mysterious as the Leonardo original, but at least it wasn't the version with a moustache and some wisps of beard painted on.

***May the Force be with you*** Fine weather returned for the last walk of the trip, a circular hike from the nearby town of Settle. As we climbed we looked across to the nearby settlement of Giggleswick, easily identifying the domed building in the grounds of the school. With a little prompting we recalled that this is where TV chat show host Russell Harty had taught in his early career. The varied scenery of this walk took in a view of the distinctive fell of Pen-y-Ghent and a stop at the waterfall of Catrigg Force before a break for lunch on the bank of Stainforth Beck. Here we joined other fascinated watchers hoping to spot the salmon leaping upstream in the foaming brown waters at

Stainforth Force. We were rewarded with several sightings of this phenomenon of nature. A short stop at Langcliffe, with its 1945 Victory Tree, enabled us to visit its cared-for church where the Harvest Festival decorations were still in place: loaves, plaited rolls and sprays at every other pew.

On completion of the walk the party gathered for the customary tea and cakes which were enjoyed by some of us settled on the settle in Settle at Ye Olde Naked Man Cafe. We are still puzzling out the origin of that name. A popular theory is that the 17th century building was formerly an undertaker's premises.

**Appreciation** We thank our two walk leaders for providing an excellent selection of varied days out and we also record our appreciation of all the hard work by Penny in arranging the hotel bookings for the group. Next time we head for the Jurassic Coast.

**Richard Owen**



**Brisk Walking Group Holiday in Malhamdale**

**Photograph by John Leach.**

## Weekly Walk and Monthly Amble Groups



Despite a long drawn-out winter, this has not dampened the walkers' enthusiasm for "stretching their legs". The New Year started with a relatively short Walk from Silver Leys followed by brunch at Rosey Lea's, Wickham Hall, which was enjoyed by 28 walkers and organised by David Pearson.

In February a small group were taken on an Amble by Valerie Porter around Cambridge City Centre where interesting and amusing points of interest were pointed out. Were you aware that a statue of Henry VIII at Trinity College now holds a chair leg in his right hand instead of a sword?

The first Amble of the year to set out from a pub – The Nag's Head in Bishop's Stortford – took place in March and was organised by Wendy Shipperlee. It took us through farmland, Little Hallingbury and a Golf Course. As you can see from the photograph, the walk was enjoyed by a number of walkers and took place on what felt like the first day of spring.



With the wet weather we had leading up to the April Amble from The Axe & Compasses in Braughing this walk proved more challenging. Carolyn Parker arranged the walk and walkers had been warned to wear wellies as the water level of the River Quin had risen to a depth which covered the tops of walking boots. A bit farther on, half the group ventured into Braughing Bourne or "The Bone" as it is known locally. This provided a bit of an obstacle course with them having to keep their footing on slippery mud embankments, wading through deeper water and clambering over a couple of fallen trees. However, judging by the shrieks of laughter coming from them you could tell they were having a great time. One, as you can see from the photo below, even swung on a rubber tyre ..... some people never grow up!



The walk ended with Carolyn telling everyone about Old Man's Day, a tradition which is still carried on in Braughing to this day.

A month later and summer had arrived. This time the Amble from The Star in Standon was organised by Jeanette Barker and Carolyn Parker and took the walkers to Braughing and back passing through fields where once there had been a prosperous Roman town on the west bank of the River Rib. On the outskirts of Braughing still stands the Railway Station which was

closed in 1964 and is now a private house. An old railway carriage can still be seen there.

Back in Standon, just before lunch, the walkers were shown an old Puddingstone which was placed in its current position in 1904 and is adjacent to an oak tree which had been planted to commemorate the coronation of King George V and Queen Mary in 1911.



Each week, when an Amble is not taking place, Walks have been led from Silver Leys by various members of the Group, either taking footpaths through the local countryside or on a variety of routes into and around town.

**Valerie Porter**

Group Co-ordinator

Weekly Walk & Monthly Amble Groups

## Discover Hampshire Holiday in April



Day 1: Having left Bishop's Stortford at 10am with 50 Members in a Lodge's coach driven by Richard we had a lunch stop in Farnham, after which we made our way to Alton for a very pleasant 40 minute trip on the Mid Hants "Watercress Line" Railway to Arlesford. From there, we drove to the Holiday Inn Hotel in Portsmouth for our 4 night stay.

Day 2: Monday 23rd we had our pre booked visit to Portsmouth Historic Dock Yard to the Mary Rose Museum. I think that for many of us this was the highlight of the holiday as the advances that have been made on the remains of the Mary Rose are quite remarkable and with all the artefacts that have been brought up from the wreck it gives a very clear insight into the lives of the sailors who sailed on her in Tudor times. After a lunch break we then went on to The National Trust Country Manor House and Gardens at Hilton Ampner which was a bit of a disappointment as the House was being refurbished and the rooms were not accessible, however the gardens were very nice.

Day 3: Tuesday 24th we visited the Milestones Museum in Basingstoke which gave an insight into the social, retail and industrial heritage of the lives of the Victorian and 1930's eras by exploring the life size buildings, streets, shops and vehicles. In the afternoon we took a two and a half hour trip on the Basingstoke Canal.

Day 4: Wednesday 25th was our visit to the village of Chawton and the Jane Austen House Museum and Gardens which told the story of Jane and her family with portraits and memorabilia, original manuscripts and first editions of her novels, this was the highlight for some of the Members. In the afternoon we had free time in Winchester to visit the magnificent Cathedral; the final resting place of Jane Austen, also to see the greatest symbol of medieval mythology, King Arthur's Round Table displayed in the Great Hall.

Day 5: Thursday 26th was time to bid farewell to Hampshire and make our way back to Bishop's Stortford. On the way home we called in to Polehill Garden Centre.

All in all a very pleasant and worthwhile few days, and a very BIG THANK YOU to Chris Morris for organising the trip. **(See back page).**  
**Richard Cawse**

**Wow! This looks interesting.**



There has been a growing interest in research within the U3A movement over the last few years and the National Research Database currently contains details of about 750 different projects. These range from looking at different aspects of ageing to archaeology, history and the arts, to technology, transport and war.

A current project which seems to have attracted nationwide interest and entries to the database is Citizens; 800 years in the making which explores the history of liberty, protest, power and rebellion from Magna Carta to the suffragettes and beyond. The aim is to highlight local heroes and heroines and local struggles for our rights and liberty and has instigated over 30 different research projects up and down the country.

If you or your group are interested in starting your own research topic or contributing to one then have a look at the National Research Database at <http://u3aresearch.org.uk> which gives you lots of ideas and information including a guide entitled 'Getting Involved in Research'.

Even if you do not feel inspired to start your own research project then at least have a look at what other groups have been up to. You will be amazed!

Further advice can be obtained from **Rodney Buckland**, the U3A Research National Adviser at [u3a.reserach@gmail.com](mailto:u3a.reserach@gmail.com)

## Act FAST

### Stroke Recognition Advice



Why Act **FAST**?

**FAST** is an acronym providing an easy way to remember and identify the most common symptoms of a stroke. Recognition of a stroke and phoning 999 will determine how quickly someone will receive help and treatment. Getting to a hospital rapidly will be more likely to lead to a better recovery.

Use **FAST** to remember the warning signs of a stroke.

**FACE:** look at the person's face and ask them to smile. Has their face fallen on one side?

**ARMS:** ask the person to raise both of their arms and keep them there. Are they unable to raise one arm?

**SPEECH:** ask the person to tell you their name, or say 'hello'. Is their speech slurred?

**TIME:** if you spot any of these signs, always call 999.

This information is important and can affect treatment decisions.

The Stroke Association says: Learn it. Share it. You could save a life.

If you suspect a stroke, even if symptoms pass, do the **FAST** test and always call 999.

Find out more from the Stroke Association website  
<https://www.stroke.org.uk/>

## Fraud Alert!



As many of us are increasingly using the internet for communication, shopping or booking tickets and appointments it might be useful to be aware that fraud and cybercrime are the most prevalent crimes committed in England and Wales. Authentic looking emails from banks and even from the Tax Office asking for bank details have been sent asking for people to confirm their details, possibly with the offer of a refund to their account. Sometimes messages can be sent from friends' genuine email accounts asking for money – usually saying that they are on holiday and have experienced a financial difficulty. Once you give these details the criminals then have access to your money. The internet has so many advantages but we must be careful not to reveal our details to anyone on line.

This advice is taken from the Herts Police Online Watch Link (OWL).

1. Never disclose security details, such as your PIN or full password - it's never okay to reveal these details.
2. Don't assume an email request or caller is genuine - people aren't always who they say they are.
3. Don't be rushed – a genuine bank or organisation won't mind waiting to give you time to stop and think.
4. Listen to your instincts – if something feels wrong then it's usually right to pause and question it.
5. Stay in control – have the confidence to refuse unusual requests for information. Discuss it with a friend or relative before you act.

For more information and regular fraud prevention updates visit:  
[www.herts.police.uk/protectyourmoney](http://www.herts.police.uk/protectyourmoney)

## **It's Never Too Late to be Active**



**'It's Never Too Late to be Active'** is a new campaign to help older residents become more active.

All residents registering with the campaign receive a free local activity pass for themselves and a friend. They can also get personalised support and enter a prize draw for an iPad, Fitbit or £100 clothing voucher.

And the good news is, you don't have to be an Olympic athlete to take part!

It's easy to feel daunted by physical activity. But just half an hour of activity that gets you moving and raises your heart rate, a few days a week, can have enormous health benefits. You can even break it down into 10 minute chunks to help you fit it into your day.

Staying active keeps our body strong, our mind sharp and gives us more energy to keep doing the things we love.

**Never Too Late** is part of Hertfordshire's Year of Physical Activity and is being launched on 23 April 2018 by Hertfordshire County Council, in partnership with organisations across the county.

Sign up at: [www.hertfordshire.gov.uk/nevertoolate](http://www.hertfordshire.gov.uk/nevertoolate)  
Alternatively drop into your local library or call HertsHelp on 0300 123 4044 for help to sign up.'

**Nathan Davies**

Project Manager Herts County Council

## Royal Name Search



LOUISE DWARD F N K P  
X S W I L L I A M P M I K E S  
T N A H G E M D Y H W B B U B  
I X Q A E U G E N I E I C G N  
M S A V A N N A H L R S A E M  
O E R D B D I B U I D P M O U  
T L C H A R R Y X P N E I R T  
H I H M I A S Z V L A T L G U  
Y Z A R A B B Y K L Q E L E A  
W A R D I Z C J A B X R A L Y  
N B L L E C I R T A E B N H G  
D E O K H G T J E B Q B N A B  
M T T N C E I H P O S N E L M  
N H T E L O U I S E M A J S I  
R M E I U W S E L R A H C I J

## Royal Name Search – Clues

Elizabeth  
William  
Louis  
Timothy  
Isla  
Andrew  
Sophie

Philip  
Kate  
Harry  
Peter  
Zara  
Eugenie  
Louise

Charles  
George  
Meghan  
Autumn  
Mike  
Beatrice  
James

Camilla  
Charlotte  
Anne  
Savannah  
Mia  
Edward

## Coming up in the Next issue...

The Winter issue will arrive on your doorsteps soon after Christmas.

Please send me one sentence about the best or worst Christmas present you received as a child.



## Do you give lifts to the airport?

As local residents, you can get a discount on the Express Set Down fee of £3 for all your household vehicles.

Contact:

[customerservice@empark.es](mailto:customerservice@empark.es)  
and they will send you the form.

Alternatively, there is a free set down with transport to the airport near the BP garage.

That's worth knowing!

## Insurance Renewals

Before you renew your house or car insurance, go on one of the comparison sites like Go Compare to find the cheapest.

Then contact your insurer and tell them you are changing if they cannot match or better the deal.

They will usually come up with a similar quote.

## Need a trusted trader?

Which? Trusted Traders has joined with Hertfordshire Trading Standards to create a scheme that helps consumers find trustworthy traders and gives hardworking businesses the recognition they deserve.

Go to <https://trustedtraders.which.co.uk> to find someone you can trust to do a good job.

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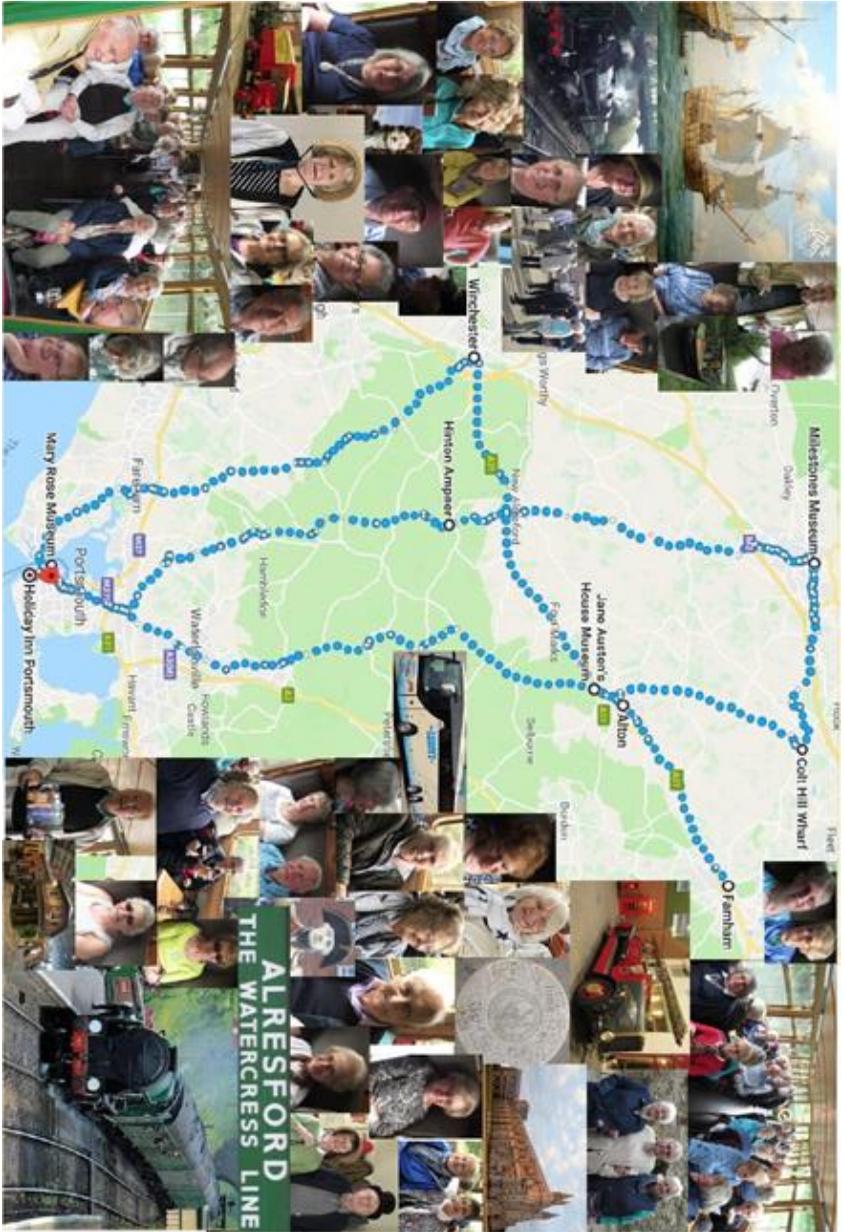
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