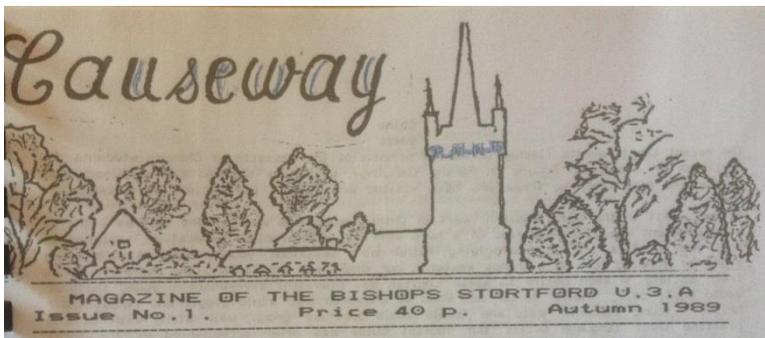




Learn, Laugh, Live



Bishop's Stortford U3A Winter 2020 Magazine

Registered Charity Number 1132055
Website <http://u3asites.org.uk/bishops-stortford>

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Important Notice

Please Read



Membership Renewals for 2020/21

Current Bishop's Stortford **U3A Membership expires on 31st March 2020**. The **renewal subscription for 2020/2021 costs £15 and must be paid before current membership expires**.

The new membership year runs from 1st April 2020 until 31st March 2021.

You can pay in one of three ways at any time between 1st January and 31st March 2020.

1. **Pay in cash or by cheque at any of the U3A Monthly Meetings between January and March 2020**. Cheques should be made payable to 'Bishop's Stortford U3A' and should be made out in advance so you don't hold up the queue while you write out your cheque. You will be given your new Membership Card immediately. With their agreement, you can also pay for and collect the cards of other people.

2. **Post or deliver a cheque** (payable to 'Bishop's Stortford U3A') to myself at 5 Pishiobury Drive, Sawbridgeworth, Herts CM21 0AD. Please enclose a stamped, self-addressed envelope for the return of your Membership Card(s).

3. **Pay online by Bank Transfer** using the following information

Sort Code 40-12-03

Account No. 01675540

Reference Your surname and Membership Number (which is printed on your current Membership Card)

If you use this method you will either need to **send me a stamped self-addressed envelope for the return of your new Card(s), or make arrangements for the Card(s)** to be picked up at one of the Monthly Meetings after you have paid. The Cards will be at **the Membership Desk**.

From my point of view, the earlier you pay the better because it spreads the workload (which for about 1000 members is quite high !!!). Thank you.

Kath Hird

Message from the Editor

Please email articles to me, preferably in Word, with images sent separately, to arrive by Friday 29th May 2020 for inclusion in the next magazine. Please note: one page is about 350 words, two pages could be about 550 words and a photo.



I do reserve the right to edit articles and photographs so that they can fit within the overall layout of the magazine, especially as we have a limit of 48 pages.

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

Lesley Mishan

lesley.mishan@bsu3a.org.uk

Coffee Mornings - Important Notice

Unfortunately there will be no more coffee mornings after December this year, until further notice.

Jenny McGregor



History Group 2 meets on the first Monday in the month at Markwell Pavilion at 2-00 pm.

The new committee is working hard to produce an interesting and varied programme for 2020.

It has vacancies for new members, so if interested in history or just want to learn about past times, Carolyn Edwards, tel: 658529, will be pleased to hear from you. We look forward to you joining us!

Dave Branchflower



Bishop's Stortford U3A 34 years and still growing

Approaching retirement can be a daunting prospect as we move from being a respected work colleague with an identity, responsibilities, authority, experience, ideas and initiative to someone who has to reinvent themselves and create a new and meaningful routine. When Beryl Jones took early retirement from St. Michael's Primary School in 1984 she realised that she needed more in life than 'sitting quietly with tea and bingo' and went on to found the Bishop's Stortford U3A the following year.



I was recently introduced to Beryl (pictured above) by Richard Cawse and we had an entertaining morning listening to her explain how she started the local organisation. It all began when she had some articles published in the Herts and Essex Observer outlining her ideas about what to do in retirement. They included

suggestions about diet and exercise, volunteering and extended learning through courses run by the W.E.A. and Open University. Many local people responded enthusiastically to her articles which coincided with Beryl reading a magazine article about the U3A.

The U3A in Great Britain takes its name from the Universite du Troisieme Age launched in France in 1972 when retired professors at Lyon University were allowed to attend lectures. The U3A started here after an experimental Easter school in Cambridge held in 1982 was organised as a co-operative of people devoted to a particular kind of intellectual activity.

Over 60 local people attended the Seminar on Active Retirement held on 23rd October 1985 in Bishop's Stortford library. In keeping with Beryl's philosophy of the different components needed for a successful life she had invited a Medical Officer of Health for East Herts and someone from the Health Council Project to talk. There were speakers from the London Branch of the U3A and Ware College. The WRVS and local day centre were represented and there was a presentation from The Pre-Retirement Association.

The audience reception was so encouraging that November saw the first monthly meeting with a talk on Heraldry. Although posters were printed advertising the meetings, attendance figures rose mainly by word-of-mouth resulting in the need to find larger venues and the decision to charge a subscription fee of £5.00 per year to cover the cost of hiring premises.

The monthly meetings in early 1986 covered topics as diverse as Insurance (Terry Reid), Bishop's Stortford (Wally Wright), Alternative Medicine (Vivien Wooton), South America and the Slave Trade (Leslie Rice) and India (June Wilkinson). The monthly diary soon included

day trips, walking groups, snooker and swimming clubs, and by December 1986 French and Italian groups were meeting regularly as well as an Art Group, Soft Furnishings, Whist and Scrabble, Gardeners Chat, Tea Dance, Tea and Chat, Luncheon Club, and even a Recorded Music group.

While looking through Beryl's records it was interesting to discover that the first Bishop's Stortford U3A magazine was called 'Causeway' and was printed in Autumn 1989. (See front cover of this edition). It consisted of 8 sides of A4 and was edited by Doug Sinden and Ernie Goodhand. Members were asked to pay 40p a copy to cover printing. Nowadays we aim for 48 colour pages of A5 and it is given free to all our members. I wonder how many editions there have been in the last 30 years and how many people have taken on the editorship.

34 years after Beryl held the inaugural meeting in the library membership now stands at over 1000 people who are encouraged to take part in 38 different monthly activities as well as a further 28 groups that meet weekly. Surely there is something for everyone who is willing to join in and share their skills and knowledge to promote Beryl's vision of the vital roles of learning, exercise, volunteering and friendship as the route to a fulfilled life after retirement.

Lesley Mishan

It Is Your U3A – Get Involved!



The old adage that you get out, what you put in, is never truer than in U3A. We are lucky to have over 1,000 members – however perhaps less than 100 of us get involved organising groups and serving on the Committee. That is 10% which means 90% of members are not active in this way.

Given the age profile of our members it is understandable that many people have ‘done their bit’ in the past and now want to enjoy a ‘second retirement’.

My focus is on those members who have recently retired from work. After doing all those things you promised yourself, with the garden now in order and the house decorated how are you going to keep yourself active?

Can I suggest a role in supporting the Bishop’s Stortford U3A Trustees Committee? You can be involved in a range of ways: some might only involve a couple of hours a month. Any help offered would lessen the load on other members.

To find out more I am extending an invitation to all interested members to attend a committee meeting in order to discover more about the activities which go on in the background to keep your U3A running smoothly.

The meetings take place on the first Tuesday of the month at the Markwell Pavilion. If you are interested, please contact Kim Shaw on kim.shaw@bsu3a.org.uk or call me on 07504 104679.

I look forward to seeing you there.

Jim Paterson - Vice Chairman

**Minutes of the 34th Annual General Meeting,
held at the Methodist Church, Bishop's Stortford
11th March 2019**

The Chairman, Keith Hicks, welcomed all to the meeting.

1. **Apologies for absence:** Susan Shaw, Roz Howlett.

2. **Minutes of the 2018 AGM.**

These had been circulated to all in the Winter Magazine. They were accepted as a true record.

3. **Matters Arising: None**

4. **Chairman's Report**

Keith thanked all members, Group Co-ordinators, Trustees and volunteers in whatever capacity for their involvement over the year.

Special thanks were given to Susan Shaw whose term as Vice Chair and Trips and Outings Co-ordinator is now over. She will be greatly missed. Volunteers for the Committee are still needed.

5. **Treasurer's Report (Jack Treves)**

a. Presentation of the 2018 Annual Accounts.

These have been passed by the Independent Examiner and the Committee. A copy is attached to the file copy of the AGM Minutes, available on the website or via hard copy on request. There was a deficit of £1500 during 2018 but we are still solvent owing to the cash reserve.

Presentation of Outings finance is tricky because of the three different sets of guidelines regarding it. Income has fallen because of a decrease in membership, possibly due to the greater availability of U3As locally. Apart from on the Magazine, expenditure on other items was much as previously. No "rainy day" money is now permissible. The Treasurer asked for questions. There were none. After a

vote, the examined accounts for the year ended 31st December 2018 were accepted as a true and accurate record.

Proposer: A. Hidden

Seconder: G.Deal

Vote: Unanimously accepted.

b. Approval and Appointment of Independent Examiner.

Peter Bass had agreed to do this for another year. Unanimously approved.

c. Proposal to Increase Subscriptions from 2020

Jack explained that this was only after careful consideration and both brief and detailed explanations had been circulated / on the website. The increase was approved with one vote against.

6. The Change to the Object Clause of the Constitution

The new Object Clause was explained by Keith Hicks, read out and displayed.

Proposed: K. Hird

Seconded: K.Shaw

Vote: unanimously accepted.

7. The Election of Officers

Stuart Jacobs had agreed to join the Committee.

Proposed: Sue Jacobs

Seconded: Kim Shaw

Vote: unanimously elected.

8. AOB

The members were invited to put any questions to the trustees over tea / coffee and cake.

**Bishop's Stortford U3A AGM Methodist Hall, South Street
Proposed Agenda 2.30pm Monday 9th March, 2020**

1. Apologies.
2. Minutes of the 2018 Annual General Meeting
3. Matters Arising.
4. Chairman's Report.
5. Treasurer's Report.
6. Approval and Appointment of the Examiner of Accounts (Independent Examiner).
7. Election of Officers.
8. AOB

**AGM Election Form Bishop's Stortford U3A
Nomination form for the election of Committee Members which
incorporates being a Trustee of Bishop's Stortford U3A
AGM 9th March 2020**

Name of candidate (Block letters)	Signature of Candidate *	Position/vacancy
Date		
	Proposer **	Seconder **
Name		
Signature		
Date		

Please return completed form to the secretary by Mon, 9th Feb 2020.

Kim Shaw, 5 Thorley Hill, Bishop's Stortford, CM23 3ND

- *** I (the candidate) am not disqualified from holding the office of Trustee for Bishop's Stortford U3A.**
- **** N.B. The proposer and seconder may not be a member of the current Executive Committee**

Thanks to Debbie Monkhouse

This summer's Annual Show was outstanding, both in terms of its organisation thanks to Debbie Monkhouse, and the number and quality of entries. Many visitors commented on how impressed they were and how much they enjoyed it.



In recognition of Debbie's very significant contribution to making the show such a success over the last five years, Keith Hicks as Chairman, presented Debbie with flowers at the September monthly meeting on behalf of all members of BSU3A.

Carole Scott



Monthly Speakers 2019

During the second half of 2019, Bishop's Stortford U3A have 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 **July Brian Wass** gave a talk on the favourite tricks of shoplifters and how they can be prevented with a few antidotes from his time in the Metropolitan Police and second career as store detective.

In **August** we heard from U3A Member **John Robinson** about his long career in the RAF which included giving flying lessons to Prince Charles and being decorated by the Queen.

September brought back musical memories as we heard from **Michael Grillo** (pictured) who traced the story of Country music under the heading of 'Your Cheatin Heart'.



October had an early Halloween visit from **Damien O'Dell** who gave a talk on the 'Adventures of a Ghost Hunter' with some personal experiences from around Hertfordshire.

In **November Jenny Kelsey** provided a historical presentation on the role of women in Victorian society.

In **December** a double treat is planned. The meeting opening with a visit from the children of **St Michaels Primary School** singing Christmas carols in the annex hall prior to main event in the church. The speaker - **Keith Baldwin** - promises to provide a selection of festive entertainment, anecdotes and readings guaranteed to set the scene for Christmas celebrations.

Looking forward to 2020:

In **January** we have **Geoff Bowden** who gives a talk on the Life and Times of Agatha Christie.

February sees **Joan Munden** present a personal presentation on 'Nardie' a family member, real name Lilian Rolfe, who joined the Special Operations Executive during the Second World War.

March is the **AGM** which will be preceded by a talk from **Mark Clements** on the Life of Marie Curie and the current activity of the charity which bears her name.

In **April Charlie Haylock** gives a light-hearted talk on the history of spoken English. Charlie himself is one of Suffolk's top entertainers and has regular spot on BBC Suffolk.

In **May** we hear from Russell **Savory** who is a vastly experienced Wildlife Photographer who will provide examples of his work and tips and tricks on how to get close to wildlife with your camera.

Live music is earmarked for **June** when '**Fools Gold**' visit. Carol and Steve Robson are 'Fool's Gold'; a multi-instrumental acoustic duo, who perform their unique 'Stories' show which incorporates live music with the stories about the songs. (See photo).



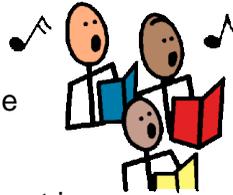
I hope there is something of interest in the programme for all our members and I look forward to seeing you the meetings.

Jim Paterson
Speaker Secretary

U3A Singers Summer Concert

On the evening of 29th June- the hottest day of the year (at that time), the combined Bishop's Stortford & Thorley choir of 32 held their summer concert.

Sadly one member succumbed to the heat in the first half but in true U3A style was back performing in the second half.



The theme this time was Golden Memories and included music of Bette Midler, Carole King, Doris Day and a selection of songs from Fiddler on the Roof. The enthusiastic audience joined in the communal singing, enjoyed light refreshments and a raffle.

The choir has gone from strength to strength under the many years expertise and musical direction of Sue Hickman and accompanied at the concerts by the popular Susie Savage.

This friendly group meet every Thursday afternoon at Havers Community Centre and welcome new members who enjoy singing. The Christmas concert will be on Saturday 30th November. **Sylvia Wilde**

London Explorers Far from dull in Dulwich

On a dry, bright day in mid July the London Explorers set out to discover the history and open spaces of Dulwich Park and Dulwich Village. Having caught a train to Tottenham Hale followed by a Victoria line tube to Brixton we were all only too pleased to refresh ourselves with a very welcome coffee before continuing on our journey to West Dulwich station on a mainline train.



Our circular walk took us through the Park, past Belair House and Dulwich Art Gallery which sadly was closed. We continued round the edge of the gallery land to the masoleum and an old telephone box, famously designed by Gilbert Scott. One or two of us tried button B! No money was forthcoming!



Our next view was of the old buildings and the chapel that made up the original Dulwich school which was part of a charitable foundation set up in 1619 by Elizabethan actor and entrepreneur Edward Alleyn. Some of these buildings

are now offices and others are almshouses. We admired the beautiful sculpture of Alleyn in the grounds.

We proceeded down Dulwich Village High Street, admiring the old Grammar School building built by Sir Charles Barry in 1842, the fountain on the roundabout commemorating Dr. George Webster, founder of the first BMA and the brick and tile work displayed on Dulwich Hamlet School.

We thoroughly enjoyed exploring Dulwich Village which had a very tranquil, country atmosphere. Our walk took us into Dulwich Park, past the lake, through the Dry Garden and onto our lunch stop at the cafe in the Park. The weather was still warm and sunny so we were able to relax and eat a delicious lunch outside.

After lunch we left the Park and walked along the main road towards Dulwich College. En route we made a detour to view Pond Cottages, now very attractive private residences. The pond they were named for is still to be seen and is where clay was dug to be turned into tiles, bricks and chimney pots which fed the kilns present in each of the cottages.

Our final place of interest was Dulwich College, now a very prestigious public boys' school. It is a stunningly beautiful building built in 1870 by Charles Barry Junior. We completed our circular walk by returning to West Dulwich railway station.

We had a great day out, helped by lovely weather. We all felt that the rather long journey required to reach Dulwich had been worth it since most of the group had not been to this area of London

Bob and Gill Dean

Third Aged Trust AGM and Conference Report 2019.

Theresa and I had the privilege of attending the 36th U3A Conference and AGM which was held at East Midlands Conference Centre in Nottingham between Tuesday 27th to Thursday 29th August.

The conference was a tremendous opportunity to enter a U3A bubble for 3 days finding out everything you ever wanted to know about U3A.



The first full day of conference was a mixture of workshops covering various topics such as 'How to Organise Meetings', 'Making Meetings Dementia Friendly', 'How to Use Beacon' and many more, followed by social activities. Theresa and I decided to go on an organised walk to Wollaton Hall and deer park which was nearby. Unfortunately, it rained.

A dinner was held on each evening providing a chance to meet with and share antidotes with U3A's across the UK. On Wednesday evening we had an after-dinner speech from outgoing Third Age Matters editor Frances Beckett who reminisced on some of the light hearted moments – focusing on the more bizarre readers letters.

Afterwards we were entertained by the U3A mass ukulele orchestra. I did not know that ukuleles were such a big thing within U3As.

The business of conference was the AGM held on the final day. The Chair, Ian McCannah went through the new national development plan which aims to provide an increase in membership and improved online learning platforms within next 2 years.

The AGM was attended by 180 voting delegates which represented 22% of U3As. As Bishop's Stortford has over 1000 members we had 4 votes. However, as it turned out there was little of contention to vote on.

Key point for me to take away is the fact that the name 'University of the 3rd Age' should not be used in marketing/publicity but simply U3A. It is thought the name university puts people off and does not reflect our social side.

Jim Paterson
Vice Chairman

History Group 1 Visit to Copped Hall



History Group 1's visit to Copped Hall, Epping, proved to be a most interesting afternoon, as the group learned about its past history and its on-going restoration.

The history of Copped Hall started in the 12th century. The hall passed to the Abbots of Waltham in 1350, who, in 1537, gave it to Henry VIII, attempting to save the Abbey from being dissolved. Queen Elizabeth 1st stayed here in 1568, after much of the Mansion had been rebuilt. By 1742 it had become very dilapidated and plans for a Palladian mansion were drawn up and it was rebuilt on a new site overlooking two valleys. In the late 1800s substantial improvements were made as it was not good enough for the then owner. World War1 radically changed life at Copped Hall and in 1917, the main block of the Mansion was largely burnt out in a disastrous fire one Sunday morning, despite the efforts of the staff and the people of Epping. Copped Hall was never rebuilt. The estate was sold in 1952 and anything of value was also sold. Finally the M25 was driven through a corner of the park.



The fine Georgian mansion, which is currently under restoration, was saved from the many large scale development plans by the Copped Hall Trust, composed of local conservation societies, which purchased the mansion and gardens in 1995. The Corporation of London had already saved the parkland in 1992, saving it from becoming a golf course. The Trust is carefully restoring the hall and gardens for educational and community benefit. Substantial progress in restoring the buildings and gardens has been made.

The group really enjoyed their visit and readily recommend it. They found out about something that is, relatively speaking, on our doorstep.

Entrance to Copped Hall is along Crown Hill (Upshire Road), post code CM16 5HR. Guided tours take place on the third Sunday of every month, except December, with entry between 10am and 11am. There are many other events such as open days, garden afternoons, apple days, courses, carol concerts etc. Full details are on the website – www.coppedhalltrust.org.uk.

For walkers there is a very pleasant walk starting from Upshire, via Ambresbury Banks (Queen Boudicea's camp), Epping Forest and the parkland of Copped Hall, back to the start. It is possible to extend the walk, if required. It goes across hilly terrain, open meadow and ancient forest. Parking is available opposite the old Good Intent pub and refreshments can be enjoyed in the Horseshoes pub in Upshire. Details and maps are available on www.essexwalks.com/walks/upshire.html.

Dave Branchflower

Capital Wanderers Walk 23 July 2019 Queen Elizabeth Olympic Park

This was going to be an easy London walk catching the 9.13am train from Bishop's Stortford straight to Stratford then have a guided walk around the Queen Elizabeth Olympic Park by a volunteer. The weather forecast was for a very hot day but nevertheless 17 intrepid walkers turned up for a different day out. Things didn't go to plan. Instead of an empty train awaiting us the platform was crowded. The trains were not running to schedule and our train had been cancelled. Undeterred we all boarded a train bound for Liverpool Street deciding to alight at Tottenham Hale. Once there we were totally confused at how to get to Stratford. A train came in and a lady said 'get on this train to Hackney Downs then change platforms to Hackney Central and catch a train direct to Stratford. With not a lot of choice of what to do we followed her advice like sheep and lo and behold after a few minutes wait at Hackney Central we caught a train to Stratford. Phew - panic over.



After a much needed coffee break near the Information Office at QEOP we met our guide, Neil, with his helper volunteer who gave us a very informative and interesting

guided walk of the Olympic Park, telling us about its past history and the many plans that are in place for the future. The site covers over 500 acres and there is so much to see and do it is impossible to cover all at once. Our tour cost £6 each, took two hours and Neil made sure we kept in the shade as much as possible with a drink of water to hand but there was a nice breeze every now and again. The walk finished at the north end of the Park where we were to stop for refreshments. Some of us took picnics and others left to explore the Park or seek a cool place to eat in nearby Westfield Shopping Centre.



It seemed a long walk back to the train station on such a hot day but on the way we passed some very pretty gardens. We didn't have long to wait for a train, all on time now, but the journey home was extremely hot. A great day out and one we won't forget.

Julie and Anita

Bishop's Stortford U3A Annual Show 2019

On a warm sunny day in August, the eagerly anticipated U3A Annual Show took place at the Markwell



Pavilion and was once again an enjoyable, successful event. This was the 25th show and I wonder how many of our members, sitting down to arrange the first show a quarter of a century ago, would have expected it to last so long!



Once again, weather conditions had been variable earlier in the year, and our gardeners had been fretting about the quality and abundance of their chosen exhibits. However, visitors were once again treated to a plethora of wonderful fruits, vegetables, plants and flowers. Other exhibits included stunning photographs, beautiful paintings, skilful handicrafts and mouth-watering cakes and preserves. Both the number of exhibits and the number of visitors increased this year, meaning that despite rising costs, the

show still made a healthy profit. This is also helped by the continued support of our sponsors, Aspen Electrical, Coopers of Bishop's Stortford, The Twisted Cellar and Premier Travel. We also had a wonderful raffle with prizes donated by many local businesses.



Trophies and certificates were awarded at the end of the afternoon, and this year the proud recipients were: Hannah Shine - The Beryl Jones Shield for Best in Show exhibit (arts and crafts) and the Olwen Memorial Bowl; Ann Thompson Best in Show Cup (horticulture); John Thake - Banksian Medal and John Moses Cup; Rosemary Treves - Andrew Colebourne Cup.

We are now looking for new Show Coordinator for 2020, so if anyone is interested in helping to secure the future of this popular event, please do not hesitate to contact me or any member of the U3A committee.

Deborah Monkhouse
Annual Show Coordinator (2016 – 2019)

Photographs taken at the show.

Original London Walks King's Cross Regeneration



A visit to London's newest postcode, N1C, is a must thing to do. It was 67 acres of historic railway yards, warehouses, gas holders and brown field land. It is now the new King's Cross with its rich and colourful past. Its location at the meeting point of road, rail and canal has shaped its history. This can be seen today in the old buildings and the layout of the streets and squares, which have been developed over the last 20 years into a fantastic shopping and dining district.

Dorothy Gorman, assisted by Pat Branchflower, with a big input from Dorothy's son, Andrew, took us on a fantastic exploration of this new area of London.

The area was previously a village known as Battle Bridge and was a crossing of the River Fleet. In 1830 an enormous monument to King George IV stood at the junction of New Road (now Euston Road), Gray's Inn Road and Pentonville Road. It was unpopular and demolished in 1845, but the area kept the name King's Cross.



King's Cross station was designed in 1852 by Lewis Cubitt as the terminus of the Great Northern Railway. The beautiful Victorian structure has now been revealed with its impressive roof with coloured lighting. Don't miss

Platform 9¾ of Harry Potter fame. The curved Northern Hotel is alongside.

The German Gymnasium designed by Edward Gruning in 1864 was the first purpose built gymnasium in England. The beautiful, grade 2 listed building has been restored as a restaurant and is the ideal place for a morning coffee. It was damaged by a Zeppelin raid in 1917!!



The Stanley Buildings were constructed by the Improved Industrial Dwellings Society in 1864/5. Originally there were 5 blocks, whose roofs were used for drying clothes and children's play areas. (We met a gentleman, who had lived in one some 40 years ago.)

Regent's Canal winds its way from the River Thames at Limehouse Basin to the Grand Union Canal at Little Venice. Areas alongside the canal have been re-landscaped and many people were watching Wimbledon on a giant screen in the sunshine.

Granary Square is across the canal, with its colourful street food stalls. This is the first square to be built in London since Trafalgar Square. We did not cool off with the children in the 1080 computer controlled fountains, as Dorothy told us about the Granary Building opposite. The Granary, again designed by Cubitt in 1852, was used to store wheat for London bakers. It is now home to the Central Saint Martin's art college.

The East Handyside Canopy was built in 1888 as a covered area for potato traffic. In the Goods' Shed there is a Waitrose Store without a carpark!! It also provides a Cookery School.

The Western Transit Shed (also by Cubitt) was used to transfer freight to and from rail carts using cranes and turntables. Stables were located under the loading platforms. This area is now retail and office space.

Handyside Garden is on the site of railway sidings, providing quiet seats, a water feature and play equipment amongst the planting and landscaping.

The Skip Garden was originally a sustainable vegetable garden built in skips but has now expanded into a community project for local youngsters. It provides produce for the local cafes and restaurants.

The Gasholders have been a feature of King's Cross for over 150 years. Today the decorative cast-ironwork has been restored and now one frame houses a new park. Another three have apartments and penthouses built within the frames and overlook the canal.

The Coal Drops (1851 & 1860s) are opposite and originally carried 4 high-level railway tracks from which coal was dropped from wagons into storage hoppers below. These are converted to retail and food outlets.

Camley Street Natural Park is a community wildlife reserve established in the 1980s. Saint Pancras Station for lunch venues would make a most satisfying end for your visit. (Andrew also produced an illustrated, glossy brochure of the visit to show to the group members.)

Coal Drops' Yard
RIBA London and National Awards 2019



Note the two dramatic “kissing roofs” giving the illusion of the roofs being pulled away and then joined together as in a kiss.

Dave Branchflower

An Outing to Manea and Ely

On a warm day in September, fifty one members of the U3A travelled to the small village of Manea in Cambridgeshire, to visit the garden of David and Lynne White.



David and Lynn moved to Manea three years ago and acquired a one-acre plot that was virtually just a grass field. They have spent three years building and landscaping their garden with plants, many unusual and collected over a lifetime,

ranging from tropicals to hardy arctic lovers, the biggest leaved to the smallest and pond lovers to the desert loving cacti.

As the coach pulled up outside a small, unassuming house on a residential road, quizzical looks were being passed between individuals – could this really be the garden we were intending to visit?



However, what a surprise awaited us as we were led by David and his small grandson through the side gate. The garden was a complete joy, packed with wonderful

plants and quirky features including a Medieval Ruin, an African Hut, a Living Wall, a Valley garden, a Secret walk and many more interesting structures. One of our party even commented that the garden was reminiscent of the 'Tardis' belonging to Dr Who, as it opened up before us. This truly was a hidden gem, hidden in the heart of the Fens.



David and his wife and family were wonderful hosts, showing us around the garden, giving a brief presentation on propagation and keeping us supplied with limitless cups of tea, coffee and homemade cake, and all

the while the sun was shining!

As the morning drew to a close, we boarded the coach and drove to Ely for lunch and the remainder of the day. Here everyone was



able to enjoy the majestic cathedral, tranquil riverside, beautiful gardens and for some, a spot of retail therapy, before we headed back home at the end of the day.

Debbie Monkhouse

Cards and Crochet

We meet on the Third Wednesday every month at the Markwell Hall in the town park from 10am to 12 noon. The cost is £2.00 for the first meeting and then £10 for the year.



There are several ways to make your own cards; by sewing, decoupage or just layering. We have ladies that use all of these different ways and will always show you what they have done or I will teach you how to do these cards. The photograph below is of cards exhibited at the Annual Show 2019.



Crochet is taught by Lynn with a small group of ladies and she will show you the basic or more complicated stitches if you wish.

If you are interested in making cards or Crochet please contact me or come along and see what you think.

Rose Anderson

Antiques and Collectables September meeting.

The Speaker at the September meeting of Antiques and Collectables was Kate Fuller who gave a very interesting talk about her career as a hat maker, showing us a splendid display of hats she had made and how she had made them.



The Group always welcomes new members and visitors. Meetings are held at The Markwell Pavilion at 2pm on the second Friday of every month, except the months of August and December.

Contact Pat Ault on 01279 319509 for further details.

Julie Kitchener

London Rovers walking group visit Greenwich

On a bright autumnal day in November, 17 members of the London Rovers walking group set off to explore the area of Greenwich.



Upon arriving at the Cutty Sark DLR, and having stopped for refreshments, we headed for the imposing sight of the Cutty Sark itself, on public display in dry dock since 1954. Another interesting land mark nearby was the listed dome shaped building which marks the entrance to the foot tunnel under the Thames, linking Greenwich in the south with the Isle of Dogs in the north.

We then walked through Greenwich market, where we almost lost half the group, who found the selection of stalls selling an eclectic mix of street food, clothes, antiques and gifts too much of a temptation!

Onwards to Greenwich Park, one of the largest single green spaces in south-east London. A beautiful park, steeped in history, with close links to the crown since the

1400's, evidence of a site of a Roman Villa and the charming Queen's Orchard hidden in the northeast corner. A stroll through the flower garden, currently being planted with hundreds of spring plants and bulbs, and down Blackheath Avenue to the Planetarium and the Royal Observatory. Our timing was perfect, as we arrived just in time to see the orange ball on the top of the Observatory, used in the past to signal to sailors when it was 1.00pm, fall from the top to the bottom of the pole, as it does every day. Here we also enjoyed majestic views across to the Old Royal Naval College, the Maritime Museum and beyond the river, the skyscrapers of Canary Wharf, the City of London to the northwest and the Millennium Dome to the north.



Following a stop for lunch, we finished our day by exploring the grounds and buildings of the Royal Maritime Museum, the Queens House and the Royal Naval College (now home to the University of Greenwich), all worthy of a longer visit, but that will have to be saved for another day as it was time to head for home.

Debbie Monkhouse

Weekly Walk and Monthly Amble Group

June's amble, which it was my turn to organise, took place on a lovely summer's day – that's what I would like to say – but in



actual fact it was overcast and eventually gave way to light rain for the rest of the morning. However, that didn't stop 23 walkers setting out from The Hand & Crown in High Wych for a varied walk past a variety of houses and cottages, through fields, Sawbridgeworth town centre and along the banks of the River Stort before entering Pishiobury Park. There were a number of cattle grazing here and thankfully they ignored us. We then returned to the pub where we enjoyed a delicious lunch.

On a slightly overcast but warm day in **July 18** walkers gathered at The Crown in Hunsdon for an amble to be led by Kath Hird. We started off passing some houses with pretty gardens containing colourful hollyhocks and then, after a short while, entered a wooded area. We eventually emerged to discover Hunsdon Airfield in which there was a Memorial recognizing airmen of all nations who served at RAF Hunsdon and a Roll of Honour commemorating 126 airmen who either flew out of the



base or were ground crew and who lost their lives during World War 2. We then continued through fields of crops and woods until David Pearson drew our attention to a property, which was not particularly visible, but was, at one time, inhabited by Mary I before she acceded to the throne and which her father, Henry VIII, frequently visited. After a varied and interesting walk it was nice to return to the pub and enjoy lunch sitting outside for a change.

On a day in **August** forecast to be wet (and it was) I am proud to say that 25 walkers turned up for an amble setting



out from The Star in Standon and led by David Pearson. Ninety-nine per cent of the walk was off-road and we were led along footpaths and across fields, ascending several hills on the way, the steepest of which afforded lovely views close to the Manor of Standon Lordship. David told us some of the history of the Manor going back to Tudor Times and its connection with Sir Ralph Sadler whose tomb can be found in the nearby church of St Mary's. We then returned to The Star, glad to be out of the rain, and, as always, enjoyed lunch before setting off for home.

Dave Mortimer kindly volunteered to 'have a go' at organising an Amble for us in **September**. It was the first one he had arranged, although you would never have known it as everything went according to plan and



all the participants enjoyed both the walk and the lunch. We set out, on an overcast morning, from The Crown Inn in Sheering and after passing a few lovely properties we headed off across fields which afforded magnificent views for

miles around. The hedgerows provided opportunities for picking damsons and blackberries and en route we also passed Down Hall and Matching Church before returning to The Crown Inn where most of us opted for a delicious two-course lunch for £7.95 – what could be better?

On a pleasant **October** morning Ann Maguire led a party of walkers on a lovely and varied walk from Hopley's in Much Hadham. One minute we were walking through beautiful woodland, then through fields, one of which contained sheep which made way for us to pass through and at one point we skirted around the perimeter of The Henry Moore Foundation where two or three of his huge sculptures could be seen. At various points during the walk there was the opportunity to view far-reaching



horizons. We all then returned to Hopley's Café where we enjoyed some freshly cooked fare but were sad to learn that it would be closing its doors at the end of this year.

For a **November** day the weather was very kind to us – blue skies and bright sunshine. Setting out from The Prince of Wales in Brick End, Broxted, we were led on a walk devised by Bob and Philippa Bishop. We skirted around the edges of various fields, walked along country lanes and through beautiful woods, devoured chocolates which our leaders kindly provided for us and were rewarded with the sight of a magnificent stag eyeing us suspiciously and then deciding to do an 'about turn' and disappearing from sight. Before returning to the pub several of the Group couldn't resist purchasing some freshly laid eggs from a farm – this has been a regular stop not to be missed when walking from the Prince of Wales. All in all a lovely walk enjoyed by 26 walkers.



Valerie Porter
Group Co-ordinator
Weekly Walk & Monthly Amble Group

Poetry Corner

No-one Wins



Poppies are like tears of blood
on the ground, all around
As far as the eye can see

Where loved ones fell
on the ground, all around
In those scenes of hell

So as we walk
on the ground, all around
Remember those who fought

Not just us, but all who fought
on the ground, all around
No-one wins, no-one wins

Brian S. Farley, 2018



THE INDIAN MOUNTAIN RAILWAY

Trust, touch, talk and time
I heard the old man say*
When talking of marriage on
The Indian Mountain Railway

Could it really be that easy?
Hard times would come and go, although
We fit together like hand and glove
Why shouldn't it work - we're in love

But people change as time goes on
Some drift apart like passing clouds
Slow and gentle, going their own way
No sign of emotion, whatever we say

Growing closer, not apart
Is really an important art
Touching, talking, establishing trust
And giving in to those moments of lust

Yes - trust, touch, talk and time
I remember it to this day
Walking the path to happiness, on
The Indian Mountain Railway

***Advice given to young couple getting married, as heard on a BBC documentary on the Indian Mountain Railway.**

© Brian S. Farley, 2010

Bishop's Stortford U3A
would like to acknowledge
their gratitude to
**STANSTED AIRPORT
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for their generous support in the provision of a £800 grant towards computer equipment and amplifiers which are been used by our Technology, History and London Walking Groups.



Riviera Travel Scheme

If you are planning to take a holiday, organised by Riviera Travel, then please mention Bishop's Stortford U3A **when making your booking**. If you do this then Riviera will donate 10% of your holiday costs to Bishop's Stortford U3A by way of a community grant.



U3A has joined Riviera 'Affinity Scheme', a charity scheme they operate across the UK. Any holiday booked with Riviera Travel is eligible, provided the person booking mentions Bishop's Stortford U3A at the time of booking. Riviera will donate 10% of the total basic cost of all travellers included on the booking, as a charitable donation to Bishop's Stortford U3A.

The operation of the scheme is very straightforward:

- Simply mention Bishop's Stortford U3A when making the booking
- At the end of your holiday, Riviera will send you an email, asking that a copy of the invoice be sent to them in order to claim the donation.
- Forward a copy of this email to our treasurer at address treasurer@bsu3a.org.uk
- The treasurer will send an invoice to Riviera and the money will be paid directly into our bank account.

Any funds that are donated by Riviera will be used to support the running of the U3A, for the benefit of all members.

There are two important points to note:

- Bishop's Stortford U3A is not endorsing Riviera travel as a supplier of holidays.
- Donations from the Affinity Scheme are paid direct to Bishop's Stortford U3A and **are not payable to the individual who made the booking.**

If you are already thinking of booking your holiday through Riviera, then we would encourage you to consider helping Bishop's Stortford U3A in this way.

If you have any questions on the scheme then, please contact Riviera Affinity Scheme directly on 01283 523470 or e-mail affinity@rivieratravel.co.uk.

Jim Paterson



The world. Within reach.



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

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