

NEWSLETTER MARCH 2024

Thank you so much to the members who have contributed - be it articles or pictures

GROUP NEWS AND VIEWS

Science & Technology Group Visit

We have organised a group visit to the Hertfordshire University Bayfordbury Observatory in Hatfield on the evening of March 6th 2024, starting at 7.00pm.

The group visit will include:

- a talk from one of their astronomy students
- a tour of the sky in their Planetarium
- a peek through the telescopes at Bayfordbury (weather permitting)

The cost is £13 per person and members wishing to attend can email **Steve Kirsh** at stephenkirsh@yahoo.com.



Walking 4-5 miles

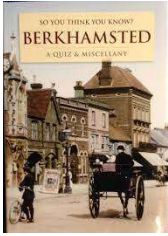
- Mon 11th Mar 2024 at 10:00, Walk Leader: Peter Weber. Walk round Rickmansworth Aquadrome from Car Park at Frogmoor Lane (off Harefield Road) Rickmansworth WD3 1NB
- Mon 8th Apr 2024 at 10:00, Walk Leader: Allan Cole. Meet at Radlett Train Station Platform 1 at 10:00 for 10:06 train to Elstree and Borehamwood - then walk back to Radlett.
- Mon 13th May 2024 at 10:00, Walk Leader: Yvonne Palmer. Circular walk from the car park at the Verulamium Museum via Childwick Green. Great walk but we're doing it backwards since the last time. I'm unsure whether we're walking backwards or doing the route in reverse but I have no doubt we will find out in due course.
- Mon 10th June 2024 at 10:00, Walk Leader: Edward Cross. Meet at 10:10 at Radlett Station platform 2 for a circular walk from St Albans City Station.

These walks are for reasonably fast and fit walkers only. Please do not come if you are unwell and/or walk slowly.

The Very Short Walk Group will be on Wednesday 20th March at 10.00 p.m. where we will do the walk that I have had to cancel last month. Hopefully by then, the rain will have dried up and we will be able to do the walk in the way it is suggested in the booklet of Walks Around Radlett. We will meet at 10.00 a.m. in the car park at Phillimore Recreation Ground.

A few months ago I led a walk for the Very Short Walk Group round a walk in Borehamwood about the history of filming in Borehamwood. It was a very short walk along a tiled footpath through some woodland in Borehamwood with plaques every so often explaining something about the history of filming in Borehamwood. We had only three people turn up and we all found it very interesting. The walk lasts for only about half an hour and I wondered whether any of the members who didn't come last time might want me to do it again. If any interested members could let me know I could arrange another date. I have to get a special key from the Council Offices for the car park so would need to know in advance whether it would be worthwhile doing it again so let me know if you are interested. **Nancy Shavick**

The Genealogy Group will also be on Wednesday 20th March at 3.00 p.m. at our usual location, my house, 64 Aldenham Avenue. We will have our usual meeting where we do our own research and help each other out whenever help is needed. **Nancy Shavick**



Heart of Herts History

As I hope most of you know, we meet on the 2nd Thursday of each month unless in exceptional circumstances. Always check this Newsletter to make sure.

Our March meeting takes place on **THURSDAY 14TH MARCH** at 2.30pm when we are covering an area not previously done. Berkhamsted - Richard North will speak about the area in "A Journey Through Time". We will hear a brief history of Berkhamsted- a vibrant historic market town. Richard is a Trustee of several charities including the Berkhamsted Local History and Museum Society and Berkhamsted Castle Trust. Retiring in 2010 he has published two books and gives numerous talks. We meet at St Johns

Church Hall, Gills Hill Lane, Radlett and welcome members old and new as there is plenty of room for everyone. Entry including refreshments is £4 - only in in £1 or £2 coins, or a £5 note please. If you aren't on my mailing list and wish to be, just email me via the Carrier Pigeon on the website group page so you don't attend on my interesting meetings and outings. Lots coming up! We are such a friendly group so don't miss out ! **Diana Lobatto**

Photography. The leaders are John Hyde, Liz Mitchell & Bernie Fernandes. We have room for more members. We usually meet on the 4th Monday of the month at 3pm. We will be looking to introduce a summer programme which will probably be outings from April to September and a winter programme from October to March. The latter will probably be at someone's house. No charges. **Bernie Fernandes**

History Group. We had a very successful opening meeting for the first time that we met at the Radlett Reform Synagogue. We had 32 members attending. That's twice the number we could accommodate in private houses . The room was warm, with comfortable chairs and coffee ,tea and biscuits laid on by the synagogue . Carmel Byers gave an impressive presentation on the life of Richard III. and everyone agreed it was a very good start to our new format. Next month's meeting will be given by Geoffrey Smyth when he will give us Part Two of his history of Byzantium. Our meeting will be at RRS on March 5th. @ 11am. **Harvey Miller**

Reading books is a Novel Idea

We welcomed Shelley our latest new member at our February meeting.

We discussed the two books we had agreed to read if we wanted.

How to kill your family by Bella Mackie.

Some of us thought it was very good, others didn't like it all and stopped reading it. The story is quite macabre with a touch of humour and some members found parts boring or didn't like the storyline so mixed reviews.

Strong Female character by Fern Brady was very honest and very informative and I found it very sad that it took so long for her to get diagnosed with autism .

We had a quick discussion about *Broken light* by Joanne Harris which because it was so cheap a few of us had downloaded the book but found some of the supernatural elements gave it a dark nightmarish disturbing quality so some stopped reading it.

The Great Circle by Maggie Shipstead - we had a few people commenting on it and some still reading it but we were not rushing to recommend it as our next book.

Our next meeting will be Thursday 7th March.

Our chosen book is *Remember Me* by Lesley Pearse.

It is based on a true story about Mary a Cornish Mariner's daughter who is convicted for theft and instead of being hung for her crime is transported to Australia.

It is a moving story of a woman triumphing against overwhelming odds.

OTHER BOOK RECOMMENDATIONS

Raquela by Ruth Gruber

The four winds by Kristin Hannah.

Second Sleep by Robert Harris

The Lido by Libby Page.

Necessary Lies by Diane Chamberlain .

Eleanor Oliphant is completely fine by Gail Honeyman.

Year of Yes by Shonda Rhimes.

The Marriage Portrait by Maggie O'Farrell.

We had a discussion about Borrow box as it has been highly recommended.

If you belong to your local library you can download books for free. Just Google Borrow box user guide.

If you prefer to hold a real Book then you can order used good condition ones very cheaply from

<https://www.AbeBooks.co.uk>. Best wishes **Sharon Strong**



Mahjong

The Mahjong group has developed well. Having 2 games tables on the go with a good instructor for inexperienced and experienced players for British Mahjong rules.

This has certainly made my brains work harder thinking that I got it all right from the start. After tea and chat we were ready to get started again. Cannot wait to the next session to see what else is in store.

You are welcome to come and see what it's all about. **Fiona Smeethe**

Remarkable women

Greetings from Athens! Here is my contribution to the newsletter for Remarkable Women:

There was no meeting in February as our date fell in half term and I was on Grandma duty all week! There are two very interesting remarkable women presentations coming up in the next couple of months.

On March 11th, we will be welcoming back David Bagon who will talk about Katherine Johnson who was born in 1918, an American Mathematician whose calculations of orbital trajectory, as a NASA employee, were critical to the success of the first and subsequent U.S. crewed space flights. She was one of the first African-American women to work as a NASA scientist.

On Monday April 8th. I am happy to announce that Jonathan Bergwerk will return to our group to give a presentation on Emma Goldman, born 1869 in Lithuania, revolutionary, political activist and writer. Both meetings are at 3.15 pm at my home as usual. More details nearer the time. **Carmel Byers**

Singing Group sang via Zoom during COVID lockdown. Four months ago, we started to sing face to face. It's going very well. We continue to sing popular and well-known songs known to most of us and they can be easily learned too.

This is a very good opportunity to benefit from developing our vocal cords and forming social contacts while we carry on singing. You are welcome to join us. **Fiona Smeethe**

Recipe Exchange

Are you in need of some new and well-tried recipes? We all have our favourites but it's nice to get together and swap favourites with each other. We meet on the fourth Thursday of the month at 2.30pm, at members' houses with, of course, a cup of tea and cakes to finish. We can now take a few more members so if interested please contact me through the carrier pigeon on the group website page. **Stephanie**

Duplicate Bridge

The Duplicate Bridge Group will play online on the 14th and 18th March. I also hope to have a face to face session in the afternoon on the 21st March. If you are not on my mailing list and would like to play in any of those games, particularly the face to face one, please let me know ASAP. **Gary**

Film & TV group

We will again be meeting at our new host's home on the 7th March. At the last meeting, when we showed the French film Potiche, several people asked if we could show a Spanish language film. I looked at several, some were unavailable and some were not suitable, but I have settled on All About my Mother (Todo Sobre Mi Madre). It stars Cecilia Roth, Marisa Paredes and Penelope Cruz and is directed by Pedro Almodóvar, said by some to be his most successful film. We are normally full with group members but if you would like to be added to the waiting list please let me know.

Gary

Opera Group

After missing February for various reasons, the Opera Group will return online on Friday 15th March. I don't know what opera I will show yet but as it will be online via Zoom there is no limit on the numbers so just let me know if you would like the details and wish to attend. **Gary**

Photos by **Ian Cundy** of Aldenham



Longer Walking Group enjoyed a lovely day's walk from West Hampstead station in a circle taking in Hampstead Heath and old Hampstead village. a walk of 9 miles. We avoided mud completely!!

Our next walk is scheduled for March 7th and I will try and find a walk that is not too muddy.

We will get back to the Herts Way when the weather improves, hopefully in April. **Fiona Turner**

Let's Talk

Our last meeting was very lively and interesting with many topics discussed.

Our next meeting will be Tuesday March 19th at 3.00pm If members would like to attend they would be most welcome. Please call **Avril on 07879 838464**

Religions of the World

On Monday, February 19th, the Religions of the World group gathered at The Evangelical Sisterhood of Mary in Radlett, where we were warmly welcomed by two delightful Evangelical Nuns, Sister Glory and Sister Thelka. The session commenced with a beautiful song, composed in both Hebrew and English, though regrettably excluding the male attendees, showcasing their unwavering support for Israel. Following the melodious introduction, they provided us with insights into their origins through a slide show and an engaging discussion on various facets of their lifestyle.



Originating in 1947, the Evangelical Sisterhood of Mary traces its roots back to prayers during WW2 and has since grown into a global presence. Notably, they light Shabbat candles every Friday evening, serving as a perpetual reminder of the atrocities of the Third Reich and a call to prayer for Israel.

Upon the conclusion of their presentation, we engaged in a question and answer session before refreshments.



The nuns were very pleased with the donation that we all gave.

Additionally, we had the pleasure of extending warm birthday wishes to David Bagon accompanied by a heartfelt rendition of "Happy Birthday" and a delicious birthday cake. **Jacquie**

Music Appreciation Group

The group next meets on Monday 18 March 2.30 pm at St. John's Church in Gill's Hill Lane.

Colin Berkovitch presents.... *Lloyd Webber & Sons*

Father William and two sons, Andrew and Julian, each with their own very different and distinguished contributions to music. But who will still be a household name in 50 years time?

Join the family get-together and hear some music you already love and some you wish you had heard before.

Please bring your u3a Lanyard and £4 for hall-hire and refreshments. **Edward Cross** (edx2017@outlook.com)

From a member of the Recipe Exchange group.

One afternoon I was called to my house which was surrounded by police with the alarm going. Burglars had broken the front kitchen window and climbed in. They opened the door to the hall and the alarm went off. They tried to stop the alarm and pressed the panic button and the police surrounded the house thinking that I was in the house. When I arrived the police were examining the door to the garage which was covered in brown fingerprints!! The police said "I don't think it is what you think!!! They have had your freezer door open and they have helped themselves to the chocolate mousse cake on the top shelf which was cut into pastries (a trick I do with started cakes)". The burglars were drug addicts looking for a quick fix as they get very hungry. The cake is now very famous in certain circles!!!

Philosophy Group.

Next meeting –Thursday 21st March 2024 at 2.00pm Vision Hall, Christchurch, Watling Street, Radlett

February saw another good attendance to discuss "Determinism and Free Will ". For most of us, it *seems* like we have free will. Most of the time, we are the ones who choose what we eat, how we tie our shoelaces and what articles we read in our favourite media. Based on the latest scientific research relevant to determinism: the idea that we're causally "determined" to act as we do is because of our histories – and we couldn't possibly act any other way. According to determinism, just as a rock that is dropped is determined to fall due to gravity, your neurons are determined to fire a certain way as a direct result of your environment, upbringing, hormones, genes, culture, and myriad other factors outside your control. And this is true regardless of how "free" your choices seem to you. As behaviour is determined in this way, is anybody morally responsible for what they do? The arguments against this ranged from "What is the point of life without free will? Are we just robots or playthings of the gods? How can we explain creativity in art, science, etc if all our choices are predetermined? The universe is vast and appears to be chaotic, and signals in neurons consist of transfers of ions that are regulated by quantum physics and

the uncertainly principle. So, we do have free will, but are constrained by the laws and customs of our society. If everyone did exactly as they wanted, exercising free will with no regard to others, then we would end up in chaos. Exercising choice and respecting the wishes of others seems to work.

For March, we will discuss the first of the ideas from Julian Baggini's book "How to think like a Philosopher", namely "Seek clarity not certainty".

Philosophy aims at the logical clarification of thoughts. Philosophy is not a body of doctrine but an activity." **Ludwig Wittgenstein**. We tend towards one of two different objectives: clarity and certainty. Most philosophers believe, that after 2000 years, of seeing which approach is most fruitful, it is clear, if not certain, that the clarifiers have won. One of the few certainties we have is that certainty of any interesting kind is rarely possible. If you seek greater clarity, on the other hand, then new vistas open up, leading to a greater understanding. Another reason for being suspicious of certainty is that it is seductive. For example, psychologists tell us that in court cases witnesses who express certainty about what they have seen tend to be believed more, but confidence is an unreliable indicator of accuracy. Certainty is also the friend of dogmatism, arrogance, and fundamentalism. We can all point to politicians who offer certainty. Our challenge is to look for clarity in what they say, before we can take them seriously. Our meeting will discuss how we can do this. Looking forward to seeing you at our next meeting. **Christopher Langdon** Radlett u3a Philosophy



Very successful outing to the Royal Opera House



I was helping at The Radlett centre and was asked to come up and have my picture taken with the boys. I felt quite embarrassed that I did not know who the "boys" were. I am sure all the men will know.



EVENTS AND OUTINGS

PLEASE NOTE:

It is important when booking an outing to please first check availability with the Events organizer.

You will not have a confirmed place on our lists until your payment has been received.

We do not automatically offer refunds for any cancellations by our members. It is up to you to resell your tickets to another u3a member or, if we have a waiting list and are able to sell your ticket to someone on the that list, we will then refund you after receiving the new payment. Please note that if we do have a waiting list this is not a guarantee that we can resell the ticket as member's plans do change nearer the date.

When paying for outings and events please only pay by credit card (via the website) or by cheque. No cash please.

We cannot accept payments direct to the Radlett & District u3a bank account.

If you need assistance paying by credit card, to avoid long queues at the monthly meeting, please call Anthea on 01923 85 2274.

If you are paying for two members by credit card please show both names on the payments form.



ELLEN KENT AND THE UKRAINIAN OPERA & BALLET THEATRE
PRODUCTION OF PUCCINI'S
MADAME BUTTERFLY AT
AYLESBURY WATERSIDE THEATRE

ON SUNDAY 28th APRIL 2024 DEPART RADLETT 5.30pm £54

One of the world's most popular operas, Puccini's Madama Butterfly tells the heart-breaking story of the beautiful young Japanese girl who falls in love with an American naval lieutenant – with dramatic results.

Highlights include the melodic Humming Chorus, the moving aria One Fine Day and the unforgettable Love Duet.

Sung in Italian with English subtitles

Contact: Sandra Clark

sandrau3a@hotmail.com 07770 467381

LIVING CRAFTS FAIR – HATFIELD HOUSE



CELEBRATING 50 YEARS OF CREATIVITY
FRIDAY 10th MAY 2024 Leave Radlett 10am £22

Come and enjoy the 50th anniversary year of this creative event offering you an inspirational shopping and crafting experience, workshops and entertainment, a great day out.

Living Crafts showcases the talents of acclaimed designer-makers from across the UK and celebrates contemporary British craft of an exceptional standard.

The Food and Drink pavilion is packed with flavoursome foods from chocolates and cheese to delicious drinks. Tantalise your taste buds!

Admission includes entry to the famous West Gardens.

Contact: Vivien Summers

events@radlettu3a.org.uk

01923 856728



WAITING LIST

**JOIN US FOR A SUPPER QUIZ EVENING AT
BLUE CHECK RESTAURANT
144 HIGH STREET
BUSHEY WD23 3DH**

**ON TUESDAY 16th APRIL AT 6.45 pm for 7pm START
£21.50**

WHY NOT MAKE UP TABLES OF 8 FOR A DELICIOUS 2 COURSE MEAL AND A FUN QUIZ

Contact: Helen Bocarro

helenbocarro@yahoo.co.uk

01923 858155

THE LIBRARY & MUNIMENTS COLLECTION AT WESTMINSTER ABBEY



MAKE YOUR OWN WAY

TO THE ABBEY ON MONDAY 13TH MAY 11am PROMPT - £10

YOU ARE SURROUNDED BY HISTORY AT THE ABBEY, NOT LIKE A MUSEUM WHERE IT'S JUST DISPLAYED, BUT HERE YOU ARE STANDING WHERE HISTORY HAS HAPPENED.

The library in use today was established after the abbey was founded as a collegiate church in 1560. It has been housed in part of the former monastic dormitory since 1591. The archive, or muniment collection, is one of the oldest and richest in England. The documents held there include the records of Westminster Abbey from the tenth century to the present day. At the centre of the collection, are records of the land the Abbey held until the late 19th century. Other documents in the muniments include royal charters, minutes of chapter meetings, leases of Abbey property (lease books from 1486), some records of coronations and funerals, letters (including a large collection of Dean Pearce's correspondence), tradesmen's bills, hebrew documents, and coroners' inquests for the city of Westminster 1760–1880.

PLEASE BE AWARE THAT THIS VISIT WILL INVOLVE A LOT OF STANDING AND NEGOTIATING SPIRAL STAIRCASES

Contact: Joan Altman

joanaltmanu3a@outlook.com

01923 404920

IMELDA STAUNTON



**DON'T MISS THE MUSICAL OF THE SUMMER!
HELLO DOLLY AT THE LONDON PALLADIUM
STARRING IMELDA STAUNTON
ON TUESDAY 23rd JULY
LEAVE RADLETT AT 5pm. £61.50**

**We have managed to get stall and circle seats
and these will be allocated by ballot.**

Contact: Sandra Clark sandrau3a@hotmail.com 07770 467381

A VISIT TO WINCHESTER CATHEDRAL



ON THURSDAY 23rd MAY DEPART RADLETT 9.30am

£32

OUR TOUR OF THE MAGNIFICENT 900 YEAR OLD CATHEDRAL WILL INCLUDE THE EXHIBITION "KINGS & SCRIBES – BIRTH OF A NATION" WHICH TRACES THE STORY OF WINCHESTER CATHEDRAL FROM ITS ANGLO-SAXON ORIGIN TO THE PRESENT DAY. WE WILL ALSO SEE THE FINAL RESTING PLACES OF FAMOUS KINGS & QUEENS. AFTER OUR VISIT WE WILL BE ABLE TO TAKE A SHORT STROLL INTO THE CITY CENTRE TO THE HISTORIC MARKET WHICH DATES BACK HUNDREDS OF YEARS. YOU WILL HAVE TIME TO WANDER THE MEDIEVAL STREETS AND STOP FOR A SNACK AT ONE OF THE MANY CAFES.

Contact: Stephen Gold
sgoldprop@aol.com
07831 559930

NEW NEW NEW. For your diaries – book now



THE MUSICAL MUSEUM

BY KEW BRIDGE

ON

WEDNESDAY 12th JUNE

LEAVE RADLETT 9.15am - £28



The Musical Museum tells the fascinating story of how people have captured and listened to music over the last four centuries.

Our tour will involve live presentations of a range on instruments including musical boxes, reproducing pianos, organs and self-playing violins. We will also visit the concert hall where the Mighty Wurlitzer theatre organ can be demonstrated.

Tea and Coffee will be served

Contact: Joan Altman

joanaltmanu3a@outlook.com

01923 404920



TOUR OF DENBIES WINE ESTATE & WINE TASTING

ON TUESDAY 18th JUNE

LEAVE RADLETT 9.30am £34.50

Denbies Wine Estate in Dorking is one of England's largest single estate vineyards. With 265 acres currently under vine, it has a production capacity of 1 million bottles. The first vines were planted on the estate in 1986.

The 50-minute vineyard train tour takes visitors at a leisurely pace to some of the most beautiful viewing points in the vineyard. A recorded commentary enhances your trip making this an informative and comfortable way to experience the magnificent panoramic views of the Denbies Estate and the North Downs. Throughout the seasons the changing scenery captures the imagination, from the first bud burst of spring to the opulent vines of the autumn. Cameras recommended.

You will then be able to purchase a snack or lunch from their restaurant. Following which we will have a cinema presentation, followed by a guided tour to their cellars and a wine tasting.

Contact: Stephen Gold sgoldprop@aol.com 07831 559930



CARLOS ACOSTA'S CARMEN

AT SADLER'S WELLS THEATRE

ON SATURDAY 6th JULY (MATINEE PERFORMANCE)

LEAVE RADLETT 11am - £62

Carlos Acosta triumphantly returns to the Sadler's Wells stage to dance with his company of dancers in this passionate, classic tale of Bizet's Carmen, reimagined with his irresistible Cuban flair.

You will have time for lunch in one of the many local restaurants.

Contact: Christine Essex christineessexu3a@gmail.com 07967 509148

Just thoughts.....

Just sitting here thinking, do you remember when we looked forward to every Saturday night, going out and just accepting it was the best night of the week? Now I sit here in my dressing gown, watching somewhat moronic TV programmes, and wondering where my life went? And how much I have forgotten.....

I'm not a negative person, but I now wish I had realised and appreciated my lovely life more, as it was happening....the many places I have seen in the world, the delight of visiting family in exotic places, The wonderful countries I visited, and the sights I saw. I am now grateful that I had those times, and now I just accept the hopeful and joyful things I have left. The love of my family, my children, my grandchildren, and the pleasure they give me, and the hope that their future will bring them abundant happiness, and allow me to share their joyful future. Please do the same. **Carole C**



February 8th

This is only for dog lovers.

What a horrible day. I came down into the kitchen in the morning and my usual welcome from my dog Milly was missing. She laid in her bed with a very, very sad face (dogs do have expressions). Made her breakfast (she always wolfs it down) and without any sign of interest, she went back to bed. This is not good. My daughter came over, took one look at her and phoned the vet, who kindly fitted us in for 11am. Milly jumped into the car as normal, but laid down and no tail wagging at going out, which was usually great excitement .

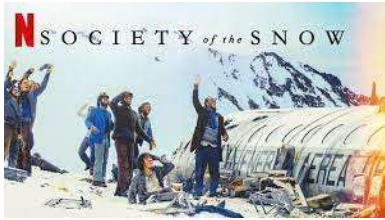
The vet did an examination and suggested some scans as nothing was apparent apart from a slightly distended tummy and a very low temperature. I left her there with trepidation and at 1.30 came the unexpected phone call saying it was serious. She needed a CT scan to identify the exact cause, not yet disclosed to me, but that I should be prepared for bad news. At 3.30 in attendance at Heart of Herts I got the dreaded phone call. They could operate with very little chance of survival, or they would keep her sedated and I could come and say goodbye to her. How do we make choices like that in a split second?



I sat in the car, phoned my son and daughter, sobbing profusely, but they both, of course said it was my decision. I took the advice of the vet, went straight to Watford with my son to say an emotional goodbye to my baby.

Coming to terms with the fact that one day she was out running in the fields and the next day being so ill that she was dying was impossible to take in. The emptiness in the house was dreadful, especially coming down in the morning not to be greeted by her funny excited noises, which always made me smile. It is the first time in 55 years that I have not had either one, two or three dogs. A very strange feeling. So it brings to mind the question - is it better to have loved and lost or never to have loved. It really hurts when you have loved. Rest in peace my lovely furry girl and thank you for 11 fun years of loyalty, love and laughter. **Adrienne**

Hi all, from Terri and Brian



We watched Society of the Snow, a Netflix film, telling the story of the plane that crashed in 1972 with 45 people on board. They were starving to death after 9 days with no food or drink and reluctantly had to resort to extreme measures to keep alive. Then they heard on a radio, that they managed to make work, that the search for them had been called off. Consequently they went on a mission to try to get help. Only 17 men managed to survive 71 days, before finally being rescued.

Very harrowing but extremely good and supposedly true to the real story.

Recommended by Pam & Jerry, so thank you for that you two.

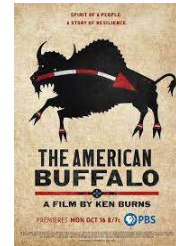
Men Up on BBC1 is the story of a 1994 clinical trial in Swansea, South Wales for the drug that would become Viagra. There were men with varying problems and the story showed that the pill cured the problem for most of them, it also highlighted other things in their lives that weren't quite right. It concentrated on five different men, and was an excellent programme.



We saw a good film based on a true story called Mr. Jones, starring James Norton as Gareth Jones, who in the 1930's uncovered the truth of the terrible famine in Ukraine where millions of people died of starvation.

It was a bit grim in parts but was a fascinating watch, showing how the Russians dispose of anyone who disagrees with them or has different views, and don't allow any real news to be published. The same as today.....(This is available on BBC i-player)

There is a terrific 2 part documentary film called The American Buffalo, written and presented the great Ken Burns on BBC. It tells the story of the almost total annihilation of the many millions of American Buffalo from the 1860's onwards. It's an extremely interesting study of American history from that period onwards. It also documents the terrible effect it had on the American Indian population.



by



The latest 6 part series of True Detective is on Sky. It stars Jodie Foster and follows two detectives as they investigate the disappearance and death of a group of scientists from a research station in Alaska. It's quite grim in places but very gripping, and she is such a good actress, as are all the supporting cast. We really enjoyed it and the last episode explained the mystery.

Then there was Ex Pats on Amazon which starred Nicole Kidman, an actress who we have loved watching in the past. Unfortunately she has done something to her lovely face and she looks rather peculiar.....! It is a 6 part series with a story about Nicole who plays an American lady married to a Japanese man. They temporarily have been living in Hong Kong and their young son disappears one day while being looked after by a young girl. It's quite good and worth seeing.



After the Flood is a six part series on ITV starring Sophie Rundle. She plays a pregnant police officer in a community that is reeling from a devastating flood, who investigates a murder after discovering a dead body in a lift. It's quite a good series, with a good cast, with a surprising twist at the end, and we enjoyed watching it.

In the most recent TAM magazine, the Chair Liz Thackray wrote an article about welcoming new members.

Part of that article was about increasing u3a membership and welcoming new members. It is important that members joining are aware of the fact that we would like them to contribute in whatever way they are able to, either by getting involved in groups, possibly starting new ones or joining committees. We do try very hard, and for the last several years we have had new members' coffee mornings to explain how we run. However, recently less of the incoming membership seem to respond to this, either by not replying to the invite or by having plans that do not fit in with the dates offered. This is a great shame as we all learn a lot from each other. One of our members has suggested to me that we do not allow them to join unless they attend, but I feel that is a shame as I am sure everyone has something to offer, we just have to find it. I would be very interested to have comments or suggestions on how to get people involved more. Every organisation has givers and takers - it would be nice to have more of the former. **Adrienne**

ICELAND



Despite temperatures in the region of -12 degrees David and I had an amazing holiday in Akureyri, Northern Iceland in January. The scenery on the coach tour was stunning. We visited semi-frozen waterfalls, steaming geysers, hot water pools and vast stretches of snow covered lava landscapes, lit by low, glowing sunshine.

We soon got used to eating breakfast in the hotel dining room, while outside everything remained swathed in darkness, sunrise

being at 10.30 am and sunset at 4.00 pm.

In the town itself there were many shops and restaurants, but the problem was that the roads and pavements were like sheet ice, which was difficult to walk on...David fell over three times. Each time



local people rushed to his aid and were very concerned for his welfare. They apparently all had studded boots on! Only the very centre of town, was cleared of snow but you

still needed to brave glacial pavements in order to get there. On the last evening there mile out of town to see the historical museum which showed how the town had developed since it was just a fishing village. Luckily we

caught the bus, (all free, but few and far between), which took us back to the centre. There was a heavy snowfall which actually made the going much easier. We managed

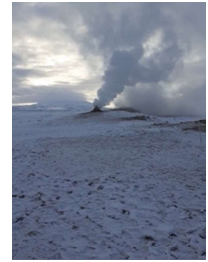
to walk nearly a mile.

That night we made our 3rd attempt to see the Northern lights, having been to Iceland twice

before. But despite crystal clear skies, and braving the absolutely freezing conditions, I

remained unconvinced by our enthusiastic guide who told us that the wispy white streaks in the sky were Auroras. The

hot chocolate and biscuits which he provided were, however, very welcome. The morning we flew home a volcano near Reykjavik began to erupt again.



Maybe our next attempt to see the Auroras involve a trip to northern Norway. **Kay Bagon**

Silly nonsense to make you smile

Still trying to get my head around the fact that 'Take Out' can mean food, dating, or murder.

Dear paranoid people who check behind their shower curtains for murderers. If you do find one, what's your plan?

The older I get, the more I understand why roosters just scream to start their day.

How did doctors come to the conclusion that exercise prolongs life, when... ..the rabbit is always jumping but only lives for around two years, and ...the turtle that doesn't exercise at all, lives over 200 years. So, rest, chill, eat, drink, and enjoy life!

I too was once a male trapped in a female body...but then my mother gave birth

When I lost the fingers on my right hand in a freak accident, I asked the doctor if I would still be able to write with it. He said, "Probably, but I wouldn't count on it."

I woke up this morning determined to drink less, eat right, and exercise. But that was four hours ago, when I was younger and full of hope.

Anyone who says their wedding was the best day of their life has clearly never had two candy bars fall down at once from a vending machine.

We live in a time where intelligent people are silenced so that stupid people won't be offended.



One of life's small annoyances is the fact that when dunking biscuits, is that there is a fine line between too hard and too soggy, and when a chunk of biscuit falls in your drink and you cannot spoon it out, thus ruining your drink and losing a biscuit.



I read that there is a scientific formula for dunking your biscuit in a cuppa.

A biccy should absorb a fifth of its original weight in liquid for the optimal experience. That means immersing Rich Teas, Digestives, Ginger Nuts, Hobnobs for less than one second, or you risk entering the 'danger dunking zone'. Respect the zone and we can save the nation from dunking disasters. GOOD LUCK. Marion Krieger

Little quiz from my grandson.....Service station or cheese?

1. Pease Pottage
2. Duddleswell
3. Rivington
4. Kidderton Ash
5. Chevington
6. Millstone
7. Annandale
8. Baldock
9. Cotherstone
10. Gloucester

Birth Control for Grandma

The doctor that had been seeing an 80-year-old woman for most of her life finally retired. At her next checkup, the new doctor told her to bring a list of all the medicines that had been prescribed for her. As the doctor was looking through these, his eyes grew wide as he realized Grandma had a prescription for birth control pills.

"Mrs. Smith, do you realize these are BIRTH CONTROL pills?"

"Yes, they help me sleep at night."

"Mrs. Smith, I assure you there is absolutely NOTHING in these that could possibly help you sleep!"

The old lady reached out and patted the young Doctor's knee.... "Yes, dear, I know that. But every morning, I grind one up and mix it in the glass of orange juice that my 16 year old granddaughter drinks. and believe me, it definitely helps me sleep at night."

You gotta Love Grandmas!!!

DINGBATS

COTAXME	K T S T S T K WORDS WORDS WORDS WORDS	INSULT + INJURY	NO WAYS IT WAYS
01	02	03	04
R Y S	LOV	GESG SEG GEGS GGES	NNNNNNN AAAAAAA CCCCCCC
05	06	07	08
D E A T H	EEEEEEEEEEEC	YOU CONT OLR	U P S I D E
09	10	11	12

Answers to quiz

1. Pease Pottage is a service station on the M23 near Crawley.
2. Duddleswell is a sheep's cheese.
3. Rivington is a service station on the M61 near Bolton.
4. Kidderton Ash is a silky-smooth goats' cheese.
5. Chevington is a cows' milk cheese.
6. Millstone is a hard ewes' milk cheese.
7. Annandale Water is a large service station on the A74(M) near Carlisle.
8. Baldock is a service station on the A1(M) near Stevenage.
9. Cotherstone is a cheese from Durham.
10. Gloucester is a cruel trick, because it is both a cheese and a service station on the M5.

Dingbat answers

Income Tax

- Too Stuck Up For Words
- Adding Insult To Injury
- No Two Ways About It
- Syrup
- Endless Love
- Scrambled Eggs
- 7Up Cans
- Death Valley
- Tennessee
- You Are Out Of Control
- Upside Down



We are sad to hear of the sad passing of our member Rai Hatter.

We wish all our members who are unwell a speedy recovery

DON'T FORGET OUR NEXT MEETING ON TUESDAY 12TH MARCH METROPOLITAN CENTRE BUSHERY 10AM

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