

Have you introduced a new member this month?

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Hello Everyone

Thank you to all who managed to attend our AGM at Wanstead Library. We believe the Library is a better meeting place for our Open Meetings, and it was wonderful to see so many of you. We were very lucky to have as our guest speaker our local MP Wes Streeting. He gave an impassioned talk about what he will do, with particular reference to the NHS, if Labour wins the next election. He also answered many questions from the floor, in fact his driver had to remind him that he had to leave to get back to the Commons. The meeting was then chaired by Madam Mayor who took over, while the new Committee was elected. The names put forward for the new Committee were unopposed, so your new Committee was duly elected. You can find their names and email addresses on the back page of the Newsletter. Please do get in touch with us if you have any queries, ideas to put forward, or you would like to start a new group. We are all in this together and without our Committee and our members we would not function. So please do not think the Committee are autocratic, we need you, your participation and support.

Best wishes and I hope to see many of you at our next Open Meeting on Monday 25 March.

Elaine Mitchell

NEXT THREE OPEN MEETINGS

MONDAY 25th MARCH at 2.00 pm at WANSTEAD LIBRARY: TRIPE AND TROTTERS

A talk by author **Brian Carline**, offering a nostalgic and humorous look at life in an industrial city in the North-West of England in the 1940s and 1950s seen through the eyes of a child. Despite the deprivation and hardship of these times, the people of Salford displayed an irrepressible sense of humour and an innate ability to bounce back in adversity.

MARQUETRY DISPLAY: This Open Meeting will even feature a marquetry display!

MONDAY 29th APRIL at 2.00 pm at WANSTEAD LIBRARY: TRUST ME, I'M A DOCTOR

A presentation by **Jef Page** on Ilford's medical services from 1800 to the NHS around 2000. Jef is the Chairman and President of Ilford Historical Society.

MONDAY 20th MAY at 2.00 pm at WANSTEAD LIBRARY: DANNY KAYE - THE KING JESTER

Danny Kaye was an actor, dancer, musician and comedian, starring in 17 films. But did you know he was also a Chinese chef, symphony orchestra conductor, baseball team owner and a jet pilot? **Judy Karbritz** will tell us all there is to know about Danny Kaye.

Getting to Wanstead Library Spratt Hall Road E11 2RQ

Various Wanstead Buses. Wanstead Station 6 mins walk. Library Car Park pay card only, Grove Park Car Park 5 mins walk.

PLEASE NOTE: Monthly Open Meetings will be held at Wanstead Library. Cost £2.00 including refreshments.

Jill Playford

Jill was a special lady and dear friend to many of us in Redbridge U3A, and passed away on the 1st March. She was very proactive within our U3A, running 3 psychology groups each month and serving for many years on the committee in various roles. She also attended and contributed to other groups. Since the loss of their son, Jill and Dave have fund-raised for Marie Curie, over the years raising £130,000 to help this wonderful charity. Jill could always be relied upon to give advice and there was never a time when she was too busy to help in any capacity. Jill will be sadly missed and remembered with affection by us all.

Andrea Yeshin

LATEST GROUP NEWS

QUIZ AFTERNOON

WOW! We were overwhelmed today, with 42 quiz athletes attending our monthly brain gym. As always everyone had a good time and the outcome was very close. Stan and I are also grateful and pleased for all the thanks and compliments— Keep them coming. If you want to have a great afternoon, make new friends and give those little grey cells a workout. If you want to join the monthly fun contact Guy or Stran.

CREATIVE WRITING GROUP

We meet every other Monday in Clayhall at 11 am and finish at approximate 12.30 pm. We are a small group and write on a particular topic chosen 2 weeks earlier. Each member reads out their piece, with each piece of writing reflecting the writer's personality. The results are always entertaining and often insightful. We currently have vacancies and if anyone would like to join us, they would receive a warm welcome. You can always attend for a taster session. I can be contacted on my mobile. Simply text Rose with a message and I will get back to you.

EASTERN DINING GROUP – Next 2 Venues

Tuesday 30th April at Caraway 513/519 Cranbrook Road, IG2 6HA.

This is a very popular restaurant just two minutes walk from Gants Hill station. Just leave the station and stroll back towards Ilford.

Tuesday 21st May at The Cardamom Room, 17 Cambridge Park E11 2PU.

This restaurant is opposite The Green by Wanstead tube station. On Mon and Tues they do a special offer of two courses for £17.00. Their biryani is exceptional.

Both will start at 7.00pm, and please confirm attendance no later than the day before so that I can advise the restaurant of numbers. **Roy**

FILM GROUPS

Both the film groups have now relocated back to our bungalow in Barkingside which means that refreshments at 50p are once again part of the programme. All u3a members - and even guests for a one-off - are welcome, but spaces are limited so you need to book in with me beforehand.

Contact: **Liz Kite**

ARTHOUSE CINEMA

On **Tuesday 26th March 2.00** we shall watch **The Women's Balcony**, a 2016 Israeli joyous, riotous and thought-provoking portrayal of a community striving for equality. The building site of a new synagogue at the heart of a close-knit community in Jerusalem turns into a battleground between husbands and wives, when a new rabbi decrees that it will not include a women's balcony – thus barring them altogether from religious services. Running time 1:40.

MAINSTREAM FILM

Our film on **Thursday 11th April** will be the 1957 American legal drama **12 Angry Men** directed by **Sidney Lumet** and starring **Henry Fonda**. A jury of 12 men deliberate the conviction or acquittal of a teenager charged with murder on the basis of reasonable doubt. Disagreement and conflict among them force the jurors to question their morals and values. Running time 1:36.

BRING YOUR OWN LUNCH

Our next meeting will be on **Wednesday 10th April** from 12.00 noon until 2.00 p.m. at 29 Beattyville Gardens, Barkingside IG6 1JN. I supply the tea and coffee. You supply the chat, laughter etc. Let me know if you're coming. **Liz Kite**

SUNDAY PUB LUNCH

You're just in time to book in for SPL at **The Prince of Wales**, Green Lane, Ilford on **31st March**. The pub has no kerb-side appeal at all but is not part of a chain so they cook fresh food that they buy themselves. Don't sit at home alone, come and join us and make friends but you must book in with me so I can make the reservation. **Liz Kite**

On **Sunday 28th April** we are hoping to go to **The Crown & Crooked Billet** in Woodford Green.

NEW REDBRIDGE GROUPS RUN JOINTLY WITH RODING VALLEY U3A

Curry Club Wine Appreciation Whist Bridge (For players only, no tuition)
For further information contact Howard.

PLAY READING

This popular group now has a couple of vacancies. It is held in South Woodford on the 3rd Thursday of every month between 10.30-12.30. If you wish to join Morris to read a variety of different types of plays, please contact: Morris Davis

TENPIN BOWLING

A new group has started with huge enthusiasm and laughter. We meet on the last Friday of each month at Namco Funscape, The Brewery, Romford, and bowl from 11am to 1pm with tea and coffee for £7.00 each.

Lunch afterwards is an optional activity, but the real test is trying to get into a car afterwards. Please contact Howard for further details and to join us.

FREEDOM PASS WANDERERS

This group has now been established for a year. Not only do we visit London gems, but it has morphed into a social outing, defining u3a fellowship. Come and join us, we go monthly but not on a fixed day. If there is large interest in a particular Wander, multiple groups can be arranged. Please contact Howard to join us.

GOLF FORE FUN

We will commence this activity in late March as we're far too delicate to golf in the Winter. We'll start with Mini Golf, just for fun, then as the weather warms, we'll try Pitch n Put and then a Par 3 course. No pressure, just good company, a little exercise and lots of laughter. Please contact Howard to find and register your interest.

TASTE OF MUSICALS - ZOOM Group meeting on 2nd Tuesday of the month, 11am to 12pm

Please note that the sound quality for this Zoom group is now excellent and is accompanied by Tony's very entertaining videos. Linda Mishkin

LINDA'S QUIRKY QUIZ 4th Tuesday of the month, on Zoom 11am till 12pm.

An enjoyable variation on a quiz. If you wish to come please contact: Linda Mishkin

ANTHONY'S MUSIC APPRECIATION & QUIZ on ZOOM

The 3rd Monday each month from 2-4pm. Anthony chooses a theme and plays music videos covering the late 50's to the 90's with anthologies about each track. There is a fun music quiz in between the videos. The second half is devoted to member's musical requests. No waiting list - all are welcome!

ANTHONY'S MUSIC APPRECIATION & QUIZ LIVE (at Oaks Lane)

The last Thursday each month, 2-4pm. Anthony plays 20 songs covering the late 50's to the 90's with anthologies about each track. Refreshments are served at half time (bring 50 pence to cover costs). Please show your interest by emailing Anthony, the **more** people creates a better atmosphere.

COFFEE MORNING At the Old Maypole Pub, Fencepiece Road, IG6 2NG

3rd Tuesday each month, at 11-12.30. Come for a chat and stay for brunch/lunch or just have tea or coffee! Buses 150, 167 and 247 stop right outside and there are around 15 parking spaces. Looking forward to seeing you and your friends at the next Coffee Morning. Please let me know if you intend to join us. Barbara

SUMMER OUTINGS - Here Comes the Sun!!

Wednesday 8th May 2024 - Greenwich

Greenwich is an interesting town with lots of things to do. For example, go on board the newly built Cutty Sark, visit the marketplace, shopping centre, National Maritime Museum, the Old Naval College, the Queens House, walk up hill to the Royal Observatory. Includes walking tour round Greenwich with Eleanor Bloom, qualified tour guide. **£18.50** per person

Tuesday 18th June 2024 - Tour around pretty Oxfordshire Villages with commentary

Oxfordshire tour of villages with film locations of TV series Midsomer Murders and 2 stops. In the towns of Wallingford (home of Agatha Christie) and Thame. **£24.00** per person

Thursday 4th July 2024. - Southend Sur Le Mer

Attractions for everyone. Walkers can take a stroll on the promenade to Chalkwell and Leigh or to the casino. Don't forget the train to the end of the pier or walk to the shopping centre or Cliffs Pavilion for lunch or afternoon tea. Visit the Aquarium, go on the roller-coaster or just sit on a bench watching the tide and the world go by - eating Rossi's ice-cream. We will be spoilt for choice in restaurants. **£19.00** per person.

All prices include £1.00 per person tip to our coach driver, Matthew.
To book your place on these popular outings please call Denise Kaye.

SPECIAL OFFER: EXTRA KEW GARDENS VISIT ARRANGED on Friday 17th May

For Redbridge u3a members only travelling by London Transport
Admission Free - Time TBA. Numbers limited so first come, first on the list.
Please contact Denise Kaye.

Message from Stuart Wallman, Treasurer

Please ensure that if you pay any money into Redbridge and District u3a's bank account by BACS (ELECTRONIC BANKING) that you include a reference so that we know what you are paying for. We receive many payments and need to correctly place the funds to ensure that each group covers costs for tutors and trainers.

SAE TO HAVE NEWSLETTER SENT TO YOU

If you wish to have Newsletter posted to you please give Lynda Ingram, Membership Secretary, medium sized stamped addressed envelopes.
Alternatively, for those without email, printed copies are available at Open Meetings.

Please note we have adopted a new door procedure at Oaks Lane

When members arrive at the green gates, please announce you are from the u3a and what group you are attending. No need for your name.

Can the first member of your group please put the main building door on the latch. Then when it is the start time of your group, can a member of your group please take the door off the latch and Deborah will let in any stragglers.

Deadline for submission to the APRIL Newsletter is 18th April

Send in your news or group publicity.

Contact us on newsletter@u3aredbridge.org.uk

Explore the **Redbridge & District U3A website** or our **Facebook** page for extended information and pictures of Groups and all matters to do with our U3A Community.

Committee Members

Executive

Elaine Mitchell	Chairman
Lynda Ingram	Sec & Membership
Stuart Wallman	Treasurer (1)
Maurice Nieberg	Treasurer (2)

Committee

Marilyn Hendleman	Group Co-Ordinator
Barry Shamplin	Speakers' Co-Ordinator
Silva Chamberlain	First Contact
Evelyn Russell	Newsletter Editor
Grace Maryon	
Denise Kaye	London Region/Coach outings
Andrea Yeshin	Asst Group Co-ordinator