

SIDCUP & DISTRICT UNIVERSITY OF THE THIRD AGE NEWSLETTER

September 2020



SIDCUP & DISTRICT U3A meets at 2.00 pm on the 3rd Thursday of every month in the New Community Church Centre, 24 Station Road, Sidcup (meetings currently suspended)

NOTICES

U3A Eye

- Would you like to get involved in U3A Eye?
- Are you a budding photographer?
- Are you keen to learn a new skill, or are you simply interested in the world around you and how it appears?

We are running a fortnightly project to encourage people to take and submit pictures of their surroundings during this unprecedented time. We are going to be posting a different theme each fortnight and inviting U3A members to submit their photographs on that topic.

This is not a competition and it is not about your photographic skill – what we want from you are interesting photographs, possibly different ways of viewing things, anything which has captured your imagination or caught your eye. The photograph must have been taken during the lockdown. At the end of every fortnight, we will choose and publish up to 15 photographs on an online gallery for each theme so that all of our members can enjoy the images. All you need to do is upload your photograph using the form available on the website below. You will receive an acknowledgement once submitted.

<https://sources.u3a.org.uk/2020/08/21/u3a-eye-some-reflections/>

Please only submit *one photo* per person. Your photo should also *not* include any people. To mark the 10th instalment of this initiative, one of the judges, Jeff Carter, offers his reflections on what he thinks makes for an interesting photograph and highlights some of his favourites to date.

Learning Manager Alison May adds “We consistently receive a fantastic array of photographs taken by U3A members on devices ranging from smartphones to professional cameras. For every topic, we have far more photographs than we are able to showcase, but, with every theme, I am delighted to see new contributors amongst the names of members I see regularly (although all entries are anonymised for judging). We know of at least one U3A which has formed a new photography group, inspired by this project. Thank you to everyone for taking part. We will be continuing to run the U3A Eye because of your continued enthusiasm for this project”

Sidcup U3A has had photographs shown in four of the topics so far.

Roy Morton

Lectures Open to the London Region of U3As

Ealing U3A have now purchased a large Zoom licence. This means that we are able to offer more of our talks to a wider audience.

We are finalising the details of two other talks which we plan to open to other U3As, one on Shakespeare and another on the Holocaust Memorial Day Trust, but to give you plenty of notice, below are the details of the first talk:

At 10.30 am on Thursday 24th September 2020, Professor Philippe van Parijs, guest professor at the University of Louvain and Leuven, will talk on Universal Basic Income and the Corona Virus. Professor van Parijs will be talking to us from Belgium. If any members from other London Region U3As would like to join us for this lecture, we would be delighted to see them. Please could they get in touch with our Chairman, Derek Atkinson, on this email address: Chairman@u3aEaling.org.uk after 14th September, so that we can send them the Zoom link.

Sylvia Stirling
Secretary to Ealing U3A

GROUP NEWS

Book Reading • Leader June Reid



Due to the Corona lockdown, the Book Group has been unable to meet for the monthly discussions. However, as our reading program is set on a yearly basis, we have still been able to continue. Our monthly discussions have been supplemented by some lively emails and it was good to keep in touch. Although we no longer have an actual newsletter, Trevor has advised me that many U3A members are reading the monthly issue published online so I shall endeavour to keep you up to date with our programme.

April

The book chosen by John was *The 5 People You Meet in Heaven* written by Mitch Album. This was the story of Eddie, an 83-year-old war veteran, who had outlived all the people he loved. He is unhappy, feeling that he has never reached his full potential in life. Apart from his War Service, he has worked as a mechanic in a seaside amusement park all his life. One day there is a horrific accident on one of the rides. A little girl's life is threatened. Eddie tries to save the child and in that precise moment his life flashes before him and he is standing in a place called Heaven. This book was a bestseller and was also produced both as a film and DVD. We found it both unusual and enjoyable.

May

This month we read *The Salt Path* written by Rayner Winn and chosen by Jan. This was a non-fiction book about the trials encountered by a couple who walked the South West coast path and their experience of "wild camping." They had just lost both their home and livelihood and the husband was battling a terminal disease. With a leaky tent and few belongings stowed in their backpacks, they set off. Despite the hardships, they find peace and tranquillity in the beauty of nature, and meeting many quirky characters along the way restores their faith in human nature. Some of us knew many of the locations and some happy memories were shared.

More reviews will be shared in future monthly online editions.

June Reid

Book Reading • Leader Kate Berry



Change of Leader

From September, I shall be taking over from June Reid as leader of the Book Group. When June began this group in 2012, I was a new U3A member and this was the first group I joined. Five of us were members from the beginning, originally meeting in Costa Coffee. The first book we read was *The Help*, which we all enjoyed, and we have read many wonderful books since (and a few not so good!) We original five are still all members of the group. Although June will no longer be our leader, I am glad to say she will still be a group member and will continue to do her reviews of the books we read for the Newsletter, something which she does so well.

We currently meet online, emailing our reviews on “our day”, and last month we had our first Zoom discussion as well. In these uncertain times, it looks as though that will be the format for some time, but we will still be able to enjoy our book choices and “discussions.” A big “Thank you” goes to June for starting the group and for all she has done over the years to make this such a happy and successful group.

Kate Berry

Freedom Pass Explorers • Leader Christine Withams
























In July, eleven of us met up in Eltham Park South. We were desperate to get out and meet our friends, at a safe distance. As the café with outside tables and the toilets was open, it seemed like a good choice. Unfortunately, most of us were not using our Freedom Pass! It was a pleasant sunny day so some of us walked around the park and into Eltham Park North where there is a pond where Canada and Egyptian Geese have raised their goslings. Sometimes you get to see terrapins that have taken up home here. There are splendid views from this park into London. It was good to meet up and we almost felt normal!


As a park was a good option, in August we went to Hall Place in Bexley. The café was part of the Eat Out to Help Out scheme. A cup of coffee cost me £1.15! It was one of those extremely hot days – nevertheless, twelve of us turned up. We all wore masks in the Visitors Centre when ordering our drinks and snacks which we took outside where there were plenty of seats. Many of the flowers still looked good although some of the planting out had not been achieved. Once again, we had a good walk around. It proved a good choice as we were able to find plenty of shade.



Christine Withams


GROUP VACANCIES

GROUP NAME	LEADER/CONTACT	VACANCIES
 Antiques Appreciation 2 nd Friday/4 th Weds (10.00–12.00)	Martin Baker	4 Vacancies
 Architecture 2 nd Tuesday (2.30–4.30 pm)	Val Gosden	1 Vacancy
 Bird Watching 1 st Wednesday (10.00 am)  	Roy Black 	Vacancies
 Book Reading 1 st Thursday (2.00–4.00 pm)	Kate Berry	Vacancies
 Craft & Chat 1 st & 3 rd Thursday (10.00 am) 	Pauline Springhall	Vacancies
 Creative Writing 1 st Tuesday (10.30–12.30 pm)	Olive Mercer	2 Vacancies
 Family History 2 nd Tues  & 4 th Thurs  	Kate Berry	Vacancies
 Handcrafted Cards (Group 1) 1 st Thursday (2.00–4.00 pm)	Val Gosden	3 Vacancies
 Mono Digital Photography Monthly 	Roy Morton rory.m2014@gmail.com	1 Vacancy
 Needlecrafts 1 st Monday (2.00–4.00 pm)	Val Gosden	3 Vacancies
 Quilling 3 or 4 times a year 	Val Gosden	1 Vacancy
 Ramblers (Group 2) 4 th Tuesday (4–5 miles)	Helen Salmon	Vacancies
 Ramblers (Group 3) 2 nd Friday (5–6 miles)	Trevor Ford	5 Vacancies
 Rummikub® (Group 1) 4 th Monday (2.00–4.00 pm)	Kathy Cordell 	Vacancies
 Ten-Pin Bowling (Bexleyheath) Mondays (10.00 am)   £	Gay Braybrook 	Vacancies
 Theatre Trips: Musicals   £	Sue Brooks	Vacancies
 Understanding Russia 2 nd & 4 th Monday (2.30–4.00 pm)	Val Gosden	3 Vacancies
 Wine Appreciation 3 rd Wednesday (7.30–9.30 pm) £	Roger Brown	Vacancies

The above groups, unless I am told otherwise by Group Leaders, are the ones with vacancies; *any* sort of change should be advised to me as soon as possible. Anyone wishing to contact the Group Leader should do so via email from our website's Group Page. Anyone not able to do this can ring me as the Group Co-ordinator.

Sandra Applegate  07717 020611 email: sapplegate@btinternet.com

 Not during school/bank holidays
 Temporary point of contact

£ A charge applies
 Certain seasons only

 Open to all
 Times vary

PROGRAMME

2020

March	<i>Meeting cancelled owing to outbreak of Covid-19</i>	
April	<i>Meeting cancelled owing to outbreak of Covid-19</i>	
May	<i>Meeting cancelled owing to outbreak of Covid-19</i>	
June	<i>Meeting cancelled owing to outbreak of Covid-19</i>	
July	<i>Meeting cancelled owing to outbreak of Covid-19</i>	
August	<i>Meeting cancelled owing to outbreak of Covid-19</i>	
September	<i>Meeting cancelled owing to outbreak of Covid-19</i>	

October	Anna Astin	Women Aviators
November	Nick Dobson	The Great Fire of London
December	Steve Galler	Seasonal musical entertainment (banjo)

The above list is subject to change

COMMITTEE MEMBERS

Chairman	Colin Barclay	07401 474844
Vice-Chairman	Sandra Applegate	07717 020611
Minutes Secretary	George Murrell	020 8850 2046
Treasurer	John Lapham	020 8854 6340
Membership Secretary	Carolyn Barclay	07401 474844
Asst. Membership Secretary	Lynn Plumer	07714 234398
Speakers Secretary	Janet Lambern	020 8300 1786
Group Co-ordinator	Sandra Applegate	07717 020611
Welfare Officer	Kathy Cordell	020 8300 4573
General Member	Brian Topliffe	020 8303 0579

USEFUL CONTACT DETAILS

Newsletter Editor David Smith 020 8304 2305
Please either email contributions to me at: editor@sidcup-u3a.org.uk or post them to me at 56 Crofton Avenue, Bexley, Kent DA5 3AR – typed if possible since this facilitates scanning. Please submit Newsletter contributions by 3rd of the month.

Third Age Trust: 52 Lant Street, London, SE1 1RB ☎ 020 8466 6139 www.u3a.org.uk
Greater London South East Network: www.u3asites.org.uk/glondonsenetwork
London Region U3A: www.u3asites.org.uk/london-region
World U3A: www.worldu3a.org Virtual U3A: www.vu3a.org

WEBSITE

<https://u3asites.org.uk/sidcup/home>

Contributions for the website (eg photographs) may be sent to the Webmaster, Trevor Ford, at his email address sidcupwebmaster@gmail.com.

Afterthought

Happiness is all about liking what you do and doing what you like.