



We meet at the  
New Windmill Hall, Upminster, RM14 2QH  
on the **3<sup>rd</sup> Tuesday each month.**

However, due to current Covid restrictions, our **monthly meetings are held via Zoom**, until further notice. Members will be invited to join the Zoom session **via email**.

## News & Notices

- **London Region of u3as – Summer School Tuesday 17<sup>th</sup> August 2021.** For further information and registration, click [here](#).
- The u3a has established a nationwide **Chess network**. More information and how to join up can be found [here](#).
- **View the latest u3a Covid advice for Group activities.** Click [here](#).
- **National u3a partner events** – The u3a has built partnerships across the UK so we can offer seminars, lectures, and visits on a range of subjects, including National Gallery, Royal Institution, Guildhall Art Gallery in London, click [here](#) for further details.

## Useful links

**Visit our Upminster u3a website to view our current list of active Groups**, click [here](#)

**Upminster u3a Committee** – Contact details can be found on our website, click [here](#)

## Diary Dates

Our next monthly meeting will be held on **Tuesday 20<sup>th</sup> July 2021 at 2:00pm, via Zoom.**

This month's **Guest Speaker** will be:  
**Dr Dan Smith** – discussing 'Environmental Impact of Mining'.

## Future Guest Speakers' program

- 17<sup>th</sup> Aug '21 – Sarah Slater 'Working with the Ghosts of Hampton Court'.
- 21<sup>st</sup> Sept '21 – Melanie Gibson-Barton – **Three Women, one man, glamour, wealth, and heartbreak.**
- 19<sup>th</sup> Oct '21 – Lucy Allen, **Life of a Stuntwomen.**

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## View from the Chair

So, my hopes for freedom on 21<sup>st</sup> June'21 were not fulfilled, but I still have my fingers crossed for 19<sup>th</sup> July'21 and particularly for more travel freedoms in August and September – especially September, because I finally have a holiday booked.

Thanks to all of you who logged in last month to help get the official business at the AGM voted through. Thanks also to Steve Dimmer, our speaker, for a very enjoyable presentation with video illustrations about the multi-talented Ronnie Barker.

Groups are starting up again both indoors and outside, and coach outings will be off shortly. Remember anyone in Upminster u3a can book on the coach trips, there isn't a closed "group" of day trippers!

I'm off to London this month to catch up with art exhibitions, guided walks, and theatres, outings I have sadly missed over the past 18 months.

We all have a lot of catching up to do – with family, with friends, and with life generally. So, I hope that this summer is a really busy one for you all, whatever your plans may be.

*Courtney*



Image courtesy of the Editor



## Upminster u3a's Desert Island Discs

This month's castaway was Heather Smith.

1. Ride of the Valkyries – Wagner
2. Time to Say Goodbye – Andrea Bocelli
3. Stand by Me – Ben E King
4. Go Now – Bessie Banks
5. Soul Man – Sam and Dave
6. My Whole World Ended (The Moment You Left Me) – David Ruffin
7. Up on the Roof – The Drifters
8. Dancing in the Street – Martha (Reeves) & The Vandellas



**Favourite piece** – Time to Say Goodbye

**Book** – Brewer's Dictionary of Phrase and Fable

**Luxury Item** – Luxury Egyptian Cotton Complete Bedding Set, Duvet, Pillows.

Many of you 'pop pickers' from the 60s will remember 'Go Now' by The Moody Blues. The original was from American soul singer Bessie Banks, listen to her great version at <https://www.youtube.com/watch?v=prIWGe2EHro>

*Chris Slade*

## History of London

### Trinity House

Due to a late cancellation, I have a couple of places left on our visit to **Trinity House**, in Trinity Square close to Fenchurch Street station on Monday 16<sup>th</sup> August at 3 p.m.

### Syon House

Places remain available for our visit on Thursday 19<sup>th</sup> August at 11 a.m.

If you would like to go or would like further information on either visit, please contact me at [chrislade1@sky.com](mailto:chrislade1@sky.com) or on 07906-433559

*Chris Slade*



## Groups Update

### Thursday Art

We have been meeting regularly and enjoying the wonderful weather and the sociable aspect too of painting together. Next week we will be watching a demo of 'fluid' art. It must be outdoor and involves a small paddling pool!

So, we hope it will be interesting and sunny!

### *June Preston*



The theme was White on Black.  
Courtesy of Kathy Rowland



## The PNH Group

Pins, needles, and hooks got back together with a garden lunch and have had two further meetings to date.

This reopening of the group was with a reduced membership. Therefore, new members already on the waiting list were invited, Mary, Chris and Lois have joined us. We still have one vacancy.

We are compiling photographs of projects completed by group members during lockdown and will be posting these in the next Newsletter.

### *Janet and the PNH group*



## Coach Trips

A new date has been confirmed for our much-postponed **South Coast Art Trail coach trip**. This will now be on **Wednesday 15<sup>th</sup> September**. Some people who originally booked cannot make this new date so there are now a few places available. Full details and booking forms are on the [Events page of our website](#). This trip has two prices: £24.00 including gallery admissions and £18.50 if you just want a day out by the sea and are not interested in visiting the galleries.

If you are interested in coming with us, please send in your booking form as soon as possible.

*Beryl, Chris, Lesley, Julia, Pamela*

## Visits to Places of Interest

Good news. Places have started opening and I have now been able to confirm new arrangements for two of last year's cancelled trips:

Fulham Palace trip will now be on Tuesday 3<sup>rd</sup> August'21.

Heath Robinson Museum trip will now be on Wednesday 8<sup>th</sup> September'21.

People who had booked for these trips last year have been personally informed and have priority in booking for the replacement trips but inevitably, some people can't come so both trips have places available. If you are a member of the group, just email me to let me know if you want to join one of these trips or want further details. I am hoping to finalise details for another two trips very soon then I will write to all group members with full details.

If you are a new member and want to join the group, you can contact me through the group page on the website.

*Pamela*



## Cinema Group



I can recommend on **Netflix**.

**Lupin**. In the first series, inspired by the adventures of Arsene Lupin, a gentleman thief Assane Diopp sets out to avenge his father for an injustice. The second series has just started I hope

it's as good as the first.

**The Kominsky Method** also has new episodes, it stars Michael Douglas and Alan Arkin, Michael stars as an aging acting coach who isn't ready to ride off into the sunset, sounds a bit like U3A members. Great fun.

### TV

**In Plain Sight**, a three-part series on ITV.

A Scottish drama series covering the crimes committed by series killer Peter Manual in 1950, Peter is played by Line of Duty star Martin Compston. Very good.

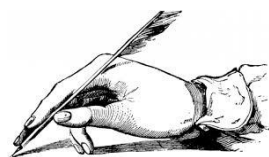
Time BBC1 can be found on iPlayer.

Starring Sean Bean and Stephen Graham, it is a three-part tense, prison drama, Eric is a teacher trying to survive in prison. One not to miss.

Well, that's it, I hope you manage to find some of these programmes.

*Linda Weiss*

## Poetry Appreciation Group



How disappointing we were unable to meet in person for our June meeting. Nevertheless, we had a thoroughly enjoyable meeting exploring SHAKESPEARE AT SCHOOL by Wendy Cope and ORIGINALLY by Carol Ann Duffy – the first woman to be appointed Poet Laureate in nearly 350 years – in 2009. We read a short, but beautiful poem of Marina Tsvetaeva, one of the poets of the Russian "Silver Age" who consisted of Boris Pasternak – Anna Akhmatova – Osip Mandelstam and Tsvetaeva. Our Guest Poem was again, a very powerful and sincere poem, REFUGEE BLUES by W H Auden.

We await the government's deliberations mid-July regarding Covid restrictions, and hopefully we will be able to meet in person rather than on Zoom at the end of July. However, Zoom has been a wonderful platform and we have been able to continue with our meetings, albeit different – fingers crossed!

*Michelle Blythe*



## Local History Group

### Hornchurch Country Park History Trail.

We met at the visitor centre that is the start and finish of the trail. The trail covers part of the park that was used as an airfield by the Royal Flying Corps during WW1 and the Royal Air Force during WW2.



Courtesy of Russ Barnett

*Russ Barnett*



Some artefacts from WW2 remain. We followed the trail that comprises of a series of marker posts (15) each with a brass plate highlighting part the history, e.g., Pillbox type 22 – plate 7, and the RAF Hornchurch Badge –plate 15. Other plates included Bofors Gun, Spitfire and WW1 Pilot Clothing.

## Foodie Group

The aim of our group is to explore different food from around the world in small independent restaurants. For our first foray out in over a year a small group of us descended on Casa do Frango, a short walk from Borough Market. I say descended, but it might have been better to say ascended as the light airy industrial style dining room is at the top of steep stairs.

This is a genuine Portuguese style restaurant with a mixture of small plates and the ubiquitous Peri Peri chicken (although I am sure far superior to the chain restaurants offerings).

We all had a great time and eating in a very full venue felt like a slow return to normal. If anyone would care to join us our next trip will be to China Town.

*Alexis and Robert*



## Walking with Wildlife

Chafford Gorge is right on our doorstep and is one of the best places in Essex to see our native orchids. Our visit there proved this to be true, as we managed to see five different species of orchids.

Our native orchids are not as showy as those exotic types sold as houseplants, but in their own way are equally lovely. Our native orchids require a poor soil to thrive, and the limestone of Chafford Gorge is ideal. During the visit we found Pyramidal Orchids, Common Twayblades, Man Orchids, Common Spotted Orchids and Bird's-nest Orchids. I had hoped that we would also find Bee Orchids, but a quick recce by myself beforehand failed to find any.

Most of the orchids are to be found in Grays Gorge. At the bottom of this gorge, the meadow contains hundreds of Common Spotted Orchid, and is also where the Bird's-nest Orchid is to be found amongst the trees. The Man Orchid and the Common Twayblade are to be found at the top of the gorge while walking the path, although it is quite easy to miss the Common Twayblade, as they are off the path in amongst some trees.



*Pyramidal Orchid*



*Common Spotted Orchid*



*Man Orchid*



*Bird's-nest Orchid*



*Common Twayblade*

Courtesy of Terry Smith

The gorge was also full of lots of other plants, which this year seem to be flowering rather later than normal.

*Terry Smith*





## Creative Writing Group

All 5 members met up once again in June to enjoy a friendly chat over coffee whereby we took it in turns to read aloud our imaginary written creations. It's strange how the title we seem to hate the most very often takes us out of our comfort zone and can ultimately produce some pleasing results.

### WIND

Once upon a time in, centuries gone by, high above the atmosphere lived 4 brothers whose parents were Titan Astraeus the God of Stars and Planets and Eos Goddess of the Dawn. As they grew to be fine strapping young men, they sprouted wings which enabled them to fly. Titan gave each of them a palace in the four furthest reaches of the earth and bestowed on them Gods of the Wind under the tutelage of Aeolus the Keeper of the Winds.

Boreas became God of the North Wind as he was the strongest, Eurus God of the East Wind as he could be quite cold in manner, Notus God of the South Wind was mischievous and could suddenly fly off the handle and lastly the kindest and calmest was Zephyrus, who became God of the West Wind.

It was a sad day when Eos said goodbye to her sons, but she knew they were in good hands with Aeolus. After the four Gods had departed Aeolus said to Titan and Eos

"Don't worry about your boys, I will look after them and make sure they each settle in well and behave themselves."

(Did they behave? [Click on the link](#) to find out more!)

*Jill Hilton*



## Upminster u3a Photography Group



Image courtesy of Jean Gerrish

To see some of the other June 'Bridges of the Thames' Photos, please use this link  
[Quickconnect.to/Uu3A-photos/photo](https://quickconnect.to/Uu3A-photos/photo)

*Terry Simms*



## A fond farewell to...



**ANDY WATTS** 4<sup>th</sup> May 1945 – 15<sup>th</sup> June 2021

For those of you who haven't heard on the Uu3a grapevine, it has fallen to me to let you know that Andy passed away on Tuesday 15<sup>th</sup> June '21.

Rarely can there have been a more committed member of a u3a, as Group Leader of for the Computing and IT Group, a keen member of the Beer Tasters, a regular participant in STEMM meetings and an enthusiastic member of my own Current Affairs Group. Ever ready to offer an opinion, his views and counsel will be sorely missed.

During my time as Chair he was always supportive and it was very reassuring to see his red trousers and encouraging expression in the front row at the monthly meeting, something he rarely missed. Perhaps now is the moment to reveal that it was he who was behind the Father Christmas beard at the Christmas get together. How nobody guessed his identity remains a mystery!

People have asked about the funeral arrangements. In these difficult days Andy's family has organised for a live streaming of his cremation service at 12.00 on 23<sup>rd</sup> July '21. You need to log in to [www.obitus.com](http://www.obitus.com). The username you require is **jebu0273** and the password is **033384**. You will be able to log in 5 mins before the start of the service (the timing of which is obviously dependent on services running on time). And Andy had a secret Christian name – William.

Finally, true to form, I can confirm that Andy passed away with his iPad in his hand. Ever the communicator.

*Robert Soper*