



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

## News & Notices

- **Learning for Everyone.** Make the most of being part of the u3a by getting involved with the many free initiatives and events offered across u3a. [join us page.](#)
- **London Region Events.** For details of the full range of events, click [here.](#)
- **London Region Summer School – will be on the 25<sup>th</sup> & 26<sup>th</sup> July'23 – click [here.](#)**

## 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](#)

For future news, articles, and feedback, please email

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[Uu3adavemorrison@gmail.com](mailto:Uu3adavemorrison@gmail.com)

Articles to be sent by the 1<sup>st</sup> of each month. *The Editor reserves the right to amend or omit content.*

## Diary Dates

Our next meeting will be at The New Windmill Hall, Upminster, RM14 2QH, on **Tuesday 21<sup>st</sup> March'23**, doors open at 1pm.

## Guest Speakers

This month's guest speaker is **Joanne Larner** giving a talk on 'Richard III'.

## Future Guest Speakers

- **18<sup>th</sup> April'23, Sue Benjamin** on the 'proposed quarry in Rainham'.
- **16<sup>th</sup> May'23, no speaker** for the Coronation party.
- **20<sup>th</sup> June'23, Russ Bowes** on 'Say it with Poison'.

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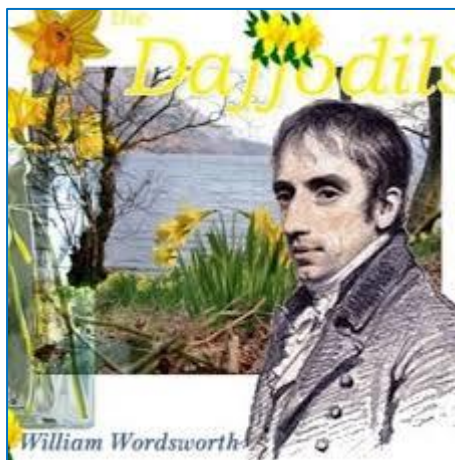
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## View from the Chair

*'I wandered lonely as a cloud  
That floats on high o'er vales and hills  
When all at once I saw a crowd  
A host of golden daffodils'*



I was lucky enough to study Wordsworth for my 'A' levels (although I didn't think I was lucky at the time) and 'Daffodils' has always been one of my favourite poems. It epitomises Spring for me and the world renewing itself after the long dark winter.

The beautiful simple yellow cup reminds me of sunshine and warmer days to come and we all need something to look forward to. We take these positive signs for granted at times rather than embrace their existence and draw on it. I

have a lot of daffodils in my garden and to see them first thing in the morning is a great start to the day.

My message is I guess, don't ignore the simpler things in life they can be both stimulating and rewarding at the same time.

*Susan Mayes*

## Membership as at end February 2023

We welcome one member this month – [Jacqueline Day](#), taking our membership to [594](#).

## Membership Renewals

I am pleased to report that the renewal fee for membership from 1<sup>st</sup> April 2023 will be maintained at the same level at this current year and will be £10 for individual members and £34 for those members who require a postal subscription. The postal subscription provides those members with the monthly newsletter and coach trip details by post rather than email. I will be sending out renewal reminders to you all in the near future.

*Terry Smith*



## Notices



As mentioned in the last newsletter, the **Social Committee** is arranging a Party, complete with Entertainment, to celebrate the **King's and Queen Consort's Coronations**.

*When:* New Windmill Hall **Tuesday 16<sup>th</sup> May** In place of the regular monthly meeting.

**Doors Open: 1.00 p.m. Commences: 1.30 p.m. Finishes: 3.30 p.m.**

*Ticket Price:* **To Be Advised** – an e-mail will be sent out to all members shortly.

Refreshments will be provided (sandwiches, cakes, etc. together with wine and soft drinks).

Tickets will be on sale at the next monthly Uu3a meeting, Tuesday, 21<sup>st</sup> March or, if you are unable to attend, from any member of the Social Committee at various group activities, e.g., Coffee Morning, Weekend Group, Rummikub 2, etc. from the 1<sup>st</sup> April.

*Your Social Committee*

## Murder Mystery Evening

The response to the Murder Mystery evening on 22<sup>nd</sup> March 2023 has been terrific for the members of the new Social Committee, who appreciate the support that they have been given. Whilst the first run of tickets sold out, just like the first run of Lady Chatterley's Lover as mentioned at the February meeting, more have been printed, and **can be obtained at the meeting on 21<sup>st</sup> March** (as we had insufficient tickets at the February meeting, those of you who have already paid can collect their tickets at this meeting, or on the door on the evening).

**Tickets in respect of both the above can also be obtained from:**

Chris Slade – [chrisladel@sky.com](mailto:chrisladel@sky.com) or on 07906-433559

Annette Gaskin – [annettegaskin15@icloud.com](mailto:annettegaskin15@icloud.com)

If you have any queries, please contact the following (or either of the above): –

Brian Makepeace – [brianmakepeace@yahoo.co.uk](mailto:brianmakepeace@yahoo.co.uk)

**Finally**, we have added a further event to this year's social calendar which will be a '**Quiz Night**' with Fish & Chips Supper, sometime in September, so keep an eye out for further details.

*Chris Slade*



## Notices continued...

### TWAM

You might remember this charity – **Tools with A Mission** – which collects and refurbishes a wide range of tools which are then shipped out to Africa in trade kits to help teach such skills as carpentry and tailoring. Some 14,000 kits made up of 400,000 tools have been shipped out annually to D R Congo, Malawi, Uganda, Zambia and Zimbabwe. So, if, when you start your spring cleaning this year, you come across tools that you no longer use or need, please let me know, and I'll arrange for them to be collected. If they need cleaning, not a problem, but no good if they are broken. If you're not sure if tools that you have will be of interest, just contact me first.

Chris at [chrisslade1@sky.com](mailto:chrisslade1@sky.com) or on 07906-433559

## February Quiz

### London Underground

As many of you will know, there is a swastika on the booking-hall floor at Upminster station, but did you know that:

- There are 270 stations.
- That some 55% is actually **above** ground.
- That there are 1 billion journeys each year.

Can you work out the station names from the clues?

1. Babar and Balmoral.
2. Tea party at the big house.
3. Mediterranean holiday destination.
4. Girl's toy in a tin.
5. Fowl lager.
6. Created a valley.
7. Aristocrats seized.
8. Make 'em sick.
9. An old place to roll your own.
10. An agony aunt lived here.

Oh, and by the way, which is the only station on the underground that doesn't include any letters of the word underground?

**Answers on the last page.**

*Chris Slade*



## Groups Update

### New, New, New

Pleased to announce our latest planned new Group – The Art of Crochet, Group Leader Mary Hunwicks. Are you interested in the Art of Crochet either wishing to learn, improve skills or just want to meet with a group of like-minded crocheters? The number of attendees will have to be limited to 5 and the Group will meet on the 1st Monday of each month in Hornchurch. Mary is looking forward to hearing from you, and can be contacted at [mary.hunwicks@virgin.net](mailto:mary.hunwicks@virgin.net)

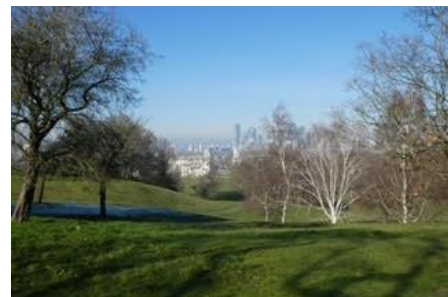
### Pétanque

The Group stopped playing during the winter months, but it is planned to recommence once the weather is pleasant enough to make it enjoyable, maybe the beginning of April. Whilst a final decision has not yet been made, we will probably change to Tuesday afternoons fortnightly rather than weekly, and, if you would like to come along and have a go, please let Alan know at [thebowderys@yahoo.co.uk](mailto:thebowderys@yahoo.co.uk)

*Chris Slade*

## Short Walks

We had cloudless blue skies for our walk-through Greenwich Park. It is the oldest enclosed Royal Park and has been associated with royalty since Henry V. Although there was not much colour the trees in any season are magnificent and well worth a visit. We walked over to the observation point by the Greenwich Observatory with its sweeping views over London. We may have had cloudless blue skies but you could definitely see a layer of pollution hanging over the city.



Despite the pollution it has got to be one of the best views of London with Old Greenwich below. We walked down to Greenwich passing the Queen's House and the Old Naval College finishing our walk by the Cutty Sark. A really enjoyable walk with lovely people.

*Helen Stewart*



## Classical Music group

With the help of the instrument loaned by the Havering Music Service we continued our exploration of the violin concerto at our February meeting of the Classical Music Group. Having listened last month to examples from Vivaldi and Bach we moved on to the Classical period and beyond this month. Our examples included concertos by Mozart, Beethoven and Mendelssohn. The form of the concerto during this period settled down to a three-movement pattern. The first in sonata form, the second a slow movement and the third a Rondo where the first tune is repeated several times throughout the movement. We don't have time to listen to the whole concertos during our short sessions but, I hope, members feel inspired to seek out other opportunities.

The pieces listened to were:-

Concerto for Violin and Orchestra No 5 in A Major by Wolfgang Amadeus Mozart.  
Violin – Mikhail Pocheikin with the Stuttgart Kammerorchester.



Concerto for Violin and Orchestra in D Major Op 61 by Ludwig van Beethoven.

Violin – Veronika Eberle with the London Symphony Orchestra conducted by Simon Rattle.

Concerto for Violin and Orchestra in E Minor Op 64 by Felix Mendelssohn (*picture to the left*)

Violin – Sebastian Bohren with the Royal Liverpool Philharmonic Orchestra conducted by Andrew Litton.

*Malcolm Henderson*

## Practical IT

We meet at 10:00 most Saturday mornings at Natalie's home in Emerson Park.

We have space for more people.

People bring along their laptops, phones or tablets, so the group is not really suitable for people who only have desktop computers.

Between us we usually manage to solve most problems and even have time to learn new tips and tricks.

Sometimes members also receive summaries of what we have learned, so you are welcome to join the group even if you are rarely free on Saturday mornings.

If you are interested in joining send an email to [natalie@kehr.co.uk](mailto:natalie@kehr.co.uk)

*Natalie Kehr*



## Coach Trips

### Chatham Dockyard – Friday 31 March

There are now two places available on this trip. If you would like to go you can find full details and booking form on the web site.

### Michelham Priory – Thursday 27 April

This trip is almost full now so don't delay if you are thinking about booking.

## Reading

Our first trip in this calendar year was to Reading on 28<sup>th</sup> February. The day was dull and cold but our welcome at the Museum of English Rural Life in the morning was very warm and friendly and the tea and cake were appreciated by us all after our 90-minute coach ride. This venue is a real nostalgia trip for anyone with childhood memories of rural life and quite a few people complained that they were not given enough time there. However, we had to press on for our afternoon 'history lessons' at the Reading Museum. About two thirds of us stayed inside the museum for a very informative talk about Reading's history and the museum's exhibits and the rest of us braved the weather with a 90-minute guided walk round the 'Abbey quarter'.

Our guide was extremely knowledgeable and I think we all learned a lot and were surprised by the huge extent of the abbey in its heyday. Today it is mainly ruins or worse, but there is still more than enough standing to conjure up a clear image of the life of the monks and the town that grew up around their home. I think most of us would happily have spent longer exploring. We also got to see the second largest lion statue in the world and caught a glimpse of the famous Reading Jail where Oscar Wilde was incarcerated.

Note that the spire on the photograph just to the right of the lion's head was built to show the height of the abbey's major buildings when the abbey was flourishing.

\*It was the largest when it was sculpted to dominate the war memorial commemorating the soldiers of the Royal Berkshire Regiment who died at the Battle of Maiwand (Afghanistan) in 1880. We lost the battle.



*Pamela Freer*



## Steam Interest Group & Modellers



A big and exciting Hello to all you Steam Interest Group & Modellers, plus all U3A members with a passing interest in this hobby.

Do you fancy a half/day playing with and helping the 7 1/2" Steam gauge team who run the summer trains for people at Lodge Farm Park like the one pictured? If you're interested in joining a group of us going to the National Model Railway exhibition at Alexandra Palace on 19<sup>th</sup> March '23, get in touch.

Would you like to see the inside of Tower Bridge with its original steam engines lifting mechanism during May?

Please make contact. Plenty more visits planned this year. Come along and meet us. [malcolmhb@hotmail.com](mailto:malcolmhb@hotmail.com) or 07973 629818.

*Malcolm Henderson-Begg*

## Poetry Appreciation

As we were unable to meet both in December and January, we all brought our individual choice of Festive poetry to our recent meeting, thus carrying it forward, which ranged from Betjeman's CHRISTMAS, A CAROL FOR CHILDREN by Ogden Nash to Carol Bevan's JUST DOING MY JOB and lots of other equally enjoyable works.

We briefly looked at the works of two acclaimed Russian poets from the silver age of poetry, amongst which were Pasternak and Akhmatova. These poets, amongst others, were held in high regard by exiled Russian poet Joseph Brodsky and we looked at his views on these particular poets. Brodsky was exiled from the then USSR and lived in Brooklyn NYC and worked as a lecturer for many years until his death.

Our guest poem this month was a much enjoyed and well discussed poem by the American poet Mary Oliver, BLACK RIVER.

We look forward to our March meeting when we can hopefully enjoy Spring weather!

*Michelle Blythe*



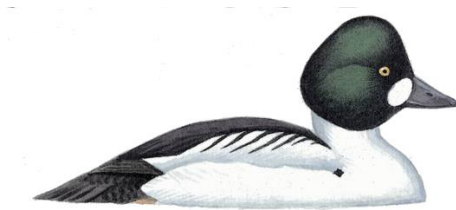


## Walking with Wildlife

Despite my late announcement of the February walk to the group members, 9 of us met at Hanningfield Reservoir Nature Discovery Park on the 24<sup>th</sup> February, only to find that the visitor centre was closed for a special event. However, the reserve was still open and we were able to walk to the café at the Hanningfield Waterside Park where we stopped for coffee.

This was approximately half way round our walk, and thus far had taken us through the woods alongside the reservoir. The woods here once were the property of the Forestry Commission, who had planted mainly conifers in order to provide timber for making pit props for our mining industry post world war II. With the decline of that industry, these timbers were no longer needed and with the construction of the reservoir in the 1950's the site became the property of what is now the Essex and Suffolk Water company.

The nature reserve was set up in 1992 and Essex Wildlife Trust have been managing the site since that time. One of the more unusual birds we had seen there was an Egyptian Goose, which are now far more frequently seen in the UK, with a number being resident in Havering on the Harrow Lodge Park Lake.



an adult male in winter plumage, and the white dot below its eye is characteristic, and compares with the female which lacks the spot and has a brown head.

Of course, the reservoir is also the place to see ducks and geese, and we did see a variety of them but the star of the show was three Goldeneye, two female and one male. The picture shows



Anyone who wishes to join the group please contact me on [uu3a.terrismith@gmail.com](mailto:uu3a.terrismith@gmail.com) or by phone 07802 212151.

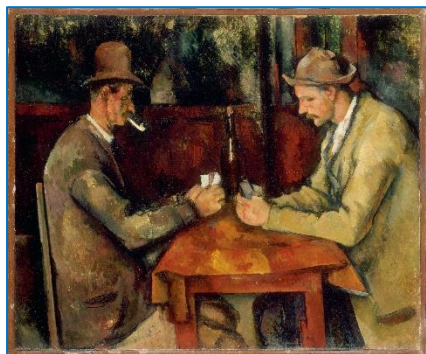
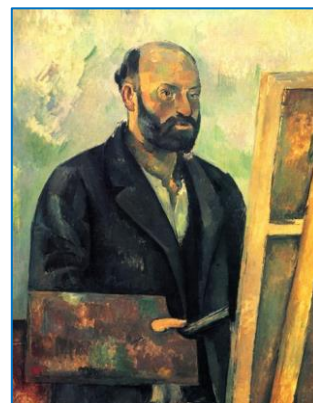
*Terry Smith*



## Art History/Appreciation – Cézanne

A major survey of Paul Cézanne's work at Tate Modern proved an exhibition not to be missed. *Self-portrait with Palette 1885*

Although much admired by his contemporary fellow artists, Cézanne achieved little public or critical success during his lifetime. Calling him "the greatest of us all", Monet owned 14 of Cézanne's paintings. For Picasso, "he was my one and only master. I spent years studying his pictures. It was the same for all of us, he was our father." In fact, Cézanne is often referred to as the Father of Modern Art. His unique post-Impressionist style bridged the gap between Impressionism and the radical new artistic movements of the early 20<sup>th</sup> century. Cézanne's works are now seen as laying the foundations of modern art and as an inspiration to pioneers of abstract art.



*The Card Players, 1890–92*

As well as bringing together a wonderful collection of pictures the exhibition gives an opportunity to trace Cézanne's 'artistic development'. After coming into contact with the Impressionists he moves away from his early 'dark period' and begins increasingly to paint nature. Although his works are based on prolonged direct observation, they are in no way imitative. He did not simply paint nature – he made nature into works of

art. This made him a hero to the next generation of artists. They saw him freeing painting from the task of describing things and beginning on a path to feeling and thinking about them. It was a revolutionary way of painting.

*Mont St Victoire, 1904–06*

Cézanne painted this huge mountain over sixty times with increasing freedom. The paint patches which are used to suggest elements of nature became a mosaic of colour.



A difficult and volatile character Cézanne was often an isolated figure. When his father died leaving him wealthy and independent, he moved back to the family estate in Provence and withdrew almost completely into himself. Tramping the countryside everyday with his pack slung across his shoulders he worked unceasingly to realise his vision of a "harmony parallel to nature."

Cézanne died in 1906 from pneumonia after being caught in a storm while out painting.

*Chris Mecham*



## STEMM

Natalie Kehr, A STEMM member, presented the results of her lock down reading introducing a number of experiments relating to stress. The book *Why zebras don't get ulcers* by Robert Sapolsky who is a Stanford university professor.

Zebras do not get ulcers as their stress level is only short. If chased by a lion and another zebra is caught then there is now no stress or they are killed so no more stress.

From his book she shared the following:

- Rats were used in experiments to look at their stress levels.
- Charles Edouard Brown-Sequard injected himself with testosterone but as it does not mix with water it is not sure what was injected.
- 1980s it was noticed that baby rats taken from their mothers did not thrive but if stroked like a mother would they did. This caused babies in neonatal units to be stroked for 15 minutes a few times a day. Owing to this their stay was reduced by a week.
- Baby monkeys were given artificial mothers and it was noted that a terry toweling model was preferred even more than food.
- Bushmen (the KhoiSan of southern Africa) constantly suckle their young on demand and this enables them to only have a baby every 4-5 years as a hormone is produced.
- Talking about cancer has helped survival time.
- Poor people do not live as long as those better off. Nuns from poor background and less educated lived shorter lives than their better off sisters.
- Patients who can see trees whilst recovering from an operation request fewer painkillers than those who can only see a wall.
- When a person is depressed an area of the brain shows changes.
- Social rank in animals can cause stress.
- Actors who win Oscars live longer than those who do not by 4 years.
- Cars parked in the morning are uniformly parked but later in the day are not.

*Beryl Patient*



## Mah Jong


We have room for some new beginners to this Chinese game with tiles, so will be starting introductory presentations on Tuesday 9<sup>th</sup> May. We meet at our house, 16 Freshfields Avenue, on the 2<sup>nd</sup> and 4<sup>th</sup> Tuesdays of the month and the presentations will start at 1-00 pm, then we play from 1-45 to about 4 pm.

Please indicate your interest by e-mailing [afwoodhurst@hotmail.com](mailto:afwoodhurst@hotmail.com) and you can also ask any questions about the game, which is similar to Rummy but with different suits and scoring.

The introduction lasts several months and when you have learnt enough it will be possible for you to join us to play on Thursday afternoons as well. The image right shows a winning hand *Alan Woodhurst*



## Coffee Mornings

Let the cold March wind blow  you to Roomes Cafe on Tues 14<sup>th</sup> March & Tues 28<sup>th</sup> March for a nice hot cuppa and a chat at our usual time of 11am.

*Angela McDonald*

## Quiz Answers

1. Elephant and Castle.
  2. Boston Manor.
  3. Cyprus.
  4. Barbican.
  5. Cockfosters.
  6. Maida Vale.
  7. Earls Court.
  8. Turnham Green.
  9. Holborn.
  10. Rayners Lane.
- Oh, and Balham

*Chris Slade*