



Upminster u3a Newsletter

"Learn, Laugh, Live"



July 2023

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

News & Notices

See page 3 for list of
Uu3a Committee Members
with effect from 21 June 2023

London Region Events. For details of the full range
of events, [click here](#)

Reminder

London Region Summer School 2023
25th-26th July

Spaces Still Available

For further information and application form on website

<https://u3asites.org.uk/london-region/events>

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

Barbara Smith, Newsletter Editor
uu3abarbara489@btinternet.com

Newsletter entries must be received by Barbara by the
1st of each month. Thank you.

The Editor reserves the right to amend or omit
content.

For your Diary



Our next meeting will be on
Tuesday 18 July '23, doors open at 1pm

Future Guest Speakers – 2023

- 18 July Veronica King on her career as a store detective.
- 15 Aug Simon Keable on his relative Robert Keable, novelist and missionary.
- 19 Sept Keith Finch on the reopening of the Windmill.
- 17 Oct Mark Carroll about DNA and You.
- 21 Nov Paul Robbins on Cockney Rhyming Slang.

Inside this Newsletter

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View from the Chair

HOT!

HOT!

HOT!



On the week of the Summer Solstice, the temperature soared and Britain basked in wall – to – wall sunshine. It was the kind of weather we pay good money for when we go abroad. As Brits, however, we do not do extreme weather conditions very well and, whilst it was lovely and hot, it had other implications for us.

Our usual walks became more tiring, the gardening was hard and there was a constant need for water both personally AND for the garden. The roads were packed with people going to the coast and there was also a constant smell of BBQ (which I actually like) but, when you get to a certain age, sunbathing does not seem important any more.

This always reminds me of the phrase ` be careful what you wish for ` . However, one of the great things about the ageing process is that we learn to adapt - even if it's just cooling your feet in the paddling pool with the grandchildren.

Make the most of this wonderful weather and any holidays or outings you may have booked. Remember autumn and winter always follow summer.

Susan Mayes

Notices

TECH PERSON NEEDED - ASAP

If anyone is willing to set up the microphone / screen on Speaker day in the New Windmill Hall and has a basic knowledge please step forward as your u3a needs you.

Training is available for anyone interested. Please get in touch with me, Susan Mayes, or any other Committee Member: [click here](#)

* * * * *



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Many members will be aware that we have a few new Committee Members who have taken over from those who served us all for a period until after the AGM on 20 June 2023. As previously mentioned by Susan Mayes, we thank the outgoing Members and welcome those who are new to their roles.

Names of our new Committee Members, and their roles, are shown in bold/italics in the list below.

Upminster u3a Committee Members with effect from 21 June 2023

Chair	Susan Mayes
Vice Chair	Linda Davey
Secretary	Chris Marvin
<i>Minutes-taker</i>	<i>Jill Coombes</i>
<i>Treasurer</i>	<i>Malcolm Henderson-Begg</i>
Assistant Treasurer	Mike Massey
<i>Membership</i>	<i>Pamela Freer</i>
Website	Richard Strauss
<i>Newsletter</i>	<i>Barbara Smith</i>
Talks Organiser	Sue Jiggins
Groups Coordinator	Chris Slade
<i>Russ Barnett</i>	<i>Beacon Administrator</i>

Membership Renewals

I have now taken over the administration of our membership from Terry. You can contact me on the Membership link on our website.

We welcome the following new members:

Norma Barlow	Carole Barritt	Brian Cruse
Margaret Jarvis	Madeline Lawrence	Maureen Lee
Ivy Matthews	Victoria Metham	Juliet Moffat
	Linda Ryle	

As at the end of June we had 587 paid-up members.

Pamela Freer



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Interesting Events

History of London Visits.

If you would like to join History of London Group members on either of the visits below, let me know at chrisslade1@sky.com or on **07906 433559** to book and/or for further information.

Queen's House, Greenwich Wednesday 6 September

A guided tour of about an hour with a £14.00 charge. Refreshments/lunch can be had after at the adjacent Naval Maritime Museum.

The Charterhouse Wednesday 13 September

A guided tour of about 90 minutes led by one of the resident Brothers with a charge of £18.00 (£21.60 if coffee/tea is wanted on arrival).

Chris Slade

Practical IT

This month there are two Practical IT tips.

Tip 1: Investigate your devices' touch gestures.

You all know how to tap your laptop's touchpad or phone's screen. You probably also automatically use 2 fingers to zoom in and out. But your devices have many more touch gestures.

The tip is: ***investigate and practise these.***



To get started, on a PC - go to Settings and, using the search box, search for touchpad.

- If you have an iPhone without a home button see [**Learn gestures for iPhone models with Face ID – Apple Support \(UK\)**](#)
- If you have an iPhone with a home button see [**Learn basic gestures to interact with iPhone – Apple Support \(UK\)**](#)
- Please can Android users give me feedback on [**Android gestures: 40+ shortcuts you need to know \(androidauthority.com\)**](#)



Why not come to a practical IT session to practise all these touch gestures.

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Tip 2: *Look at the tips in old newsletters.*

Last week I gave a new attendee certain tips. She commented that they were very useful. I reminded her that they were all in previous newsletters. Alternatively, send an email to Natalie@kehr.co.uk with **Subject: Practical IT Tips** and I will reply attaching the cumulative tips.

* * * * *

The Practical IT group meets most Saturday mornings at my home. There is no waiting list. People bring along their laptops, phones or tablets. Between us we usually manage to solve most problems, and we all learn a lot. I send out the occasional newsletter to members of the group (even those who never attend). For details contact Natalie@kehr.co.uk.

Natalie Kehr

July Quiz

The world's first TV advert was aired on 1 July 1941 in the USA. It was for Bulova Watches and lasted for 10 seconds. The first TV advert in the UK was not until 9 September 1955 with the advent of commercial television, and was for Gibbs SR toothpaste. The first colour advert in the UK followed on 15 November 1969, starring the then child actress Patsy Kensit and was for Bird's Eye Peas. It cost £23 to air, and included the immortal phrase, "fresh as the moment when the pods went pop".

Now, most (all?) of us are probably heartily fed up with them, and either press the fast forward button, or put the kettle on, but can you remember what products or companies that these slogans advertised?



1. Because life's complicated enough.
2. Plop, plop, fizz, fizz, oh what a relief it is.
3. Soft, strong and very very long.
4. Vorsprung durch technik.
5. Only the best for the Captain's table.
6. Aaaah!
7. You'll be lovelier each day, with fabulous pink _____.
8. The sweet you can eat between meals.
9. Full of eastern promise.
10. It beats as it sweeps as it cleans.
11. Little cube, big flavour.
12. Prolongs Active Life.

Chris Slade



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Groups Update

Royal Heritage and Savill Garden Coach Trip 27 July: £48

There are still spaces available for the above trip.

To recap, we will start our visit with time for a quick cuppa before being split into two groups for a 1hr guided walking tour of the Savill Gardens.

After our tour, there will be time to get coffee/lunch. In the afternoon a guide will join us on our coach and the next 60/90 minutes will be spent on a guided tour of the Windsor Great Park



During this tour we will be shown the Coronation Groves, the famous veteran oaks, the Deer Park, Royal Equestrian Statues, the Guards Polo club, the Royal School and the Estate Village. We will be able to get out of the coach to enjoy and photograph the iconic view of the Long Walk.

This is not the usual visit to the castle but a very special combined visit to Savill Gardens and a great opportunity to tour the Windsor Great Park.

If interested please contact shirleyboelrijk@gmail.com and let me have a completed form sent out with the original email and your method of payment. Address: **30 Swan Avenue, Upminster, Essex RM141EQ**. Tel: **01708 251488**.

Shirley Boelrijk



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Beer Tasting

For the Beer Tasting Group the glass is always half full, never half empty! We've thoroughly enjoyed the last 6 months with regular beer tastings at our local micropubs and an interesting programme of monthly outings.

The Group continues to go from strength to strength and now has 30 members [including 5 ladies] with increased participation at all our monthly activities. We're fortunate to have three fabulous local micropubs [Upminster Taproom, Gidea Park Micropub and Hornchurch Hop Inn] where we can socialise and educate our palates with a varied and interesting range of ever-changing beers and breweries. Members, when prompted, remain fearless in trying different and often challenging beers such as juicy and hazy pale ales, wild and sour fruited ales, 'pastry' stouts and barrel-aged quadrants, however, we do have a few die-hard traditionalists as well!

During these six months, we've made 4 separate visits to different pubs spread across Greater London and Essex, as well as a couple of pub 'walks'. In late March, 7 of the Group also jumped on Eurostar for a lovely three-night stay in Antwerp, one of the best beer cities in Europe and the centre of the Belgian beer revival in the 1980s.

In January we began the year by loosening our wallets to visit the recently opened but pricey Brewdog pub in Upminster where we sampled a few of its taps [keg not cask] and cans of low alcohol beer. For February we went back in time to the Boleyn Tavern at Upton Park, a grade II listed building, spectacularly restored to its former glory with a £1.5 million refurbishment, including the lovely coloured skylight and wooden screens with etched cut glass. Unfortunately, the cellar man had injured his arm a few days before so no cask ales were available, however, we did enjoy a nice range of keg beers and some free cans provided by the publican as a gesture of goodwill - which were gratefully received!



In March Norm led us to one of his favourite pubs near the Thames Path, the welcoming and traditional Dog & Bell in the backstreets of Deptford, for its St Patrick's beer festival, to enjoy some tasty Irish ales and good grub. Food was also on the agenda in May when we visited an old favourite, the Mayflower in Old Leigh, for its excellent fish n chips washed down by some moreish local ales.

Interestingly, we also undertook a pub 'walk' in March by tube ['South down the Northern Line'] stopping at the new Battersea Power Station tube for the Battersea Brewery Taproom before heading back to Waterloo [via Kennington] to visit the modern and compact Waterloo Tap [under the arches between Waterloo and the South Bank] and the older real ale stalwart of the 70s and 80s, the Hole in the Wall, which brought back some happy memories for a few members.

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In April we did revert to a 'proper' pub walk by foot in Chelmsford, starting off with lunch at the Original Plough and working our way back to the Ale House under the arches of Chelmsford Station via some of the town's best beer pubs – the delightful Hop Beer Shop [the first micropub in Essex], the excellent Orange Tree and the Crouch Valley Brewery owned Queens Head.

Kevin Kilbey

STEMM

At the June session, member Paul Campbell gave us an insight into his voluntary work with RTN (Redbridge Talking Newspaper). Paul has been involved with this project from its inception in 1976. Since then, he has fulfilled many roles - engineer, studio manager, production officer, chairman – a man of many talents!

RTN, whose aim is 'to inform, entertain and educate', provides a weekly news service to anyone having difficulty in reading, so clients include the visually impaired, elderly, isolated or vulnerable listeners and technophobes! Social Services refer potential users to the service, which is run entirely by volunteers, who perform a wide range of technical, creative and administrative tasks.

The editorial team is responsible for the choice of articles, drawn from newspapers and magazines, and for writing the continuity script linking the items chosen. The finished version is then recorded live by an engineer and 5 volunteer readers. There are six different teams of 5 readers working on a six-weekly rota.

Originally, news reports were sent out by post, free of charge, on C90 cassettes. These were replaced in 2013 by USB memory sticks, still free, playable on a computer or a special USB player also supplied free of charge by the service. The format for each edition consists of 45 minutes of news, followed by 45 minutes of features, linked by scripted comments and including useful information, such as chemist rotas and lighting up times, (essential for blind users).

We very much enjoyed Paul's interesting and informative talk and were impressed by his remarkable commitment to a valuable service.

Christine Attiwell



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COFFEE MORNINGS



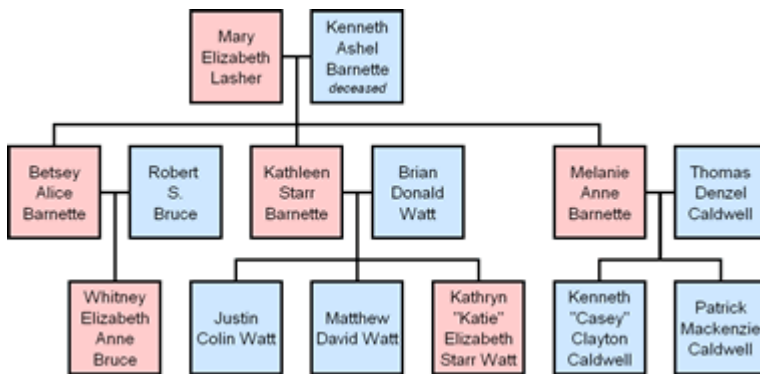
The dates are starting to overlap into other months - but that doesn't matter as we still enjoy our coffee and a natter fortnightly at Roomes Café at the usual time of 11am.

We had Tues July 4th in the June newsletter.
Now come the next two July 18th and Aug 1st

Angela McDonald.

Ancestry Group

Carol Brewster led this group from the time when the Upminster u3a was set up , but is unable to continue for various reasons, so I took over the leadership and the first meeting was held at the beginning of June.



The group consists of people with a very wide range of experience ranging from complete beginners to those who can trace their lineage back generations.

We will always be looking for new members who can bring new dynamics to the group, but at the moment we are restricted in numbers as we meet in a member's house.

There are several people who have registered their interest but have not been to a meeting for some time, so in the next couple of months I will be contacting them to see if they wish to continue.

So, if you think you might like to join us please register your interest and I will place you on our Waiting List.

Mary Hunwicks



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Short Walks – Tylers Common and Tylers Wood

Starting off from Tylers Common car park, we ambled across the Common that in some places was uneven, mainly due to horse riding. Despite the long dry period, the Common was remarkably green. We walked as far as Tylers Wood and walked around it before returning to the car park. From Tylers Wood you could just about see Canary Wharf. A few of us had refreshments at the nearby Upminster Garden Centre. Both Tylers Common and Tylers Wood are managed by the Forestry Commission.



The name Tylers may have come from "Tigelhyrste" which was first noted in a charter dated to 1062. The word is derived from the Old English words "tigel" and "hyrste" - signifying a wood where tiles were made.

During the 18th century, wealthy farmers enclosed common land. Poor people had had a traditional right to graze animals and get informal food supplies but they didn't have documentary evidence of that right. Parliamentary 'Enclosure' Acts favoured the wealthy, who used a legal sleight of hand to dispossess them. By about 1850, enclosure was completed with just a few commons remaining. One of these was Tylers Common. The rights of the commoners were defended by the 'lord of the manor', the Branfil family.



During the Second World War all available land was utilised. Tylers Common was used for food production by the local Council from 1943 (ploughed and used as allotments). Unlike the 18th century, 20th century commoners had documentary evidence supporting historic rights. After the war the Council wanted to enclosure the common, but three local commoners approached their local MP Geoffrey Bing about this. He took on their case. In a subsequent court case against the Council, the commoners won their case and hence Tylers Common remains common land to this day.

Russ Barnett



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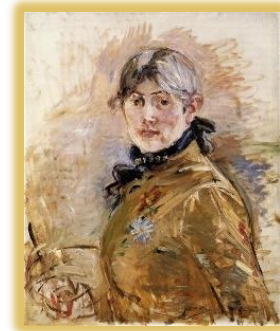


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Art History/Appreciation

After discussing the role of female artists in the Impressionist movement, members of our group visited the exhibition, 'Berthe Morisot: Shaping Impressionism' at the Dulwich Picture Gallery.

*"I shall obtain my independence only by persevering
and making no secret of emancipating myself"
- Berthe Morisot (1841-95).*



Self-Portrait
Berthe Morisot, 1885

Born into an upper middle-class family, Berthe Morisot embarked on a radical path for a woman at the time, by choosing to become a professional artist. Aged 16 she began painting when her mother arranged art lessons for all three of her daughters. The aim was to provide them with a charming drawing room skill which would enhance their marriage prospects – to turn them into professional artists. Berthe, however, showed great enthusiasm, skill and talent. Painting for her became more than a social accomplishment. A determined character, she overcame social obstacles and went on to have a successful career.

Berthe was, and remains, best known for her paintings of women and children. As social convention allowed only limited freedom for young women of her class, she took advantage of the domestic sphere drawing on her own experience. She portrayed the domestic lives, social rituals and leisure activities of women in the 19th century.



At the Ball
Berthe Morisot, 1875



The Sewing Lesson
Berthe Morisot 1884

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Having had some success at the official Paris Salon, Berthe launched her career with the Impressionists at their inaugural exhibition with a portrait of her sister and newborn niece.

The Cradle

Berthe Morisot, 1872



"The poem of a modern woman created by a modern woman" – Françoise Sisson, art historian."

Berthe has never been given the recognition of such well-known artists as Monet, Degas & Renoir. This stunning exhibition, however, presents Berthe Morisot not only as a trail blazer for the Impressionist movement but also a trail blazer for women artists. Sadly, when she died the French state wrote 'no profession' on her death certificate.

A very much enjoyed exhibition which continues until 10 September.

Chris Mecham

Steam Interest and Modellers



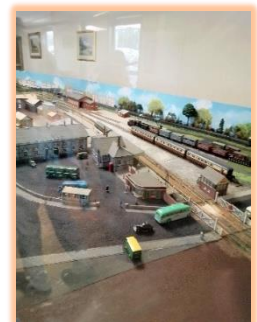
Visit to East Anglia Steam Museum

A very worthwhile visit to Chappel near Colchester. What always pleases our members are working Steam machines, and we were not disappointed. From road-going traction engines to a tank engine giving rides on open freight trucks and two model layouts; plenty of action here.



There were also static displays of interest with people dressed for the occasion and members of the local "Steam Punk Society" to add an entertaining somewhat eccentric view of Victorian science fiction.

A warm day topped off this excellent mind-expanding and informative visit.



Malcolm Henderson-Begg



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Poetry Appreciation Groups

Our meetings saw the re-visit to two poets of exemplary merit. Robert Lowell was an American poet of much acclaim. He was born in Boston, Mass in 1917 and died in New York aged 60 in 1977.

Lowell was a Pulitzer prize winner, but his true greatness as an American poet lies in the astonishing variety of his work. He taught intermittently at Harvard University during the 1960s up until his death.

He moved to England in 1970, where he lived for 6 years - and for two of these he taught at Essex University.

We read and discussed DUNBARTON. He was an epic poet; he used a multiplicity of forms and styles in his continuing quest : a search for "a oneness in himself and a oneness in the world."

Our second poet was Ted Hughes, Poet Laureate, and who is now unequivocally recognised as one of the greatest poets of the 20th century.

Born in Yorkshire in 1930, he served in the RAF and attended Cambridge University.



Hughes' youth in Yorkshire had a lasting influence on his work which is dominated by nature, especially animals.

He married American Poet Sylvia Plath, whom he met whilst she was a Fullbright scholar at Cambridge, and the marriage ended in 1963 with her tragic death.

A memorial plaque for Hughes can be seen at Poets' Corner, Westminster Abbey, and was unveiled in 2011.

Maya Angelou's CAGED BIRD was the choice of our Guest Poem.

Angelou was an American activist; amongst her many talents as a writer, poet etc., she was a dancer and singer. It was felt that this poem reflected slavery in America and it has a very deep and emotional meaning.

We meet again before our summer break in August.

Michelle Blythe



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Quiz Answers

1. Abbey National.
2. Alka Seltzer.
3. Andrex Toilet Paper.
4. Audi.
5. Bird's Eye Fish Fingers.
6. Bisto.
7. Camay.
8. Milky Way.
9. Fry's Turkish Delight.
10. Hoover.
11. Oxo.
12. Pal dog food.



Chris Slade