

**SIDCUP & DISTRICT UNIVERSITY OF THE THIRD AGE  
NEWSLETTER**

August 2008



**SIDCUP & DISTRICT U3A meets at 2.00 pm on the 3<sup>rd</sup> Thursday of every month in the  
Community Church in Station Road, Sidcup**

**NOTICES**

**Photography Competition – 18<sup>th</sup> September**

Please bring your photographs (one or two prints, no larger than 7" x 5") to the September meeting between 1.30 and 1.55 pm. You will be given a clear plastic pocket and sheet of A5 paper in which to put your entries. Your entries may be given a title (optional), but please do not include your name on the photograph. Each photograph will be numbered for voting purposes.

All members will be given a voting slip when they arrive at the September meeting – please ensure that you receive yours when you register.

**Val Gosden**

There are two more things to note about the September meeting: firstly, we will be holding a quiz so please remember to bring a pencil with you. There will also be a brief presentation by the Deputy Head of Blackfen Girls' School who will invite members to attend a computer course at the school.

**John Mercer**

**Coach Trip to Oxford – Monday 15<sup>th</sup> September 2008**

I still have two places left on this trip the details of which are repeated below.

The pick-up will be at Sidcup Station in Jubilee Way at 8.30 am sharp. The journey time will be about 2½ hours. For those interested, I have booked a guided tour of Christ Church at 2.15 pm lasting approximately 1½ hours. We leave Oxford at 5.00 pm.

The costs are as follows:

Return coach fare to Oxford is £11.00.

The guided tour is £5.90.

I shall require full payment at the August meeting or as soon as possible afterwards.

**Anne Evans** ☎ 020 8302 2261

## **The Raffle**

In the three months April to June £80 has been raised for our new charity, RNLI. As always, our grateful thanks go to all who support the raffle.

**Val Gosden**

## **Group Holiday to Balmoral Hotel, Bridlington, Yorkshire**

Tuesday 17<sup>th</sup> February – Saturday 21<sup>st</sup> February 2009

Please note that at the September meeting I shall be collecting the £25.00 deposit plus the £4.00 cancellation insurance (if you require this) from those going on this group holiday. If anyone else would like to join us I have one single room vacancy left.

**Margaret Platt**

## **Newsletter**

Contributions for the Newsletter are invited from groups with vacancies which do not already submit reports; this is a way of attracting the members you seek.

*Editor*



## **Classical Music 2 : Leader Derick Johnson**



The July programme was presented by David Wallace. We began with William Boyce's Symphony No 1 with the Württemberg Chamber Orchestra. Boyce was a Londoner known for his church music who, after the demise of Handel, took over his role. J. S. Bach's Organ Prelude "Liebster Jesu" {blessed Jesus} played by Albert Schweitzer was followed by a harpsichord sonata by Antonio Soler played by Virginia Black which showed two splendid performers at their best. Henry Cowell's "Hymne and Fugue" was played by the Academy of St. Martin-in-the-Fields and was a surprise since this American tended to specialise in Folk Music. Paul Croxton's "A Rumour", played by the same orchestra, followed. Next was Henry Hargreaves' Bassoon Concerto by the English Chamber Orchestra with Daniel Smith playing the bassoon. Emmanuelle Barbella's "Duet for Two Mandolins" with Alison Stephens and Sue Glossop impressing as the best performers in the UK with this seldom heard instrument. Maurice Ravel's Tone Poem "La Valse" {the waltz} played by the BBC Concert Orchestra – this composer being better known for his Bolero and "Daphnis et Chloé". Charles Gounod's "Funeral March of a Marionette" played by the Symphonique de Paris and it is interesting that this music was used by Alfred Hitchcock. Hector Berlioz's "Ballet of the Sylphs" (from The Damnation of Faust) played by the New Symphony Orchestra of London changed the mood and we finished with Johannes Brahms' Symphony No 3 played by the Ulster Orchestra. The programme was well received as it was extremely varied and not all composers were familiar to the entire group – a circumstance intentionally sought by our members.

**'Sonny' Hopkins**

### Local History 3 : Leader Pam Kirk



Our July visit was to the London Transport Museum in Covent Garden. This museum had been closed for some time during its renovation and modernisation. The result is excellent and it displays all forms of transport from the early 1800's. There is so much information laid out over three floors with plenty of hands-on activities to amuse the young and not so young! We all agreed that one visit was insufficient to do the museum justice. An added bonus was that entry was free for us as we are all Freedom Pass holders. It was a well worthwhile visit.

#### Pam Kirk

### Ramblers 2 : Leaders Pat & Alf Cracknell



In July, eleven of us set off from Camer Park for a 4½ mile trek round the fields of Meopham where there are some lovely views over the Weald of Kent. Meopham is a quiet village with the longest high street in Kent. It also boasts a windmill which has recently been restored to full working order. As it was a hot sunny day we gratefully retired to the George Inn for lunch and a welcome drink. While eating our lunch in the garden we were entertained by a group of gentlemen playing boules. This game is popular in France and metal balls are thrown (rather than rolled as in our game of bowls) to settle as near as possible to a target ball. A very enjoyable day was had by all.

#### Pat & Alf Cracknell

**(i)** Two of the most played boule games are pétanque and boule lyonnaise in which the goal is, while standing with the feet together in a small circle, to throw heavy metal balls as close as possible to a small wooden ball called a *cochonnet* {jack}. It is usually played on dirt or gravel.

#### *Editor*

### Saturday Rambling Group : Leader Gay Braybrook



For our July ramble we went to Sandwich in Kent and walked along the coast to Deal – six miles. Travelling by train on the half price scheme cost us around £10 each without any traffic jams or road works! The day was sunny but extremely windy and it was good to get to our lunch destination. Two of our group decided to get to Deal from Sandwich by bus and this was achieved with their Freedom Passes; the bus went via local villages which meant they had a nice tour. After exploring Deal we returned on the train with its welcome refreshment trolley.

#### Gay Braybrook

**(i)** The Cinque Port of Sandwich, first recorded in AD 664, is one of the best preserved medieval towns in England and two of the town gates still exist. Before the River Stour silted up the river was wide and deep enough for great sailing ships, and, until medieval times, the town was an important Kent and UK port.

#### *Editor*

### Horoscope

Horoscopes are rubbish,  
Vague and unconvincing.  
But I must say, that mine today  
Really set me thinking.

It told me that my life was done:  
At 4 I'd be no more.  
It won't take long to prove it wrong,  
The clock's just striking fo...

**Ian Brydon**

### The Sound of Music

To commemorate her 69<sup>th</sup> birthday, actress/vocalist Julie Andrews made a special appearance at Manhattan's Radio City Music Hall. One of the musical numbers she performed was "My Favourite Things" from "The Sound of Music". Here are the lyrics she used:

*(Sing it at the same time)*

Botox and nose drops and needles for knitting,  
Walkers and handrails and new dental fittings,  
Bundles of magazines tied up in string,  
These are a few of my favourite things.

Cadillacs and cataracts, hearing aids and glasses,  
Polident and Fixodent and false teeth in glasses,  
Pacemakers, golf carts and porches with swings,  
These are a few of my favourite things.

When the pipes leak, When the bones creak,  
When the knees go bad,  
I simply remember my favourite things,  
And then I don't feel so bad.

Hot tea and crumpets and corn pads for bunions,  
No spicy hot food or food cooked with onions,  
Bathrobes and heating pads and hot meals they bring,  
These are a few of my favourite things.

Back pain, confused brains and no need for sinnin',  
Thin bones and fractures and hair that is thinnin',  
And we won't mention our short shrunken frames,  
When we remember our favourite things.

When the joints ache, When the hips break,  
When the eyes grow dim,  
Then I remember the great life I've had,  
And then I don't feel so bad.

*Ms. Andrews received a standing ovation from the crowd that lasted over four minutes and repeated encores.*

## GROUP VACANCIES

GROUP NAME	LEADER	VACANCIES
<b>Amblers (Group 1) (3 miles)</b> 3 <sup>rd</sup> Wednesday (morning)	<b>John Harbert</b> 020 8300 5361	<b>Yes</b>
<b>Antiques Appreciation</b> 2 <sup>nd</sup> Friday (10 am - noon)	<b>Martin Baker</b> 020 8300 1752	<b>1</b>
<b>Bird Watching</b> 1 <sup>st</sup> Wednesday (morning)	<b>Gay Braybrook/José Steward</b> 020 8309 6372/020 8302 1627	<b>Yes.</b> Notice on board at meetings
<b>Darts (at The Alma pub)</b> 2 <sup>nd</sup> Monday (midday)	<b>Fred Green</b>	<b>Yes</b>
<b>Freedom Pass Explorers</b> 2 <sup>nd</sup> Monday	<b>Val Gosden</b> 020 8300 0664	<b>Yes</b>
<b>Luncheon Club (Group 2)</b> 2 <sup>nd</sup> Friday	<b>Joan Smith</b> 020 8300 3566	<b>1</b>
<b>Music (Group 2)</b> 2 <sup>nd</sup> Friday (2.30 pm)	<b>Derick Johnson</b> 020 8850 1245	<b>2</b>
<b>National Trust/English Heritage</b> Various dates & times	<b>John &amp; Olive Mercer</b> 020 8300 3136	<b>Yes</b>
<b>Online Computer Group</b> Does not meet	<b>John Harlow</b> 020 8300 3865	<b>Unlimited</b>
<b>Ramblers (Group 1) (6-7 miles)</b> 4 <sup>th</sup> Tuesday (10.30 am)	<b>Annette Jansen</b> 01322 522252	<b>Yes</b>
<b>Saturday Ramble (4-5 miles)</b> 1 <sup>st</sup> Saturday (morning)	<b>Gay Braybrook</b> 020 8309 6372	<b>3</b>
<b>10-Pin Bowling (Bexleyheath)</b> Mondays (10 am) <i>except school holidays</i>	<b>Gay Braybrook</b> 020 8309 6372	<b>Yes</b>
<b>Theatre (Group 2)</b> Various matinées	<b>Joan &amp; John Somerset</b> 020 8300 0890	<b>Yes.</b> Notice on board at meetings

The above lists, unless I am told otherwise by Group Leaders, are the ones with vacancies. Please contact the Group Leader concerned in the first instance, and, if accepted, inform the Group Co-ordinator.

**José Steward, Group Co-ordinator** ☎ 020 8302 1627

### Why not start a new group?

If you are on the waiting list to join a full group why not create a new one and then advertise it in this Newsletter and on our website? It's not difficult to run a group and leaders of a full one can advise you how it's done.

## PROGRAMME

### 2008

August	Mrs. Eavis	The History of Blue and White China
September	N/A	Photography competition
October	Mr. T. Western	Magic as Entertainment
November	Wing Cmdr. Patrick Coulcher	Natural History of the South Downs
December	Mr. J. Buttress	Royal Parks

### 2009

January	Mr. T. Swan	Canterbury Oast Trust
February	Mr. & Mrs. Wagner	Phantasmagoria
March	AGM & Mr. S. Robinson	The City

## COMMITTEE MEMBERS

Chairman	John Mercer	020 8300 3136
Vice-Chairman	Annette Jansen	01322 522252
Minutes Secretary	George Murrell	020 8850 2046
Treasurer	Dennis Brittain	
Membership Secretary	John Harlow	020 8300 3865
Speakers Secretary	Valerie Gosden	020 8300 0664
Group Co-ordinator	José Steward	020 8302 1627
Raffle Organiser	Valerie Gosden	020 8300 0664
Welfare Officer	Gay Braybrook	020 8309 6372
Social Secretary	Anne Evans	020 8302 2261

## USEFUL CONTACT NUMBERS

**Travel Group Leader**                      Margaret Platt                      020 8309 6395

**Newsletter Editor & Webmaster**      David Smith                      020 8304 2305

Please either e-mail contributions to me at [editor.u3a@ukonline.co.uk](mailto:editor.u3a@ukonline.co.uk) or post them to me at 56 Crofton Avenue, Bexley DA5 3AR – typed if possible.

***Please submit contributions by 3<sup>rd</sup> of the month.***

## WEBSITE AND FORUM

[www.sidcup-u3a.org.uk](http://www.sidcup-u3a.org.uk)

*(This Newsletter may be read or downloaded from our website)*

*Afterthought*

*Inside every small problem is a large problem struggling to get out.*