

# SIDCUP & DISTRICT UNIVERSITY OF THE THIRD AGE NEWSLETTER

February 2010



**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

### **ICE – In Case of Emergency**

Eight out of ten people do not carry information that would help if they were involved in an accident. Storing next-of-kin details in your mobile phone can assist the emergency services if you are unable to tell them who to contact.

#### How does it work?

Simply use your mobile's phone book to store the name and number of someone who should be contacted if you have an emergency – but add the letters ICE in front of their name. ICE stands for 'In Case of Emergency'; this is what the emergency services will look for if you are involved in an accident and have your mobile phone with you.

#### Getting started

On most mobile phones you simply need to select 'Contacts' and choose 'Add New Contact'. Next enter the letters 'ICE' next to the name, followed by the telephone number of your next-of-kin. Make sure you choose a number that is easy to get in touch with – a home number could be useless in an emergency if its owner works full time. It is recommended that you enter daytime and evening numbers where this is possible. For more than one contact name use ICE1, ICE2, ICE3 etc.

#### What to do next

Ensure that the person whose name and number you are using has agreed to be your 'ICE partner'. You should also make sure your ICE partner has a list of people to contact on your behalf, such as your place of work. In addition, they will need to know about any medical conditions that could affect your emergency treatment, including allergies or medication.

If you are under 18, your ICE partner should be your mother, your father or an immediate member of your family who is authorised to make decisions on your behalf. Friends and other relatives will not be able to make decisions for you if you are admitted to hospital.

Storing an ICE number makes it easier for everyone if you are involved in an accident.

East Anglian Ambulance Service have launched a national "In case of Emergency (ICE)" campaign with the support of Falklands war hero Simon Weston and in association with Vodafone's annual life savers award.

#### **Excerpt from a Neighbourhood Watch website**

**(i)** This advice has been added to the "Other Information" page of our own website.

**Editor**



## Annual Lunch



Friday 23<sup>rd</sup> April 2010. Meet at 12.00 for 12.30pm start in the Sidcup Sports Club, Sydney Road, Sidcup. The cost is £18.00 per head.

### MENU

- |             |   |   |
|-------------|---|---|
| Starter     | { | 1 Soup<br>or<br>2 Asparagus with Parma ham  |
| Main course | { | 3 Roast pork with apple sauce<br>or<br>4 Steamed salmon with Hollandaise sauce          |
| Dessert     | { | 5 Bailey's cheesecake with Espresso cream<br>or<br>6 Deep filled apple pie with custard |

As an alternative to the above there is also:

- 7 Vegetarian option
- 8 Gluten-free option
- 9 Other, please state

Please remember to bring your money or your cheque books next month!

**Anne Evans**



Please make your choices from the menu (1, 3, 5 etc) and return this slip to me with a cheque made out to "Sidcup & District U3A" for £18.00 per head. Payment may be posted to reach me by 31<sup>st</sup> March at the latest, please, or handed to me at the March meeting. My address is 22 Harborough Avenue, Sidcup, Kent DA15 8HP.

Starter { 1 .....  
          { 2 .....

Main course { 3 .....  
              { 4 .....

Dessert { 5 .....  
          { 6 .....

Vegetarian option 7 .....

Gluten-free option 8 .....

Other, please state 9 .....

Name/s..... Phone no.....

## **Road Island**

In August 2007 one of our members, Myra Davies, was tragically killed whilst crossing Maidstone Road to get to the Ruxley Garden Centre. Since then efforts have been made to persuade Bexley Council to install a safety island (pedestrian refuge) in the vicinity of the 233 bus stop and Ruxley Garden Centre. This is a very wide road with 40 mph speed limit. I now have news that Bexley Council has given the go-ahead for this to be installed – hopefully by the end of March.

**Gay Braybrook**

## **Third Age Trust forthcoming events**

Wednesday 24<sup>th</sup> March 2pm–4.30pm at the Royal Society, Carlton House Terrace, London SW1 – “Staying Sharp 2010” and a talk on neuroethics – “What’s right? What’s Wrong?” Tickets cost £12.50 and include refreshments. Apply to: The Third Age Trust (Dana), 19 East Street, Bromley BR1 1QE enclosing a stamped addressed envelope. Cheques should be made payable to The Third Age Trust. Tickets will not be available on the door.

Tuesday 30<sup>th</sup> March at the Royal Institution of Great Britain, 21 Albemarle Street, London W1 – “U3A Explores Science at the RI”. This features speakers on “Astrobiology: the Hunt for Alien Life”, “Towards a Leaner, Fitter Future”, and “Magnetic Healing” (the real power and mystery of magnets for healthcare). Tickets cost £15.00 and include refreshments. Please apply in writing to: The Third Age Trust, 19 East Street, Bromley, Kent BR1 1QE enclosing a 30p stamp for up to 4 tickets or a large letter stamp (47p) if you require more (to a maximum of 15 tickets per applicant), plus a cheque made payable to The Third Age Trust.

Monday 9<sup>th</sup> to Thursday 12<sup>th</sup> August – U3A Science, Technology and Society Network annual seminar at Ty’r Morwydd Environmental Study Centre, Abergavenny. The cost (including accommodation) is about £180.00. Firm bookings will be accepted from late March; address all enquiries to Nic Griffin. More information about Ty’r Morwydd can be found at their website: [www.mulberrycentre.com](http://www.mulberrycentre.com).

Reminder for the 2010 U3A Photography Competition: the theme is “Coast” and the last date for entries is 31<sup>st</sup> March.

**George Murrell**

## **“Programme and Groups 2010” Booklet**

Would members please amend item ‘Antiques Appreciation’ to read as follows:

- (3) 10am–12 noon 2<sup>nd</sup> Friday
- (4) 10am–12 noon 4<sup>th</sup> Wednesday
- (5) 10am–12 noon 3<sup>rd</sup> Wednesday

**Christine Spencer**

## GROUP NEWS

### Classical Music • Leader Derick Johnson



John Mercer opened his selection with Gioachino Rossini's "The Marriage Contract" played by the Plovdiv Philharmonic Orchestra and conducted by Danail Rachev; although Rossini is popular, this piece is rarely heard. This was followed by Boccherini's Cello Concerto № 3 by the English Chamber Orchestra conducted by Sir Edward Heath. Members may remember that he used to conduct a concert every year in Bexleyheath. As a change, opera was then brought to the fore with Puccini's "Firenze È Come Un Albero Fiorito" {Florence is like a flowering tree}, from the opera Gianni Schicchi, sung by Placido Domingo. This was followed by "Se Come Voi Piccina Io Fossi" {if I was tiny like you}, from the opera La Villi, sung by Kiri Te Kanawa with the London Symphony Orchestra conducted by Lorin Maazel. Before the break we heard W. A. Mozart's "Don Giovanni" with the Vienna Philharmonic conducted by Riccardo Muti including the aria "Madamina, Il Catalogo È Questo" {my dear lady, this is a list} sung by Samuel Ramey as Leporello. After the break we had Beethoven's concerto for piano, violin, cello, and orchestra by the English Chamber Orchestra, conducted again by Sir Edward Heath. We finished with three movements of Darius Milhaud's Scaramouche Suite played by the English Chamber Orchestra accompanied by Emma Johnson – our famous local virtuoso musician – on the clarinet. As usual with John, we had a fine mix of music.

**Derick Johnson**

## GROUP VACANCIES

GROUP NAME	LEADER	VACANCIES
<b>Amblers (Group 1)</b> 3 <sup>rd</sup> Wednesday (10.30 am)	<b>John Harbert</b> 020 8300 5361	<b>Yes</b>
<b>Amblers (Group 3)</b> 3 <sup>rd</sup> Wednesday (10.30 am)	<b>Norma Balfour/José Steward</b> 020 8303 7693/07957 181808	<b>Yes</b>
<b>Bird Watching</b> 1 <sup>st</sup> Wednesday (morning)	<b>Gay Braybrook/José Steward</b> 020 8309 6372/07957 181808	<b>Yes.</b> Notice on board at meetings
<b>Boules (Danson Park – seasonal)</b> 2 <sup>nd</sup> & 4 <sup>th</sup> Thursday (10 am)	<b>Bart Jansen</b> 01322 522252	<b>5</b>
<b>Bridge</b> Mondays (2 pm)	<b>Fred Till</b> 01322 528605	<b>4</b>
<b>Darts (at The Alma pub)</b> 2 <sup>nd</sup> Monday (midday)	<b>Fred Green</b>	<b>Yes</b>
<b>Discussion (Group 1)</b> 3 <sup>rd</sup> Monday (2-4 pm)	<b>Carol Green</b> 020 8300 4603	<b>1</b>
<b>Local History (Group 1)</b> 2 <sup>nd</sup> Wednesday	<b>John Harlow</b> 020 8300 3865	<b>2</b>
<b>Local History (Group 2)</b> 2 <sup>nd</sup> Wednesday	<b>José Steward</b> 020 8302 1627	<b>3</b>
<b>National Trust/English Heritage</b> Various dates & times	<b>John &amp; Olive Mercer</b> 020 8300 3136	<b>Yes</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>Ramblers (Group 2) (4-5 miles)</b> 4 <sup>th</sup> Tuesday	<b>Pat &amp; Alf Cracknell</b> 020 8302 0823	<b>Yes</b>
<b>Recorder Playing</b> 3 <sup>rd</sup> Wednesday (2 pm)	<b>Mary Hawes</b> 020 8300 0521	<b>6</b>
<b>10-Pin Bowling (Bexleyheath)</b> Mondays (10 am)	<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 groups, 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.

**Christine Spencer, Group Co-ordinator ☎ 020 8300 4291**

### 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

### 2010

February	Dr. P. Brandham	Kew in Close-Up
March	A.G.M.	A Presentation by Students from Blackfen School
April	Mrs. B. Sadler	The Great Flood of 1953
May	Mr. S. Robinson	The City
June	Mr. M. Harrison	Midsummer Madness
July	Miss J. Aviolet	I am a tulip, what are you?
August	<i>TBA</i>	
September	Mr. H. Townsend	Harry, the Wheelbarrow Man
October	Dr. Ann Kneif	The Bevin Boys
November	Mr. V. Creek	R.A.F. Museum, Hendon
December	Miss Ann Carter	A Celebration of Christmas

## 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	Christine Spencer	020 8300 4291
Welfare Officer	Kathy Cordell	020 8300 4573
Social Secretary	Anne Evans	020 8302 2261

## USEFUL CONTACT NUMBERS

<b>Travel Group Leader</b>	Margaret Platt	020 8309 6395
<b>Raffle Organiser</b>	Pat Garwood	020 8306 0013
<b>Newsletter Editor &amp; Webmaster</b>	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

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

Additional copies of the lunch menu and the attached documents are available on this website.

*Afterthought*

*We cannot direct the wind, but we can adjust our sails.*

**SIDCUP & DISTRICT UNIVERSITY OF THE THIRD AGE  
2010 ANNUAL GENERAL MEETING**

18<sup>th</sup> March 2010



The Committee invites all paid up members to the fourteenth Annual General Meeting which will take place at 2.00pm on Thursday 18<sup>th</sup> March at the New Community Church, Station Road, Sidcup.

The meeting will be followed by a presentation by students from Blackfen School.

**AGENDA**

Apologies for absence  
Matters arising  
Minutes of 2009 AGM  
Approval of accounts  
Annual reports  
Election of officers  
Appointment of Inspector of Accounts  
Any other business

Minutes of the 2009 AGM and annual reports are attached and also a nomination form for the post of Chairman and Committee members.

**George Murrell, Secretary**

**SIDCUP & DISTRICT UNIVERSITY OF THE THIRD AGE  
MINUTES OF 2009 AGM**

19<sup>th</sup> March 2009



**Minutes of the Annual General Meeting held at the New Community Church Hall on  
19<sup>th</sup> March 2009**

The Chairman, Dr John Mercer, welcomed everyone to the meeting and expressed his thanks to committee members for their work throughout the year.

**1. Apologies for absence:** Janet Burns, Barbara Shilling, John and Anne Harlow, Frances Percival and Annette Jansen.

**2. Minutes of the 2008 AGM:** Proposed by Eric Percival and seconded by Jill Bryant that they be approved. Carried.

**3. Approval of accounts:** Proposed by Michael Jordan and seconded by Gay Braybrook that they be accepted. Carried.

**4. Annual Reports:** Proposed by Alan Platt and seconded by Michael Jordan that they be accepted. Carried.

**5. Election of officers:** The following nominations had been received:-

**Vice Chairman:** Annette Jansen

**Secretary:** George Murrell

**Treasurer:** Dennis Brittain

**Membership Secretary:** John Harlow

**Speakers Secretary:** Val Gosden

**Group Co-ordinator:** Christine Spencer

**Social Secretary:** Anne Evans

**Welfare Officer:** Gay Braybrook.

Proposed by Elizabeth Roberts and seconded by Eric Percival that the above persons be elected "en bloc". Carried.

**6. Appointment of Inspector of Accounts:** Proposed by Margaret Platt and seconded by Shirley Rozier that Alan Platt be reappointed. Carried.

Dennis Brittain then informed the meeting that Alan had now performed this duty for fourteen years, and, in appreciation, presented him with a gift of wine.

**7. Charity to be supported for the remainder of 2009:** Three nominations had been received:- The Canterbury Oast Trust, "Bridging the Gap", and the Alzheimer Society (Bromley Branch). Following a vote, the Alzheimer Society, proposed by Ron Spittles, was declared to be the nominated charity until 31<sup>st</sup> December 2009.

**8. Any Other Business:** John Mercer said that the annual lunch had been a great success and much enjoyed by all who had attended.

There being no further business to discuss, the meeting closed at 2.20pm.

# SIDCUP & DISTRICT UNIVERSITY OF THE THIRD AGE ANNUAL REPORT

2009



## Chairman's Report for 2009/10

The past year has been one of continued growth. We have welcomed a number of visitors and most of them have joined the group. The monthly meetings have been well attended, and groups meeting regularly outside the hall meetings have grown. I should like to thank all members of the committee with special reference to John Harlow as our long standing membership secretary, who has been largely responsible for membership growth, and to Dennis Brittain as our Treasurer who presents the accounts so precisely. Val Gosden is to be commended for planning good speakers so far ahead. Looking back to the three years of my chairmanship, the few who put out the chairs and tables are an unsung group to whom we owe thanks. Thanks are also due to David Smith as newsletter editor who displays great computer skills. I wish the incoming chairman every success.

**John Mercer, Chairman**

## Treasurer's Report for 2009

Another good year for Sidcup U3A which saw us increase our membership. You also helped in raising £1010.18 for our two charities which were RNLI, who received £282.74 raised during the first three months of the year, and for the remaining nine months we supported Bromley Alzheimer's Society who received £727.44. During the last five years you have helped to raise £4069.95 for the various charities that we have supported. My thanks go to Alan Platt for examining the accounts.

**Den Brittain, Treasurer**

## Group Co-ordinator's Report for 2009

There are currently 42 groups, with very few vacancies. There would have been 46 groups but unfortunately 4 had to close and nobody else was prepared to take them on. It has been increasingly difficult to introduce new groups because of the problems in finding a venue or a leader, which is very disappointing.

### ***New Groups set up in 2009 are:-***

Antiques Appreciation – a third group led by Martin Baker owing to demand.

Boules – a seasonal group led by Bart Jansen, the venue being Danson Park.

Bridge – led by Fred Till.

Family History – led by Ron Anthony.

Thank you to the leaders and good wishes for the success of your group.

### ***Groups that closed during 2009 were:-***

Computer Group – which came to the end of its programme – led by Michael Jordan.

Amblers 2 – which had been running for 12 years – led by Olive Atkins.  
Saturday Ramblers – owing to lack of support – led by Gay Braybrook.  
Board Games – which had been running for many years – led by Thelma Hudson.

Thank you to all these leaders for all their time and effort over the years.

Since moving to the Community Centre membership has continued to grow and it was hoped that this would encourage the introduction of more new groups. Unfortunately, this has not happened.

We look forward, however, to 2010 being a more fruitful year.

**Christine Spencer, Group Co-ordinator**

### **Membership Secretary's Report for 2009**

Once again we saw a steady increase in our membership over the past year and it now stands at 233 despite 25 members deciding not to renew their membership for various reasons. Sadly there were also 2 of our members who passed away, namely Gill Gledhill and Alan Burston, who I am sure will be sadly missed by their friends. It is worth mentioning at this time that of the 25 members who decided not to renew there were 15 who had joined over the past year but were not able to join a group. If we are to see our U3A flourish then we need more people to come forward and be Group Leaders. At the AGM a further update will be given.

**John Harlow, Membership Secretary.**

### **Social Secretary's Report 2009**

Our social calendar opened at Sidcup Sports Club with the annual lunch which was well attended. I was assured that everyone had enjoyed the event but, sadly, at the last minute I was unable to attend. In April we visited Canterbury by coach and enjoyed a varied day of activities in weather which improved as the day wore on. Some of us visited the Cathedral and walked along the city walls into the gardens while others enjoyed some retail therapy! In June just four of us enjoyed a unique and highly entertaining evening at the headquarters of the Magic Circle in Euston. A proposed trip to Salisbury, unfortunately, had to be abandoned due to insufficient interest. The Christmas meeting, with traditional mince pies and a glass of wine, completed our activities for 2009.

**Anne Evans, Social Secretary.**

**SIDCUP & DISTRICT UNIVERSITY OF THE THIRD AGE  
NOMINATION FORM**

2010-2011



**We the undersigned being persons whose names appear on the membership list of the above U3A hereby nominate:-**

Name .....

Address .....

**As candidate for:-**

Chairman/Vice-Chairman/Secretary/Treasurer/Membership Secretary/Speakers Secretary/  
Group Co-ordinator/Social Secretary/Welfare Officer.

**Proposer** ..... **Seconder** .....

**Declaration and Consent.**

I declare that I am a member of Sidcup & District U3A and that, if elected, I consent to serve.

Signed ..... Date .....

The present committee is as follows:-

John Mercer	Chairman (Not eligible for re-election as such)
Annette Jansen	Vice-Chairman
George Murrell	Secretary
Dennis Brittain	Treasurer
John Harlow	Membership Secretary
Anne Evans	Social Secretary
Christine Spencer	Group Co-ordinator
Valerie Gosden	Speakers Secretary
Kathy Cordell	Welfare Officer

All nominations are to be returned by 3<sup>rd</sup> March to any committee member or by post to the Secretary, George Murrell, 76 Chester Road, Sidcup, Kent, DA15 8SH.