

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

November 2009



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

NOTICES

Group Holiday to Ramada Jarvis Hotel, Gloucester
Monday 1st March – Friday 5th March 2010

The hotel is set in 240 acres of grounds. The facilities of the Sebastian Coe Health Club include indoor pool, gym, sauna, steam rooms, squash, tennis and beauty salon. Price includes bed, breakfast and evening meal, coach to hotel and return home. All bedrooms have en-suite bathrooms, colour satellite TV, radio, hairdryer, trouser press, direct telephone, and tea/coffee making facilities. I am sorry, but there are now only twin rooms available.

Excursions: Wye Valley, the Cotswolds, Cheltenham & Bath.

Cost: £321.00 per person. Cancellation insurance, if required, is £8.00 per person.

I will collect the balance for this holiday at the December General Meeting.

Margaret Platt ☎ 020 8309 6395

Renewal of Membership for 2010

Forms to renew your membership are available for collection near the Tea Bar in the main Foyer. When collecting your own form it would be appreciated if you would also take the form for another member who lives near you and who is not attending the meeting.

Many thanks.

John Harlow, Membership Secretary

Volunteers to Serve Tea in 2010

I am now seeking helpers to serve the tea at our monthly meetings. If you are already on the Rota, and would like to help again next year, please let me know. However, it would also be nice to have some new members volunteer as it is a good way to meet other members! The duty is for a one-off over the year so we need at least 24 people to man the teapots. Please speak to me if you are able to help or need more information.

Gay Braybrook

Volunteers to Greet the Speaker in 2010

We also need 12 members who would be willing to greet the speaker when he/she arrives at the hall. Again, this is a one-off over the year and is a great help to speakers who have any queries when they arrive. If you have been a greeter for this year, and would be willing to offer again for next year, please let me know.

Gay Braybrook

Welfare Officer

I am retiring as Welfare Officer this month but we are fortunate to have Kathy Cordell to take on this role. Should anyone know of a member who would like to receive a cheery card for any medical problems, or hospital visits they are undergoing, then please contact Kathy on 0208 300 4573.

Gay Braybrook

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Annual Lunch 2010

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The annual lunch will be held on St. George's Day – Friday 23rd April 2010 – at the Sidcup Sports Club. Please put this date in your diaries. Details will follow.

Anne Evans

GROUP NEWS

Parks & Gardens Appreciation : Leaders Jill Bryant & Barbara Olney



In August a small group, including one new member, visited Hyde Park. We crossed Rotten Row and came upon a small garden with the second flush of flowers on both climbing and rambling roses, and which were surrounded by shrubs and herbaceous plants. Further on there were colourful displays of bedding plants. We stopped for coffee, and, whilst sitting outside the café overlooking the Serpentine, we were rewarded by seeing a heron fly over our heads. We then walked along the edge of the lake and saw coots, cormorants, and crows before coming upon the Italian Gardens with its lovely fountains. A short walk away was the famous Peter Pan statue which had plenty of admirers taking photos. We continued across the grass and reached the gardens of Kensington Palace, which, although inaccessible, had viewing areas all around which looked down upon beautifully kept borders of both popular and exotic plants. We then walked down a side turning off Kensington High Street where, on the 6th Floor, 100 feet above street level, was a wonderful roof garden consisting of three themed gardens covering 1½ acres. The Spanish Garden is based upon the Alhambra in Granada; the Tudor Garden, with three courtyards where the use of red brick and four Tudor style arches takes you back to another age; and the English Woodland Garden with thousands of bulbs, and a pond where 4 resident flamingos reside alongside exotic ducks. The garden took two years and £25,000 to build and opened in May 1938. There are 500 species of plants and shrubs and 60 full size trees growing in 18 inches of soil! I recommend a visit. You will not be disappointed.

Jill Bryant

Parks & Gardens Appreciation : Leaders Jill Bryant & Barbara Olney



Our September outing, on another sunny day, was to Dulwich Park; this is easily reached from Lewisham Station by bus. After a coffee stop at the Dulwich Picture Gallery café, we crossed the road to the park entrance. We immediately came upon large species of ash, plane, swamp cypress, and English oak trees which face the Park Lodge. We then passed a Japanese garden with silver birch trees, weeping willows, and bamboo on the edge of the lake. A board walk enabled us to view the various species of ducks. Following the main path, we came across a dry garden of Mediterranean plants to cope with our changing climate. The park café was crowded with mums and children sitting outside enjoying the good weather. This is a large park with tennis courts, a bowling green, children's playground, and an outer path for horse riding. We went to the end of the park and found a large area devoted to rhododendrons and azaleas – which I expect looks wonderful in springtime. This was another pleasant outing enjoyed by all.

Jill Bryant.

Freedom Pass Explorers : Leader Val Gosden



Our September trip out was to Snaresbrook on a somewhat cloudy day. Undaunted, we found, as usual, somewhere to have a coffee and here we perused our maps. The decision was made to walk to an unnamed open area and we found we were walking around a large, interesting building; this turned out to be Snaresbrook Crown Courts, so we decided that looking at the outside was as much as we wished to do. We then walked along the road until we could enter into the rest of the park, which, we later discovered, was part of Epping Forest. Much of this was open land, but, on walking further, we came to a large pond where we found somewhere to sit and eat our lunches – and the sun came out. The ducks on the pond swam hopefully over towards us, but found little to reward their efforts. This was a pleasant trip out, although it was a shorter visit than many we have undertaken.

Val Gosden

Freedom Pass Explorers : Leader Val Gosden



On a sparkling, autumnal, October morning, 14 Freedom Pass Explorers set out for Hampton Wick via Waterloo West. Understanding that Hampton Wick is not renowned for its cafés, we disembarked at Kingston and found one of the many precincts devoted almost entirely to cafés so we had no problem drinking coffee and purchasing sandwiches for our lunch before setting out across the bridge over the Thames to Hampton Wick. Here we found the entrance to Hampton Court Park. We ate our sandwiches overlooking Hampton Wick Pond, some of us on benches and some on fallen logs. Our walk continued through open grassland and wooded areas where we saw an abundance of wildlife, including many small herds of deer, the hinds of which were being watched over by the larger, fully-antlered stags. We walked up to the beautiful gates at the back of Hampton Court Palace and were able to go round the gardens (which are free of charge from October to March), where we saw a magnificent heron, several large cygnets, and geese on the water. We then proceeded along one of the banks of the tree-lined, man-made “Long Lake” back to the entrance to the park and thence to Hampton Wick Station to start our homeward journey.

Pat Jackson

Classical Music : Leader Derick Johnson



The programme for October was presented by Frank Whipp who felt his choices should begin with Antonio Rossini's Overture *La Gazza Ladra* {the thieving magpie}; this was played by the Royal Philharmonic Orchestra conducted by Sir Thomas Beecham. We followed this with Handel's Concerto in F for two Horns and Orchestra – in this case Sinfonietta – conducted by Richard Dann, and this again was a light hearted piece. Next we were given Samuel Barber's Adagio for Strings played by the New York Philharmonic Orchestra conducted by Thomas Schippers; this was enjoyable but in more serious mood. The last selection before the break was Antonín Dvořák's Symphonic Poem "The Water Goblin" played by the Scottish National Orchestra conducted by Neeme Järvi. This concerned the goblin stealing a baby and taking it to the bottom of its home pond with the inevitable consequences for the poor baby. After our break for refreshments, we reached the climax of the afternoon with Brahms' Concerto for Piano and Orchestra No 2 – brilliantly played by Géza Anda on the piano accompanied by the Berlin Philharmonic Orchestra conducted by Herbert von Karajan.

Derick Johnson

GROUP VACANCIES

GROUP NAME	LEADER	VACANCIES
Amblers (Group 1) 3 rd Wednesday (10.30 am)	John Harbert 020 8300 5361	Yes
Amblers (Group 3) 3 rd Wednesday (10.30 am)	Norma Balfour/José Steward 020 8303 7693/07957 181808	Yes
Antiques Appreciation (Group 5) 3 rd Wednesday (10 am)	Martin Baker 020 8300 1752	1
Bird Watching 1 st Wednesday (morning)	Gay Braybrook/José Steward 020 8309 6372/07957 181808	Yes. Notice on board at meetings
Boules (Danson Park – seasonal) 2 nd & 4 th Thursday (10 am)	Bart Jansen 01322 522252	5
Bridge Monday	Fred Till 01322 528605	4
Darts (at The Alma pub) 2 nd Monday (midday)	Fred Green	Yes
Discussion (Group 1) 3 rd Monday (2-4 pm)	Carol Green 020 8300 4603	2
Local History (Group 1) 2 nd Wednesday	John Harlow 020 8300 3865	2
Local History (Group 2) 2 nd Wednesday	José Steward 020 8302 1627	3
National Trust/English Heritage Various dates & times	John & Olive Mercer 020 8300 3136	Yes
Play Reading 1 st Tuesday (2-4 pm)	Frank Whipp 020 8300 1064	1
Ramblers (Group 1) (6-7 miles) 4 th Tuesday (10.30 am)	Annette Jansen 01322 522252	Yes
Ramblers (Group 2) (4-5 miles) 4 th Tuesday	Pat & Alf Cracknell 020 8302 0823	Yes
Recorder Playing 3 rd Wednesday (2 pm)	Mary Hawes 020 8300 0521	6
Saturday Ramble (4-5 miles) 1 st Saturday (morning)	Gay Braybrook 020 8309 6372	Yes
10-Pin Bowling (Bexleyheath) Mondays (10 am)	Gay Braybrook 020 8309 6372	Yes
Theatre (Group 2) Various matinées	Joan & John Somerset 020 8300 0890	Yes. 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.

Christine Spencer, Group Co-ordinator ☎ 020 8300 4291

PROGRAMME

2009

November	Mr. R. Smith	Village Signs in Kent
December	Mrs. P. Mortlock	Ightham Mote

2010

January	Katherine Eames	Climate Change
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

Travel Group Leader	Margaret Platt	020 8309 6395
Raffle Organiser	Pat Garwood	020 8306 0013
Newsletter Editor & Webmaster	David Smith	020 8304 2305

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

Please submit contributions by 3rd of the month.

WEBSITE

www.sidcup-u3a.org.uk

Afterthought

Procrastination means never having to say you're sorry.